

Nutrition Comparison

Ooodles of (Asian) Noodles

Sometimes the quick fix for the winter blues is a steaming bowl of flavorful, Asian noodles. And with so many convenient options in your grocer's aisles, you can whip up a batch in seconds—no chopping or mixing required. Noodle mixes come in an assortment of flavors, shapes, and sizes—from square boxes of spicy Thai noodles to bowls of Korean sweet chili noodles. The beauty of these products is that you just mix in the seasoning packet and microwave them or add boiling water. And those little flavoring packets included in dried Asian noodle mixes have multiplied—not just in size and flavors, but in sodium, fat and saturated fat levels.

As usual, when you give in to convenience you often end up making a trade-off when it comes to nutrition. That's because ramen noodles are fried as a means of dehydrating them. Does this mean you need to say “sayonara” to those quick bowls of comfort? Not at all; just use our helpful hints to ensure your noodle nirvana is as healthy as it can be.

Helpful hints. The next time you need convenient noodle goodness, try these tips:

- **Season sparingly.** In most convenience foods, the seasonings are the source of a good deal of the sodium. Because many packages of Asian noodles include seasonings in a separate packet, you have some control over the sodium content. A simple step is to use just half the packet. It will still have plenty of flavor and your blood pressure will thank you.

- **Add vegetables.** Even though some of the Asian noodle selections have “vegetables” in their name, don't think you're actually getting a “serving.” To boost your noodles' nutrient content, toss in some of your own vegetables—leftover, frozen, low-sodium canned, or quick-steamed.

- **Check serving size.** In most cases, a serving is the entire package, but there are a few products for which a serving is just half the package. So, if you go ahead and eat the whole package, remember that's double the fat and sodium—24 grams of fat and 1,560 milligrams sodium in a whole package of Nissin Chow Mein Thai Peanut. **EN**

—Heidi McIndoo, M.S., R.D.

Asian Noodles: A Nutrition Comparison

As with all *EN* comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = *EN's Picks.* sian noodle picks contain no more than 13 g total fat (20% DV), 1.5 g saturated fat (8% DV), and 650 mg sodium (27% DV)

Asian Noodles	Serving Size	Calories	Sodium (mg)	Fat (g)	Sat Fat (g)	Carb (g)	Fiber (g)	Sugar (g)	Pro (g)
CHICKEN									
Annie Chun's Spicy Chicken Ramen	1 bowl (4.7 oz)	230	980	1.5	0.5	45	3	1	8
Maruchan Instant Lunch Hot & Spicy Chicken	1 pkg (2.3 oz)	290	1310	12	6	38	2	1	7
Maruchan Ramen Noodle Soup Chicken 35% Less Sodium	½ block (1.5 oz)	190	440	7	3.5	27	1	1	5
Maruchan Ramen Noodle Chicken Mushroom	½ block (1.5 oz)	190	820	7	3.5	26	1	1	5
Maruchan Yakisoba Noodles Chicken	½ pkg (2 oz)	260	520	11	5	35	2	4	6
Myojo Chicken	1 pkg (3 oz)	314	1571	15	5	39	2	3	6
Nissin Chow Mein Kung Pao Chicken	½ pkg (2 oz)	250	610	11	3.5	32	2	3	7
Nissin Chow Mein Orange Chicken	½ pkg (2 oz)	230	480	9	3	33	3	5	6
Nissan Top Ramen Chicken	½ block (1.5 oz)	190	910	7	3.5	26	2	0.5	5
BEEF									
Maruchan Ramen Noodle Soup Beef	½ block (1.5 oz)	190	790	7	3.5	26	1	0	5
Nissin Top Ramen Beef	½ block (1.5 oz)	190	760	7	3.5	27	2	0	5
OTHER									
✓ Amy's Asian Noodle Stir Fry	1 bowl (10 oz)	300	630	7	1	50	5	16	9
✓ Annie Chun's Chinese Chow Mein Noodle Express	½ pkg (3.5 oz)	160	510	4	0.5	27	1	3	5
Annie Chun's Garlic Scallion Noodle Bowl	1 bowl (7.7 oz)	420	820	9	1.5	75	3	8	11
Annie Chun's Korean Sweet Chili Noodle Bowl	1 bowl (7.8 oz)	420	990	7	4	77	3	18	14
Annie Chun's Peanut Sesame Noodle Bowl	1 bowl (8.8 oz)	590	880	21	3	83	4	13	19
Annie Chun's Soy Ginger Ramen	1 bowl (4.9 oz)	230	1000	0.5	0	45	1	1	12
✓ Annie Chun's Spicy Szechuan Noodle Express	½ pkg (3.7 oz)	170	470	3	0	29	1	4	4
Annie Chun's Spring Vegetable Ramen	1 bowl (4.9 oz)	230	1000	1	0	48	2	2	8
✓ Annie Chun's Thai Curry Noodle Express	½ pkg (3.7 oz)	180	500	7	1	29	2	3	4
✓ Dr. McDougall's Asian Entrée Pad Thai Noodle	1 pkg (2 oz)	200	480	1.5	0	42	2	2	5
✓ Dr. McDougall's Asian Entrée Soy Ginger Noodle	1 pkg (1.9 oz)	200	480	1	0	41	3	5	6
✓ Knorr Asian Sides Teriyaki Noodles	¾ cup (2.3 oz)	280	648	9	1	45	2	6	7
Koyo Asian Vegetable Ramen	1 pkg (2.1 oz)	190	1040	1	0.5	40	3	2	7
Koyo Mushroom Ramen	1 pkg (2 oz)	200	800	1	1	40	3	2	7
Koyo Tofu Miso Noodle Ramen	1 pkg (2 oz)	200	840	1	0.5	40	2	4	7
Maruchan Instant Lunch Pork	1 pkg (2.3 oz)	280	1390	13	n/a	36	n/a	n/a	6
Maruchan Instant Wonton with Shrimp	1 pkg (1.5 oz)	210	1650	13	7	17	1	2	5
Maruchan Yakisoba Noodles Teriyaki	½ pkg (2 oz)	260	630	10	5	36	2	5	5
Myojo Mee Poh Dry	1 pkg (3 oz)	419	1033	20	8	51	2	2	8
Myojo Seafood	1 pkg (2.4 oz)	316	1440	14	5	41	2	3	7
Nissin Chow Mein Thai Peanut	½ pkg (2 oz)	270	780	12	4	35	0.5	3	6
Simply Asia Roasted Peanut Noodle Bowl	1 bowl (8.5 oz)	490	790	10	2	87	6	9	12
Simply Asia Sesame Teriyaki Noodle Bowl	1 bowl (8.5 oz)	410	1260	1	0	91	6	13	9
Simply Asia Sweet Chili Mango Noodle Bowl	1 bowl (8.5 oz)	420	1050	0.5	0	96	5	18	8
Thai Kitchen Thai Lemongrass & Chili Instant Rice Noodle Soup	1 pkg (1.6 oz)	170	980	2.5	0	34	1	2	3
Thai Kitchen Roasted Garlic & Vegetable Instant Rice Noodle Soup	1 pkg (1.6 oz)	170	830	2	0	34	0	3	3
Trader Ming's Ginger Peanut Noodle Salad	1 pkg/ (9.9 oz)	420	820	19	3	56	3	3	11

Note: fl oz = fluid ounce, g = gram, mg = milligram, sat fat = saturated fat, carb = carbohydrates, DV = Daily Value, pkg = package, n/a = not available. Daily requirement based on 2,000 calorie/day diet. Source: company websites and product packages. Product weight listed is for packaged weight, which may include precooked noodles and sauces vs. dry noodle products.