



# Simple Steps to Cut Calories

McDonald's® offers a wide range of menu options to help meet your nutrition needs. If you're counting calories, consider one of McDonald's "under 500" meal suggestions below:

	Calories
<b>Breakfast</b>	
Egg McMuffin® sandwich Orange Juice (16 fl oz cup)	480
Bagel (plain) Grape Jam, 1 pkg. Fruit 'n Yogurt Parfait Small Coffee (8 fl oz cup)	490
Scrambled Eggs (2) English Muffin 1% Lowfat Milk (8 fl oz carton)	410
<b>Lunch/Dinner</b>	
Hamburger Small French Fries Small Diet Coke® (16 fl oz cup)	490
Hamburger Side Salad Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1/2 pkg. 1% Lowfat Milk (8 fl oz carton)	420
Chicken McNuggets® Made w/ White Meat (6 piece) Barbeque Sauce, 1 pkg. Side Salad Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1/2 pkg. Bottled water	340
Chicken McGrill® sandwich without mayonnaise Side Salad Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1/2 pkg. Fruit 'n Yogurt Parfait Bottled water	490
Grilled Chicken California Cobb Salad Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1 pkg. Vanilla Reduced Fat Ice Cream Cone Medium Iced Tea (21 fl oz cup)	460
Caesar Salad (without chicken) Butter Garlic Croutons Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1 pkg. Small French Fries 1% Lowfat Milk (8 fl oz carton)	490

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](http://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.

© 2004 McDonald's Corporation.  
CS-4781B

*May be reproduced for educational purposes.*



# 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:

Order	Calories Saved
Bottled water, iced tea, or a diet soft drink instead of a large soft drink	310
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	175
Medium French Fries instead of Super Size®	160
A Fruit 'n Yogurt Parfait instead of a Strawberry Sundae	130
A Premium Salad without grilled chicken	120
A Premium Salad without crispy chicken	220
A Big Mac® sandwich without special sauce	110
A Premium Salad with grilled chicken instead of crispy chicken	100
A Big N' Tasty®, Crispy Chicken, or Chicken McGrill® sandwich without mayonnaise	100
A Quarter Pounder®+ without cheese sandwich	100
A Filet-O-Fish® sandwich without tartar sauce	90
Use only half the packet of Newman's Own® Cobb Dressing	60
Use only half the packet of Newman's Own® Creamy Caesar Dressing	95
Use only half the packet of Newman's Own® Ranch Dressing	145
Hotcakes and syrup without the margarine	80
Newman's Own® Low Fat Balsamic Vinaigrette Salad Dressing instead of Cobb Salad Dressing	80
Newman's Own® Low Fat Balsamic Vinaigrette Salad Dressing instead of Creamy Caesar Salad Dressing	150
Newman's Own® Low Fat Balsamic Vinaigrette Salad Dressing instead of Ranch Salad Dressing	250

+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](http://www.mcdonalds.com).

This information is effective 1-09-2004.

## McDonald's Menu Calorie Countdown

### Breakfast Items: 300 calories or less

- Egg McMuffin® sandwich (300 calories)
- Bagel (plain) (260 calories)
- Biscuit (240 calories)
- Orange Juice, 16 fl oz cup (180 calories)
- Sausage Patty (170 calories)
- Scrambled Eggs (160 calories)
- Fruit 'n Yogurt Parfait (160 calories)
- English Muffin with butter or margarine (150 calories)
- Hash Browns (130 calories)
- 1% Lowfat Milk, 8 fl oz carton (100 calories)

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

- Chicken McGrill® sandwich (400 calories)
- Cheeseburger (330 calories)
- Any Premium Salad topped with grilled chicken and 1 packet of Newman's Own® Low Fat Balsamic Vinaigrette Dressing (240 – 290 calories)
- Small or McValue® French Fries (210/320 calories)
- Chicken McNuggets® Made w/White Meat, 4 or 6 piece (170/250 calories)
- Hamburger (280 calories)

### Snacks: 210 calories or less

- Small French Fries (210 calories)
- Chicken McNuggets® Made w/White Meat, 4 piece (170 calories)
- Chocolate Chip Cookie, 1 (170 calories)
- Fruit 'n Yogurt Parfait (160 calories)
- Vanilla Reduced Fat Ice Cream Cone (150 calories)