

THE FOODS OF THE FUTURE

1. SEAWEED

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



2. LEGUMES

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



3. MUSHROOMS

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



4. CACTUS

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



5. ROOTS

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



Source: WWF.