



McDonald's® Meal Choices for People with Diabetes

Whether you use food exchanges or carbohydrate counting, McDonald's provides nutrition information to help you with your diabetes meal planning. Consider these meal suggestions to help you make healthy choices at McDonald's.

To get the Nutrition Facts—including food exchanges—for your favorite McDonald's meal, please visit our **Bag a McMeal** feature in the Eat Smart section at www.mcdonalds.com. You also can pick up a **McDonald's & You®** brochure in our restaurants or call McDonald's toll-free number at **800-244-6227**. Nutrition information based on standard formulation; variations may occur.

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Breakfast

Egg McMuffin® sandwich	440 calories: 4 CHO* ,
Orange Juice (12 fl oz cup)	1 medium fat meat, 1 fat
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Fruit 'n Yogurt Parfait	310 calories: 4 CHO*
English Muffin	
Small Coffee (8 fl oz cup)	

Lunch/Dinner

Hamburger	490 calories: 4 CHO* ,
Small French Fries	2 medium fat meat,
Small Diet Coke® (16 fl oz cup)	1 fat

Chicken McGrill® sandwich, without mayonnaise	490 calories: 5 CHO* ,
Side Salad	3 lean meat
Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1/2 pkg.	
Fruit 'n Yogurt Parfait	
Bottled water	

Quarter Pounder®+ sandwich (without cheese)	470 calories: 3 CHO* ,
Side Salad	3 medium fat meat, 2 fat
Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1/2 pkg.	
Large Iced Tea (32 fl oz cup)	

California Cobb Salad with Grilled Chicken	460 calories: 3 CHO* ,
Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1 pkg.	3 lean meat, 1 fat
Vanilla Reduced Fat Ice Cream Cone	
Medium Iced Tea (21 fl oz cup)	

Caesar Salad (without chicken)	490 calories: 4 CHO* ,
Butter Garlic Croutons	1 medium fat meat, 3 fat
Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1 pkg.	
Small French Fries	
1% Lowfat Milk (8 fl oz carton)	

*CHO = carbohydrate choice. One carbohydrate choice equals 15 grams of carbohydrate.
A carbohydrate choice may count as a starch, fruit, or milk in your meal plan.

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



Easy Ideas When Monitoring Calories and Fat

If you have diabetes, you're probably keeping an eye on the amount of calories and fat in your diet. The easy ideas below will help you stay within your meal plan when you eat at McDonald's:

- Hold the mayo on a Big N' Tasty,[®] Crispy Chicken, or Chicken McGrill[®] sandwich.
- Order the Filet-O-Fish[®] sandwich without tartar sauce.
- Order your hamburger without cheese.
- Top your Premium Salad with grilled chicken rather than crispy chicken, or try a Premium Salad without chicken.
- Opt for Newman's Own[®] Low Fat Balsamic Vinaigrette Dressing with your Premium Salad or use only 1/2 packet of regular dressing.
- Try a Side Salad topped with 1/2 packet of Newman's Own[®] Low Fat Balsamic Vinaigrette Dressing instead of French fries.
- Skip the margarine with your Hotcakes and syrup.
- Order a Fruit 'n Yogurt Parfait instead of a Strawberry Sundae.
- Order bottled water, iced tea, or a diet soft drink instead of a regular soft drink.

To customize various McDonald's menu items and get the Nutrition Facts, please visit the Eat Smart section at www.mcdonalds.com.