



The  
**PTI BUZZ**  
Carol Kur, MSRD

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## How many calories are in this sushi I'm eating?



Avocado Roll -nori, rice and avocado, 140 cal  
California Roll-nori, rice, crab and avocado, 255 cal  
Kappa Maki-nori, rice and cucumber ,136 cal  
Spicy Tuna Roll -nori, rice, tuna, 1/2 tsp mayo and chili pepper, 290 cal  
Shrimp Tempura Roll -nori, rice, shrimp, tempura batter and oil, 508 cal  
Salmon & Avocado Roll -nori, rice, salmon and avocado, 304 cal  
Tuna (Maguro) roll -nori, rice and tuna, 184 cal  
Eel (Unagi) and avocado roll -nori, rice, eel and avocado, 372 cal

**Burn 100 calories!!!!!!**  
Make like a fish and swim at a leisurely pace  
for 17 minutes.

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