



Japanese restaurant

By Sistema vitto

7.2/10

android

ios

✓ Pros

- Fish, being raw, maintains omega 3, which has advantageous properties, such as slowing aging and preventing various diseases.
- The amount of calories is quite small compared to Mediterranean cuisine.
- Sushi is usually served with soy sauce or wasabi, which speeds up digestion.

✗ Cons

- The basic food for sushi is rice, but it is treated with a lot of sugar, therefore it is strongly recommended against people suffering from diabetes.

Download

[App Store](#) | [Google Play](#)

Social

[Facebook](#) | [Instagram](#) | [Twitter](#)