

BIG
IDEAS

FOR THE
FUTURE

UK RESEARCH THAT WILL HAVE A PROFOUND EFFECT ON OUR FUTURE

SEAWEED INSTEAD OF SALT



Salt may add flavour to our food, but excessive amounts of it are not good for our health with a high salt diet leading to raised blood pressure and heart problems. Researchers at the Centre for Food Innovation at Sheffield Hallam University are researching alternatives to salt that can be added to food to make it more healthy without ruining the taste.

There are salt substitutes available, many based on potassium chloride, but they are not suitable for use in all foods and can sometimes leave a bitter taste in the mouth. The research team at Sheffield Hallam has been exploring the potential of Seagreens®, a wild wrack seaweed that can be used in food. The great thing about this product is that it has a salty taste, but only 3.5 per cent sodium and a good balance of other minerals. It appears to be allergy free and is 100 per cent vegetable in origin so suitable for vegetarians and vegans.

TECHNOLOGY THAT MAKES US HEALTHY

More than ever we are relying on technology to help us in our day to day lives from shopping to socialising and entertaining. The rapid development of technology means that in the future it could help us lead healthier lifestyles too. Two universities are using mobile phone applications (apps) to help people stay healthy. One app is helping with mental health and the other with physical health.

Researchers at the University of the West of England (UWE) have designed a new app to support students with social anxiety. Social anxiety is a persistent fear of social or performance situations, estimated to affect 10 per cent of higher education students. It is personally distressing, has an adverse affect on engagement with learning and affects adult quality of life including career development. This new app will monitor anxiety levels and help users reduce their social anxiety, including anxiety about learning situations such as presentations, seminars and other group work.

Researchers at the University of Leeds have developed an app to support weight loss called 'My Meal Mate'. The app allows users to set a weight loss goal and monitor their daily calorie intake towards achieving a set goal. Users select the food and drink they have consumed from a comprehensive branded food database and log items in

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