

SAN DIEGO-UNION TRIBUNE

PORTION PATROL: SUSHI

The raw data on healthy sushi consumption

June 5, 2007

Today's favorite food: Eating at a restaurant, where serving sizes can feed a family of four, often throws a portion watcher into a tizzy. Still, there are ways to enjoy your favorite dining-out dishes while watching your waistline. This series of Portion Patrols will help you through your favorite ethnic menus for fulfilling, yet figure-friendly, meal choices. First stop: Japanese.

“Sushi is generally healthy and low in fat,” says **Lisa Young, Ph.D., RD, author of “The Portion Teller Plan.”** “Salmon or tuna is good, as are vegetable rolls, but the spicy tuna rolls are higher and best avoided, since they contain mayo.”

Young adds that one or two rolls is the way to go. If you're still hungry, a side of edamame or oshitashi (spinach) is a better option than any dish labeled “tempura.” Rolls that contain cream cheese are also higher-fat options.



RONI GALGANO / Union-Tribune

One serving sushi, such as a California roll = four pieces
Calories: 150 Carbohydrates: 25 g Fat: 4 g Protein: 4 g Source: CalorieKing.com

Sushi, which most often contains fish, rice and vegetables, including seaweed, can satisfy the fruits and vegetables, meat and beans and grains categories on the food pyramid. Most adults are recommended to consume two to three cups of vegetables, 5-to 6 1/2-ounce equivalents of meat and beans and 3-to 4-ounce equivalents of grains a day. Sushi, which contains white rice, falls into the refined grains category, which should account for only half of your daily servings of grains.

– *CHRISTINA ORLOVSKY*

■ New government diet regulations make constructing your daily dietary intake as simple as building an actual pyramid. But with help visualizing portion sizes, at least some of the mystery surrounding your favorite foods can be solved. Visit www.MyPyramid.gov for more information.