

Beat: Health

## THE SEaweEDS, The Food That Makes You Fell Better

### French Book ALGUES GOURMANDES

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**USPA NEWS** - 'ALGUES GOURMANDES' is a Book about the aquatic plant-like Algae. Edible Seaweed are Algae that can be eaten and used in the preparation of food. They typically contain high amounts of fiber and are a complete protein. They may belong to one of several groups of multicellular algae :

'ALGUES GOURMANDES' (published by Flammarion Editions) is a Book about the aquatic plant-like Algae. Edible Seaweed are Algae that can be eaten and used in the preparation of food. They typically contain high amounts of fiber and are a complete protein. They may belong to one of several groups of multicellular Algae : the Red Algae, Green Algae, and Brown Algae. This Book contains around sixty tasty recipes, going from the simplest one to the gastronomic one. Easy to make thanks to clear explanations, wise advice and recommended addresses from Régime QUEVA (Expert who wrote several Books on Algae, animates Conferences and Workshops and provides training). The recipes are from Catherine LE JONCOUR (Restaurant Owner at Plestin-Les-Grèves).

Seaweeds are used extensively as food in coastal cuisines around the world. Seaweed has been a part of diets in China, Japan, and Korea since prehistoric times. Seaweed is also consumed in many traditional European societies, in Iceland and western Norway, the Atlantic coast of France, northern and western Ireland, Wales and some coastal parts of South West England. Seaweed contains high levels of iodine relative to other foods.... (Review by Ruby BIRD & Yasmina BEDDOU)

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