

Chinese Restaurant Takeout: Good Fortune or Not?

Chinese Restaurant Takeout Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically. ✓ = EN's Picks. Appetizer and soup picks contain no more than 190 calories (10% DV), 4 g fat (6% DV), 2 g sat fat (10% DV) and 225 mg sodium (9% DV). Side picks contain no more than 300 calories (15% DV), 10 g fat (15% DV), 2 g sat fat (10% DV) and 530 mg of sodium (22% DV). Entrees contain 200 - 700 calories (10 - 35% DV), 24 g fat (36% DV), 4 g sat fat (18% DV) and 880 mg sodium (37% DV).

CHINESE RESTAURANT FOOD (1 order, unless otherwise specified)	Calories	Total Fat (g)	Sat Fat (g)	Fiber (g)	Carb (g)	Sodium (mg)	Protein (g)
APPETIZERS AND SOUPS							
Manchu Wok Seafood Rangoon	300	21	7	1	20	240	4
Manchu Wok Vegetable Egg Roll	150	6	1	1	20	380	4
Panda Express Cream Cheese Rangoon (3 pc)	190	8	5	2	24	180	5
Panda Express Hot & Sour Soup	90	3.5	0.5	1	12	970	4
Pei Wei Asian Diner Crispy Potstickers (2 pc)	150	8	2.5	1	12	310	7
PF Chang's Chicken Lettuce Wraps	160	7	1	2	17	650	8
✓ PF Chang's Panfried Pork Dumplings (1 pc)	70	4	1	0	6	125	4
PF Chang's Spare Ribs	344	24	7	1	7	336	26
✓ PF Chang's Steamed Pork Dumplings (1 pc)	60	2	1	0	6	125	4
PF Chang's Wonton Soup (Bowl)	460	15	5	0	45	2410	35
SIDES							
Manchu Wok Lo Mein	300	17	3	4	33	850	7
Manchu Wok Shanghai Noodles	410	14	2	3	56	1620	17
Panda Express Chow Mein	400	12	2	8	61	1060	12
Panda Express Fried Rice	570	18	4	8	85	900	16
✓ Panda Express Mixed Veggies	70	0.5	0	5	13	530	4
Pei Wei Asian Diner Chicken Fried Rice	500	12	2.5	2	66	1210	29
Pei Wei Asian Diner Shrimp Lo Mein	480	15	2.5	5	64	1210	25
PF Chang's Fried Rice with Pork	1280	52	16	4	156	4460	48
PF Chang's Low Mein with Chicken	801	27	6	6	90	2991	51
PF Chang's Spicy Green Beans (small)	165	9	1.5	6	19.5	1080	4.5
ENTREES							
✓ Manchu Wok BBQ Pork	240	11	2.5	0	16	730	22
✓ Manchu Wok General Tso's Chicken	360	21	3.5	1	31	880	14
Manchu Wok Oriental Grilled Chicken	240	9	1.5	0	20	1050	19
Manchu Wok Pepper Steak	170	12	2.5	1	10	510	7
Manchu Wok Pineapple Chicken	170	9	1.5	1	19	260	6
Manchu Wok Sesame Chicken	370	14	3	0	46	940	14
Manchu Wok Spicy Beef	180	14	3.0	1	10	560	7
Panda Express Broccoli Beef	150	6	1.5	3	12	720	11
✓ Panda Express Eggplant & Tofu	310	24	3	3	19	680	7
✓ Panda Express Honey Walnut Shrimp	370	23	4	2	27	470	14
✓ Panda Express Sweet Fire Chicken Breast	440	18	3.5	1	53	370	17
Panda Express Sweet & Sour Pork	400	23	4.5	2	36	360	13
Pei Wei Asian Diner Ginger Broccoli Vegetables & Tofu	310	16	2.5	7	25	1460	17
✓ Pei Wei Asian Diner Honey Seared Chicken	310	4	1	1	39	380	24
Pei Wei Asian Diner Orange Peel Beef	560	30	6	6	59	1990	21
Pei Wei Asian Diner Orange Peel Beef	350	10	1.5	3	42	1870	19
Pei Wei Asian Diner Sesame Shrimp	300	16	2.5	4	29	1520	10
PF Chang's Crispy Honey Chicken	1431	69	12	0	147	1530	48
PF Chang's Hunan Pork	790	38	2	4	76	3700	32
PF Chang's Moo Goo Gai Pan Lunch Bowl on Brown Rice	760	26	4	6	86	2000	42
PF Chang's Vegetable Chow Fun	1000	8	0	12	184	3000	8

Note: g=gram, mg=milligram, Sat Fat=saturated fat, carb=carbohydrates, DV=Daily Value, daily requirement based on 2,000 calorie/day diet. Source: restaurant websites.

Who can resist good Chinese food? The noodles, the sauce, the sweet and the heat—all packed into those cute little boxes. Plus, a free little dessert that tells your fortune! Unfortunately, these tasty meals tend to be sodium-heavy. In fact, you could easily rack up more than a day's worth of sodium in one meal. But with a little educated ordering, you can include a good Chinese meal every now and then in a healthy diet. Keep in mind, while the nutrition information given here is for popular chain restaurants, many Chinese restaurants are Mom & Pop places that don't use standardized recipes or provide nutritional information. The numbers below may be similar to your favorite family-run restaurant, but not necessarily.

Helpful Hints

Navigating through a Chinese restaurant menu can be a bit like, well, reading Chinese. But with a few pointers, you can sail right through to a delicious meal without sacrificing health.

- **Try plain white rice instead of fried rice.** Better yet, order whole grain brown if they offer it. Blank canvas rice goes well with any type of entrée, and an average serving contains about 300 calories with little fat or sodium, compared to much fattier and saltier fried rice.
- **Sauce Warning!** The sodium and fat content in some sauces is shocking. Choose your sauce wisely, and if you just can't live without one that is dripping with fat and sodium, use it sparingly.

SAUCES (about 2 ounces)	Calories	Fat (g)	Sodium (mg)
Panda Express Potsticker	45	0	1030
Panda Express Sweet & Sour	80	0	180
Pei Wei Asian Diner Lettuce Wrap	50	3	2080
Pei Wei Asian Diner Sweet Chili	140	0	800
Pei Wei Asian Diner Sweet Mustard	170	12	310
PF Chang's Potsticker	50	2	610

- **Save half for later.** Most Chinese restaurants offer notoriously large portions. No need to eat it all in one sitting—eat half now and save half for tomorrow. Just like that you've cut your calorie, fat and sodium intake in half!

—Heidi McIndoo, M.S., R.D.