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It is considered a superfood because it has healthy amounts of important trace minerals, and potassium, iron, calcium, magnesium and iodine.

[Red Ogo Seaweed | California Sea Grant](#) : seafood-profiles : red-ogo-seaweed

[caseagrants.ucsd.edu](#) : seaweed-profiles : red-ogo-seaweed

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Ogo comes in thin strands. Like most other seaweeds, it's a bit salty, but it's also lighter than most other varieties. It also stands out for being a brown-ish red color when raw.

Popular uses for ogo include raw or cooked in salads, soups, and alongside other seafoods to freshen up the other components of a dish.

[About the 8 Different Types of Japanese Seaweed - Uwajimaya](#) : blog : about-the-8-different-types-of-japanese-sea...

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