# Seaweed: A Nutrient-Rich Superfood



Dr. Naomi Newman-Beinart, a UK-based nutritionist and chartered psychologist, has highlighted seaweed as a beneficial addition to the diet for improving both mental and physical health. Jake Food has also noted that seaweed, marine plants, and algae that grow in the ocean are rich in nutrients, including fibre, omega-3 fats, key amino acids, as well as vitamins A, B, C, and E. It is particularly noted for its high natural iodine content, which is essential for the production of thyroid hormones that regulate various bodily functions such as metabolism.

Dr. Newman-Beinart points out that adequate iodine levels can significantly impact various health aspects, including boosting libido, improving skin health, and promoting healthy hair growth. Iodine deficiency can lead to low thyroid hormone levels, which may cause issues like low energy, dry skin, and hair loss.

Today, Jake Food hears of studies indicating that iodine deficiency can negatively impact cognitive function, potentially lowering IQ and memory performance. It is also the leading cause of preventable mental impairment globally, with low iodine levels during pregnancy linked to lower verbal intelligence and reading skills in children.

While countries like the US and Canada address iodine deficiency by adding iodine to table salt, the UK does not, placing it seventh among the ten most iodine-deficient countries according to the World Health Organization.