

FOOD EXCHANGES FOR McDONALD'S® MENU ITEMS

These food exchanges are provided to assist our customers with meal planning for diabetes and weight control.

MENU ITEM	CALORIES	FOOD EXCHANGES
Sandwiches:		
Hamburger	280	2 CHO*, 1-1/2 medium fat meat
Cheeseburger	330	2 CHO*, 1-1/2 medium fat, 1 fat
Quarter Pounder® ⁺	430	2-1/2 CHO*, 3 medium fat meat, 1 fat
Quarter Pounder® ⁺ with Cheese	530	2-1/2 CHO*, 3-1/2 med. fat meat, 2 fat
Big Mac®	590	3 CHO*, 3 medium fat meat, 3 fat
Big N' Tasty™	540	2-1/2 CHO*, 3 medium fat meat, 3 fat
Big N' Tasty™ with Cheese	590	2-1/2 CHO*, 3-1/2 medium fat meat, 4 fat
Crispy Chicken	550	3-1/2 CHO*, 2 medium fat meat, 3 fat
Filet-O-Fish®	470	3 CHO*, 1 medium fat meat, 4 fat
Chicken McGrill®	450	3 CHO*, 3 lean meat, 1 fat
Chicken McGrill® (plain w/o mayo)	340	3 CHO*, 3 lean fat meat
French Fries:		
Small French Fries	210	1-1/2 CHO*, 2 fat
Medium French Fries	450	3-1/2 CHO*, 4 fat
Large French Fries	540	4-1/2 CHO*, 5 fat
Super Size® French Fries	610	5 CHO*, 5 fat
Chicken McNuggets®/Sauces:		
Chicken McNuggets® (4 piece)	190	1 CHO*, 1 medium fat meat, 1 fat
Chicken McNuggets® (6 piece)	290	1 CHO*, 2 medium fat meat, 1 fat
Chicken McNuggets® (9 piece)	430	2 CHO*, 3 medium fat meat, 1 fat
Hot Mustard Sauce (1 pkg.)	60	1/2 CHO*, 1/2 fat
Barbeque Sauce (1 pkg.)	45	1 CHO*
Sweet 'N Sour Sauce (1 pkg.)	50	1 CHO*
Honey (1 pkg.)	45	1 CHO*
Honey Mustard (1 pkg.)	50	1 fat
Light Mayonnaise	40	1 fat
McSalad Shaker™ Salads:		
Chef Salad	150	1 vegetable, 2 lean meat
Garden Salad	100	1 vegetable, 1 medium fat meat
Grilled Chicken Caesar Salad	100	1 vegetable, 2 very lean meat
Croutons	50	1/2 CHO*
McSalad Shaker™ Salad Dressings:		
Caesar (1 pkg.)	150	3 fat
Fat Free Herb Vinaigrette (1 pkg.)	35	1/2 CHO*
Honey Mustard† (1 pkg.)	160	1 CHO*, 2 fat
Ranch (1 pkg.)	170	4 fat
Red French Reduced Calorie® (1 pkg.)	130	1 CHO*, 1 fat
1000 Island (1 pkg.)	130	1/2 CHO*, 2 fat
Breakfast:		
Egg McMuffin®	290	2 CHO*, 2 medium fat meat
Sausage McMuffin®	360	2 CHO*, 1 medium fat meat, 3 fat
Sausage McMuffin® with Egg	440	2 CHO*, 2 medium fat meat, 3 fat
English Muffin	140	2 CHO*
Sausage Biscuit	470	2 CHO*, 1 medium fat meat, 4-1/2 fat
Sausage Biscuit with Egg	550	2 CHO*, 2 medium fat meat, 5 fat
Bacon, Egg & Cheese Biscuit	540	2 CHO*, 2-1/2 medium fat meat, 4 fat
Biscuit	290	2 CHO*, 2 fat
Ham, Egg & Cheese Bagel	550	4 CHO*, 3 medium fat meat, 1 fat
Spanish Omelete Bagel	690	4 CHO*, 3 medium fat meat, 4 fat
Steak, Egg & Cheese Bagel	700	4 CHO*, 4 medium fat meat, 1 fat
Sausage	170	1 high fat meat, 1-1/2 fat
Scrambled Eggs (2)	160	2 medium fat meat
Hash Browns	130	1 CHO*, 1 fat
Hotcakes (plain)	340	4 CHO*, 1 fat
Hotcakes	600	7 CHO*, 3 fat
Sausage Breakfast Burrito†	290	1-1/2 CHO*, 2 medium fat meat, 1 fat
Muffins/Danish:		
Lowfat Apple Bran Muffin	300	4 CHO*
Apple Danish†	340	3 CHO*, 2-1/2 fat
Cheese Danish†	400	3 CHO*, 4 fat
Cinnamon Roll†	390	3-1/2 CHO*, 3 fat
Desserts/Shakes:		
Fruit 'n Yogurt Parfait	380	5 CHO*, 1 fat.
Fruit 'n Yogurt Parfait (w/o Granola)	280	3-1/2 CHO*
Vanilla Reduced Fat Ice Cream Cone	150	1-1/2 CHO*, 1 fat
Strawberry Sundae	290	3-1/2 CHO*, 1fat*
Hot Caramel Sundae	360	4 CHO*, 2 fat
Hot Fudge Sundae	340	3-1/2 CHO*, 2 fat

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Desserts/Shakes (cont):

Nuts (Sundaes)	40	1 fat
Butterfinger® McFlurry™	620	6 CHO*, 3 fat
M&M® McFlurry™	630	6 CHO*, 4 fat
Nestle Crunch® McFlurry™	630	6 CHO*, 4 fat
Oreo® Cookie McFlurry™	570	5-1/2 CHO*, 3 fat
Baked Apple Pie	260	2-1/2 CHO*, 2 fat
Chocolate Chip Cookies (1 bag)	280	2-1/2 CHO*, 2 fat
McDonaldland® Cookies (1 bag)	230	2-1/2 CHO*, 1 fat
Vanilla Shake, small	360	4 CHO*, 2 fat
Chocolate Shake, small	360	4 CHO*, 2 fat
Strawberry Shake, small	360	4 CHO*, 2 fat

Milk/Juices:

1% Lowfat Milk (1 carton)	100	1 lowfat milk
Orange Juice	80	1 fruit

Soft Drinks (with ice):

Coca-Cola Classic®		
- Child	110	2 CHO*
- Small	150	2-1/2 CHO*
- Medium	210	4 CHO*
- Large	310	6 CHO*
- Super Size®	410	7-1/2 CHO*
diet Coke®	0	Free
Sprite®		
- Child	110	2 CHO*
- Small	150	2-1/2 CHO*
- Medium	210	4 CHO*
- Large	310	6 CHO*
- Super Size®	410	7 CHO*
Hi-C® Orange Drink		
- Child	120	2 CHO*
- Small	160	3 CHO*
- Medium	240	4 CHO*
- Large	350	6 CHO*
- Super Size®	460	8 CHO*

* Carbohydrate Choice (CHO) - 1 carbohydrate choice can be substituted for a starch, fruit, or milk in your meal plan. It contains 15 grams of carbohydrate.

† 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 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 our 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.

Food exchanges were calculated by Certified Diabetes Educator Marion J. Franz, M.S., R.D., at the International Diabetes Center. Exchange calculations are based on **Exchange Lists for Meal Planning®, 1995, American Diabetes Association, Inc., The American Dietetic Association.** For information on diabetes and food exchanges, contact the American Diabetes Association, Diabetes Information Service Center, 1660 Duke Street, Alexandria, VA 22314, 1-800-ADA-DISC.

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 630-623-FOOD, or viewed on the web at www.mcdonalds.com. More detailed nutrition information and complete ingredient information is included at McDonald's Nutrition Facts brochure and in all U.S. restaurants. The information in this publication is effective as of January, 2001.