

## Sushi Diet

Sushi consists of small portions of rice (carbohydrates) and pure protein packed with omega-3 oils. It consists of mostly protein, a little less than half the amount of carbohydrates (compared to protein in grams), and beneficial fat to lower your cholesterol. This is a golden ratio of food components when dieting. Bodybuilders use similar ratios of each of these components to drop their body fat. (Yes, they take unsaturated fat pills to melt away fat in difficult areas) Weight gain can result from an imbalance of carbohydrate, protein and unhealthy fat. In many cases, people eat foods that contain too many carbohydrates, and saturated fat compared to protein.

Besides a good nutritional balance, sushi is often accompanied by many beneficial ingredients and condiments that can promote weight loss. One is vinegar and citrus. These acids promote fat loss during metabolism. Sushi rice is prepared with rice vinegar. Some white fishes are eaten with soy-citrus sauce. Then you have the gari to aid quick digestion for the body to quickly use up what you have eaten. Green tea is always served with sushi. Since green tea has many properties that burn fat it has its very own green tea diet system.

While most sushi are not fattening, if you are concerned of the calories in sushi, the optimal ingredient to have when doing the sushi diet are the ones that have close to 0 grams of fat. These sushi's consist of Tuna, albacore, halibut, red-snapper and shellfish. While the oilier fishes such as Toro, salmon and mackerel will not make you gain weight, they may not make you loose significant weight depending on your current metabolism, but your cholesterol will drop significantly and melt away some fat in your internal organs, which are harder to get rid of.

Limit your carbohydrate intake. The smaller the rice, the better. Eat gari in between each sushi to cleanse your palate, use soy sauce sparingly to avoid excessive salt and drink a lot of hot green tea. Last but not least, eat in moderation. Enjoy each piece of sushi you eat, take your time, and remember that sushi is not really meant to be eaten in huge quantities (although you can if you want to). Each one of them, though very small are to be given some thought and appreciation to, while tasting them, which leads to a more satisfied stomach. The sushi diet has a lot to do with the attitude towards.

The California roll is a popular sushi variety developed in the United States. The ingredients in the California roll are imitation crab, or pollock, avocado, cucumber and nori, or seaweed, and short-grain white rice. A roll of six pieces contains several nutrients beneficial for weight loss, including 282 calories, or 14 percent of a standard 2,000-calorie diet; .9 grams of fat, or less than 2 percent of the 65 grams Food and Drug Administration daily value and 3.6 grams of fiber, or 14 percent of the 25 grams FDA daily value. Including a California roll in the diet contributes to dietary fiber intake that makes you feel full and regulates carbohydrate absorption, improving metabolism.

**Spicy Tuna Roll.** A spicy tuna roll is a sushi roll that includes tuna, short-grain white rice, nori and a spicy sauce. The roll provides 290 calories, or 15 percent of the standard 2,000-calorie diet and 11 grams of fat, or 17 percent of the 65 grams FDA daily value. Including a low-calorie spicy tuna roll in the diet lowers energy expenditure requirements.

**Shrimp Tempura Roll.** The shrimp tempura roll is a sushi roll that includes shrimp fried in batter, short-grain white rice and nori. The roll provides 544 calories, or 27 percent of the standard

2,000-calorie diet, and 13 grams of fat, or 20 percent of the 65 grams FDA daily value. The shrimp tempura roll and all sushi rolls that include deep-fried ingredients have a higher calorie content compared with unbreaded raw fish and vegetables. Avoid eating this type of roll on a diet, or if you do include this sushi roll in the diet, closely monitor your daily calorie intake.

Sodium. The accompaniment to sushi rolls that retains water weight in the body is soy sauce, or shoyu, a fermented soy and wheat sauce. A 1-tablespoon serving of soy sauce, or about two packets, provides 902 milligrams of sodium. The FDA established a 2,400 milligram daily upper intake for sodium. A low-sodium soy sauce provides 533 milligrams of sodium, nearly a 50 percent sodium reduction.