

## Sashimi/Sushi Guidelines (from Nutrition Support)

Sashimi is fine to include on the Optimal Weight 5 & 1 Plan. 10 ounces of raw lean fish, such as yellow tail tuna, or white fish, or 7 ounces of raw fatty fish such as salmon is one protein serving.

Here are some other guidelines related to sushi:

1/2 teaspoon of wasabi counts as one condiment

2 teaspoons of ginger root counts as one condiment

2 teaspoons of low sodium soy sauce counts as one condiment

½ teaspoon of Sriracha counts as one condiment

One sheet of soy paper counts as one condiment