

Seaweeds...  
International interdisciplinary  
symposium  
Copenhagen 2010

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Irish Seaweed Kitchen  
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**SLIGO**





# Why seaweed?

- traditional food for coastal peoples since ancient times
- nutritional/medicinal properties valued then & now
- great historical/cultural significance
- evident through music, poetry, stories, religious traditions





# Fruit and Vegetable recommendations

- 5 a day?











*“A Weed is a plant whose virtues  
we have not yet discovered”*

Ralph Waldo Emerson









































28 6 2005











































25. 3. 2005





























































18 8 2004















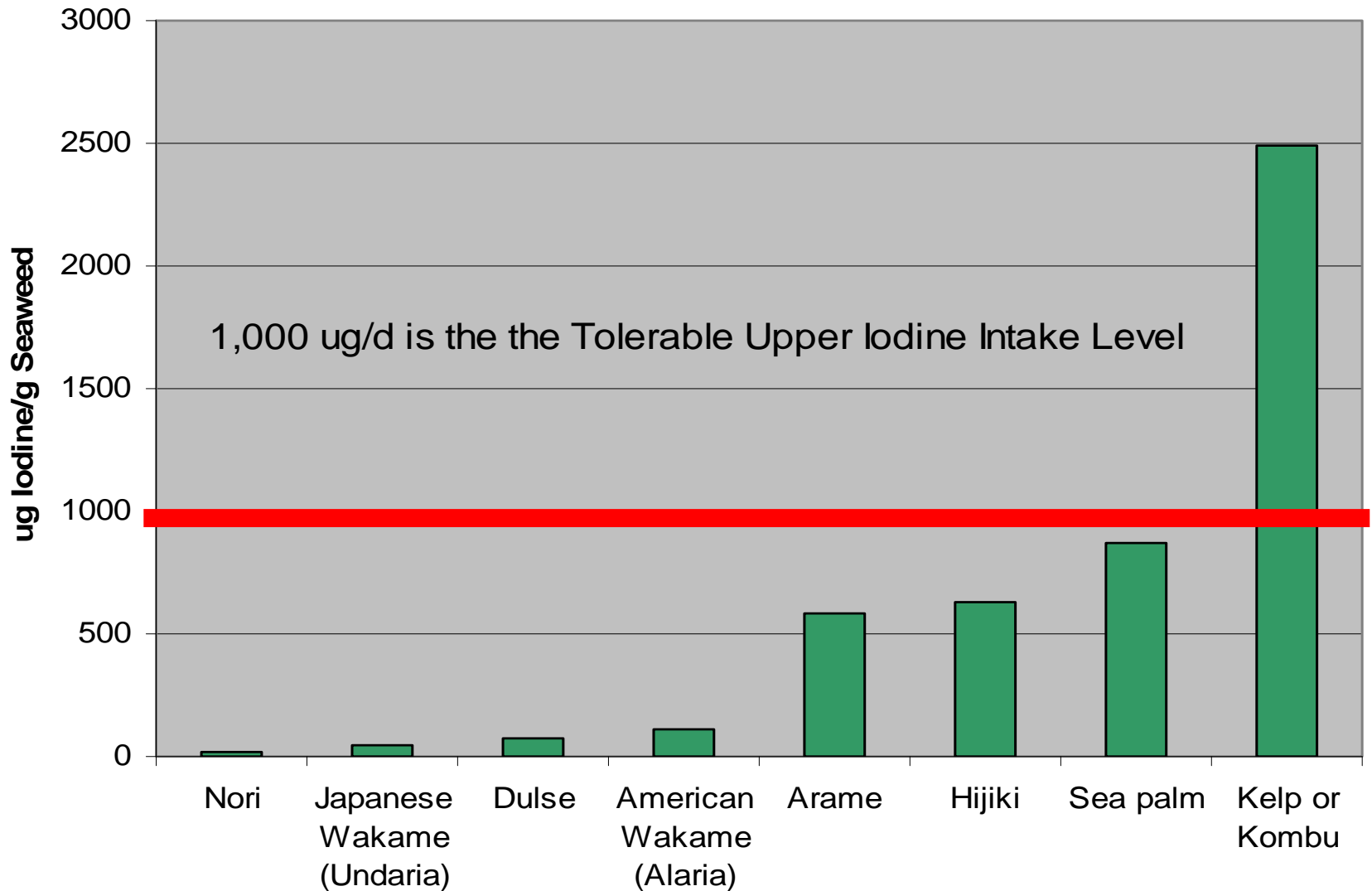








# Comparison of Iodine Content of Common Dietary Seaweeds





























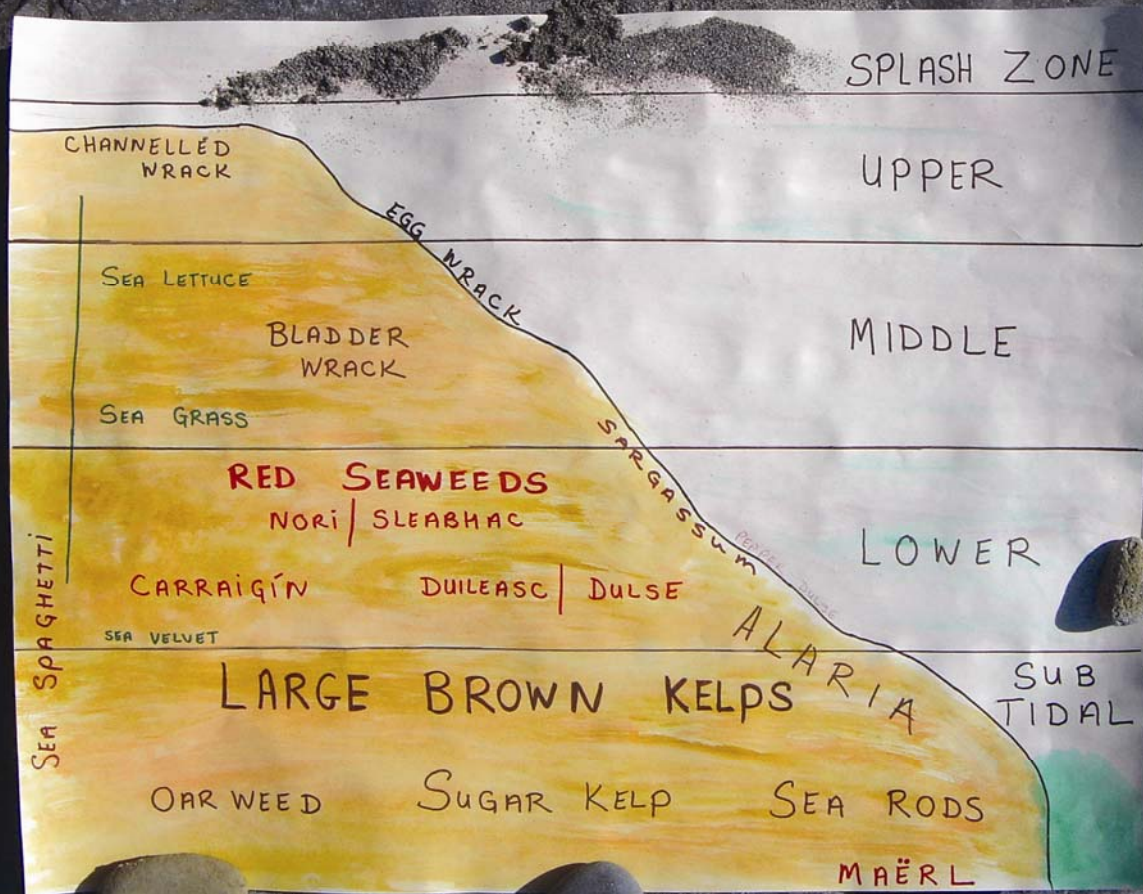




...the secret....

- A small amount of a wide variety of seaweeds on a daily basis.













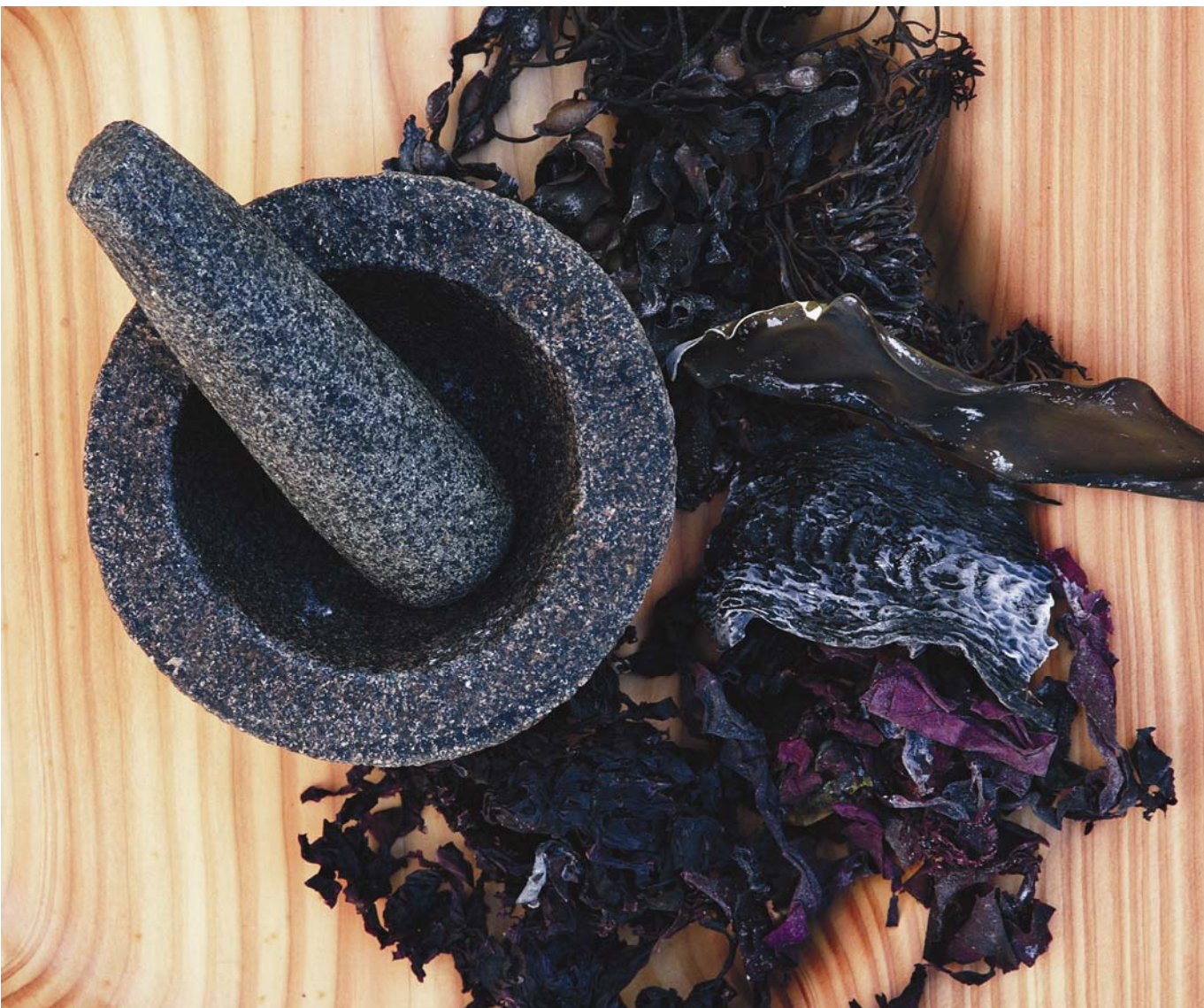


















# How can we get seaweeds into mainstream use- both culinary and medicinally

- ? Naming seaweeds individually
- Seaweeds are as diverse as any land vegetables, herbs or even weeds.













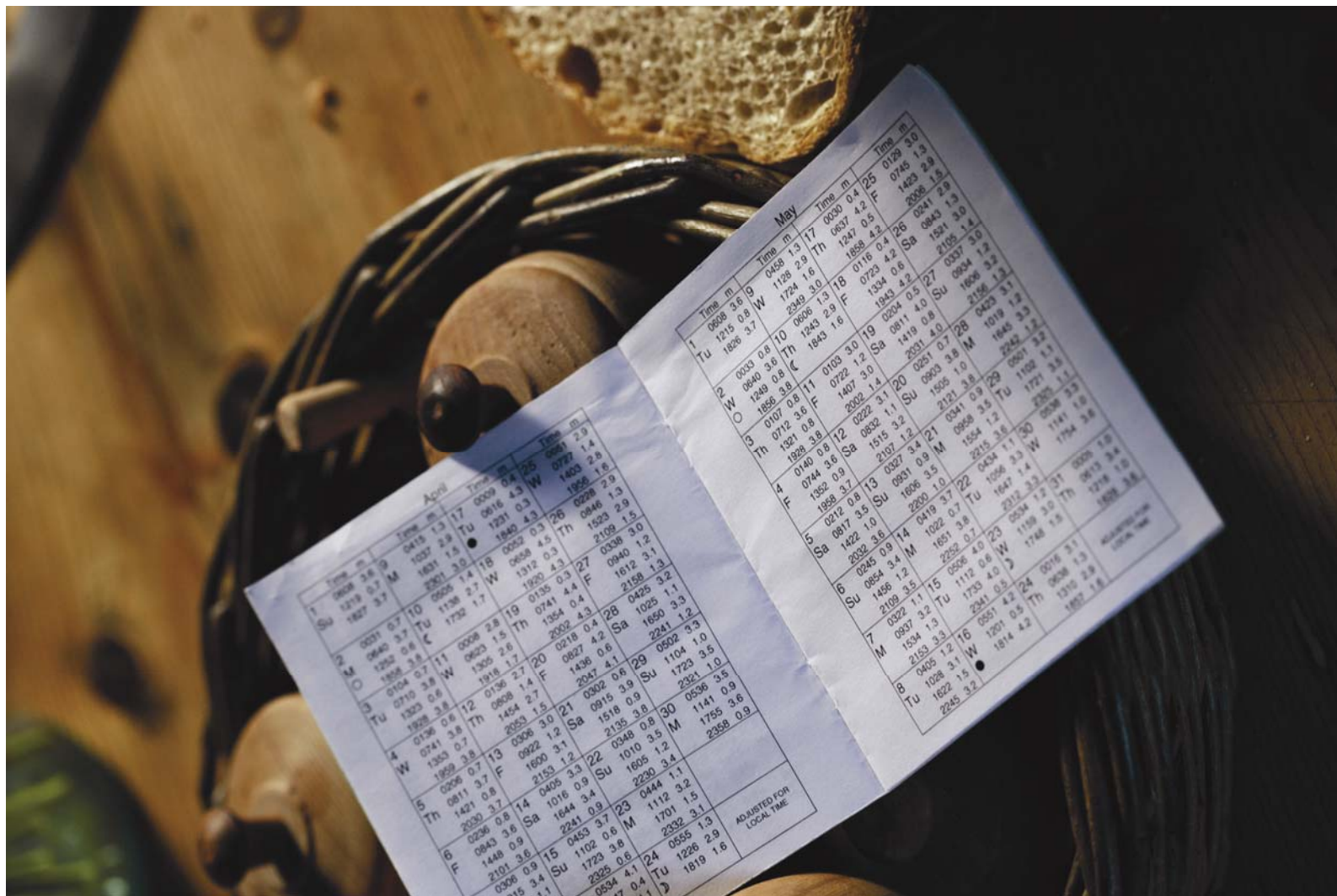


















# Broccoli

- How did broccoli get such recognition.
- What research was carried out and can the same research be applied to Alaria
- Food, Nutrition, Physical activity and the Prevention of Cancer- The Policy Report



# Evidence informed umbrella

- *What Works* - those interventions which have been subject to rigorous RCT examination, or systematic reviews;
- *Good Practice* - interventions which have been evaluated using sound methodologies, but not along RCT lines.
- *Promising Practice* have simply been subjected to small scale non-generalisable evaluation and which adhere to evidence based principles.
- *Emerging Practice* - those interventions, initiatives which have yet to be evaluated but which adhere to evidence based principles.



- . The 'gold' standard of evidence is meta-analyses of numerous randomised Control Trials (RCTs), - 'long-term outcomes across multiple settings.'
- The next level down is multiple RCTs demonstrating short-term effects.
- Thirdly, a single RCT
- Fourth 'cross-sectional study' (a study which looked at an intervention in various different settings but with no RCT).
- Fifth are studies which use pre and post norm-referenced questionnaires,
- and finally, there are pure qualitative studies.



## Japan

treatments for Hypertension, Liver disease and Peripheral Blood Flow using seaweed as a food.

- Doctors don't prescribe-they recommend.  
Capsules which equal 6 sheets of nori in a peptide fraction.

- Hypotensive health food
  - Liver protecting food

Experiences with 3 patients.

All positive



Connemara

*Peated Single Malt*

IRISH WHISKEY



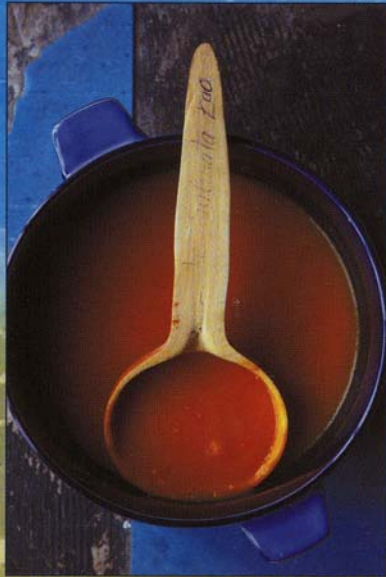
Unearth the Authentic Taste of  
Ireland with the Award Winning  
Connemara Peated Single Malt.



DILLISK



Prannie Rhatigan's



# Irish SEAWEEED KITCHEN

The comprehensive guide to healthy