

**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)
<b>SANDWICHES</b>									
<b>Hamburger</b>									
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
<b>total ##</b>	<b>280</b>	<b>10</b>	<b>4</b>	<b>30</b>	<b>590</b>	<b>35</b>	<b>12</b>	<b>230</b>	<b>110</b>
<b>Cheeseburger</b>									
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
<b>total ##</b>	<b>330</b>	<b>14</b>	<b>6</b>	<b>45</b>	<b>830</b>	<b>36</b>	<b>15</b>	<b>250</b>	<b>175</b>
<b>Quarter Pounder®+</b>									
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
<b>total ##</b>	<b>430</b>	<b>21</b>	<b>8</b>	<b>70</b>	<b>840</b>	<b>37</b>	<b>23</b>	<b>370</b>	<b>214</b>
<b>Quarter Pounder®+ w/Cheese</b>									
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
<b>total ##</b>	<b>530</b>	<b>30</b>	<b>13</b>	<b>95</b>	<b>1310</b>	<b>38</b>	<b>28</b>	<b>420</b>	<b>344</b>
<b>Big Mac®</b>									
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
<b>total ##</b>	<b>590</b>	<b>34</b>	<b>11</b>	<b>85</b>	<b>1090</b>	<b>47</b>	<b>24</b>	<b>430</b>	<b>254</b>
<b>Big N' Tasty™</b>									
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
<b>total ##</b>	<b>540</b>	<b>32</b>	<b>10</b>	<b>80</b>	<b>970</b>	<b>39</b>	<b>24</b>	<b>490</b>	<b>234</b>
<b>Big N' Tasty™ w/cheese</b>									
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
<b>total ##</b>	<b>590</b>	<b>37</b>	<b>12</b>	<b>95</b>	<b>1210</b>	<b>40</b>	<b>27</b>	<b>520</b>	<b>299</b>
<b>Crispy Chicken</b>									
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
<b>total ##</b>	<b>550</b>	<b>27</b>	<b>4.5</b>	<b>50</b>	<b>1180</b>	<b>54</b>	<b>23</b>	<b>420</b>	<b>325</b>
<b>Filet-O-Fish®</b>									
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
<b>total ##</b>	<b>470</b>	<b>26</b>	<b>5</b>	<b>50</b>	<b>890</b>	<b>45</b>	<b>15</b>	<b>280</b>	<b>205</b>
<b>Chicken McGrill®</b>									
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
<b>total ##</b>	<b>450</b>	<b>18</b>	<b>3</b>	<b>60</b>	<b>970</b>	<b>46</b>	<b>26</b>	<b>460</b>	<b>330</b>
<b>Chicken McGrill® (plain w/o mayo)</b>									
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
<b>total ##</b>	<b>340</b>	<b>7</b>	<b>1.5</b>	<b>50</b>	<b>890</b>	<b>45</b>	<b>26</b>	<b>460</b>	<b>324</b>
<b>French Fries (Small)</b>									
without salt**	210	10	1.5	0	135	26	3	470	88
<b>French Fries (Medium)</b>	<b>450</b>	<b>22</b>	<b>4</b>	<b>0</b>	<b>290</b>	<b>57</b>	<b>6</b>	<b>1010</b>	<b>190</b>
without salt**	450	22	4	0	50	57	6	1010	190
<b>French Fries (Large)</b>	<b>540</b>	<b>26</b>	<b>4.5</b>	<b>0</b>	<b>350</b>	<b>68</b>	<b>8</b>	<b>1210</b>	<b>227</b>
without salt **	540	26	4.5	0	60	68	8	1210	227
<b>French Fries (Super Size®)</b>	<b>610</b>	<b>29</b>	<b>5</b>	<b>0</b>	<b>390</b>	<b>77</b>	<b>9</b>	<b>1370</b>	<b>256</b>
without salt**	610	29	5	0	65	77	9	1370	256
<b>Chicken McNuggets®</b>									
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
<b>SAUCES</b>									
<b>Hot Mustard (1 pkg.)</b>	<b>60</b>	<b>3.5</b>	<b>0</b>	<b>5</b>	<b>240</b>	<b>7</b>	<b>1</b>	<b>28</b>	<b>17</b>
<b>Barbeque (1 pkg.)</b>	<b>45</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>250</b>	<b>10</b>	<b>0</b>	<b>45</b>	<b>6</b>
<b>Sweet 'N Sour (1 pkg.)</b>	<b>50</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>140</b>	<b>11</b>	<b>0</b>	<b>7</b>	<b>2</b>
<b>Honey (1 pkg.)</b>	<b>45</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>11</b>	<b>0</b>	<b>7</b>	<b>0</b>
<b>Honey Mustard (1 pkg.)</b>	<b>50</b>	<b>4.5</b>	<b>0.5</b>	<b>10</b>	<b>85</b>	<b>3</b>	<b>0</b>	<b>5</b>	<b>5</b>
<b>Light Mayonnaise (1 pkg.)</b>	<b>40</b>	<b>4</b>	<b>0.5</b>	<b>5</b>	<b>80</b>	<b>&lt;1</b>	<b>0</b>	<b>1</b>	<b>0</b>
<b>McSALAD SHAKER™ SALADS/DRESSINGS</b>									
<b>Chef Salad</b>									
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
<b>total ##</b>	<b>150</b>	<b>8</b>	<b>3.5</b>	<b>95</b>	<b>740</b>	<b>5</b>	<b>17</b>	<b>360</b>	<b>123</b>
<b>Garden Salad</b>									
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
<b>total ##</b>	<b>100</b>	<b>6</b>	<b>3</b>	<b>75</b>	<b>120</b>	<b>4</b>	<b>7</b>	<b>290</b>	<b>123</b>
<b>Grilled Chicken Caesar Salad</b>									
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
<b>total ##</b>	<b>100</b>	<b>2.5</b>	<b>1.5</b>	<b>40</b>	<b>240</b>	<b>3</b>	<b>17</b>	<b>420</b>	<b>277</b>
<b>Croutons (1 pkg.)</b>	<b>50</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>105</b>	<b>9</b>	<b>1</b>	<b>17</b>	<b>15</b>
<b>Caesar (1 pkg.)</b>	<b>150</b>	<b>13</b>	<b>2.5</b>	<b>10</b>	<b>400</b>	<b>5</b>	<		

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(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)
<b>BREAKFAST (continued)</b>									
<b>Bacon, Egg &amp; Cheese Biscuit</b>									
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
<b>total ‡</b>	<b>540</b>	<b>34</b>	<b>10</b>	<b>250</b>	<b>1550</b>	<b>36</b>	<b>21</b>	<b>280</b>	<b>603</b>
<b>Biscuit</b>	<b>290</b>	<b>15</b>	<b>3</b>	<b>0</b>	<b>780</b>	<b>34</b>	<b>5</b>	<b>110</b>	<b>346</b>
<b>Ham, Egg &amp; Cheese Bagel</b>									
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
<b>total ‡</b>	<b>550</b>	<b>23</b>	<b>8</b>	<b>255</b>	<b>1490</b>	<b>58</b>	<b>26</b>	<b>300</b>	<b>439</b>
<b>Spanish Omelete Bagel</b>									
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
<b>total ‡</b>	<b>690</b>	<b>38</b>	<b>14</b>	<b>275</b>	<b>1570</b>	<b>60</b>	<b>27</b>	<b>320</b>	<b>453</b>
<b>Steak, Egg &amp; Cheese Bagel</b>									
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
<b>total ‡</b>	<b>700</b>	<b>35</b>	<b>13</b>	<b>290</b>	<b>1290</b>	<b>57</b>	<b>38</b>	<b>350</b>	<b>435</b>
<b>Sausage Patty</b>	<b>170</b>	<b>16</b>	<b>5</b>	<b>35</b>	<b>290</b>	<b>0</b>	<b>6</b>	<b>100</b>	<b>59</b>
<b>Scrambled Eggs (2)</b>	<b>160</b>	<b>11</b>	<b>3.5</b>	<b>425</b>	<b>170</b>	<b>1</b>	<b>13</b>	<b>120</b>	<b>236</b>
<b>Hash Browns</b>	<b>130</b>	<b>8</b>	<b>1.5</b>	<b>0</b>	<b>330</b>	<b>14</b>	<b>1</b>	<b>210</b>	<b>57</b>
<b>Hotcakes</b>									
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
<b>total ‡</b>	<b>600</b>	<b>17</b>	<b>3</b>	<b>20</b>	<b>770</b>	<b>104</b>	<b>9</b>	<b>280</b>	<b>489</b>
<b>Sausage Breakfast Burrito†</b>									
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
<b>total ‡</b>	<b>290</b>	<b>16</b>	<b>6</b>	<b>170</b>	<b>680</b>	<b>24</b>	<b>13</b>	<b>190</b>	<b>181</b>
<b>MUFFINS/DANISH</b>									
<b>Lowfat Apple Bran Muffin</b>	<b>300</b>	<b>3</b>	<b>0.5</b>	<b>0</b>	<b>380</b>	<b>61</b>	<b>6</b>	<b>160</b>	<b>213</b>
<b>Apple Danish</b>	<b>340</b>	<b>15</b>	<b>3</b>	<b>20</b>	<b>340</b>	<b>47</b>	<b>5</b>	<b>85</b>	<b>78</b>
<b>Cheese Danish</b>	<b>400</b>	<b>21</b>	<b>5</b>	<b>40</b>	<b>400</b>	<b>45</b>	<b>7</b>	<b>100</b>	<b>108</b>
<b>Cinnamon Roll</b>	<b>390</b>	<b>18</b>	<b>5</b>	<b>65</b>	<b>310</b>	<b>50</b>	<b>6</b>	<b>110</b>	<b>78</b>
<b>DESSERTS/SHAKES</b>									
<b>Fruit 'n Yogurt Parfait</b>									
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
<b>total ‡</b>	<b>380</b>	<b>5</b>	<b>2</b>	<b>15</b>	<b>240</b>	<b>76</b>	<b>10</b>	<b>550</b>	<b>311</b>
<b>Fruit 'n Yogurt Parfait (w/o granola)</b>									
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
<b>total ‡</b>	<b>280</b>	<b>4</b>	<b>2</b>	<b>15</b>	<b>115</b>	<b>53</b>	<b>8</b>	<b>470</b>	<b>222</b>
<b>Cone</b>									
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
<b>total ‡</b>	<b>150</b>	<b>4.5</b>	<b>3</b>	<b>20</b>	<b>75</b>	<b>23</b>	<b>4</b>	<b>100</b>	<b>178</b>
<b>Strawberry Sundae</b>									
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
<b>total ‡</b>	<b>290</b>	<b>7</b>	<b>5</b>	<b>30</b>	<b>95</b>	<b>50</b>	<b>7</b>	<b>190</b>	<b>299</b>
<b>Hot Caramel Sundae</b>									
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
<b>total ‡</b>	<b>360</b>	<b>10</b>	<b>6</b>	<b>35</b>	<b>180</b>	<b>61</b>	<b>7</b>	<b>210</b>	<b>343</b>
<b>Hot Fudge Sundae</b>									
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
<b>total ‡</b>	<b>340</b>	<b>12</b>	<b>9</b>	<b>30</b>	<b>170</b>	<b>52</b>	<b>8</b>	<b>310</b>	<b>365</b>
<b>Nuts (optional)</b>	<b>40</b>	<b>3.5</b>	<b>0</b>	<b>0</b>	<b>55</b>	<b>2</b>	<b>2</b>	<b>45</b>	<b>25</b>
<b>Butterfinger® McFlurry™</b>									
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
<b>total ‡</b>	<b>620</b>	<b>22</b>	<b>14</b>	<b>70</b>	<b>260</b>	<b>90</b>	<b>16</b>	<b>470</b>	<b>704</b>
<b>M&amp;M® McFlurry™</b>									
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
<b>total ‡</b>	<b>630</b>	<b>23</b>	<b>15</b>	<b>75</b>	<b>210</b>	<b>90</b>	<b>16</b>	<b>440</b>	<b>710</b>
<b>Nestle Crunch® McFlurry™</b>									
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
<b>total ‡</b>	<b>630</b>	<b>24</b>	<b>16</b>	<b>75</b>	<b>230</b>	<b>89</b>	<b>16</b>	<b>470</b>	<b>726</b>
<b>Oreo® Cookie McFlurry™</b>									
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
<b>total ‡</b>	<b>570</b>	<b>20</b>	<b>12</b>	<b>70</b>	<b>280</b>	<b>82</b>	<b>15</b>	<b>400</b>	<b>667</b>
<b>Baked Apple Pie</b>	<b>260</b>	<b>13</b>	<b>3.5</b>	<b>0</b>	<b>200</b>	<b>34</b>	<b>3</b>	<b>60</b>	<b>34</b>
<b>Chocolate Chip Cookies (1 bag)</b>	<b>280</b>	<b>14</b>	<b>8</b>	<b>40</b>	<b>170</b>	<b>37</b>	<b>3</b>	<b>90</b>	<b>43</b>
<b>McDonaldland® Cookies (1 bag)</b>	<b>230</b>	<b>8</b>	<b>2</b>	<b>0</b>	<b>250</b>	<b>38</b>	<b>3</b>	<b>20</b>	<b>12</b>
<b>Vanilla Shake, small</b>	<b>360</b>	<b>9</b>	<b>6</b>	<b>40</b>	<b>250</b>	<b>59</b>	<b>11</b>	<b>260</b>	<b>520</b>
<b>Chocolate Shake, small</b>	<b>360</b>	<b>9</b>	<b>6</b>	<b>40</b>	<b>250</b>	<b>60</b>	<b>11</b>	<b>420</b>	<b>546</b>
<b>Strawberry Shake, small</b>	<b>360</b>	<b>9</b>	<b>6</b>	<b>40</b>	<b>180</b>	<b>60</b>	<b>11</b>	<b>280</b>	<b>522</b>
<b>MILK/JUICES</b>									
<b>1% Lowfat Milk (1 carton)</b>	<b>100</b>	<b>2.5</b>	<b>1.5</b>	<b>10</b>	<b>115</b>	<b>13</b>	<b>8</b>	<b>380</b>	<b>235</b>
<b>Orange Juice</b>	<b>80</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>20</b>	<b>20</b>	<b>0</b>	<b>350</b>	<b>29</b>
<b>SOFT DRINKS (WITH ICE)</b>									
<b>Coca-Cola Classic® ♦</b>									
- 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
<b>diet Coke® ♦</b>									
- 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
<b>Sprite® ♦</b>									
- 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
<b>Hi-C® Orange Drink ♦</b>									
- 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.

The nutrition analysis is comprised of data from Covance Laboratories, Inc. combined with data from our suppliers, U.S. Department of Agriculture and Genesis R&D™ Nutrition Analysis Program from esha Research in Salem, Oregon. All products served at McDonald's and provided by our suppliers must meet strict specifications and high standards of quality.

Some of our products are seasoned with salt and pepper as part of the preparation process in our restaurants. If you wish to reduce the amount of sodium or calories in your diet, you can order sandwiches without grill seasoning or condiments and French fries without salt.

To order additional copies of this card they can be obtained by contacting McDonald's Nutrition Information Center, McDonald's Corporation, Oak Brook, IL 60523, calling