

# McDONALD'S NUTRITION INFORMATION

Menu Item	Energy (kCal)	Protein (g)	Total fat (g)	Carbohydrate (g)	Sodium (mg)	Serve Size (g)
<b>Sandwiches and Wraps</b>						
Chicken Maharaja Mac	488.0	21.2	22.6	50.4	1270	231
McChicken™	416.0	15.3	21.4	40.8	600	157
Fish-O-Fish	362.0	13.8	17.7	37.3	600	156
Chicken McGrill™	290.0	11.1	11.0	34.1	560	129
McVeggie™	465.0	11.9	23.9	50.6	860	167
McAlolo Tikka™	337.0	8.2	13.8	45.5	550	143
Salad Sandwich	294.0	7.0	14.2	34.6	240	121
<b>Sides</b>						
Regular Fries	319.0	4.5	15.5	40.5	290	110
Medium Fries	452.0	6.4	22.0	57.4	410	166
Large Fries	638.0	9.0	31.0	81.0	580	220
Veg. Pizza McPuff™	206.0	4.7	12.1	19.6	980	80
<b>Nuggets</b>						
4 piece Chicken McNuggets™	194.0	10.6	11.0	11.1	338	64
6 piece Chicken McNuggets™	291.0	15.8	17.9	16.7	504	96
9 piece Chicken McNuggets™	438.0	23.6	26.8	25.1	756	144
<b>Condiments</b>						
Ketchup	15.0	0.2	0.0	3.5	110	12
BBQ Dipping Sauce	46.0	0.2	0.3	10.6	270	25
Mustard Dipping Sauce	78.0	0.4	5.3	7.3	200	25
Cheese slice	14.0	0.0	3.0	4.0	1	220
Chili sauce	10.0	0.0	0.0	0.0	2	60
<b>Breakfast Menu Items</b>						
Egg & Cheese McMuffin™	295.3	14.0	13.7	29.0	659.8	116.0
Sausage McMuffin™	270.2	14.2	10.1	30.5	847.7	115.0
Sausage & Egg McMuffin™	353.7	20.4	16.4	31.1	956.0	161.0
Veg McMuffin™	298.3	9.8	11.4	39.0	830.1	120.0
Veg Supreme Muffin™	364.8	10.5	17.4	41.6	990.4	158.0
Hot Cakes with Maple Syrup	310.3	4.6	7.6	56.0	588.1	127.0
Hash Brown	147.1	2.1	8.1	16.5	195.8	52.3
<b>Beverages Hot</b>						
Plain Tea	57.0	1.0	1.0	11.0	-	NA
Capuccino	81.0	4.0	2.0	12.0	-	NA
Mochachino	80.0	4.0	2.0	12.0	-	NA
Espresso	21.0	1.0	1.0	2.0	-	NA
Hot Chocolate	141.0	7.0	3.0	21.0	-	NA
<b>Beverages Cold</b>						
Regular Coca-Cola	132.0	0.0	0.0	33.0	-	NA
Medium Coca-Cola	176.0	0.0	0.0	44.0	-	NA
Large Coca-Cola	220.0	0.0	0.0	55.0	-	NA
Regular Diet Coke	1.0	0.0	0.0	0.0	-	NA
Medium Diet Coke	1.0	0.0	0.0	0.0	-	NA
Large Diet Coke	1.0	0.0	0.0	0.0	-	NA
Regular Fanta Orange	156.0	0.0	0.0	39.0	-	NA
Medium Fanta Orange	208.0	0.0	0.0	52.0	-	NA
Large Fanta Orange	260.0	0.0	0.0	65.0	-	NA
Regular Sprite	144.0	0.0	0.0	36.0	-	NA
Medium Sprite	192.0	0.0	0.0	48.0	-	NA
Large Sprite	240.0	0.0	0.0	60.0	-	NA
Regular Iced Tea (Lemon)	133.0	0.0	0.0	33.0	-	NA
Medium Iced Tea (Lemon)	184.0	0.0	0.0	48.0	-	NA
Cold Coffee	163.0	5.0	3.0	34.0	-	NA
Minute Maid Pulpy Orange	168.0	0.0	0.0	42.0	-	NA

Menu Item	Energy (kCal)	Protein (g)	Total fat (g)	Saturated fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Calcium (mg)
<b>Shakes</b>								
Regular Strawberry Milkshake	260	5	6	4.2	44	36	90	231
Medium Strawberry Milkshake	360	7	8	6.1	64	52	140	337
Large Strawberry Milkshake	460	9	10	7.6	80	65	170	421
Regular Chocolate Milkshake	270	6	6	4.1	48	37	160	226
Medium Chocolate Milkshake	360	8	9	6.0	70	54	240	329
Large Chocolate Milkshake	460	10	11	7.5	87	68	290	412
<b>Dessert</b>								
Coke Float	140	3	3	2.1	25	23	-	127
Fanta Float	140	3	3	2.1	26	25	-	127
Regular Soft Serve - Hot Fudge	160	3	5	3.5	27	23	150	95
Medium Soft Serve - Hot Fudge	260	5	8	5.9	43	37	250	127
Regular Soft Serve - Strawberry	130	2	3	1.6	25	24	140	95
Medium Soft Serve - Strawberry	200	3	3	2.1	40	38	240	127
McSwirl™ Waffle	270	4	12	8.3	39	26	100	117
Waffle Butterscotch	220	4	13	7.6	40	27	100	116
Waffle Soft Serve	180	3	5	3.6	32	21	90	95
Waffle Soft Serve - Hot Fudge	250	4	7	5.4	43	29	170	-
Waffle Soft Serve - Strawberry	220	3	5	3.6	41	30	170	-
Soft Serve Cone	110	2	3	1.7	19	15	80	55
McSwirl™	190	3	8	5.5	25	19	80	113
McSwirl™ Butterscotch	200	4	9	4.9	27	20	90	112
Flavor twist - Green Apple	150	3	4	2.2	27	23	100	127
Flavor twist - Tropical Orange	150	3	4	2.2	27	23	100	127
Flavor twist - Raspberry	150	3	4	2.2	27	23	100	127
Waffle Flavor twist - Green Apple	220	4	5	4.1	40	29	120	127
Waffle Flavor twist - Tropical Orange	220	4	5	4.1	40	29	120	127
Waffle Flavor twist - Raspberry	220	4	5	4.1	40	29	120	127

\* The nutrition information is based on average data from standard product formulations and scientific food analysis. Actual serving size and nutrient value may vary due to analytical methods, assembling, formulation changes or natural variation of raw materials. This information is correct as of Sept 2011.

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## TIPS FOR A HEALTHY LIVING

Enjoy a big glass of water first thing in the morning

If you haven't got time for anything else in the morning, make time to drink a big glass of water. We lose a lot of oxygen through the night and to rejuvenate our cells, we need to supply them with water and oxygen. Drink a glass of water and within a week you'll begin to feel less tired

Grab a few fresh fruits on your way out

Wherever you're going, it's a walk or drive to the market or on your way to office. Pick up one or two fruits and eat them. Fruits are great for their nutrients, vitamins and sugars that are required in our body.

Exercise on the go

If you work in an office, get up every 30 minutes and go for a walk. If you have an office with stairs, run up and down the stairs every couple of hours. Get your blood flowing and your muscles moving.

Eat a handful of nuts

Get your favorite selection of nuts (almonds, cashews, walnuts, etc.) and raisins and have a big handful of them at around 3pm. This has been shown to increase afternoon energy and productivity.

Say yes to freshly squeezed juice

Create the time to squeeze your own carrot-apple-ginger juice. However, if you don't have the time, ask someone if they can make it for you in exchange for something you can help them with, or get yourself to a local juice bar and get your share of the juice!

