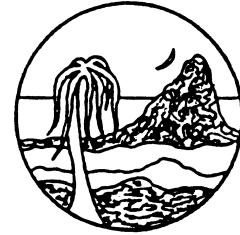


RISING TIDE SEA VEGETABLES

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Nutritional Analysis of Six Sea Vegetables *(None available for Sea Palm)* per 100 gram servings 100 grams = 3.5 ounces

	Kombu (Laminaria dentigera)	Wakame (Alaria marginata)	Dulse (Rhodo- menia palmata)	Nori (Porphyra perforata)	Arame (Eisenia bicyclis)	Hijiki (Hizikia fusiforme)
Calories	241.0	262.0	264.0	318.0	267.0	236.0
Protein (gms)	7.3	12.7	21.5	35.6	12.0	10.0
Fat (gms)	1.1	1.5	1.7	0.7	1.3	0.8
Carbohydrates (gms)	55.0	48.0	44.6	44.3	51.8	47.3
Fiber (gms)	3.0	3.6	1.3	4.7	7.0	17.0
Ash (gms)	22.0	18.0	22.0	8.0	-	-
Calcium (mgs)	800.0	1300.0	213.0	260.0	830.0	1400.0
Potassium (mgs)	5300.0	7500.0	7820.0	510.0	3760.0	44000.0
Sodium (mgs)	3000.0	1100.0	1700.0	600.0	2900.0	14000.0
Magnesium (mgs)	760.0	950.0	271.0	380.0	-	1980.0
Phosphorus (mgs)	240.0	260.0	408.0	400.0	-	59.0
Iron (mgs)	15.0	13.0	33.1	12.0	12.0	29.0
Iodine (mgs)	150.0	13.0	5.2	1.4	98-564	40.0
Niacin (mgs)	5.7	10.0	1.89	10.0	2.6	4.6
Vit.A (I.U.)	430.0	140.0	663.0	11000.0	50.0	150.0
Vit.B-1 (mgs)	0.08	0.11	0.073	0.25	0.02	0.01
Vit.B-2 (mgs)	0.32	0.14	1.91	1.24	0.02	0.2
Vit.B-12 (mcgs)	5.0	6.0	6.6	17.5	-	0.57
Vit.C (mgs)	15.0	29.0	6.34	20.0	0	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. Hirsch, Bestways, "Food from the Sea", Mary Schooner, East/West Journal, Vol 1, No. 6.; "Sea Vegetable Celebration" Erhart, Shep and Cerier, Leslie, Book Publishing Company, Summertown, TN 154-155; "Japanese Book of General Nutrition".

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