



# Nutritional Composition of Edible Whole Leaf Seaweeds

Amounts per 100 grams - Typical Serving Size is 3 to 7 grams

SPECIES	MACRO-NUTRIENTS					MAJOR MINERALS					MAJOR VITAMINS					TRACE MINERALS							
	CALORIES (cal)	FAT (g)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBER (g)	Na (mg)	Ca (mg)	Fe (mg)	K (mg)	Mg (mg)	P (mg)	V-B <sup>1</sup> (mg)	V-B <sup>2</sup> (mg)	V-B <sup>3</sup> (mg)	V-C (mg)	V-B <sup>9</sup> (mg)	V-A (mg)	Mn (µg)	Cu (µg)	Se (µg)	Cr (µg)	Zn (µg)	I (µg)
<b>ALARIA</b> <i>Alaria esculenta</i>	270	3.9	55	12	51	3,475	1,367	22.4	4,550	763	380	N/A	1.6	9.8	31	N/A	662	0.9	0.8	18	0.3	3.3	28,000
<b>DULSE</b> <i>Palmaria palmata</i>	235	4	54	13	25	1,388	370	152	5,153	310	355	N/A	1	10	135	260	850	2	1.2	10	N/A	3	14,200
<b>KELP</b> <i>Saccharina latissima</i>	240	4	51	10	35	3,367	1,210	28	7,567	755	317	N/A	N/A	3	N/A	N/A	79	1	0.2	6	2	2	272,150
<b>LAVER</b> <i>Porphyra umbilicatis</i>	200	N/A	48	39	34	887	563	27	1,933	537	250	1	3	10	161	12,500	N/A	2.4	0.9	17	N/A	5	7,650
<b>SEA LETTUCE</b> <i>Ulva lactuca</i>	380	3	23	15	33	945	3,052	137	1,504	2,700	317	N/A	N/A	N/A	N/A	N/A	130	2.2	0.7	14	N/A	3	4,300
<b>IRISH MOSS</b> <i>Chondrus crispus</i>	200	3.3	52	14.7	34	3,692	905	39.4	3,523	1,158	420	N/A	N/A	N/A	N/A	N/A	N/A	7.4	0.6	14	N/A	5.7	29,600
<b>BLADDERWRACK</b> <i>Fucus vesiculosus</i>	270	3.5	59	9	47	3,278	1,408	35.4	3,245	756	160	N/A	N/A	N/A	40	N/A	N/A	8.5	0.3	8	N/A	3.4	38,800
<b>ROCKWEED</b> <i>Ascophyllum nodosum</i>	270	4.7	56	7.7	34.5	4,036	1,436	21.8	2,476	850	94	2.7	0.7	0.8	25	45,600	N/A	1.9	1.5	4	N/A	6.4	70,000
<b>U.S. RDI*</b>	2000 cal.	78 g	275 g	50 g	28 g	<2,300 mg	1,300 mg	18 mg	4,700 mg	420 mg	1,250 mg	1.3 mg	1.3 mg	16 mg	90 mg	400 µg	900 µg	2.3 mg	900 µg	55 µg	35 µg	11 mg	150 µg

\*Recommended Daily Intake (RDI) - are based on the daily intake of 2000 calories.

Sea vegetables are wild marine plants, and their nutritional composition naturally fluctuates due to season, tidal flows, weather patterns, and other factors. The nutritional values reported here are a composite average from our own lab testing and data reported in peer reviewed journals. We believe the whole plants provide more than the sum of their parts.

Unit Explanation	
g	= grams
mg	= milligrams
mcg	= micrograms
1000 mg	= 1 g
1000 mcg	= 1 mg
28 g	= 1 oz.