











Chinese Foods

Grains/Beans/Starchy Vegetables	Serving Size	Carb Choices
 Bow (Chinese steamed dough)	1 small	.1
Cellophane noodles, cooked	½ cup	.1
 Chow mein noodles	½ cup	.1
Cornstarch or arrowroot starch	2 Tbsp	.1
Egg noodles, cooked	½ cup	.1
Egg roll wrapper, 6" x 6" (15 cm x 15 cm)	2 wrappers	.1
Lotus root, ¼" slice, 2½" across (.6 cm x 6.5 cm)	10 slices	.1
 Miso	3 Tbsp	.1
Mung bean noodles, cooked	½ cup	.1
Mung or red beans, cooked	½ cup	.1
Peas (pea pods, snow, sugar)	½ cup	.1
Rice noodles, cooked	½ cup	.1
Sweet potato	½ cup or ½ medium	.1
Taro potato	½ cup or 1 small	.1
Vermicelli, cooked	½ cup	.1
Yard-long beans, pods, and seeds	½ cup	.1

Fruits	Serving Size	Carb Choices
Apple or Asian pear	1 medium	.1
Carambola (star fruit), 3½" long	2 medium	.1
Guava	1½ medium	.1
Kumquat	5 kumquats	.1
Longan, drained	¾ cup or 30	.1
Loquat	12 loquats	.1
Lychee	½ cup or 10	.1
Mango	½ small	.1
Papaya	1 cup or ½ medium	.1
Persimmon	2 medium	.1
Pummelo	1 cup	.1
Red date	6 dates	.1

Sweets	Serving Size	Carb Choices
 Almond cookie	2 cookies	.1
Fortune cookie	2 cookies	.1
 Soy milk	1 cup	1-2
Sweet and sour sauce	1 Tbsp	.1

Combination Foods (without rice)*	Serving Size	Carb Choices
Chop suey	2 cups	.2
 Chow mein (beef, chicken, or pork)	2 cups	.2
Crispy shrimp	1 cup	.2
Dim Sum		
Gow-Gee	3 pieces	.1
Har-Gow	3 pieces	½
Siu-Mai	2 pieces	½
War-Tip	2 pieces	½
 Egg roll (chicken, pork, or shrimp)	1 small	.1
Fried rice (with meat, egg, and onion)	1 cup	.2
Mock duck	1 cup	.1
Moo Goo Gai Pan	2 cups	.1
Shrimp toast	2 small	.1
Snow pea shrimp or chicken	1 cup	.1
Sweet and sour chicken, shrimp, or pork	1 cup	.4
Vegetable lo mein	1½ cups	.3
 Wonton (Cantonese style)	5 pieces	.1
 Wonton, fried	3 medium	.1
 Wonton soup	1 cup with 2 wontons	.1

*Recipes can be modified to reduce fat and salt content.  High in fat  High in salt (sodium)

Vegetables	Serving Size	Carb Choices
Ararant or Chinese spinach	1 cup raw or ½ cup cooked	0
Arrowheads or corms, 3½" (9 cm) across	1 piece	0
Arrowroot, 2" (5 cm) across	1 piece	0
Bean sprouts	1 cup raw or ¾ cup cooked	0
Bitter melon, raw	1 cup	0
Black mushrooms, dried	¼ cup	0
Bok choy	2 cups raw or 1 cup cooked	0
Button or straw mushrooms	½ cup	0
Chayote (pear squash)	½ medium	0
Chinese broccoli	½ cup	0
Chinese cabbage	2 cups raw or 1 cup cooked	0
☞ Corn, baby, canned	½ cup	0
Daikon (Chinese radish)	1 cup	0
Eggplant, 1" (2.5 cm) cubes	¾ cup	0
Fuzzy melon	½ cup	0
Ginger root, fresh	¼ cup	0
Kohlrabi	⅔ cup	0
Leeks (Chinese onion), cooked	½ cup or 2 medium	0
Mustard leaves, cooked	½ cup	0
Seahair or seaweed (kelp), soaked	½ cup	0
Taro root, cooked	¼ cup	0

Meats/Meat Substitutes	Serving Size	Carb Choices
Clams	6–8 clams	0
Egg foo young	1 medium patty	0
Squid	½ cup	0
Tofu	½ cup or 4 oz.	0

Sample Menu for Chinese Foods

Most food plans include three to four carbohydrate choices (45–60 carbohydrate grams) at each meal and one to two choices (15–30 carbohydrate grams) at each snack.

Carbohydrate Grams	Carbohydrate Choices
15 grams	= 1 choice
30 grams	= 2 choices
45 grams	= 3 choices
60 grams	= 4 choices
75 grams	= 5 choices

Breakfast (3 choices)

- 1 cup rice
- 1–2 cups steamed vegetables
- Tea or coffee, plain

Snack (1 choice)

- 1 apple or pear

Lunch (3 choices)

- 2 cups beef and broccoli with 2–3 ounces (60–90 grams) beef; 1 cup broccoli; 2 teaspoons canola oil
- ⅔ cup rice
- ½ mango
- Tea or coffee, plain

Snack (1 choice)

- 1 cup fresh papaya cubes

Dinner (4 choices)

- 1 cup wonton soup (2 wontons)
- 2 cups chicken and bok choy with 3–4 ounces (90–120 grams) chicken breast; 1 cup bok choy; 2 teaspoons canola oil
- 1 cup boiled spinach with 1 teaspoon oyster sauce
- ⅔ cup rice
- 2 almond or fortune cookies
- Tea or coffee, plain

Snack (2 choices)

- 1 cup cooked oatmeal

This Chinese food plan insert can be downloaded free from idcpublishing.com. It is designed as a supplement to *My Food Plan*, item # 2058-25.

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