

...affects 750,000
expected to grow as the popul
treat than strokes, heart diseas

WEIGHT-LOSS



▲ **HEALTHY** Dried seaweed

Seaweed in bread isn't half-baked

By MIKE SWAIN

EATING bread made with ground-up seaweed instead of salt could help people lose weight.

Volunteers who ate scrambled eggs on seaweed-enriched toast consumed 179 fewer calories a day.

It would take 30 minutes on a treadmill to burn off a similar amount.

All 79 healthy yet overweight men said it tasted the same as a normal slice but was more filling.

Researchers used the entire plant for the first time, rather than mineral extracts, to bake the low-sodium loaves.

Study leader Anna Hall, from Sheffield Hallam University, said: "We used the whole seaweed because it is rich in fibre as well."

Dr Craig Rose, of Seaweed Health Foundation, said: "It is not as salty as normal bread but you don't notice any marine flavours. You might notice a touch of green. Seaweed acts as a bulking agent, giving a feeling of fullness."

Daily Mirror

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The ~~British~~ March