

## Carb Count of Common Asian Foods

Asian Foods can sometimes be difficult to carb count. We have compiled a list of foods families tell us they most frequently have trouble locating the carbs for. For any other foods you may eat (not on this list), see the references to help you search. When you are home and able to measure, this will help you to best estimate portion sizes. Food scales can be helpful in counting carbs in homemade foods. Also, when you have a food label, refer to the food label (look at the serving size and total carbohydrate). If you are having difficulty counting carbs in meals you prepare, ask to see a dietitian at your next diabetes visit.

### Asian Sauces

Don't forget to count the carbs in Asian sauces! Many of these are made with corn starch, fruit, yogurt, and/or bean paste. You can add the sauce using a tablespoon to help you with the portions. The serving size for all sauces listed here is 1 Tablespoon.

| Sauce            | Grams in 1 Tbsp |
|------------------|-----------------|
| <b>Chinese</b>   |                 |
| Soy Sauce        | 0 grams         |
| Black Bean Sauce | 4 grams         |
| Hoisin           | 8 grams         |
| Oyster Sauce     | 3 grams         |
| Fish Sauce       | 0 grams         |
| Sweet and Sour   | 7 grams         |
| Duck Sauce       | 5 grams         |
| Plum Sauce       | 8 grams         |
| Sesame Paste     | 4 grams         |
| <b>Japanese</b>  |                 |
| Mirin            | 7 grams         |
| Tonkatsu         | 5 grams         |
| Teriyaki         | 3 grams         |
| Karashi          | 3 grams         |
| Miso paste       | 5 grams         |
| Yakitori         | 8 grams         |
| Soba Sauce       | 3 grams         |
| Ponzu            | 2 grams         |

| Sauce             | Grams in 1 Tbsp |
|-------------------|-----------------|
| <b>Indian</b>     |                 |
| Curry             | ~4 grams        |
| Chutney           | ~8 grams        |
| Raita             | 3 grams         |
| <b>Korean</b>     |                 |
| Gochujang         | 9 grams         |
| Doenjang          | 5 grams         |
| Bulgogi           | 6 grams         |
| Kalbi             | 7 grams         |
| <b>Thai</b>       |                 |
| Sriracha          | 5 grams         |
| Peanut Sauce      | 4 grams         |
| Red Curry Paste   | 3 grams         |
| Green Curry Paste | 3 grams         |
| Sweet Chili Sauce | 7 grams         |
| <b>Filipino</b>   |                 |
| Adobo             | 2 grams         |
| Atchara           | 7 grams         |
| Banana Ketchup    | 4 grams         |
| Lechon            | 5 grams         |
| Bagoong           | 0 grams         |
| Lumpia Sauce      | 6 grams         |

### Common Chinese Foods

| Food                        | Serving Size   | Grams of Carbohydrate |
|-----------------------------|----------------|-----------------------|
| <i>Grains</i>               |                |                       |
| Cooked Rice                 | 1 cup          | 45 grams              |
| Congee (oatmeal)            | ½ cup          | 15 grams              |
| Egg Noodles (cooked)        | 1 cup          | 30 grams              |
| Udon Noodles (cooked)       | 1 cup          | 45 grams              |
| Vermicelli (cooked)         | 1 cup          | 45 grams              |
| Cellophane noodles (cooked) | 1 cup          | 30 grams              |
| Chow Mein Noodles           | 1 cup          | 50 grams              |
| <i>Breads</i>               |                |                       |
| Mantou                      | 1 large        | 45 grams              |
| Pineapple Bun               | ½ bun          | 20 grams              |
| Chinese Pork Bun            | 1 bun          | 30 grams              |
| Dumplings                   | 3 dumplings    | 15 grams              |
| Wontons                     | 5 wontons      | 15 grams              |
| Pot stickers                | 3 pot stickers | 15 grams              |
| Egg Roll                    | 1 large        | 20 grams              |
| <i>Other Foods</i>          |                |                       |
| Lotus Root (cooked)         | 1 cup          | 15 grams              |
| Lotus Seeds                 | 3 Tablespoons  | 15 grams              |
| Chestnuts                   | 3              | 12 grams              |
| Tapioca Milk Tea            | 8 oz (1 cup)   | 40 grams              |
| Taro Boba Milk Tea          | 8 oz (1 cup)   | 70 grams              |
| Rice Balls (dessert)        | 2 pieces       | 20 grams              |
| Fortune Cookies             | 1 cookie       | 7 grams               |
| Lychee                      | 5 pieces       | 20 grams              |
| Durian                      | ¼ cup          | 15 grams              |

### Common Japanese Foods

| Food                          | Serving Size | Grams of Carbohydrate |
|-------------------------------|--------------|-----------------------|
| Bubble Tea                    | 8 oz (1 cup) | 50 grams              |
| Edamame                       | 1 cup        | 20 grams              |
| Gyoza                         | 1 dumpling   | 5 grams               |
| Maki Sushi                    | 1 piece      | 7 grams               |
| Miso Soup                     | 1 cup        | 5 grams               |
| Mochi                         | 1 piece      | 19 grams              |
| Nigiri Sushi                  | 1 piece      | 7 grams               |
| Shirataki Spaghetti           | ½ cup        | 3 grams               |
| Soba Noodles                  | ½ cup        | 25 grams              |
| Sukiyaki                      | 1 cup        | 32 grams              |
| Vegetable (or shrimp) Tempura | 1 piece      | 2 grams               |

### Common Indian Foods

| Food               | Serving Size      | Grams of Carbohydrate |
|--------------------|-------------------|-----------------------|
| <i>Breads</i>      |                   |                       |
| Roti               | 6 inches across   | 15 grams              |
| Paratha            | 6 inches across   | 25 grams              |
| Puri               | 5 inches across   | 8 grams               |
| Naan               | 8 inches across   | 45 grams              |
| Gulab Jaman        | 1 ball            | 30 grams              |
| <i>Rice-Based</i>  |                   |                       |
| Dosa               | 8 inches across   | 15 grams              |
| Idli               | 2.5 inches across | 15 grams              |
| Veggie Rice        | ½ cup             | 20 grams              |
| Poha               | ½ cup             | 15 grams              |
| Rice Vermicelli    | ½ cup             | 20 grams              |
| <i>Dairy</i>       |                   |                       |
| Raita              | 1 cup             | 16 grams              |
| Lassi              | 1 cup             | 25 grams              |
| Plain Yogurt       | 1 cup             | 14 grams              |
| <i>Pulses/Dals</i> |                   |                       |
| Lentils/Dal        | ½ cup             | 15 grams              |
| Sambar             | ½ cup             | 15 grams              |
| Beans              | ½ cup             | 15 grams              |
| Garbanzo or Channa | ½ cup             | 15 grams              |
| Mung Bean Sprouts  | ½ cup             | 12 grams              |
| <i>Snack Foods</i> |                   |                       |
| Bhel               | 1 oz              | 15 grams              |
| Pani Puri          | 6 small           | 15 grams              |
| Namkeen            | 1 oz              | 15 grams              |
| Papad              | 1 piece           | 10 grams              |
| Pakoda             | 1 piece           | 6 grams               |
| Vegetable Samosa   | 1                 | 27 grams              |

### Common Korean Foods

| Food                | Serving Size | Grams of Carbohydrate |
|---------------------|--------------|-----------------------|
| Bibimbap            | 1 cup        | 50 grams              |
| Bokkeumbap          | 1 cup        | 45 grams              |
| Bulgogi             | 3 oz         | 8 grams               |
| Carmel Corn Peanuts | ½ cup        | 20 grams              |
| Chili Rice Cracker  | 1 handful    | 10 grams              |
| Gaeran Tost-U       | 1 sandwich   | 30 grams              |
| Gyeran Bbang        | 1 roll       | 20 grams              |
| Jajangmyeon         | 1 cup        | 70 grams              |

|          |                 |          |
|----------|-----------------|----------|
| Jeon     | 6 inches across | 18 grams |
| Juk      | 1 cup           | 55 grams |
| Kalguksu | 1 cup           | 60 grams |
| Kimbap   | 1 roll          | 35 grams |
| Kimchi   | ½ cup           | 3 grams  |
| Mandu    | 1 dumpling      | 12 grams |
| Tteok    | 1 rice cake     | 50 grams |

### Common Filipino Foods

| Food                | Serving Size | Grams of Carbohydrate |
|---------------------|--------------|-----------------------|
| Bibingka Galapong   | ¼ bun (2 oz) | 30 grams              |
| Cuchinta            | 1 piece      | 8 grams               |
| Ensaymada           | 1 piece      | 40 grams              |
| Ginataang Bilo Bilo | ½ cup        | 60 grams              |
| Hopia               | 1 piece      | 30 grams              |
| Lumpia              | 2 pieces     | 15 grams              |
| Mango               | 1 seed       | 5 grams               |
| Pancit              | 1 cup        | 20 grams              |
| Polvoron            | 1 piece      | 15 grams              |
| Puto Bumbong        | 1 piece      | 15 grams              |
| Saba Banana         | 1 banana     | 30 grams              |
| Sapin Sapin         | 1 ounce      | 15 grams              |

### References:

Calorieking.com (Can purchase the book Calorie King Calorie, Fat, and Carbohydrate Counter (Updated Annually ~\$8). Also a free app you can put on your iphone—try “go meals” app if you have an android)

Fatsecret.com

MyFitnessPal.com (also has a free app you can put on your phone)

Asian American Diabetes Initiative at Joslin Diabetes Center. <http://aadi.joslin.org/content/diabetes-educational-materials>

Indian Foods: AAPI’s Guide to Nutrition, Health, and Diabetes.

[http://aapiusa.org/uploads/files/docs/APPI\\_Guide\\_To\\_Health\\_And\\_Nutrition\\_2nd\\_Edition.pdf](http://aapiusa.org/uploads/files/docs/APPI_Guide_To_Health_And_Nutrition_2nd_Edition.pdf)

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