



Simple Steps to Reduce Carbohydrates

McDonald's® offers a wide range of menu options to help meet your nutrition needs. If you're trying to eat fewer carbohydrates, try the tips below to help reduce the "carbs" and boost the protein in your McDonald's meal.

- Remove the bun from your burger or chicken sandwich, or remove just the top bun and eat your sandwich open-faced.
- Order a double hamburger or cheeseburger and skip the bun.
- Order an extra grilled chicken breast filet for your salad or sandwich.
- Top your Premium Salad with grilled chicken instead of crispy chicken.
- Try a Side Salad in place of French fries.
- Leave the croutons off your Caesar Salad.
- For breakfast, eat a double order of scrambled eggs.
- Hold the English muffin, biscuit or bagel on your breakfast sandwich.
- Order bottled water, iced tea or a diet soft drink instead of a regular soft drink.

McDonald's Menu Items For Carbohydrate Counters

Menu Item	Carbohydrates (g)
Hamburger w/o bun and condiments	1
Cheeseburger w/o bun and condiments	1
Double Cheeseburger w/o bun and condiments	2
Quarter Pounder®+ w/o bun and condiments	0
Quarter Pounder®+ with Cheese w/o bun and condiments	1
Chicken McGrill® sandwich w/o bun	4
Egg McMuffin® sandwich w/o English muffin	1
Bacon, Egg & Cheese Biscuit sandwich w/o biscuit	2
Sausage Patty	0
Scrambled Eggs (2)	1
Bottled water, medium Iced Tea (unsweetened) or large Diet Coke®	0

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

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



McDonald's Meals for People Who Monitor Carbohydrates

Each meal suggestion below contains fewer than 20 grams of carbohydrates.

	Calories	Carbohydrates (g)
Breakfast		
Egg McMuffin® sandwich, open-faced Medium Coffee (12 fl oz cup) Half & Half Creamer, 1 pkg.	250	17
Scrambled eggs Sausage patty 1% Lowfat Milk (8 fl oz carton)	440	14
Lunch/Dinner		
Quarter Pounder®+ with Cheese sandwich, no bun Side Salad Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1/2 pkg. Large Iced Tea (32 fl oz cup)	400	11
Grilled Chicken Bacon Ranch Salad Newman's Own® Ranch Dressing Medium Diet Coke® (21 fl oz cup)	540	13
Grilled Chicken Caesar Salad, no croutons Extra Grilled Chicken Breast Filet Newman's Own® Creamy Caesar Dressing, 1 pkg. Bottled water	500	16

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

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To get the Nutrition Facts 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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