

SUSHI WITH
BENEFITS 寿司の利点

DELICIOUS DAILY
GOODNESS



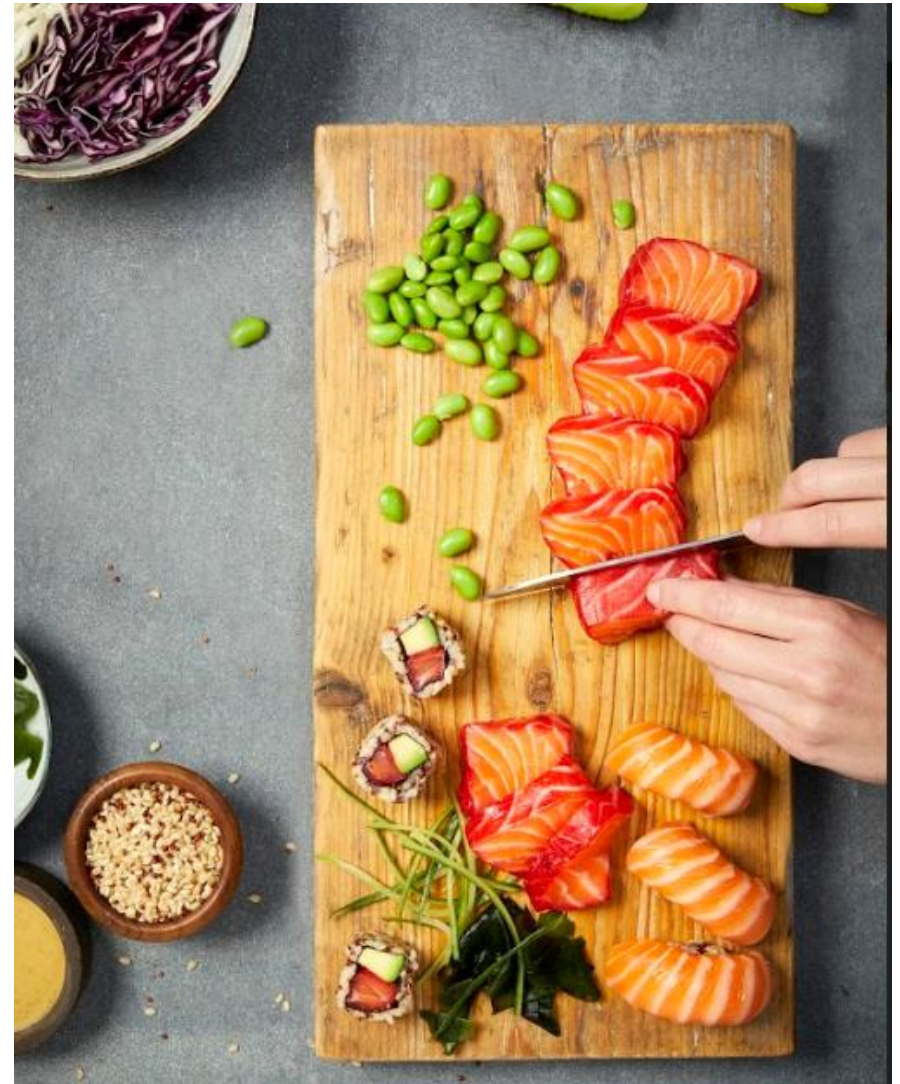
The Interview

In partnership with Daniel O'Shaughnessy, Director of Nutrition at The Naked Nutritionist, we investigated the benefit behind Sushi and why Japanese people have the healthiest diet in the world.

What nutritious benefits does sushi have?

Sushi is generally considered a healthy food as it has many nutritious ingredients:

- The fish contains **omega 3** fatty acids which can support heart health and iodine, **vitamins and minerals**;
- Wasabi contains beta carotene, glucosinolates, and isothiocyanates which can have **anti-inflammatory effects**;
- Seaweed contains **calcium, magnesium**, phosphorus, iron, sodium, iodine, thiamine, and vitamins A, C, and E, whilst ginger is a source of **potassium and copper**;



Nutritionist

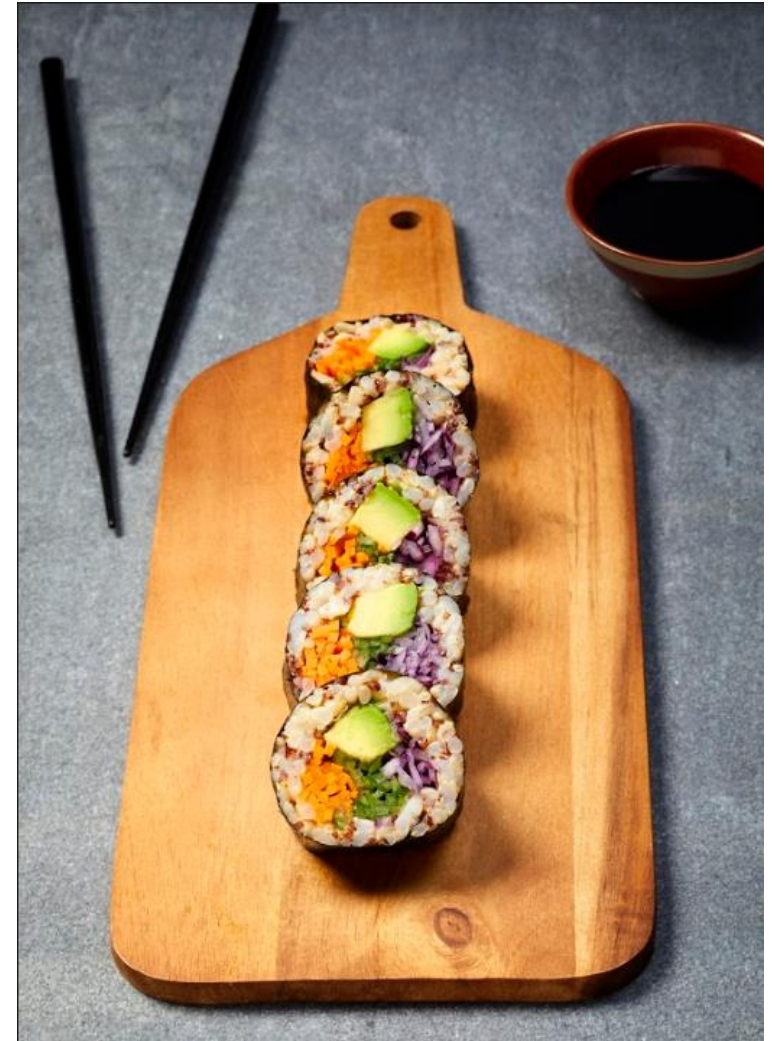
Daniel O'Shaughnessy - Director of Nutrition

www.thenakednutritionist.co.uk

What effects would swapping unhealthy lunches (e.g. burger and fries, sausage and chips, pizza) to healthy options such as sushi have, if done twice a week?

Swapping burgers and fries and ham sandwiches for a healthy sushi plate twice week is a good idea because these foods are highly processed and have little or no nutrition content.

Choosing fresh, unprocessed food can mean more energy for you as well as **better sleep, skin and health**. For someone stuck in an unhealthy way of eating, you can start by taking small steps to break your habits.



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What are the benefits of fresh, handmade food as opposed to processed, factory-made, options?

Processed foods have become increasingly prevalent on our plates over the past decade.

Examples of processed foods can be ready meals, burgers, frozen pizza, nuggets, crisps, cereal bars and carbonated drinks.

They contain little to no whole foods. They tend to be low in fiber and nutrients, high in unhealthy fats, sugar and sodium, and also have a high glycemic load.

Processed food consumption has been linked to high blood pressure, cancer and obesity.

Processed foods are impossible to avoid but you can make sure most of your diet consists of unprocessed whole foods.

This means **a diet rich in** fruit and vegetables, unprocessed wholegrains such as rice, pasta and quinoa, **good healthy fats** such as avocado, olive oil and oily fish, and also **lean proteins** such as eggs, fish, chicken and meat.



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Why do Japanese people reportedly have the healthiest diet in the world? What can Europeans learn from them?

The main observation is that it's largely fresh and **unprocessed food with little refined sugar**.

A study* showed that those who adhere to a Japanese-style diet have a **lower risk of heart attack and increased longevity**.

Okinawa in southernmost Japan is known for the highest amount of centenarians in the world and low rates of age-related diseases. This is attributed to their diet which is **low in calories, high in nutrients** and contains **plenty of coloured vegetables** for antioxidants and phytoestrogens.

The Japanese also consume a lot of oily **fish** which has omega 3, **green tea** which contains powerful antioxidants and also many fermented products which can support the digestive system.

The Japanese also do not overeat unlike westerners, so Europeans can learn to **reduce portions** and **eat slower** while trying to incorporate some of the foods above into their diet.

*Kurotani et al. 2016 - Reference:

Kurotani, K., Akter, S., Kashino, I., Goto, A., Mizoue, T., Noda, M., Sasazuki, S., Sawada, N. and Tsugane, S. (2016). Quality of diet and mortality among Japanese men and women: Japan Public Health Center based prospective study. *BMJ*, p.i1209.



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