



# Simple Steps to Trim Fat

McDonald's® offers a range of menu options to help meet your nutrition needs. The Dietary Guidelines for Americans recommend that adults keep total fat intake between 20% and 35% of calories. However, this range refers to one's overall eating pattern, not to any one particular food, meal or snack. For example, for an average woman who eats about 2,000 calories per day and whose goal is to consume no more than 30 percent of daily calories from fat, the recommended amount of fat is no more than 65 grams per day. For an average man with the same goal who eats about 2,500 calories per day, the recommended amount of fat is no more than 80 grams per day.

If you're keeping tabs on your fat intake, consider one of the McDonald's meal suggestions below. Each meal provides about 1/3 or less of the recommended daily fat allowance for 2,000- and 2,500-calorie diets when the goal is to keep fat intake at no more than 30 percent of daily calories.

## FAT GRAMS

### Breakfast

English Muffin	5
Grape Jam, 1 pkg.	
Fruit 'n Yogurt Parfait	
Small Coffee (12 fl oz cup)	
Hotcakes with syrup (without margarine)	12
1% Low Fat White Milk Jug (8 fl oz)	
Egg McMuffin® sandwich	13
Orange Juice (12 fl oz cup)	

### Lunch/Dinner

Premium Grilled Chicken Classic Sandwich with Barbeque Sauce instead of mayonnaise dressing	7
Fruit 'n Yogurt Parfait	
Bottled water	
Premium Caesar Salad with Grilled Chicken	9
Newman's Own® Low Fat Family Recipe Italian Dressing, 1 pkg.	
Apple Dippers with Low Fat Caramel Dip	
Small Diet Coke (16 fl oz cup)	
Chipotle BBQ Snack Wrap® (Grilled )	11
Fruit 'n Yogurt Parfait	
Bottled water	
Snack Size Fruit & Walnut Salad	11
1% Low Fat White Milk Jug (8 fl oz)	
Premium Southwest Salad with Grilled Chicken and Newman's Own® Creamy Southwest Dressing, 1/2 pkg.	16
Vanilla Reduced Fat Ice Cream Cone	
Medium Iced Tea (21 fl oz cup)	
Chicken McNuggets® (6 piece)	19
Sweet 'n Sour Sauce, 1 pkg.	
Side Salad	
Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1/2 pkg.	
Medium Iced Tea (21 fl oz cup)	
Hamburger	20
Small French Fries	
Small Diet Coke® (16 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.

This information is effective 10-01-2008



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

### FAT GRAMS SAVED

## Order

Newman's Own® Low Fat Family Recipe Italian Dressing instead of Creamy Caesar Salad Dressing	16
A Premium Salad without crispy chicken	13
Newman's Own® Low Fat Family Recipe Italian Dressing instead of Ranch Salad Dressing	13
Apple Dippers with Low Fat Caramel Dip instead of a small order of French Fries	11
A Premium Salad with grilled chicken instead of crispy chicken OR Premium Chicken Sandwich with grilled chicken instead of crispy chicken	11
A Side Salad topped with 1/2 packet of Newman's Own® Low Fat Family Recipe Italian Dressing instead of a small order of French Fries	10
A Big Mac® sandwich without special sauce	9
A Filet-O-Fish® sandwich without tartar sauce	9
Use only half the packet of Newman's Own® Creamy Caesar Dressing	9
Hotcakes and syrup without the margarine	9
A Fruit 'n Yogurt Parfait instead of a Hot Fudge Sundae	8
A Quarter Pounder®+ without cheese sandwich	7
Use only half the packet of Newman's Own® Ranch Dressing	7
Medium French Fries instead of Large	6
A Big N' Tasty®, McChicken®, or Premium Grilled Chicken Classic or Club Sandwich without mayonnaise dressing	5



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

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## McDonald's Menu Items for Fat Gram Counters

### Breakfast Items:

#### 9 grams of fat or less

- Orange Juice (0 g)
- Fruit 'n Yogurt Parfait (2 g)
- 1% Low Fat Milk Jug, White or Chocolate (2.5 / 3 g)
- English Muffin (3 g)
- Egg McMuffin® sandwich without cheese (9 g)
- Hash Browns (9 g)
- Hotcakes with syrup (without margarine) (9 g)

### Lunch/Dinner Items:

#### 13 grams of fat or less

- Premium Grilled Chicken Classic Sandwich with barbeque sauce instead of mayonnaise dressing (5 g)
- Snack Size Fruit & Walnut Salad (8 g)
- Grilled Chicken Caesar Salad and 1 packet of Newman's Own® Low Fat Family Recipe Italian Dressing (9 g)
- Filet-O-Fish® sandwich without tartar sauce (9 g)
- Snack Wrap® (Grilled) with Chipotle BBQ, Honey Mustard or Ranch (9/9/10g)
- Premium Grilled Chicken Classic Sandwich (10 g)
- Small French Fries (11 g)
- Chicken McNuggets®, 4 piece (12 g)
- Cheeseburger or Hamburger (12 / 9 g)
- Southwest Salad with Grilled Chicken and 1/2 pkg. of Newman's Own® Creamy Southwest Dressing (12 g)

### Snacks: 8 grams of fat or less

- Apple Juice Box (0 g)
- Apple Dippers with Low Fat Caramel Dip (0.5 g)
- Fruit 'n Yogurt Parfait (2 g)
- 1% Low Fat Milk Jug, White or Chocolate (2.5 / 3 g)
- Vanilla Reduced Fat Ice Cream Cone (3.5 g)
- Strawberry Sundae (6 g)
- Iced Coffee, Medium (8 g)

**To customize various McDonald's menu items and get the Nutrition Facts, please visit 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.**