A picture containing snack, food, cuisine, delicacy

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Scan to learn more about the positive impact that Seaweed can have on the environment.

* Sushi and other Japanese dishes are a popular way to eat seaweed. Nori, a type of seaweed, is used to wrap sushi rolls, while wakame is often used in miso soup.
* Seaweed snacks are a healthy alternative to processed snacks. Seaweed snacks come in various forms, such as dried nori sheets or roasted seaweed chips.
* Seaweed can be added to soups, salads, and smoothies. Dried or rehydrated seaweed can be added to soups for extra flavor and nutrition, while fresh seaweed can be added to salads or blended into smoothies.
* Restaurants and food services are looking into new, innovative ways to add seaweed to their offerings, and are exploring dishes such as seaweed kimchi, seaweed hot sauce, seaweed burgers & buns. Others have even added it to a classic dish like roasted chicken with crunchy seaweed and potatoes. YUM!

***Discover the Power of Seaweed:***

***Tips for a Healthy Diet***

**WAYS TO INCORPORATE SEAWEED INTO YOUR DIET**