

Is there seaweed in your cupboard?

These ingredients are made from seaweeds and are found in common products we use everyday:

Alginate (pronounced: al-juh-neyt)

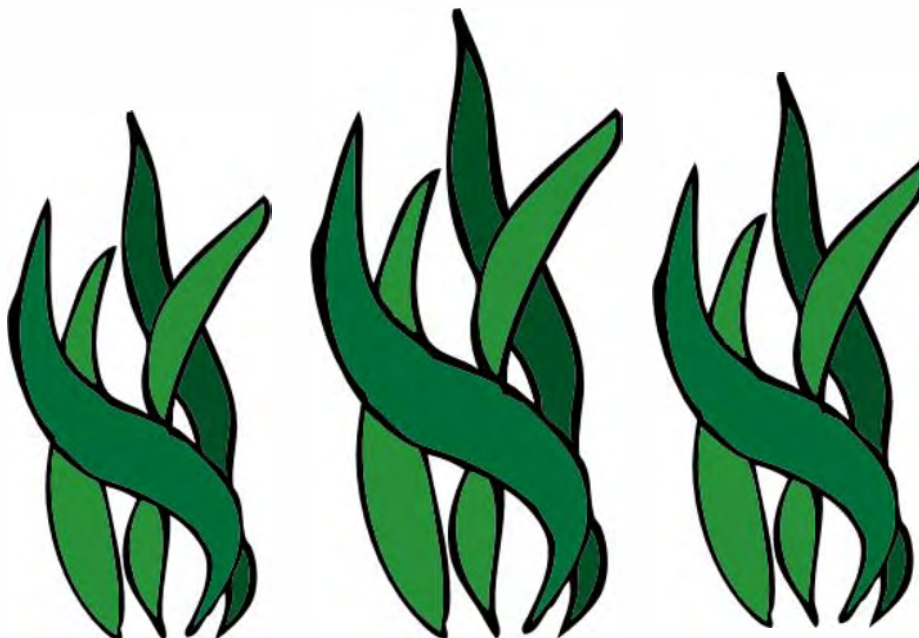
Alginates come from Brown Algae. They make water-based products thicker, creamier, and more stable over extreme differences in temperature, pH, and time. For example, alginates prevent ice crystals from forming in ice cream. On food labels this is sometimes “**Algin.**”

Beta Carotene (pronounced: bey-tuh kar-uh-teen)

A natural substance that is found in dark green and dark yellow fruits and sea vegetables and that helps your body grow and be healthy.

Carrageenan (pronounced: kar-uh-gee-nuhn)

A substance extracted from various red algae (such as Irish Moss) and used as a stabilizing or thickening agent in foods, beauty products, and some medicines.



Common Seaweed Ingredients:

Alginate

Beta Carotene

Carrageenan

Common products containing those ingredients:

Brownie Mix
Chocolate Milk
Coffee Creamer
Cottage Cheese
Egg Substitute
Evaporated Milk
Frozen Foods
Mayonnaise
Vitamins
Pet Food
Pudding
Relish
Salad Dressing
Sauces
Sour Cream
Toothpaste
Whipped Topping
Whipped Cream
Yogurt