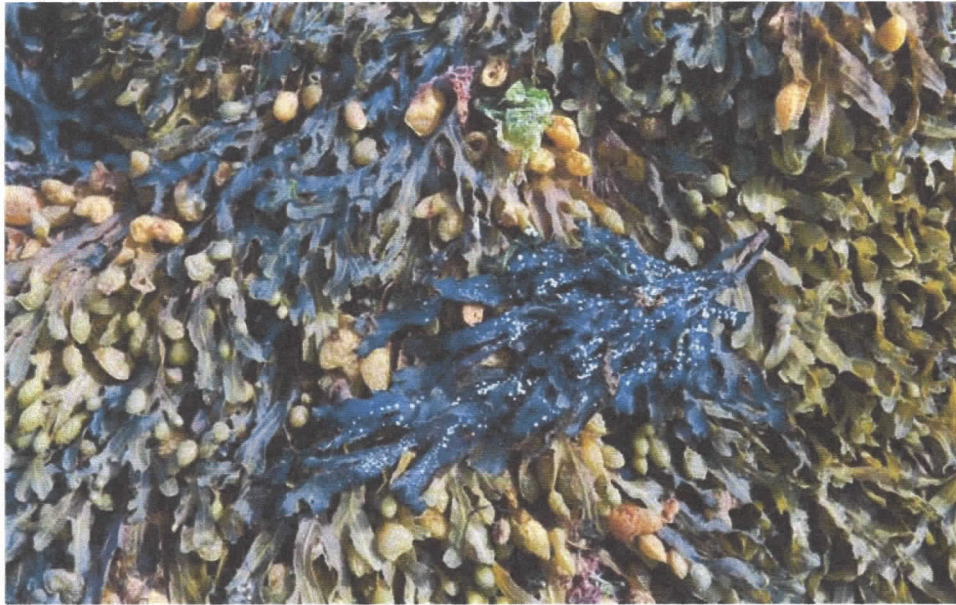


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Education

No.5: Seaweed as an alternative to salt - Ten life-changing ideas under research at UK universities



Seaweed is being researched and considered as an alternative to its more harmful sea-buddy, salt. While there are already a range of salt alternatives out there, many are based on potassium chloride which is not suitable for use in all foods and can leave an unpleasant taste in the mouth. Sheffield Hallam University researchers have been exploring the potential of Seagreens, a wild wrack seaweed that retains a salty taste, appears to be allergy free, is vegetarian and contains just 3.5 per cent of sodium.

Picture: David Lyons / Alamy

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