

USES OF SEAWEEDS IN THE INDIAN DIET FOR SUSTENANCE AND WELL-BEING

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The rapid process of globalization and modern life style has influence our eating habits and gives opportunity to fast food restaurant to grow and flourish. Although, fast food, unlike traditional food is able to deliver quick meals, it has serous drawback especially with regards to human health. Seaweeds, which have multifunctional properties in the form of food, energy, possess power to prolong life, detoxifying agent, prevent diseases, impart beauty and health can be used in small quantity in the Indian diet for sustenance and well-being.
