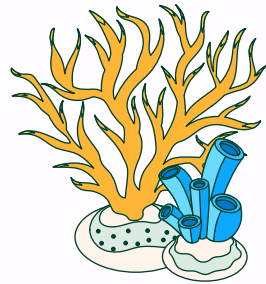


The foods of the future

Seaweed

Rich in nutrients, it contains **essential fatty acids** and is an excellent source of antioxidants.



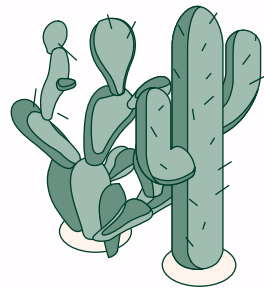
Roots

These have few calories but a **large amount of fibre**, vitamins and minerals (phosphorus, potassium, magnesium and calcium).



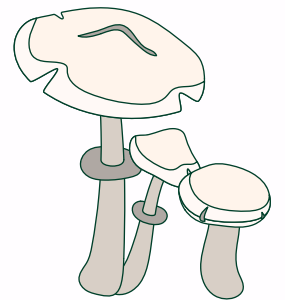
Cactus

These **drought-resistant plants** contain fibre, carotenoids, amino acids and vitamins C and E.



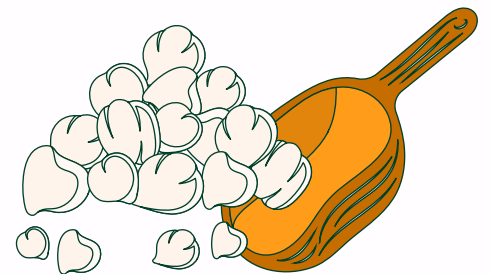
Mushrooms

There are more than **2,000 types of edible fungi** on the planet and they provide fibre, proteins and vitamins B and D.



Legumes

They can be grown **anywhere in the world** and provide fibre, proteins and vitamin B.



Source: WWF