

McDONALD'S TODAY.



McDONALD'S TODAY

At McDonald's®, we've always been interested in new ways to enhance our menu to satisfy our customers' tastes and nutritional concerns. This brochure translates today's dietary guidelines into a variety of menu choices you can enjoy at McDonald's.

To help you calculate the level of fat, saturated fat, cholesterol and sodium in your diet, we've assembled sample meal combinations. Consider these menus as targets and not necessarily strict limits.

Today's guidelines refer to your overall pattern of eating. The guideline to consume less than 30% of calories from fat, for instance, wasn't intended to be used as criteria for individual foods, or even meals. If your breakfast contains more than 30% fat, that's okay. You can balance out your day with a lower-fat lunch or dinner. The goal is to keep sight of your *daily* intake.

To help you do this, Percent Daily Values were established for food labeling. These values show how foods fit into an overall daily diet based on 2,000 calories. Your own daily values may be higher or lower depending on your calorie needs. To keep within dietary guidelines, just make sure your daily totals don't exceed 100% of your needs.

DAILY VALUES

Calories:		2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg

SAMPLE MEALS AT McDONALD'S

McDonald's can be part of any balanced diet and lifestyle. Here are some popular meal combinations and their corresponding levels of fat, saturated fat, cholesterol and sodium.

But remember, there are no "good" or "bad" foods. It's your *total* diet that counts. By keeping the principles of balance, variety and moderation in mind, you can choose wisely among all the selections at McDonald's. The more you know about the foods you eat, the easier it will be to incorporate them into your balanced diet. That's why we've also included nutrition information for all standard U.S. menu items at McDonald's.

BREAKFAST

English Muffin
Grape Jam, 1 pkg.
Hash Browns
Orange Juice, 6 fl oz
 390 Calories
 90 Calories from Fat

		% Daily Value
Total Fat	10 g	16%
Saturated Fat	2 g	9%
Cholesterol	0 mg	0%
Sodium	570 mg	24%

Lowfat Apple Bran Muffin
Strawberry Preserves, 1 pkg.
1% Lowfat Milk, 8 fl oz
 430 Calories
 50 Calories from Fat

		% Daily Value
Total Fat	6 g	9%
Saturated Fat	2 g	11%
Cholesterol	10 mg	3%
Sodium	490 mg	21%

Egg McMuffin®
Orange Juice, 6 fl oz - 2
 450 Calories
 110 Calories from Fat

		% Daily Value
Total Fat	13 g	19%
Saturated Fat	4.5 g	23%
Cholesterol	235 mg	78%
Sodium	830 mg	34%

Hotcakes with Syrup*
1% Lowfat Milk, 8 fl oz
 630 Calories
 90 Calories from Fat

		% Daily Value
Total Fat	10 g	16%
Saturated Fat	3 g	16%
Cholesterol	30 mg	9%
Sodium	760 mg	32%

*Request without margarine

LUNCH/DINNER

Grilled Chicken Caesar
McSalad Shaker™ Salad
Red French Reduced Calorie Dressing, 1 pkg.
1% Lowfat Milk, 8 fl oz
 330 Calories
 100 Calories from Fat

		% Daily Value
Total Fat	11 g	18%
Saturated Fat	4 g	19%
Cholesterol	50 mg	16%
Sodium	720 mg	30%

Garden McSalad Shaker™ Salad
Fat Free Herb Vinaigrette Dressing, 1 pkg.
Croutons, 1 pkg.
Lowfat Apple Bran Muffin
Iced Tea, medium
 490 Calories
 100 Calories from Fat

		% Daily Value
Total Fat	11 g	16%
Saturated Fat	4 g	19%
Cholesterol	75 mg	25%
Sodium	850 mg	35%

Regular Cheeseburger
Vanilla Reduced Fat Ice Cream Cone
diet Coke®, small
 480 Calories
 170 Calories from Fat

		% Daily Value
Total Fat	19 g	29%
Saturated Fat	9 g	46%
Cholesterol	60 mg	21%
Sodium	930 mg	39%

Chicken McNuggets®, 6 piece
Sweet 'N Sour Sauce, 1 pkg.
Sprite®, small
 480 Calories
 150 Calories from Fat

		% Daily Value
Total Fat	17 g	26%
Saturated Fat	3.5 g	17%
Cholesterol	55 mg	18%
Sodium	730 mg	31%

Regular Hamburger
Small French Fries*
Coca-Cola Classic®, small
 630 Calories
 180 Calories from Fat

		% Daily Value
Total Fat	20 g	31%
Saturated Fat	6 g	28%
Cholesterol	30 mg	10%
Sodium	740 mg	31%

Chicken McGrill® w/Mayonnaise
Vanilla Reduced Fat Ice Cream Cone
Orange Juice, 6 fl. oz.
 680 Calories
 200 Calories from Fat

		% Daily Value
Total Fat	23 g	35%
Saturated Fat	6 g	30%
Cholesterol	80 mg	26%
Sodium	1070 mg	44%

*French fries may be ordered without added salt.

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

NUTRITION FACTS

Amount Per Serving

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)
SANDWICHES / FRENCH FRIES								
Hamburger	280	90	10	4	30	590	35	12
Cheeseburger	330	130	14	6	45	830	36	15
Quarter Pounder®+	430	190	21	8	70	840	37	23
Quarter Pounder®+ with Cheese	530	270	30	13	95	1310	38	28
Big Mac®	590	310	34	11	85	1090	47	24
Big N' Tasty™	540	290	32	10	80	970	39	24
Big N' Tasty™ with Cheese	590	330	37	12	95	1210	40	27
Crispy Chicken	550	240	27	4.5	50	1180	54	23
Filet-O-Fish®	470	240	26	5	50	890	45	15
Chicken McGrill®	450	160	18	3	60	970	46	26
Chicken McGrill® (plain w/o mayo)	340	60	7	1.5	50	890	45	26
Small French Fries	210	90	10	1.5	0	135	26	3
Medium French Fries	450	200	22	4	0	290	57	6
Large French Fries	540	230	26	4.5	0	350	68	8
Super Size® French Fries	610	260	29	5	0	390	77	9

CHICKEN McNUGGETS® / SAUCES

Chicken McNuggets® (4 piece)	190	100	11	2.5	35	360	13	10
Chicken McNuggets® (6 piece)	290	150	17	3.5	55	540	20	15
Chicken McNuggets® (9 piece)	430	220	25	5	80	810	29	23
Hot Mustard Sauce (1 pkg)	60	30	3.5	0	5	240	7	1
Barbeque Sauce (1 pkg)	45	0	0	0	0	250	10	0
Sweet 'N Sour Sauce (1 pkg)	50	0	0	0	0	140	11	0
Honey (1 pkg)	45	0	0	0	0	0	12	0
Honey Mustard (1 pkg)	50	40	4.5	0.5	10	85	3	0
Light Mayonnaise	40	35	4	0.5	5	80	<1	0

McSALAD SHAKER™ SALADS/DRESSINGS

Chef Salad	150	70	8	3.5	95	740	5	17
Garden Salad	100	60	6	3	75	120	4	7
Grilled Chicken Caesar Salad	100	25	2.5	1.5	40	240	3	17
Croutons (1 pkg)	50	10	1	0	0	105	9	1
Caesar (1 pkg)	150	120	13	2.5	10	400	5	1
Fat Free Herb Vinaigrette (1 pkg)	35	0	0	0	0	260	8	0
Honey Mustard† (1 pkg)	160	100	11	1.5	15	260	13	1
Ranch (1 pkg)	170	160	18	2.5	15	460	3	0
Red French Reduced Calorie® (1 pkg)	130	60	6	1	0	360	18	0
1000 Island (1 pkg.)	130	80	9	1.5	15	350	11	1

BREAKFAST

Egg McMuffin®	290	110	12	4.5	235	790	27	17
Sausage McMuffin®	360	210	23	8	45	740	26	13
Sausage McMuffin® with Egg	440	250	28	10	255	890	27	19
English Muffin	140	20	2	0	0	210	25	4
Sausage Biscuit	470	280	31	9	35	1080	35	11
Sausage Biscuit with Egg	550	330	37	10	245	1160	35	18
Bacon, Egg & Cheese Biscuit	540	310	34	10	250	1550	36	21
Biscuit	290	130	15	3	0	780	34	5
Ham, Egg & Cheese Bagel	550	210	23	8	255	1490	58	26
Spanish Omelet Bagel	690	350	38	14	275	1570	60	27
Steak, Egg & Cheese Bagel	700	320	35	13	290	1290	57	38



	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)
--	----------	-------------------	---------------	-------------------	------------------	-------------	-------------------	-------------

BREAKFAST (continued)

Sausage	170	150	16	5	35	290	0	6
Scrambled Eggs (2)	160	100	11	3.5	425	170	1	13
Hash Browns	130	70	8	1.5	0	330	14	1
Hotcakes (Plain)	340	70	8	1.5	20	630	58	9
Hotcakes (Margarine 2 pats & Syrup)	600	150	17	3	20	770	104	9
Sausage Breakfast Burrito†	290	150	16	6	170	680	24	13

MUFFINS/DANISH

Lowfat Apple Bran Muffin	300	30	3	0.5	0	380	61	6
Apple Danish†	340	130	15	3	20	340	47	5
Cheese Danish†	400	190	21	5	40	400	45	7
Cinnamon Roll†	390	160	18	5	65	310	50	6

DESSERTS/SHAKES

Fruit 'n Yogurt Parfait	380	50	5	2	15	240	76	10
Fruit 'n Yogurt Parfait (w/o granola)	280	35	4	2	15	115	53	8
Vanilla Reduced Fat Ice Cream Cone	150	40	4.5	3	20	75	23	4
Strawberry Sundae	290	70	7	5	30	95	50	7
Hot Caramel Sundae	360	90	10	6	35	180	61	7
Hot Fudge Sundae	340	100	12	9	30	170	52	8
Nuts (Sundaes)	40	30	3.5	0	0	55	2	2
Butterfinger® McFlurry™	620	190	22	14	70	260	90	16
M&M® McFlurry™	630	200	23	15	75	210	90	16
Nestle Crunch® McFlurry™	630	220	24	16	75	230	89	16
Oreo® McFlurry™	570	180	20	12	70	280	82	15
Baked Apple Pie	260	120	13	3.5	0	200	34	3
Chocolate Chip Cookies (1 bag)	280	130	14	8	40	170	37	3
McDonaldland® Cookies (1 bag)	230	70	8	2	0	250	38	3
Vanilla Shake - small	360	80	9	6	40	250	59	11
Chocolate Shake - small	360	80	9	6	40	250	60	11
Strawberry Shake - small	360	80	9	6	40	180	60	11

BEVERAGES

1% Lowfat Milk, 8 fl oz/1 carton	100	20	2.5	1.5	10	115	13	8
Orange Juice, 6 fl oz/177 ml	80	0	0	0	0	20	20	0
Coca-Cola Classic®, small ♦	150	0	0	0	0	15	40	0
diet Coke®, small ♦	0	0	0	0	0	30	0	0
Sprite®, small ♦	150	0	0	0	0	55	39	0
Hi-C®, Orange Drink, small ♦	160	0	0	0	0	30	44	0

Soft drink analysis is based on finished drinks with ice. Available sizes include child, small, medium, large and Super Size.

† 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.

More detailed nutrition information and complete ingredient information is included in *McDonald's Nutrition Facts* brochure. The nutrition analysis is comprised of data from Covance Laboratories, Inc. (an independent testing facility commissioned by McDonald's) combined with data from our suppliers, U.S. Department of Agriculture and Genesis R & D™ Nutrition Analysis Program from esha Research in Salem, Oregon. While the nutrition information is based on standard product formulations, variations may occur depending on the local supplier, the region of the country and the season of the year. Serving sizes may vary from quantity upon which the analysis is conducted. To assist our customers following a special diet, we also offer a convenient wallet-size card: *Food Exchanges and McDonald's Nutrient Breakdown*. Additional copies of all nutrition brochures are available upon request or can be viewed on the web at www.mcdonalds.com. Ask the manager of your local McDonald's or contact McDonald's Corporation, Oak Brook, IL 60523, call 630-623-FOOD or email us at www.mcdonalds.com. The information in this publication is effective January, 2001.