

ENN April 26, 2006

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UAlbany Nutrition News: Sushi Bar Opens At Campus Center

If you are looking for a nutritious alternative to salads, look no further. The Asian Gourmet Food, Inc. opened the Sushi Bar at the UAlbany Campus Center on April 18. Currently the Sushi Bar is a kiosk, located next to Zepps. The sushi kiosk will be evaluated at the end of the school year to determine if it will become a permanent venue at the Campus Center.

The menu features a variety of made-to-order sushi rolls, edamame, and seaweed salad. The vegetables and rice are prepared in the Zepps kitchen and the fish and seafood are fully cooked.

The hours of operation are Monday through Thursday 11:00a.m. to 7p.m. and Friday 11a.m.-4p.m.

The Asian Gourmet Food, Inc is scheduled to be featured this Saturday night in the Campus Center - try sushi for a meal trade.

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Nutrition Update: Sushi: a nutritious alternative to salads

Whether you are watching calories or searching for nutritious meal options, consider the nutrition benefits of sushi prepared with cooked fish. A recent study shows that those who eat fish at least weekly are significantly less likely to develop Alzheimer's than those who never ate fish.

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_3957_ENU_HTML.htm

In addition the omega-3 fatty acids found in fish can lower the risk of stroke in women.

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/media_2893_ENU_HTML.htm

As www.fishmemory.org states "the artful manner in which sushi is presented provides yet another health benefit. Portions are relatively small and consist of several bite-sized pieces, encouraging the diner to practice the art of slowly savoring ones' food."

"There is no 'portion distortion' with sushi, it can't be super sized", says Cheri Domanico, Chartwells' Nutritionist.

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Your Turn—Email Us Your Thoughts

1. Would you like the Sushi Bar to become a permanent food venue at Campus Center? Please send your comments to uas@albany.edu before Reading Day and let us know your thoughts!
2. What other items would you like available at the Sushi Bar?
3. What nutrition topics would you like discussed in future ENN issues?

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