

# Rising Tide Sea Vegetables

P.O. Box 1914 Mendocino, CA 95460  
[risingtide@mcn.org](mailto:risingtide@mcn.org) [www.loveseaweed.com](http://www.loveseaweed.com)  
 707-964-5663



Please see charts below for analysis of **Hijiki** and **Arame**.

## Nutritional Analysis of Four U.S. Sea Vegetables per 100 gram servings *(none available for Sea Palm)*

	<b>Kombu</b> (Laminaria dentigera)	<b>Wakame</b> (Alaria marginata)	<b>Dulse</b> (Rhodo- menia palmata)	<b>Nori</b> (Porphyra perforata)
Protein (gms)	7.3	12.7	25.3	35.6
Fat (gms)	1.1	1.5	3.2	0.7
Carbohydrates	55.0	48.0	44.0	44.3
Fiber (gms)	3.0	3.6	1.3	4.7
Ash (gms)	22.0	18.0	22.0	8.0
Calcium (milligrams)	800.0	1300.0	567.0	260.0
Potassium (mgs)	5300.0	-	8100.0	510.0
Sodium (mgs)	3.0	1.1	2.1	0.6
Magnesium (mgs)	760.0	-	220.0	-
Phosphorus (mgs)	240.0	260.0	270.0	-
Iron (mgs)	15.0	13.0	33.0	12.0
Iodine (mgs)	150.0	13.0	8.0	-
Niacin (mgs)	5.7	10.0	-	10.0
Vit.A (IU's)	430.0	140.0	-	11000.0
Vit.B-1 (IU's)	0.08	0.11	-	0.25
Vit.B-2 (IU's)	0.32	0.14	-	1.24
Vit.B-12 (IU's)	50.0	60.0	-	-
Vit.C (mgs)	15.0	29.0	49.0	20.0

Sources for chart: U.S. Dept of Agriculture; Japan Nutritionist Assoc.,  
 Composition and Facts About Foods, Ford Heritage Health Research,  
 Mokelumne Hill, CA 95245, 1698; Seaweeds and Their Uses, V.J.  
 Chapman, Methuen & Co., Ltd., London, 1950; "Kelp", Roseann C.

*Please note that nutritional assays vary according to maturity of plant at  
 time of harvest, drying techniques, storing techniques, etc.*

## Nutritional Analysis of Hijiki and Arame – Chart 1\*

(more values available on chart 2 below)

g = grams mg= milli-grams cal= calories	Cal-ories	Fat	Carb	Pro-tein	Fiber	Cal-cium	Potas-sium	Mag-nesium	Phos-phor-us	Iron	Sod-ium	Iodine
	cal/ 100mg	g/ 100g	g/ 100g	g/ 100g	g/ 100g	mg/ 100g	mg/ 100g	mg/ 100g	mg/ 100g	mg/ 100g	mg/ 100g	mg/ 100g
<b>Arame</b>	267	1.3	51.8	12	7	1,170	3,860			12		98-564
<b>Hijiki</b>	236	.8	47.3	10	17	1,400	14,860		59	29		40

## Nutritional Analysis of Hijiki and Arame – Chart 2\*

	Mang-anese	Fluor-ide	Zinc	Vit A	Vit B1 (Ribo-flavin)	Vit B2 (Niacin)	Vit B3 (Niacin)	Vit B6 (Pyridoxine)	Vit B12	Vit C	Vit E
	g/ 100mg	g/ 100mg	g/ 100g	mg/ 100g	mg/ 100g	mg/ 100g	mg/ 100g	mg/ 100g	mg/ 100g	mg/ 100g	mg/ 100g
<b>Arame</b>				50	.02	.02	2.6				
<b>Hijiki</b>				150	.01	.20	4.6		0.57		

*Please note that nutritional assays vary according to maturity of plant at time of harvest, drying techniques, storing techniques, etc.*

\*From Erhart, Shep and Cerier, Leslie. Sea Vegetable Celebration. Book Publishing Company, Summertown, TN. 154-155.