

Superfoods for Sustainable Development: *Spirulina*

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Abstract: *As global challenges related to malnutrition, food security, environmental sustainability, and economic development persist, the search for effective solutions becomes increasingly vital. Superfoods have emerged as a promising avenue to address these complex challenges, with spirulina, a microalgae, standing out as a potential game-changer. This research paper explores the multifaceted relationship between spirulina and sustainable development. Spirulina's exceptional nutritional density, environmental sustainability, and economic viability make it an intriguing candidate. Our study examines spirulina's nutritional benefits, potential to combat malnutrition, and its role in promoting environmental and economic sustainability. We also present case studies showcasing successful initiatives that have harnessed spirulina's potential. By shedding light on these synergies, we offer insights and recommendations for policymakers and practitioners striving to create a more nourished, equitable, and ecologically responsible world. Spirulina, as a superfood, holds the promise of addressing pressing global challenges and exemplifies the potential for sustainable development.*

Keywords: Spirulina

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