



International Cuisine

A Guide to Eating Out

All carbohydrate content in this guide is an estimate and may need to be individualized. Most chain restaurants will have their nutrition information available on their website. If possible, plan ahead, and try to locate the exact carbohydrate value of the food items your child may be eating.

Chinese Food

Food Item	Serving Size	Carb Grams
Beef with Broccoli	1 cup	10
Cashew Chicken	1 cup	21
Chicken Teriyaki	1 cup	7
Chicken with Broccoli	1 cup	12
Chicken with Garlic	3 ounces	Free
Crab Rangoon	1 each	6
Duck Sauce	1 tbsp.	4
Egg Drop Soup	1 cup	8
Egg Roll	1 each	20
Fortune Cookie	1 each	7
Rice (White, Brown or Fried)	1 cup	42
General Tso Chicken	1 cup	46
Hot and Sour Soup	1 cup	10
Kung Pao Chicken	1 cup	8
Lo Mein Noodles	1 cup	42
Moo Moo Gai Pan	1 cup	12
Orange Chicken	1 cup	40
Stir Fry Vegetables	1 cup	15
Sweet and Sour Sauce	1 tbsp.	10
Teriyaki Sauce	1 tbsp.	3
Water Chestnuts	½ cup	15

Indian Food

Food Item	Serving Size	Carb Grams
Basmati (Biryani—rice dish)	1 cup	36
Channa (chickpeas/garbanzo beans)	½ cup	23
Chutney (mango)	1 tbsp.	5 (10)
Dahi (yogurt)	1 cup	12
Dhal	1 cup	40
Dosa (Indian crepe—pesarattu)	1 each	25
Kheema (minced meat dish)	1 cup	15
Kheer (rice pudding)	½ cup	40
Kofta (stuffed fritters soaked in gravy)	3 each	6
Korma	1 cup	25
Kulfi (Indian ice cream)	½ cup	18



Indian Food continued...		
Food Item	Serving Size	Carb Grams
Naan	1 ounce	12
Pakora (fritters stuffed with vegetables or meat)	1 each	6
Paneer (Chenna)	½ cup	9
Paratha (flatbread)	1 piece	30
Poha	1 cup	45
Roti	1 piece	25
Sambar	1 cup	35
Samosa (deep fried pastry with vegetables or meat)	1 each	20
Vindaloo	1 cup	30

Japanese Food

Food Item	Serving Size	Carb Grams
Brown Rice	1 cup	46
Cabbage (pickled)	1 cup	8.5
Japanese Chestnuts (roasted)	1 ounce	13
Miso	1 cup	77
Miso Soup	1 cup	5
Natto	1 cup	25
Red Beans	1 cup	40
Rice Noodles (cooked)	1 cup	44
Soba Noodles (cooked)	1 cup	24
Soy Sauce	2 tbsp.	2
Edamame (cooked soybeans)	1 cup	17
Tofu Yogurt	1 cup	42
Tofu (sliced)	3 ounces	2
Vegetable Tempura	5 pieces	10
Wasabi Sauce	1 tbsp.	2
White Rice	1 cup	53
Yakitori Chicken	1 skewer	2

Sushi

Roll Name	Carb Grams	Fiber Grams	Protein Grams
Avocado Roll	33	5.8	2.1
California Roll	38	5.8	9
Eel (Unagi) and Avocado Roll	31	5.8	20
Kappa Maki (Cucumber Roll)	30	3.5	6
Philadelphia Roll	30	2	5
Rainbow Roll	60	3	33
Salmon and Avocado Roll	40	5.8	13



Sushi continued...			
Roll Name	Carb Grams	Fiber Grams	Protein Grams
Shrimp Tempura Roll	64	4.5	20
Spicy Tuna Roll	26	3.5	24
Spider Roll	38	2	22

Greek Food

Food Item	Serving Size	Carb Grams
Baklava (dessert)	1-inch by 2-inch piece	30
Dolmades (stuffed grape leaves)	1 roll	5
Gyros	1 sandwich	50
Hummus	2 tbsp.	4
Moussaka (meat pie)	1 cup	30
Pasticchio (Greek lasagna)	4-inch square	40
Phyllo Pastry	2 sheets (50 grams)	31
Pita Bread	1 (6 inches)	35
Rizogalo (rice pudding)	1 cup	20
Saganaki (fried cheese)	1 slice	3
Souvlaki (meat kabobs)	2 kabobs	Free
Spanakopita (spinach pie)	2 triangles	12
Tiganita (deep fried zucchini)	3 pieces	30
Tyropita (cheese pie)	2 triangles	14
Tzatziki (cucumber yogurt dip)	2 tbsp.	2

Mexican Food

Food Item	Serving Size	Carb Grams
Avocado	1/8 medium	2
Black Beans	½ cup	15
Burrito	1 each	45
Chorizo	3 ounces	Free
Enchiladas	1 each	19
Flan	½ cup	25
Fried Ice Cream	½ cup	25
Guacamole	½ cup	8
Hard Taco Shell	1 each	10
Jicama	1 cup	11
Mango	½	18
Mexican Rice	1 cup	45
Papaya	1 cup, cubed	14
Quesadilla	10-inch tortilla	40
Queso	½ cup	5
Refried Beans	½ cup	22
Salsa	¼ cup	5
Soft Taco Shell	1 each (6 inches)	15
Taco Salad Bowl	1 shell	35



Riley Hospital for Children

Indiana University Health

Mexican Food continued...		
Food Item	Serving Size	Carb Grams
Tamale	1 each	20
Tortilla Chips	1 ounce (12-15 chips)	15
Tostada	1 each	30