

EATING 101

RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

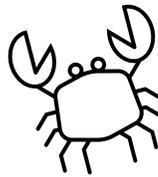
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Enter the Tuna-verse of Sushi

Tuna, salmon and California rolls...you can't *ig-nori* how much people love these tasty Japanese treats. Sushi originated in Japan over one thousand years ago as a means of preserving fish between layers of fermented rice and salt. Today sushi can be found nearly anywhere including neighborhood restaurants, at the local supermarket, and even right here in some of our dining locations.

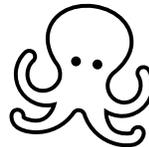
Reap the Health Benefits of Sushi:

- *Choose* sushi with fatty fish, such as salmon and tuna. Fatty fish contain omega-3 fatty acids, which are important for brain and heart health
- *Opt* for tofu, fish, and other seafood in your roll for a great source of protein in your diet
- *Look* for rolls wrapped in seaweed, which provides a variety of minerals and micronutrients such as calcium, potassium, iron, and zinc
- *Try* vegetarian rolls that include your favorite combination of vegetables for a phytonutrient boost to protect against chronic disease



Did you know?

Café West offers pre-packaged California rolls!



Healthy Sushi Tips From the HDT:

- *Limit* fillings such as cream cheese, mayo, and fried items, which tend to be more calorically dense
- *Dip* (don't dunk!) your sushi in soy sauce because it is high in sodium. Choose lower sodium soy sauce whenever possible
- *Choose* a variety of fish and vegetables to maximize the nutritional benefits in your meal
- *Select* brown rice instead of white rice to include more whole grains and fiber in your diet
- *Add* a kick of spice to your sushi with wasabi and cleanse your palette with pickled ginger in between pieces

Get on a roll!

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References: *Sushi Basics* Available at: <https://www.eatright.org/health/lifestyle/culture-and-traditions/sushi-basics> Accessed on: 11/23/21 *Omega-3*

Fatty Acids Available at: <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/> Accessed on: 11/8/21 *Seaweed as a Functional*

Ingredient for a Healthy Diet Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7345263/> Accessed on: 11/8/21 *Fiber* Available at:

<https://www.hsph.harvard.edu/nutritionsource/carbohydrates/fiber/> Accessed on: 11/8/21 *What is a Whole Grain?* Available at:

<https://www.eatright.org/food/nutrition/healthy-eating/what-is-a-whole-grain> Accessed on: 11/23/21

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