



# Simple Steps to Cut Calories

McDonald's® offers a range of menu options to help meet your nutrition needs. If you're counting calories, consider one of the McDonald's meal suggestions below.

## CALORIES

### Breakfast

English Muffin	<b>350</b>
Grape Jam, 1 pkg.	
Fruit 'n Yogurt Parfait	
Small Coffee (12 fl oz cup)	
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Scrambled Eggs (2)	<b>430</b>
English Muffin	
1% Low Fat White Milk Jug (8 fl oz)	
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Egg McMuffin® sandwich	<b>450</b>
Orange Juice (12 fl oz cup)	

### Lunch/Dinner

Snack Size Fruit & Walnut Salad	<b>320</b>
1% Low Fat White Milk Jug (8 fl oz)	
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Honey Mustard Snack Wrap® (Grilled )	<b>470</b>
Apple Dippers with Low Fat Caramel Dip	
1% Low Fat White Milk Jug (8 fl oz)	
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Premium Grilled Chicken Classic Sandwich	<b>470</b>
Side Salad	
Newman's Own® Low Fat Family Recipe Italian Dressing, ½ pkg.	
Bottled water	
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Hamburger	<b>480</b>
Small French Fries	
Small Diet Coke® (16 fl oz cup)	
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Chicken McNuggets® (6 piece)	<b>490</b>
Barbeque Sauce, 1pkg.	
Fruit 'n Yogurt Parfait	
Bottled water	
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Southwest Salad with Grilled Chicken	<b>570</b>
Newman's Own® Creamy Southwest Dressing, 1 pkg.	
Vanilla Reduced Fat Ice Cream Cone	
Medium Iced Tea (21 fl oz cup)	

To get the Nutrition Facts for your favorite McDonald's meal, please visit our **Bag a McMeal™** feature in the Food, Nutrition & Fitness section at [www.mcdonalds.com](http://www.mcdonalds.com). We continually update our Nutrition Facts and ingredient information. Nutrition information based on standard formulation; variations may occur.

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Note: Nutrient results for meal and menu item suggestions are rounded according to federal rounding regulations. Serving size designation for beverages refers to total cup capacity; the actual amounts of beverage (and ice) may vary. Milk Jugs vary in California and Alaska.



# Simple Steps to Cut Calories

Small, simple steps to trim calories can add up to big savings. The next time you're at McDonald's®, try some of these tips:

## CALORIES SAVED

### Order

Bottled water, iced tea, or a diet soft drink instead of a large soft drink	<b>310</b>
A Premium Salad without crispy chicken	<b>230</b>
A Side Salad topped with 1/2 packet of Newman's Own® Low Fat Balsamic Vinaigrette Dressing instead of a small order of French Fries	<b>190</b>
Newman's Own® Low Fat Balsamic Vinaigrette Salad Dressing instead of Creamy Caesar Salad Dressing	<b>150</b>
Apple Dippers with Low Fat Caramel Dip instead of a small order of French Fries	<b>130</b>
Newman's Own® Low Fat Balsamic Vinaigrette Salad Dressing instead of Ranch Salad Dressing	<b>130</b>
A Fruit 'n Yogurt Parfait instead of a Strawberry Sundae	<b>120</b>
Medium French Fries instead of Large	<b>120</b>
A Premium Salad without grilled chicken	<b>120</b>
A Premium Salad with grilled chicken instead of crispy chicken	<b>110</b>
A Quarter Pounder®+ without cheese sandwich	<b>100</b>
A Big Mac® sandwich without special sauce	<b>90</b>
A Snack Size Fruit & Walnut Salad without the walnuts	<b>90</b>
Use only half the packet of Newman's Own® Ranch Dressing	<b>90</b>
Use only half the packet of Newman's Own® Creamy Caesar Dressing	<b>90</b>
A Filet-O-Fish® sandwich without tartar sauce	<b>80</b>
Hotcakes and syrup without the margarine	<b>80</b>
A Big N' Tasty®, McChicken®, or Premium Grilled Chicken Classic or Club Sandwich without mayonnaise dressing.	<b>50</b>



### McDONALD'S MENU CALORIE COUNTDOWN

#### Breakfast Items: 300 calories or less

- 1% Low Fat Milk Jug, White or Chocolate (100 / 170 calories)
- Orange Juice, 12 fl oz cup (140 calories)
- Hash Browns (150 calories)
- Fruit 'n Yogurt Parfait (160 calories)
- English Muffin (160 calories)
- Sausage Patty (170 calories)
- Scrambled Eggs (170 calories)
- Biscuit (260 calories)
- Egg McMuffin® sandwich (300 calories)
- Sausage Burrito (300 calories)

#### Lunch/Dinner Items: 400 calories or less

- Chicken McNuggets®, 4 or 6 piece (190 / 280 calories)
- Snack Size Fruit & Walnut Salad (210 calories)
- Hamburger (250 calories)
- Small or Medium French Fries (250 / 380 calories)
- Any Snack Wrap® (260-340 calories)
- Any Premium Salad topped with grilled chicken and 1 packet of Newman's Own® Low Fat Balsamic Vinaigrette Dressing (260-360 calories)
- Cheeseburger (300 calories)
- Premium Grilled Chicken Classic without mayonnaise dressing (370 calories)

#### Snacks: 250 calories or less

- Apple Juice Box (90 calories)
- Apple Dippers with Low Fat Caramel Dip (100 calories)
- 1% Low Fat Milk Jug, White or Chocolate (100 / 170 calories)
- Vanilla Reduced Fat Ice Cream Cone (150 calories)
- Chocolate Chip Cookie, 1 (160 calories)
- Fruit 'n Yogurt Parfait (160 calories)
- Chicken McNuggets®, 4 piece (190 calories)
- Iced Coffee, Medium (190 calories)
- Small French Fries (230 calories)

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

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This information is effective 10-01-2008

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