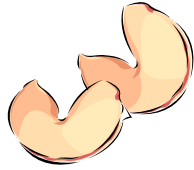


# International Cuisine

All carbohydrate content 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 Foods

Food Item	Serving Size	Carb Grams
Beef w/broccoli	1 cup	10
Cashew Chicken	1 cup	21
Chicken Teriyaki	1 cup	7
Chicken w/broccoli	1 cup	12
Chicken w/garlic	3 oz.	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 Goo 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



## Mexican Foods

Food Item	Serving Size	Carb Grams
Avocado	1/8 med.	2
Black Beans	½ cup	15
Burrito	1 each	45
Chorizo	3 oz.	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 mango	18
Mexican Rice	1 cup	45
Papaya	1 cup cubes	14
Quesadilla	10 in. tortilla	40
Queso	½ cup	5
Refried Beans	½ cup	22
Salsa	¼ cup	5
Soft Taco Shell	1 each - 6"	15
Taco Salad Bowl	1 shell	35
Tamale	1 each	20
Tortilla Chips	1 oz. (12-15 chips)	15
Tostada	1 each	30

## Japanese Foods



<i>Food Item</i>	<i>Serving Size</i>	<i>Carb grams</i>
<i>Brown Rice</i>	<i>1 cup</i>	<i>46</i>
<i>Cabbage, Pickled</i>	<i>1 cup</i>	<i>8.5</i>
<i>Japanese Chestnuts, roasted</i>	<i>1 oz.</i>	<i>13</i>
<i>Miso</i>	<i>1 cup</i>	<i>77</i>
<i>Miso Soup</i>	<i>1 cup</i>	<i>5</i>
<i>Natto</i>	<i>1 cup</i>	<i>25</i>
<i>Red Beans</i>	<i>1 cup</i>	<i>40</i>
<i>Rice Noodles, cooked</i>	<i>1 cup</i>	<i>44</i>
<i>Soba Noodles, cooked</i>	<i>1 cup</i>	<i>24</i>
<i>Soy Sauce</i>	<i>2 Tbsp</i>	<i>2</i>
<i>Soybeans, cooked (edamame)</i>	<i>1 cup</i>	<i>17</i>
<i>Tofu Yogurt</i>	<i>1 cup</i>	<i>42</i>
<i>Tofu, sliced</i>	<i>3 oz.</i>	<i>2</i>
<i>Vegetable Tempura</i>	<i>5 pieces</i>	<i>10</i>
<i>Wasabi Sauce</i>	<i>1 Tbsp</i>	<i>2</i>
<i>White Rice</i>	<i>1 cup</i>	<i>53</i>
<i>Yakitori Chicken</i>	<i>1 skewer</i>	<i>2</i>

## Sushi



<i>Roll Name</i>	<i>Nutrient Information for Entire Roll</i>		
	<i>Carb grams</i>	<i>Fiber grams</i>	<i>Protein grams</i>
<i>Avocado Roll</i>	<i>33</i>	<i>5.8</i>	<i>2.1</i>
<i>California Roll</i>	<i>38</i>	<i>5.8</i>	<i>9.0</i>
<i>Eel (Unagi) and Avocado Roll</i>	<i>31</i>	<i>5.8</i>	<i>20</i>
<i>Kappa Maki (cucumber roll)</i>	<i>30</i>	<i>3.5</i>	<i>6.0</i>
<i>Philadelphia Roll</i>	<i>30</i>	<i>2</i>	<i>5</i>
<i>Rainbow Roll</i>	<i>60</i>	<i>3</i>	<i>33</i>
<i>Salmon &amp; Avocado Roll</i>	<i>40</i>	<i>5.8</i>	<i>13</i>
<i>Shrimp Tempura Roll</i>	<i>64</i>	<i>4.5</i>	<i>20</i>
<i>Spicy Tuna Roll</i>	<i>26</i>	<i>3.5</i>	<i>24</i>
<i>Spider Roll</i>	<i>38</i>	<i>2</i>	<i>22</i>

## Greek Foods



<i>Food Item</i>	<i>Serving Size</i>	<i>Carb grams</i>
<i>Baklava (Dessert)</i>	<i>1" x 2" piece</i>	<i>30</i>
<i>Dolmades (Stuffed Grape Leaves)</i>	<i>1 roll</i>	<i>5</i>
<i>Gyros</i>	<i>1 sandwich</i>	<i>50</i>
<i>Hummus</i>	<i>2 Tbsp.</i>	<i>4</i>
<i>Moussaka (Meat Pie)</i>	<i>1 cup</i>	<i>30</i>
<i>Pasticchio (Greek Lasagna)</i>	<i>4" square</i>	<i>40</i>
<i>Phyllo Pastry</i>	<i>2 sheets (50g)</i>	<i>31</i>
<i>Pita Bread</i>	<i>1 - 6"</i>	<i>35</i>
<i>Rizogalo (Rice Pudding)</i>	<i>1 cup</i>	<i>20</i>
<i>Saganaki (Fried Cheese)</i>	<i>1 slice</i>	<i>3</i>
<i>Souvlaki (Meat Kabobs)</i>	<i>2 kabobs</i>	<i>Free</i>
<i>Spanakopita (Spinach Pie)</i>	<i>2 triangles</i>	<i>12</i>
<i>Tiganita (Deep Fried Zucchini)</i>	<i>3 pieces</i>	<i>30</i>
<i>Tyrpita (Cheese Pie)</i>	<i>2 triangles</i>	<i>14</i>
<i>Tzatziki (Cucumber Yogurt Dip)</i>	<i>2 Tbsp.</i>	<i>2</i>

## Indian Foods

<i>Food Item</i>	<i>Serving Size</i>	<i>Carb Grams</i>
<i>Basmati (Biryani - rice dish)</i>	<i>1 cup</i>	<i>36</i>
<i>Channa (chickpeas/garbanzo beans)</i>	<i>½ cup</i>	<i>23</i>
<i>Chutney (Mango)</i>	<i>1 Tbsp.</i>	<i>5 [10]</i>
<i>Dahi (yogurt)</i>	<i>1 cup</i>	<i>12</i>
<i>Dhal</i>	<i>1 cup</i>	<i>40</i>
<i>Dosa (Indian crepe - pesaratta)</i>	<i>1 each</i>	<i>25</i>
<i>Kheema (minced meat dish)</i>	<i>1 cup</i>	<i>15</i>
<i>Kheer (rice pudding)</i>	<i>½ cup</i>	<i>40</i>
<i>Kofta (stuffed fritters soaked in gravy)</i>	<i>3 each</i>	<i>6</i>
<i>Korma</i>	<i>1 cup</i>	<i>25</i>
<i>Kulfi (Indian ice cream)</i>	<i>½ cup</i>	<i>18</i>
<i>Naan</i>	<i>1 oz.</i>	<i>12</i>
<i>Palora (fritters stuffed with vegetables or meat)</i>	<i>1 each</i>	<i>6</i>
<i>Paneer (Cheena)</i>	<i>½ cup</i>	<i>9</i>
<i>Paratha (flatbread)</i>	<i>1 piece</i>	<i>30</i>
<i>Poha</i>	<i>1 cup</i>	<i>45</i>
<i>Roti</i>	<i>1 piece</i>	<i>25</i>
<i>Sambar</i>	<i>1 cup</i>	<i>35</i>
<i>Samosa (deep fried pastry w/vegetables or meat)</i>	<i>1 each</i>	<i>20</i>
<i>Vindaloo</i>	<i>1 cup</i>	<i>30</i>



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