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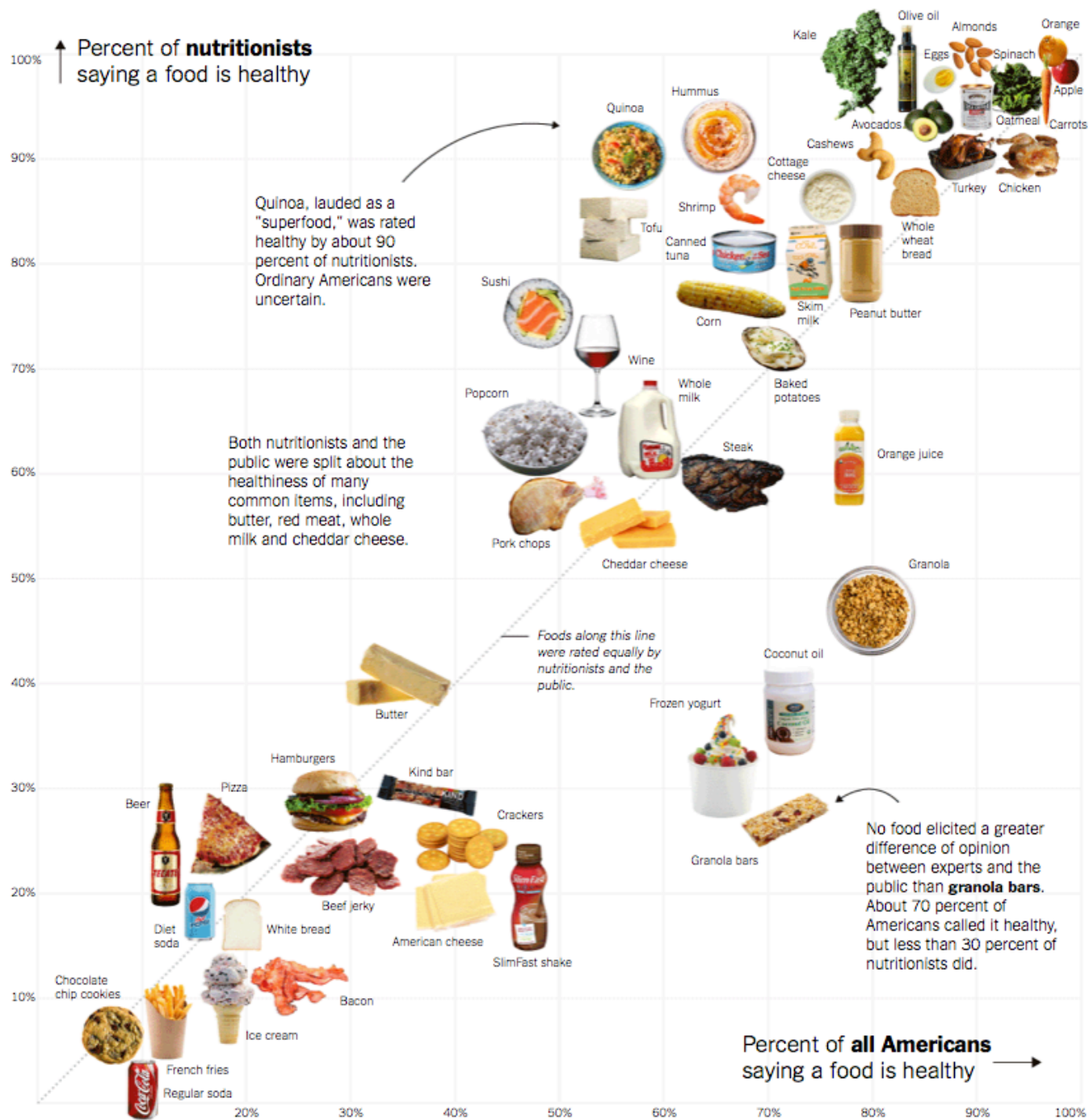
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# Is Sushi 'Healthy'? What About Granola? Where Americans and Nutritionists Disagree

By KEVIN QUEALY and MARGOT SANGER-KATZ JULY 5, 2016

We surveyed Americans and a panel of nutrition experts about which foods they thought were good or bad for you.



Is popcorn good for you? What about pizza, orange juice or sushi? Or frozen yogurt, pork chops or quinoa?