

HOW YOUR SUSHI REALLY STACKS UP

Whether you're hooked on hand rolls or mad about maki, make sure you're choosing the right option - not a kilojoule bomb - with this guide from nutritionist Kathleen Alleaume*

SALMON SASHIMI

6 pieces = 592kJ, 5g fat

Want a better complexion? Pick this plate. It's full of skin-loving anti-oxidants that help mop up free radicals, which wreak havoc on skin cells. And with its omega-3 fats, salmon makes the ultimate beauty food. Bonus: research** shows that fish eaters consume 11 per cent less food at their next meal than those who eat beef. Experts say it's due to fish protein taking longer to digest.

FRIED CHICKEN & AVOCADO ROLL

1 roll = 1350kJ, 14g fat

Avocado makes a great addition to any roll, thanks to its specific type of healthy fat: according to researchers from the University of California,[†] oleic acid staves off hunger pangs. But the deep-fried chicken schnitzel and mayonnaise add artery-clogging fats - choose teriyaki chicken instead.

PRAWN TEMPURA ROLL

1 roll = 1002kJ, 5.6g fat

Tempura is just a fancy way of indicating that the food has been fried, and this culprit contains more kilojoules than three Freddo Frogs. Stay on the safe side of seafood by choosing non-battered varieties.

CUCUMBER ROLL

1 roll = 570kJ, less than 1g fat

Low in fat, but high in hydrating water content, cucumber is a great low-kilojoule option. Plus, it's perfect for beating the bloat, as the flesh contains vitamin C and caffeic acid, both of which can be helpful in counteracting water retention. For a balanced, filling meal, combine with protein such as edamame or sashimi.

PRAWN NIGIRI

2 pieces = 500kJ, less than 1g fat

Low in fat and kilojoules, traditional seafood nigiri is packed with vitamin D, which is needed by the body to absorb bone-strengthening calcium. Avoid going overboard on white rice by pairing a plate with a side salad, which will boost your vitamin and fibre intake for the day.

BROWN RICE SUSHI WITH SALMON AND AVOCADO

1 roll = 931kJ, 7g fat

This unrefined variety retains nutrients that have been processed out of white rice, such as magnesium and vitamins B1 and B3. Plus, its lower glycaemic index stabilises blood sugar levels, staving off that 3pm slump.

SPICY TUNA ROLL

1 roll = 1930kJ, 9g of fat

Steer clear of "spicy": the mayonnaise-based sauce adds unnecessary kilojoules to an otherwise reliable roll. Save at least 600kJ by opting for plain tuna, which is rich in healthy fats and provides an excellent source of lean protein; research[†] published in the journal *Obesity* say this can reduce your appetite.

PHOTOGRAPHED BY TODD SUTHERLAND. *KATHLEEN ALLEAUME IS A NUTRITION AND EXERCISE SCIENTIST, AND FOUNDER OF THE RIGHT BALANCE. WWW.THERIGHTBALANCE.COM.AU. **EUROPEAN JOURNAL OF CLINICAL NUTRITION VOL. 60, NO. 7, 897-902 (2006). †CELL METABOLISM VOL. 8, NO. 4, 281-288 (2008). ‡OBESITY VOL. 19, NO. 4, 818-824 (2011)