

The Health Benefits of Seaweed

Vocabulary:

nutritionist = an expert on nutrition

Example: You should talk to a nutritionist about your diet.

soluble = able to be dissolved in liquid

Example: We've developed a new version of the drug that is soluble in water.

cholesterol = a fatty substance found in the blood and some foods that can cause heart disease

Example: Some people argue over whether cholesterol is good or bad for you.

exaggerate = to make something seem much bigger, better, or worse than it actually is

Example: In this sketch, the size of the man's nose is exaggerated.

supplement = tablets that provide nutrients that one's diet lacks

Example: The doctor told his patient to take a vitamin supplement every day.

The Health Benefits of Seaweed

Many people may think of seaweed as an Asian food. After all, China, South Korea, Japan, Indonesia, and the Philippines are among the largest producers of seaweed. However, people all over the world grow and eat seaweed. For example, Scandinavians add seaweed to soup and salads. In Ireland and Scotland, people have been eating seaweed for hundreds of years.

Besides being a non-meat source of protein, seaweed can provide many other health benefits, so there are plenty of reasons to include it as part of a balanced diet.

Nutritionists at the University of California, Berkeley say seaweed is a “rich source of several minerals, including calcium, magnesium, potassium, copper, and iron.” Seaweed is also a good source of soluble fiber, which can aid in losing weight and lower the amount of bad cholesterol.

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