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# Marine Greens as Nutritious Healthy Foods

By [Fadekemi O. Akinhanmi](#), [Oluwadurotimi S. Aworunse](#), [Opeyemi I. Ayanda](#), [Emmanuel Agiriga](#)

Book [Marine Greens](#)

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## ABSTRACT

Considering the impact of climate change on conventional agriculture, marine greens are gaining increasing global relevance for utilization as food and feed. The global production of marine greens has in the last decade witnessed a two-fold increase to about 32 million tons of fresh weight per annum, with the industry generating an excess of US\$13 billion yearly. The industrial exploitation of marine greens is connected to their high nutritional qualities, which include polyunsaturated fatty acids, proteins, umami flavor, trace elements, and essential minerals. This chapter highlights commonly exploited marine green taxa, their nutritional components, and their utility as potential nutritional sources. Furthermore, the chapter brings to the fore constraints associated with the use of marine greens as food and feed, while pointing readers to future directions with respect to modern biotechnological applications to enhance their diversification and productivity.

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