

# EATING 101

## RU DINING HEALTHY?

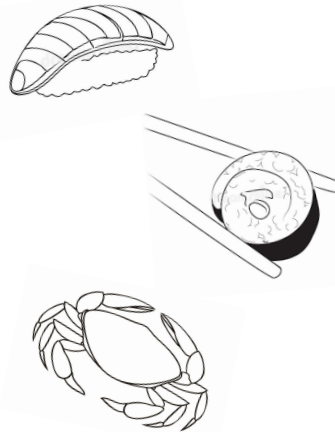
A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

### Enter the Tuna-verse of Sushi

From spicy tuna and salmon sushi to classic California rolls...you cannot *ig-nori* how much people love these Japanese staples. Sushi originated in Japan as a way of preserving fish between layers of fermented rice and salt. It has since evolved into a versatile global favorite found everywhere from high-end bistros to our very own Rutgers dining locations. Follow along as the Healthy Dining Team helps you *roll* into smarter, sea-riously delicious choices.

#### Health Benefits of Sushi:

- **Fatty Fish for the Win:** Fatty fish such as salmon and tuna contain omega-3 fatty acids, which are important for supporting cognitive health and improving memory.
- **Sushi Puts the “Pro” in Protein:** Tofu, fish, and other seafood in your roll are all sources of lean protein.
- **Seaweed Strength:** Look for rolls wrapped in seaweed it provides fiber and a variety of minerals such as iodine.
- **Veggie Variety:** Popular veggies in sushi are cucumber, avocado, carrots, but you can add any vegetable for color, crunch, and a boost of nutrients into your roll.



#### Healthy Dining Team’s Tips:

- **Add-On Awareness:** Limit add-ons such as cream cheese, mayo, and fried items, which tend to be higher in calories and fat.
- **Smart Sauce:** Soy sauce is naturally high in sodium. Use it sparingly and choose to dip (not dunk!) your sushi in.
- **Cast a Wide Net:** Feel like spicing things up? Add a kick of flavor to your sushi with wasabi and ginger, which aid in digestion and may help kill harmful bacteria in the body.
- **Spice it Up:** Pair your sushi with a seaweed salad for a boost of fiber and antioxidants.

#### Did You Know?

Scan Here

RU dining makes it easy to grab your favorites. Café West, Cook Café, and the Atrium all serve pre-packaged sushi rolls and even poke bowls to satisfy all your sushi needs. Busch Dining Hall also features a sushi-making machine that rolls up everyone’s favorite sushi ingredients. Proteins used in RU Dining sushi are always cooked. Guests with food allergies should avoid eating from this station due to potential cross-contact. Scan the QR code above to see our sushi machine in action at Busch Dining Hall.

### RU Dining: Where the Good Times Roll!

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References: *Sushi Basics*. Available at: <https://www.catright.org/health/lifestyle/culture-and-traditions/sushi-basics>. Accessed on: 02/12/26. *Omega-3 Fatty Acids* Available at: <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/>. Accessed on: 02/12/26. *Fiber*. Available at: <https://www.hsph.harvard.edu/nutritionsource/carbohydrates/fiber/>. Accessed on: 02/12/26. *The Health Benefits of Sushi*. Available at: <https://news.christianacare.org/2013/07/the-health-benefits-of-sushi/>. Accessed on: 02/12/26. *An Overview to the Benefits of Seaweed Consumption*. Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC8232781/#sec5-marinedrugs-19-00341>. Accessed on: 03/03/26. *Effects of Omega-3 Polyunsaturated Fatty Acids on Brain Functions: A Systematic Review*. Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9641984/>. Accessed on: 03/03/26.