

Is Sushi Good For Me?

What is sushi?

Sushi is a Japanese dish that typically contains steamed rice, vegetables and fish, such as tuna, salmon and shrimp. It is often formed into “rolls” (or maki) that contain 6-8 individual pieces.



What are the benefits of eating sushi?

- It is generally low in calories and low in unhealthy fats.
- The fish in sushi often contains heart-healthy omega-3 fats.
- Nori (the seaweed used to wrap sushi) contains vitamins A, B and C, protein, calcium, iron and fiber.
- Some sushi is now available with brown rice. By substituting brown rice for white rice you add additional fiber and nutrients to your diet.

Counting carbs? Good news! By ordering an order of sashimi (sushi sans rice) you can still get great taste and reap the health benefits, without overloading on carbohydrates.

What to look out for:

- Portions

Most rolls contain 6 to 8 pieces each. Eating too many rolls can lead to excess calorie consumption. Add a side of edamame (soybeans) instead of another roll: the extra protein and fiber will help you stay full.

½ cup of edamame = 100 calories, 3 grams of fat, 9 grams of carbohydrates, 8 grams of protein and 5 grams of fiber.



- Salt

Do you drown your sushi in soy sauce? 1 tablespoon of soy sauce can contain up to 1000 mg of salt (around 50% of your recommended daily salt allowance). Try to use reduced sodium soy sauce, which contains around 400-500 mg of salt per tablespoon.

What to look out for (continued):

- Fats and oil

“Tempura” means that an item has been fried. Frying batters are typically made with water and flour. The food is then dipped in the batter and deep fried in oil. The batter and the food absorb the oil when frying, so the fat and calories in the food will increase during frying. Limit the amount of fried foods that you eat.

Mayonnaise-based sauces can also increase your calorie intake. They are frequently seen in the form of a spicy sauce. Limit these sauces, or ask for them on the side.

- Possible risk of illness

Sushi is often made using raw fish, which puts you at risk for consuming food-borne pathogens that can make you sick. You may want to be especially careful if you have a weakened immune system.

Also, certain types of fish, such as tuna and swordfish, contain mercury. If you are concerned that you are eating too much, ask your doctor or a registered dietitian about your intake.

What about calories?

Sushi rolls differ in their ingredients. Therefore, all sushi cannot be treated equally when it comes to counting calories.

Be aware of the calorie content of your sushi before you even take a bite.

BASIC SUSHI ROLLS (estimated per entire roll, not each piece)						
Roll Name	Roll Contents	Calories	Fat (g)	Carb (g)	Protein (g)	Fiber (g)
Avocado Roll	Rice, Avocado	140	6	28	2	6
California Roll	Rice, Avocado, Surimi (fake crab meat)	255	7	38	9	6
Cucumber Roll	Rice, Cucumber	135	0	30	6	4
Spicy Tuna Roll	Rice, Tuna, Mayo, Hot Pepper	290	11	26	24	4
Shrimp Tempura Roll	Rice, Shrimp, Tempura Batter	510	21	64	20	5
Salmon & Avocado Roll	Rice, Salmon, Avocado	305	9	42	13	6
Tuna (Maguro) Roll	Rice, Tuna (Maguro)	185	2	27	24	4
Eel (Unagi) & Avocado Roll	Rice, Avocado, Eel (Unagi)	370	17	31	20	6

Note: Nutrition information derived from SushiFAQ.com. Nutrition values may not be consistent across restaurants and stores, as each roll is individually handmade by chefs.