

**McDONALD'S FOOD NUTRIENT BREAKDOWN
(CALORIE, FAT, SATURATED FAT, CHOLESTEROL, SODIUM,
CARBOHYDRATE, PROTEIN, POTASSIUM AND PHOSPHORUS)**

These nutrient values are provided to assist our customers with meal planning for cardiology, renal, diabetes and weight control diets. If you need to monitor any of the above nutrients, this information will help assist you with your selections at McDonald's restaurants.

Today's nutrition recommendations suggest that Americans eat a variety of foods in moderate portions, with an average of less than 30% of calories from fat, less than 10% from saturated fat, 300 milligrams of cholesterol and 2400 milligrams of sodium per day. For someone eating 2000 calories per day, 30% of calories from fat translates to 65 grams of fat per day. For 2500 calories, 80 grams of fat is the recommended daily limit.

Menu Item	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Potassium (mg)	Phosphorus (mg)
SANDWICHES									
Hamburger									
beef patty	102	8	3	30	24	0	7	91	53
bun	152	2	0	0	266	29	4	56	53
ketchup	13	0	0	0	125	3	0	36	3
mustard	1	0	0	0	9	0	0	1	1
pickle	0	0	0	0	56	0	0	2	0
onion	11	0	0	0	3	3	0	42	0
grill seasoning*	0	0	0	0	111	3	0	0	0
total ##	280	10	4	30	590	35	12	230	110
Cheeseburger									
beef patty	102	8	3	30	24	0	7	91	53
American cheese slice	52	4	2	13	235	0	3	21	65
bun	152	2	0	0	266	29	4	56	53
ketchup	13	0	0	0	125	3	0	36	3
mustard	1	0	0	0	9	0	0	1	1
pickle	0	0	0	0	56	0	0	2	0
onion	11	0	0	0	3	3	0	42	0
grill seasoning*	0	0	0	0	111	0	0	0	0
total ##	330	14	6	45	830	36	15	250	175
Quarter Pounder®+									
beef patty	234	18	7	70	62	0	18	252	144
sesame seed bun	168	3	1	0	292	31	5	60	62
ketchup	18	0	0	0	181	6	0	51	4
mustard	1	0	0	0	9	0	0	1	1
pickles	1	0	0	0	112	0	0	3	1
onion	3	0	0	0	0	0	0	11	2
grill seasoning*	0	0	0	0	185	0	0	0	0
total ##	430	21	8	70	840	37	23	370	214
Quarter Pounder®+ w/Cheese									
beef patty	234	18	7	70	62	0	18	252	144
American cheese 2 slices	104	9	5	27	470	1	5	45	130
sesame seed bun	168	3	1	0	292	31	5	60	62
ketchup	18	0	0	0	181	6	0	51	4
mustard	1	0	0	0	9	0	0	1	1
pickles	1	0	0	0	112	0	0	3	1
onion	3	0	0	0	0	0	0	11	2
grill seasoning*	0	0	0	0	185	0	0	0	0
total ##	530	30	13	95	1310	38	28	420	344
Big Mac®									
2 beef patties	204	16	7	60	48	1	15	183	105
American cheese slice	52	4	2	13	235	0	3	21	65
sesame seed bun	200	3	1	0	346	37	6	72	68
Big Mac sauce	104	11	2	0	119	2	0	18	9
pickles	1	0	0	0	112	0	0	3	1
onion	21	0	0	0	5	0	0	85	0
lettuce	3	0	0	0	3	1	0	45	6
grill seasoning*	0	0	0	0	222	0	0	0	0
total ##	590	34	11	85	1090	47	24	430	254
Big N' Tasty™									
beef patty	234	18	7	70	62	0	18	252	144
sesame bun	168	3	1	0	292	31	5	60	62
lettuce	3	0	0	0	3	1	0	45	6
tomato	5	0	0	0	2	1	0	56	6
mayonnaise	104	11	2	11	81	0	0	3	6
ketchup	18	0	0	0	181	6	0	51	4
pickles	1	0	0	0	168	0	0	5	1
onions	3	0	0	0	0	1	0	11	2
grill seasoning*	0	0	0	0	185	0	0	0	0
total ##	540	32	10	80	970	39	24	490	234
Big N' Tasty™ w/cheese									
beef patty	234	18	7	70	62	0	18	252	144
sesame bun	168	3	1	0	292	31	5	60	62
lettuce	3	0	0	0	3	1	0	45	6
tomato	5	0	0	0	2	1	0	56	6
American cheese slice	52	4	2	13	235	0	3	21	65
mayonnaise	104	11	2	11	81	0	0	3	6
ketchup	18	0	0	0	181	6	0	51	4
pickles	1	0	0	0	168	0	0	5	1
onions	3	0	0	0	0	1	0	11	2
grill seasoning*	0	0	0	0	185	0	0	0	0
total ##	590	37	12	95	1210	40	27	520	299
Crispy Chicken									
crispy chicken breast filet	222	12	2	41	721	13	16	240	234
yellow triple split bun	212	3	1	0	372	40	6	75	73
lettuce	3	0	0	0	3	1	0	45	6
tomato	5	0	0	0	2	1	0	56	6
mayonnaise	104	11	2	11	81	0	0	3	6
total ##	550	27	4.5	50	1180	54	23	420	325
Filet-O-Fish®									
breaded fish patty	152	6	1	26	107	15	9	200	109
bun	152	2	0	0	266	29	4	56	53
tartar sauce	145	16	2	19	176	1	0	14	10
American Cheese 1/2 slice	26	2	1	7	118	0	1	11	33
grill seasoning*	0	0	0	0	186	0	0	0	0
total ##	470	26	5	50	890	45	15	280	205
Chicken McGrill®									
grilled chicken breast filet	121	3	1	49	516	4	19	281	239
yellow triple split bun	212	3	1	0	372	40	6	75	73
lettuce	3	0	0	0	3	1	0	45	6
tomato	5	0	0	0	2	1	0	56	6
mayonnaise	104	11	2	11	81	0	0	3	6
total ##	450	18	3	60	970	46	26	460	330
Chicken McGrill® (plain w/o mayo)									
grilled chicken breast filet	121	3	1	49	516	4	19	281	239
yellow triple split bun	212	3	1	0	372	40	6	75	73
lettuce	3	0	0	0	3	1	0	45	6
tomato	5	0	0	0	2	1	0	56	6
total ##	340	7	1.5	50	890	45	26	460	324
French Fries (Small)									
without salt**	210	10	1.5	0	135	26	3	470	88
French Fries (Medium)	450	22	4	0	290	57	6	1010	190
without salt**	450	22	4	0	50	57	6	1010	190
French Fries (Large)	540	26	4.5	0	350	68	8	1210	227
without salt **	540	26	4.5	0	60	68	8	1210	227
French Fries (Super Size®)	610	29	5	0	390	77	9	1370	256
without salt**	610	29	5	0	65	77	9	1370	256
Chicken McNuggets®									
4 piece	190	11	2.5	35	360	13	10	170	190
6 piece	290	17	3.5	55	540	20	15	250	290
9 piece	430	25	5	80	810	29	23	380	428
SAUCES									
Hot Mustard (1 pkg.)	60	3.5	0	5	240	7	1	28	17
Barbeque (1 pkg.)	45	0	0	0	250	10	0	45	6
Sweet 'N Sour (1 pkg.)	50	0	0	0	140	11	0	7	2
Honey (1 pkg.)	45	0	0	0	0	11	0	7	0
Honey Mustard (1 pkg.)	50	4.5	0.5	10	85	3	0	5	5
Light Mayonnaise (1 pkg.)	40	4	0.5	5	80	<1	0	1	0
McSALAD SHAKER™ SALADS/DRESSINGS									
Chef Salad									
lettuce	14	0	0	0	9	2	1	209	30
julienne ham	31	1	0	18	349	1	5	0	0
julienne turkey	25	0	0	3	279	0	6	71	0
shredded cheddar/jack cheese	55	4	3	14	89	0	3	11	66
chopped egg	30	2	0	60	18	0	2	18	24
chopped tomato	3	0	0	0	1	1	0	31	3
green onions	2	0	0	0	3	1	0	20	3
total ##	150	8	3.5	95	740	5	17	360	123
Garden Salad									
lettuce	14	0	0	0	9	2	1	209	30
shredded cheddar/jack cheese	55	4	3	14	89	0	3	11	66
chopped egg	30	2	0	60	18	0	2	18	24
chopped tomato	3	0	0	0	1	1	0	31	3
green onions	2	0	0	0	3	1	0	20	3
total ##	100	6	3	75	120	4	7	290	123
Grilled Chicken Caesar Salad									
lettuce	14	0	0	0	9	2	1	209	30
grilled chicken breast	60	1	0	33	155	0	13	195	185
shredded parmesan cheese	27	2	1	6	75	0	2	19	62
total ##	100	2.5	1.5	40	240	3	17	420	277
Croutons (1 pkg.)	50	1	0	0	105	9	1	17	15
Caesar (1 pkg.)	150	13	2.5	10	400	5	<		

McDONALD'S® FOOD NUTRIENT BREAKDOWN

(CALORIE, FAT, SATURATED FAT, CHOLESTEROL, SODIUM, CARBOHYDRATE, PROTEIN, POTASSIUM AND PHOSPHORUS)



March, 2001

Menu Item	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Potassium (mg)	Phosphorus (mg)
BREAKFAST (continued)									
Bacon, Egg & Cheese Biscuit									
biscuit	283	14	3	1	782	34	5	115	346
bacon (3 slice)	101	9	3	24	450	0	6	73	74
pasteurized egg	78	5	2	212	85	1	6	60	118
cooking spray oil	4	0	0	0	0	0	0	0	0
American cheese slice	52	4	2	13	235	1	3	21	65
biscuit dressing	9	1	0	0	2	0	0	0	0
total ‡	540	34	10	250	1550	36	21	280	603
Biscuit	290	15	3	0	780	34	5	110	346
Ham, Egg & Cheese Bagel									
plain bagel	263	1	0	0	516	54	9	88	100
shaved ham	36	1	0	16	372	1	6	105	88
pasteurized egg	78	5	2	212	85	2	6	60	118
cooking spray oil	4	0	0	0	0	1	0	0	0
two American cheese slices	104	8	4	26	470	0	6	42	130
breakfast sauce	55	6	1	0	51	0	0	4	3
total ‡	550	23	8	255	1490	58	26	300	439
Spanish Omelete Bagel									
plain bagel	263	1	0	0	516	54	9	88	100
sausage patty	173	16	5	33	292	1	6	102	59
pasteurized egg	78	5	2	212	85	0	6	60	118
breakfast sauce	55	6	1	0	51	0	0	4	3
processed Pepper Jack cheese	61	5	3	16	330	1	3	0	0
American cheese	52	4	2	13	235	1	3	21	65
onions	5	0	0	0	0	1	0	22	5
green peppers	4	0	0	0	0	1	0	25	3
cooking spray oil	4	0	0	0	0	0	0	0	0
total ‡	690	38	14	275	1570	60	27	320	453
Steak, Egg & Cheese Bagel									
plain bagel	263	1	0	0	516	54	9	88	100
steak	180	12	4	54	27	0	17	142	79
pasteurized egg	78	5	2	212	85	1	6	60	118
two American cheese slices	104	8	4	26	470	1	6	42	130
breakfast sauce	55	6	1	0	51	0	0	4	3
onions	5	0	0	0	0	1	0	22	5
cooking spray oil	4	0	0	0	0	0	0	0	0
montreal steak seasoning	1	0	0	0	141	0	0	4	1
total ‡	700	35	13	290	1290	57	38	350	435
Sausage Patty	170	16	5	35	290	0	6	100	59
Scrambled Eggs (2)	160	11	3.5	425	170	1	13	120	236
Hash Browns	130	8	1.5	0	330	14	1	210	57
Hotcakes									
plain (3)	337	8	2	18	627	56	9	265	485
margarine (2 pats)	81	9	2	0	122	0	0	5	2
syrup (1 pkg.)	186	0	0	0	18	46	0	18	2
total ‡	600	17	3	20	770	104	9	280	489
Sausage Breakfast Burrito†									
tortilla	132	3	1	0	289	21	4	87	49
Scrambled egg mix	110	8	3	155	156	2	6	82	67
American cheese slice	52	4	2	13	235	0	3	21	65
total ‡	290	16	6	170	680	24	13	190	181
MUFFINS/DANISH									
Lowfat Apple Bran Muffin	300	3	0.5	0	380	61	6	160	213
Apple Danish	340	15	3	20	340	47	5	85	78
Cheese Danish	400	21	5	40	400	45	7	100	108
Cinnamon Roll	390	18	5	65	310	50	6	110	78
DESSERTS/SHAKES									
Fruit 'n Yogurt Parfait									
Yogurt	226	3	2	15	113	42	7	335	198
Strawberries	42	1	0	0	1	10	1	126	22
Blueberries	8	0	0	0	0	2	0	11	2
Granola	109	1	0	0	128	23	2	77	89
total ‡	380	5	2	15	240	76	10	550	311
Fruit 'n Yogurt Parfait (w/o granola)									
Yogurt	226	3	2	15	113	42	7	335	198
Strawberries	42	1	0	0	1	10	1	126	22
Blueberries	8	0	0	0	0	2	0	11	2
total ‡	280	4	2	15	115	53	8	470	222
Cone									
vanilla reduce fat ice cream	129	4	3	18	51	19	4	96	178
cake cone	19	0	0	0	23	4	0	0	0
total ‡	150	4.5	3	20	75	23	4	100	178
Strawberry Sundae									
vanilla reduced fat ice cream	216	7	5	31	86	31	6	161	297
strawberry topping	75	0	0	0	12	18	0	33	2
total ‡	290	7	5	30	95	50	7	190	299
Hot Caramel Sundae									
vanilla reduced fat ice cream	216	7	5	31	86	31	6	161	297
caramel topping	142	2	1	3	93	30	1	52	46
total ‡	360	10	6	35	180	61	7	210	343
Hot Fudge Sundae									
vanilla reduced fat ice cream	216	7	5	31	86	31	6	161	297
hot fudge topping	128	4	4	0	84	21	2	149	68
total ‡	340	12	9	30	170	52	8	310	365
Nuts (optional)	40	3.5	0	0	55	2	2	45	25
Butterfinger® McFlurry™									
vanilla reduced fat ice cream	486	17	11	69	198	70	14	363	667
Butterfinger® pieces	130	5	3	0	63	20	2	107	37
total ‡	620	22	14	70	260	90	16	470	704
M&M® McFlurry™									
vanilla reduced fat ice cream	486	17	11	69	198	70	14	363	667
M&M® pieces	140	6	4	4	17	20	1	75	43
total ‡	630	23	15	75	210	90	16	440	710
Nestle Crunch® McFlurry™									
vanilla reduced fat ice cream	486	17	11	69	198	70	14	363	667
Nestle Crunch® pieces	142	8	5	6	41	19	2	99	59
total ‡	630	24	16	75	230	89	16	470	726
Oreo® Cookie McFlurry™									
vanilla reduced fat ice cream	486	17	11	69	198	70	14	363	667
Oreo® Cookie pieces	81	4	1	0	92	12	1	32	0
total ‡	570	20	12	70	280	82	15	400	667
Baked Apple Pie	260	13	3.5	0	200	34	3	60	34
Chocolate Chip Cookies (1 bag)	280	14	8	40	170	37	3	90	43
McDonaldland® Cookies (1 bag)	230	8	2	0	250	38	3	20	12
Vanilla Shake, small	360	9	6	40	250	59	11	260	520
Chocolate Shake, small	360	9	6	40	250	60	11	420	546
Strawberry Shake, small	360	9	6	40	180	60	11	280	522
MILK/JUICES									
1% Lowfat Milk (1 carton)	100	2.5	1.5	10	115	13	8	380	235
Orange Juice	80	0	0	0	20	20	0	350	29
SOFT DRINKS (WITH ICE)									
Coca-Cola Classic® ♦									
- Child	110	0	0	0	10	29	0	0	48
- Small	150	0	0	0	15	40	0	0	66
- Medium	210	0	0	0	20	58	0	0	95
- Large	310	0	0	0	30	86	0	0	140
- Super Size®	410	0	0	0	40	113	0	0	180
diet Coke® ♦									
- Child	0	0	0	0	20	0	0	25	20
- Small	0	0	0	0	30	0	0	30	27
- Medium	0	0	0	0	40	0	0	50	39
- Large	0	0	0	0	60	0	0	70	58
- Super Size®	5	0	0	0	75	0	0	90	80
Sprite® ♦									
- Child	110	0	0	0	40	28	0	0	0
- Small	150	0	0	0	55	39	0	0	0
- Medium	210	0	0	0	80	56	0	0	0
- Large	310	0	0	0	115	83	0	0	0
- Super Size®	410	0	0	0	150	109	0	0	0
Hi-C® Orange Drink ♦									
- Child	120	0	0	0	20	32	0	15	0
- Small	160	0	0	0	30	44	0	20	0
- Medium	240	0	0	0	40	64	0	30	0
- Large	350	0	0	0	60	94	0	40	0
- Super Size®	460	0	0	0	75	124	0	60	0

‡ Nutrient contributions from individual food items may not equal the total due to federal rounding regulations.

* Sodium values may vary because grill seasoning is applied individually to each item. Upon request, sandwiches may be ordered without grill seasoning or condiments.

** French fries may also be ordered without added salt.

† Available at participating McDonald's.

+ Based on the weight before cooking 4 oz. (113.4 g)

• 40% fewer calories than standard French dressing, calorie content has been reduced from 210 to 130 calories per equivalent serving.

♦ The values represent sodium derived from ingredients other than water. The actual amount of sodium in the beverages will vary depending on the quantity contained in the water supply where the finished beverages are produced.