

A Taste of the Orient—How Asian Convenience Foods Rate

Nutrition Comparison of Asian Convenience Foods

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

✓ = EN's Picks. Appetizers, soups, and sides contain no more than 250 calories, 8 grams of total fat, 3 grams of saturated fat, and 450 mg of sodium. Entrees contain 300-450 calories, no more than 14 grams of total fat, 4 grams of saturated fat, and 750 mg of sodium; and at least 9 grams of protein.

Brand	Serving Size	Calories	Total Fat (grams)	Sat Fat (grams)	Sodium (milligrams)	Protein (grams)
APPETIZERS						
Annie Chun's Sprouted Brown Rice Sushi Wraps	½ tray (99 g)	150	0.5	0	460	4
Nantucket Supreme Crab Rangoon	1 (1.25 oz)	260	5	2.5	160	11
Stop & Shop Vegetable & Pork Pot Stickers	6 (120 g)	230	8	2.5	610	9
Stop & Shop Vegetable Spring Rolls	1 (56 g)	110	2	1	200	4
✓ Thai Joe's Coconut Curry Chicken Stix	2 (47 g)	110	6	2	270	7
Trader Joe's Chicken Gyoza Pot Stickers	7 (140 g)	230	3.5	0.5	640	13
✓ Trader Ming's Stir-Fried Vegetable Egg Rolls	1 (85 g)	110	4	0.5	370	5
SOUPS						
✓ Annie Chun's Miso Soup Bowl	½ bowl (129 g)	110	1	0	450	3
Maruchan Shrimp Ramen Noodle Soup	½ pouch (43 g)	190	7	3.5	850	5
Thai Kitchen Bangkok Curry Instant Rice Noodle Soup	1 (45 g/1.6 oz)	190	3.5	0.5	870	3
The Spice Hunter Spicy Thai Noodle Soup	1 bowl (44 g)	170	1	0	940	6
SIDES						
Annie Chun's Organic Teriyaki Noodles	1/3 box (77 g)	250	4.5	0	600	8
A Taste of Thai Coconut Ginger Noodles	1 cup	280	7	7	680	5
✓ A Taste of Thai Pad Thai Noodles (gluten free/reduced sodium)	½ pkg (81.5 g)	240	4	0.5	190	4
Kame Szechuan Hokkien Noodles with Spicy Szechuan Sauce and Straw Mushrooms	½ pkg (165 g)	230	6	2	620	7
Koyo Lemon Grass Ginger Organic Ramen Noodles	1 pkg (60 g)	194	1	0.5	1093	7
Maruchan Hot & Spicy Chicken Instant Lunch	1 cup (64g)	290	11	5	1310	8
Maruchan Yokisoba Teriyaki Flavor Noodles	½ pkg (56.7 g)	260	10	5	630	5
Simply Asia Garlic Black Bean Noodles	1/3 pkg (104 g)	320	5	0.5	700	10
✓ Thai Kitchen Noodle Cart Thai Peanut Noodle Instant Rice Noodles & Sauce	1 pkg (2.25 oz)	240	4.5	1	390	5
Thai Kitchen Roasted Garlic & Chili Jasmine Rice Mix	1 cup	230	0.5	0	1070	5
Thai Pavilion Garlic Chili Stir Fry Rice Noodles	½ pkg (100g)	270	7	2	610	5
* Trader Joe's Tempura Vegetables with Soy Dipping Sauce	5 pieces (10g)	270	15	2.5	210	2
✓ Trader Joe's Thai Style Soy Ginger Carrots with Toasted Almonds	½ cup (65 g)	110	7	3	70	2
Trader Ming's Jasmine Rice with Green Curry Vegetables	¾ cup (165g)	250	9	2	650	4
Trader Ming's Jasmine Rice with Tom Yum Sauce & Vegetables	¾ cup (165g)	240	9	2	630	4
ENTREES						
Annie Chun's Kung Pao Noodle Bowl	½ bowl (129g)	240	5	0	630	7
Annie Chun's Teriyaki Noodle Bowl	½ bowl (116g)	200	2.5	0	440	6
Ethnic Gourmet Taste of Thai Chicken Pad Thai	1 pkg(283g)	410	7	1	830	20
Joy of Cooking Vegetable Lo Mein	1 cup (215g)	220	3	0	870	9
Nissan Chinese Chicken Vegetable Chow Mein	½ pkg (56.7 g)	260	11	4	790	6
Simply Asia Honey Teriyaki Stir Fry Meal	½ cup (123 g)	240	2	0	690	6
Simply Asia Mandarin Orange Noodle Bowl	1 bowl (240g)	420	2.5	0	1340	14
✓ Simply Asia Sweet & Sour Chow Mein	1 pkg (249g)	430	2.5	0.5	710	13
Tai Pei Garlic Shrimp	1 cup (142g)	80	1.5	0	510	6
Tai Pei General Tso's Chicken	1 cup (142g)	70	1.5	0	290	6
TGI Friday's Firecracker Sesame Chicken Complete Skillet Meal	1¼ cups (268g)	300	6	1	1090	19
Thai Kitchen Roasted Garlic Rice Noodle Bowl	1 bowl (68g)	250	3	0.5	1170	5
The Spice Hunter Miso Udon Noodle Bowl	1 bowl (39g)	160	1.5	0	800	7
Trader Joe San Tempura Chicken with Sweet & Sour Sauce	3 oz (85g)	210	12	2	370	9
Trader Joe's Shrimp Stir Fry	1¾ cup (181g)	70	0.5	0	580	10
** Trader Joe's Tempura Shrimp with Soy Dipping Sauce	3 shrimp (84g)	210	10	2	360	7
Trader Ming's Mandarin Orange Chicken	1 cup + 1 Tbsp sauce (125g)	210	7	1.5	305	14
✓ Trader Ming's Spicy Kung Pao Chicken Bowl	1 bowl (340g)	390	8	1	740	22
✓ Whole Kitchen Pad Thai with Tofu	1 pkg (350g)	340	14	2	490	9

* Information is for vegetables alone, with dipping sauce adds 30 calories and 540 mg of sodium. ** Information is for shrimp alone, with dipping sauce adds 20 calories and 230 mg of sodium. Source: Food Manufacturer.
g=gram; oz=ounces; pkg = package; Sat. Fat=saturated fat.

These days, if you've got a craving for some pad Thai or General Tso's chicken, you need look no further than your grocer's shelves. Over the last couple of years, the quantity and variety of delicious and convenient Asian foods at the supermarket has skyrocketed. In the past, your only choice might have been between chicken- or beef-flavored ramen noodles. Now, in a matter of minutes you can be dining on a miso soup bowl, pot stickers, or vegetable lo mein.

Read the Fine Print. Many traditional Asian foods are considered to be very healthy. When it comes to the grocery store's offerings, however, it's a different story. Thanks to the added preservatives and ingredients like monosodium glutamate that jack up the sodium content, it can be easy to end up with a less than stellar meal. Here are a few tips to consider before you purchase and pop your next quick Asian meal into the microwave.

•**Note the serving sizes listed.** For many of the foods in the table, the recommended serving size may be smaller than what you, and most people, actually eat. For example, half a package of ramen noodles is considered one serving. So, if the amount you eat differs from the listed serving size, don't forget to do the math to determine the correct amount of calories, fat and sodium for what you eat.

•**Look for ingredients you know.** Scan the ingredient list on the label. If there are more than two or three items that aren't in your kitchen (or at least not in your local grocery store), set that package down and try another. If an item is filled with ingredients you won't or can't cook with, is it really something you want to eat that frequently?

•**Keep protein in mind.** Because many are veggie- and rice/noodle-based, these Asian meals tend to be low in protein. In addition to being an essential nutrient, protein helps to satisfy you and keeps you feeling full longer. If you're making a whole meal out of one of these dishes, make sure you're not missing out on this important nutrient.

—Heidi McIndoo, M.S., R.D.