

Different Types Of Seaweeds And Their Benefits In Pregnancy

Green



The nori variety is used as a dark green wrapping on sushi rolls.

Brown



The brown variety includes kelp, arame, and hijiki. These are used in broths and casseroles.

Black



Dulse is a variety that can be sautéed with butter and garlic.

Benefits

It has a high antioxidant content and can protect the body from several chronic problems and illnesses.

The high fiber content in seaweeds enhances digestion and alleviates digestive problems during pregnancy.

The body's ability to absorb iron gets enhanced due to the high vitamin C content in seaweeds.

Omega-3 fatty acids found in seaweed are also beneficial for fetal brain development.

References:

1. Edible seaweed; Food & Nutrition
2. Emergent Sources of Prebiotics: Seaweeds and Microalgae; NCBI