

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
Chinese	
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
Japanese	
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
Indian	
Curry	~4 grams
Chutney	~8 grams
Raita	3 grams
Korean	
Gochujang	9 grams
Doenjang	5 grams
Bulgogi	6 grams
Kalbi	7 grams
Thai	
Sriracha	5 grams
Peanut Sauce	4 grams
Red Curry Paste	3 grams
Green Curry Paste	3 grams
Sweet Chili Sauce	7 grams
Filipino	
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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