



Simple Steps to Trim Fat

McDonald's® offers a wide range of menu options to help meet your nutrition needs. Today's nutrition recommendations suggest eating an average of no more than 30 percent of daily calories from fat. This 30 percent fat guideline refers to one's overall eating pattern, not to any one particular food, meal or snack. For an average woman who eats about 2,000 calories per day, the recommended amount of fat is no more than 65 grams per day. For an average man 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 less than 1/3 of the recommended daily fat allowance for both 2,000- and 2,500-calorie diets.

	Fat Grams
Breakfast	
Bagel (plain)	
Grape Jam, 1 pkg.	3
Fruit 'n Yogurt Parfait	
Small Coffee (8 fl oz cup)	
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Hotcakes with syrup (without margarine)	10
1 % Lowfat Milk (8 fl oz carton)	
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Egg McMuffin® sandwich	
Orange Juice (16 fl oz cup)	12
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Lunch/Dinner	
Chicken McGrill® sandwich with Barbeque or Honey Mustard instead of mayonnaise	
Side Salad	7
Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1/2 pkg.	
Bottled water	
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Grilled Chicken Caesar Salad	
Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1 pkg.	9
Orange Juice (12 fl oz cup)	
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Hamburger	
Fruit 'n Yogurt Parfait	12
Small Diet Coke® (16 fl oz cup)	
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Chicken McNuggets® Made w/ White Meat (6 piece)	
Sweet 'n Sour Sauce, 1 pkg.	
Side Salad	17
Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1/2 pkg.	
Medium Iced Tea (21 fl oz cup)	
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Grilled Chicken California Cobb Salad	
Newman's Own® Low Fat Balsamic Vinaigrette Dressing, 1 pkg.	18
Vanilla Reduced Fat Ice Cream Cone	
Medium Iced Tea (21 fl oz cup)	
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Hamburger	
Small French Fries	20
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 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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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:

Order	Fat Grams Saved
A Side Salad topped with 1/2 packet of Newman's Own® Low Fat Balsamic Vinaigrette Salad Dressing instead of a small order of French Fries	8.5
Medium French Fries instead of Super Size®	7
A Filet-O-Fish® sandwich without tartar sauce	10
A Fruit 'n Yogurt Parfait instead of a Hot Fudge Sundae	10
A Premium Salad without grilled chicken	2
A Premium Salad without crispy chicken	11
A Big Mac® sandwich without special sauce	9
A Premium Salad with grilled chicken instead of crispy chicken OR a Chicken McGrill® sandwich instead of a Crispy Chicken Sandwich	9
A Big N' Tasty®, Crispy Chicken, or Chicken McGrill® sandwich without mayonnaise	11
A Quarter Pounder®+ without cheese sandwich	9
Use only half the packet of Newman's Own® Cobb Dressing	4.5
Use only half the packet of Newman's Own® Creamy Caesar Dressing	9
Use only half the packet of Newman's Own® Ranch Dressing	15
Hotcakes and syrup without the margarine	7
Newman's Own® Low Fat Balsamic Vinaigrette Dressing instead of Cobb Dressing	6
Newman's Own® Low Fat Balsamic Vinaigrette Dressing instead of Creamy Caesar Dressing	15
Newman's Own® Low Fat Balsamic Vinaigrette Dressing instead of Ranch Dressing	27

+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.

This information is effective 1-09-2004.

McDonald's Menu Items for Fat Gram Watchers

Breakfast Items: 8 grams of fat or less

- Egg McMuffin® sandwich without cheese (8 g)
- Hotcakes with syrup (without margarine) (8 g)
- Hash Browns (8 g)
- 1% Lowfat Milk, 1 carton (2.5 g)
- Fruit 'n Yogurt Parfait (2 g)
- English Muffin with butter or margarine (2 g)
- Bagel (plain) (1 g)
- Orange Juice (0 g)

Lunch/Dinner Items: 14 grams of fat or less

- California Cobb or Bacon Ranch Salad without chicken and 1 packet of Newman's Own® Low Fat Balsamic Vinaigrette Dressing (12/10 g)
- Cheeseburger or Hamburger (14/10 g)
- Chicken McNuggets® Made w/White Meat, 4 piece (10 g)
- Grilled Chicken Caesar Salad and 1 packet of Newman's Own® Low Fat Balsamic Vinaigrette Dressing (9 g)
- Filet-O-Fish® sandwich without tartar sauce (10 g)
- Small French Fries (10 g)
- Chicken McGrill® sandwich with Barbecue Sauce instead of mayonnaise (5 g)

Snacks: 8 grams of fat or less

- McDonaldland® Cookies, 1 bag (8 g)
- Strawberry Sundae (7 g)
- Vanilla Reduced Fat Ice Cream Cone (4.5 g)
- 1% Lowfat Milk, 1 carton (2.5 g)
- Fruit 'n Yogurt Parfait (2 g)