



McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																		Vitamin A	Vitamin C	Calcium	Iron
Sandwiches																					
Hamburger	3.7 oz (105 g)	280	90	10	15	4	19	30	10	550	23	36	12	2	7	7	12	*	4	15	15
Cheeseburger	4.2 oz (119 g)	330	130	14	22	6	31	45	14	790	33	36	12	2	7	7	15	6	4	20	15
Double Cheeseburger	6.1 oz (173 g)	490	240	26	41	12	60	85	29	1220	51	38	13	2	7	8	25	10	4	30	20
Quarter Pounder®+	6.1 oz (171 g)	430	190	21	32	8	39	70	23	770	32	38	13	3	11	9	23	*	6	15	25
Quarter Pounder® with Cheese+	7.0 oz (199 g)	540	260	29	45	13	63	95	32	1240	52	39	13	3	11	9	29	10	6	30	25
Double Quarter Pounder® with Cheese++	9.9 oz (280 g)	770	430	47	73	20	100	165	56	1440	60	39	13	3	11	10	46	10	6	30	40
Big Mac®	7.8 oz (219 g)	600	300	33	51	11	57	85	28	1050	44	50	17	4	18	8	25	8	6	30	25
Big N' Tasty®	8.2 oz (232 g)	540	290	32	49	10	48	80	27	780	32	38	13	3	13	9	24	6	15	15	25
Big N' Tasty® with Cheese	8.7 oz (247 g)	590	330	36	56	12	60	95	31	1020	43	39	13	3	13	9	27	10	15	25	25
Filet-O-Fish®	5.0 oz (141 g)	410	180	20	31	4	21	45	14	660	27	41	14	1	5	5	15	4	*	15	10
Chicken McGrill®	7.5 oz (213 g)	400	140	16	25	3	14	70	24	1020	42	37	12	3	12	7	27	6	10	15	15
Crispy Chicken	7.7 oz (219 g)	510	230	26	40	4.5	22	50	17	1090	45	47	16	3	12	7	22	6	10	15	15
McChicken®	5.2 oz (147 g)	430	200	23	35	4.5	22	45	15	830	35	41	14	3	11	6	14	2	*	15	15
Hot 'n Spicy McChicken®	5.1 oz (145 g)	450	230	26	40	5	25	45	15	820	34	40	13	1	5	5	15	*	*	30	40
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																		Vitamin A	Vitamin C	Calcium	Iron
French Fries																					
Small French Fries	2.6 oz (74 g)	220	100	11	17	2	9	0	0	150	6	28	9	3	10	0	3	*	15	*	4
Medium French Fries	4.0 oz (114 g)	350	150	17	26	3	15	0	0	220	9	44	15	4	16	0	5	*	20	*	4
Large French Fries	6.0 oz (171 g)	520	230	25	39	4.5	22	0	0	340	14	66	22	6	24	0	7	*	35	2	8
Ketchup Packet	1 pkg (10 g)	10	0	0	0	0	0	0	0	115	5	3	1	0	0	2	0	*	2	*	*

Salt Packet	1 pkg (1 g)	0	0	0	0	0	0	0	0	270	11	0	0	0	0	0	0	*	*	*	*
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																		Vitamin A	Vitamin C	Calcium	Iron

Chicken McNuggets/Selects

Chicken McNuggets® (4 piece)	2.3 oz (64 g)	170	90	10	15	2	11	25	8	450	19	10	3	0	0	0	10	*	*	*	4
Chicken McNuggets® (6 piece)	3.4 oz (96 g)	250	130	15	22	3	16	35	12	670	28	15	5	0	0	0	15	2	2	*	4
Chicken McNuggets® (10 piece)	5.6 oz (160 g)	420	220	24	37	5	27	60	21	1120	47	26	9	0	0	0	25	4	2	2	6
Chicken McNuggets® (20 piece)	11.3 oz (320 g)	840	440	49	75	11	53	125	41	2240	93	51	17	0	0	0	50	6	6	4	15
Barbeque Sauce	1 pkg (28 g)	45	0	0	0	0	0	0	0	250	10	10	3	0	0	10	0	*	6	*	*
Honey	1 pkg (14 g)	45	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	*	*	*	*
Hot Mustard Sauce	1 pkg (28 g)	60	30	3.5	5	0	0	5	1	240	10	7	2	<1	3	6	<1	*	*	*	4
Sweet 'N Sour Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	140	6	11	4	0	0	10	0	6	*	*	*
Chicken Selects® Premium Breast Strips (3 pc)	4.7 oz (133 g)	380	170	19	29	3	16	50	17	960	40	28	9	0	0	0	23	*	4	2	4
Chicken Selects® Premium Breast Strips (5 pc)	7.8 oz (221 g)	630	290	32	49	5	26	85	29	1590	66	47	16	0	0	0	38	*	8	4	8
Chicken Selects® Premium Breast Strips (10 pc)	15.6 oz (442 g)	1250	570	64	98	10	52	170	57	3180	133	94	31	0	0	0	76	*	15	8	15
Spicy Buffalo Sauce	1.5 oz (43 g)	60	60	7	10	1	5	0	0	430	18	2	1	0	0	0	0	*	40	*	*
Creamy Ranch Sauce	1.5 oz (43 g)	210	200	22	34	3.5	17	10	3	310	13	2	1	0	0	<1	0	*	*	*	*
Tangy Honey Mustard Sauce	1.5 oz (43 g)	70	25	2.5	4	0	0	10	3	170	7	12	4	0	0	9	<1	*	*	*	*

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																		Vitamin A	Vitamin C	Calcium	Iron

Salads

Grilled Chicken Bacon Ranch Salad	10.2 oz (288 g)	250	90	10	15	4.5	23	85	29	930	39	9	3	3	12	3	31	90	50	15	10
Crispy Chicken Bacon Ranch Salad	10.4 oz (294 g)	350	180	19	30	6	31	65	22	1000	42	20	7	3	12	4	26	90	50	15	10

Bacon Ranch Salad (without chicken)	7.1 oz (200 g)	130	70	8	12	4	20	25	9	280	12	7	2	3	12	3	10	90	50	15	8
Grilled Chicken Caesar Salad	9.8 oz (278 g)	200	50	6	9	3	15	70	24	820	34	9	3	3	12	3	29	90	50	20	10
Crispy Chicken Caesar Salad	10.0 oz (284 g)	310	140	16	24	4.5	24	50	17	890	37	20	7	3	12	4	23	90	50	20	10
Caesar Salad (without chicken)	6.7 oz (190 g)	90	35	4	6	2.5	12	10	4	170	7	7	2	3	12	3	7	90	50	20	8
Grilled Chicken California Cobb Salad	10.7 oz (302 g)	270	100	11	17	5	24	145	48	1060	44	9	3	3	12	4	33	90	50	15	10
Crispy Chicken California Cobb Salad	10.9 oz (308 g)	370	190	21	32	6	32	125	41	1130	47	20	7	3	12	4	27	90	50	15	10
California Cobb Salad (without chicken)	7.6 oz (214 g)	150	80	9	14	4.5	21	85	28	410	17	7	2	3	12	3	11	90	50	15	8
Side Salad	3.1 oz (87 g)	15	0	0	0	0	0	0	0	10	0	3	1	1	6	1	1	40	25	2	4
Butter Garlic Croutons	0.5 oz (14 g)	50	15	1.5	2	0	0	0	0	140	6	8	3	0	0	0	1	*	*	*	2
Fiesta Salad (with Sour Cream and Salsa)	14.0 oz (397 g)	450	250	27	42	13	65	95	31	920	39	28	9	5	21	3	24	110	45	30	20
Fiesta Salad (with Salsa)	13.0 oz (369 g)	390	200	22	34	10	49	80	27	870	36	26	9	5	21	2	23	100	45	25	20
Fiesta Salad (with Sour Cream)	10.8 oz (305 g)	420	240	27	42	13	65	95	31	630	26	21	7	4	15	3	22	100	30	30	15
Fiesta Salad (without Sour Cream and Salsa)	9.8 oz (276 g)	360	200	22	34	10	49	80	27	580	24	19	6	4	15	2	21	100	30	25	15
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																		Vitamin A	Vitamin C	Calcium	Iron
Salad Dressings																					
Newman's Own® Cobb Dressing	2.0 fl oz (59 mL)	120	80	9	14	1.5	9	10	3	440	18	9	3	0	0	5	1	*	*	4	*
Newman's Own® Creamy Caesar Dressing	2.0 fl oz (59 mL)	190	170	18	28	3.5	17	20	7	500	21	4	1	0	0	2	2	*	*	6	*
Newman's Own® Low Fat Balsamic Vinaigrette	1.5 fl oz (44 mL)	40	25	3	4	0	0	0	0	730	30	4	1	0	0	3	0	*	4	*	*
Newman's Own® Ranch Dressing	2.0 fl oz (59 mL)	170	130	15	23	2.5	12	20	6	530	22	9	3	0	0	4	1	*	*	4	*
Newman's Own® Salsa	3.0 fl oz (89 mL)	30	0	0	0	0	0	0	0	290	12	7	2	1	5	0	1	6	15	2	6
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																		Vitamin A	Vitamin C	Calcium	Iron

Breakfast																					
Egg McMuffin®	4.9 oz (138 g)	300	110	12	19	5	25	235	78	850	35	28	9	2	6	2	18	10	4	30	15
Sausage McMuffin®	4.0 oz (114 g)	370	200	23	35	9	43	50	16	790	33	28	9	2	6	2	14	6	*	25	15
Sausage McMuffin® with Egg	5.8 oz (164 g)	450	250	28	43	10	51	260	86	940	39	29	10	2	6	2	20	10	*	30	20
English Muffin	2.0 oz (57 g)	150	15	2	3	0.5	4	0	0	260	11	27	9	2	6	2	5	*	*	20	10
Bacon, Egg & Cheese Biscuit	5.1 oz (145 g)	430	230	26	40	8	41	240	80	1230	51	31	10	1	6	3	18	10	*	15	15
Sausage Biscuit with Egg	5.7 oz (162 g)	490	300	33	51	10	49	245	82	1010	42	31	10	1	6	2	16	6	*	8	15
Sausage Biscuit	4.0 oz (112 g)	410	250	28	43	8	40	35	11	930	39	30	10	1	6	2	10	*	*	6	15
Biscuit	2.4 oz (69 g)	240	100	11	17	2.5	13	0	0	640	27	30	10	1	6	1	4	*	*	4	10
Bacon, Egg & Cheese McGriddles	5.9 oz (168 g)	440	190	21	33	7	36	240	80	1270	53	43	14	1	5	16	19	10	*	20	15
Sausage, Egg & Cheese McGriddles	7.0 oz (199 g)	550	300	33	51	11	55	260	86	1290	54	43	14	1	5	16	20	10	*	20	15
Sausage McGriddles	4.7 oz (135 g)	420	210	23	36	7	35	35	11	970	41	42	14	1	5	15	11	*	*	8	10
Ham, Egg & Cheese Bagel	7.7 oz (218 g)	550	200	23	35	8	41	255	86	1500	63	58	19	2	8	10	26	15	*	20	25
Spanish Omelete Bagel	9.1 oz (258 g)	710	360	40	61	15	73	275	92	1520	63	59	20	3	11	10	27	15	25	25	25
Steak, Egg & Cheese Bagel	8.5 oz (241 g)	640	280	31	48	12	59	265	89	1540	64	57	19	2	9	9	31	15	*	20	30
Bagel (plain)	3.3 oz (94 g)	260	10	1	1	0	0	0	0	520	22	54	18	2	8	7	9	*	*	2	20
Big Breakfast®	9.4 oz (266 g)	700	420	47	72	13	64	455	152	1430	60	45	15	3	11	3	24	10	4	10	20
Deluxe Breakfast	15.5 oz (440 g)	1190	550	61	93	15	77	470	156	1990	83	130	43	3	11	40	30	20	4	20	35
Sausage Burrito	4.0 oz (113 g)	290	150	16	25	6	30	170	56	680	28	24	8	2	6	2	13	10	20	15	15
Hotcakes and Sausage	9.5 oz (271 g)	780	300	33	52	9	43	50	17	1060	44	104	35	0	0	40	15	8	*	15	25
Hotcakes (margarine 2 pats & syrup)	8.0 oz (228 g)	600	150	17	26	3	16	20	6	770	32	104	35	0	0	40	9	8	*	10	25
Sausage	1.5 oz (43 g)	170	150	16	25	5	27	35	11	290	12	0	0	0	0	0	6	*	*	*	2
Scrambled Eggs (2)	3.6 oz (101 g)	160	100	11	18	3.5	17	425	141	170	7	1	0	0	0	1	13	10	*	6	6
Hash Browns	1.9 oz (53 g)	130	70	8	12	1.5	7	0	0	330	14	14	5	1	6	0	1	*	4	*	2
Warm Cinnamon Roll	3.7 oz (105 g)	440	170	19	29	5	25	80	27	330	14	60	20	2	8	33	7	10	*	6	10
Deluxe Warm Cinnamon Roll	5.7 oz (162 g)	510	210	23	36	8	40	60	19	660	28	81	27	4	15	35	8	8	*	8	20
Grape Jam	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	*	*	*	*
Strawberry Preserves	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	*	4	*	*

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																		Vitamin A	Vitamin C	Calcium	Iron
Desserts/Shakes																					
Fruit 'n Yogurt Parfait»	5.3 oz (149 g)	160	20	2	3	1	5	5	2	85	4	30	10	<1	3	21	4	*	15	15	4
Fruit 'n Yogurt Parfait (without granola)»	5.0 oz (142 g)	130	15	2	3	1	5	5	2	55	2	25	8	0	0	19	4	*	15	10	2
Apple Dippers with Low Fat Caramel Dip	3.2 oz (89 g)	100	5	1	1	0.5	3	5	1	35	2	22	7	0	0	15	0	*	310	6	*
Apple Dippers	1 pkg (68 g)	35	0	0	0	0	0	0	0	0	0	8	3	0	0	6	0	*	310	4	*
Low Fat Caramel Dip	0.8 oz (21 g)	70	5	1	1	0.5	3	5	1	35	2	14	5	0	0	9	0	*	*	*	*
Vanilla Reduced Fat Ice Cream Cone	3.2 oz (90 g)	150	40	4.5	7	3	15	20	6	75	3	23	8	0	0	17	4	6	2	10	2
Kiddie Cone	1.0 oz (29 g)	45	15	1.5	2	1	5	5	2	20	1	7	2	0	0	6	1	2	*	4	*
Strawberry Sundae	6.3 oz (178 g)	290	70	7	11	5	25	30	10	95	4	50	17	<1	3	46	7	10	2	20	2
Hot Caramel Sundae	6.4 oz (182 g)	360	90	10	15	6	31	35	11	180	7	61	20	0	0	47	7	10	2	25	*
Hot Fudge Sundae	6.3 oz (179 g)	340	100	12	18	9	45	30	10	170	7	52	17	1	5	47	8	10	2	25	4
Nuts (for Sundaes)	0.3 oz (7 g)	40	30	3.5	5	0	0	0	0	55	2	2	1	<1	2	0	2	*	*	*	*
M&M® McFlurry® (12 fl oz cup)	12.3 oz (348 g)	630	200	23	35	15	74	75	24	210	9	90	30	1	4	81	16	25	4	50	2
Oreo® McFlurry® (12 fl oz cup)	11.9 oz (337 g)	570	180	20	31	12	59	70	23	280	12	82	27	<1	4	69	15	25	4	45	6
Chocolate Triple Thick® Shake (12 fl oz cup)	333 mL	430	110	12	19	8	41	50	17	210	9	70	23	1	4	61	11	20	2	35	2
Chocolate Triple Thick® Shake (16 fl oz cup)	444 mL	580	150	17	25	11	54	65	22	280	11	94	31	1	5	82	15	25	4	45	4
Chocolate Triple Thick® Shake (21 fl oz cup)	583 mL	750	200	22	33	14	72	90	29	360	15	123	41	2	7	107	19	30	6	60	4
Chocolate Triple Thick® Shake (32 fl oz cup)	888 mL	1150	300	33	51	22	109	135	45	550	23	187	62	3	11	163	30	45	8	90	6
Strawberry Triple Thick® Shake (12 fl oz cup)	333 mL	420	110	12	19	8	41	50	17	140	6	67	22	<1	2	59	11	20	10	35	*
Strawberry Triple Thick® Shake (16 fl oz cup)	444 mL	560	150	16	25	11	54	65	22	190	8	89	30	<1	3	79	14	25	15	45	2
Strawberry Triple Thick® Shake (21 fl oz cup)	583 mL	730	190	21	33	14	72	90	29	250	10	116	39	1	4	103	19	30	15	60	2

Strawberry Triple Thick® Shake (32 fl oz cup)	888 mL	1120	290	32	50	22	109	135	45	380	16	178	59	2	6	158	28	45	25	90	2
Vanilla Triple Thick® Shake (12 fl oz cup)	333 mL	430	110	12	19	8	41	50	17	300	13	67	22	0	0	57	11	20	2	35	*
Vanilla Triple Thick® Shake (16 fl oz cup)	444 mL	570	150	16	25	11	54	65	22	400	17	89	30	0	0	76	14	25	4	45	2
Vanilla Triple Thick® Shake (21 fl oz cup)	583 mL	750	190	21	33	14	72	90	29	530	22	116	39	0	0	100	18	30	6	60	2
Vanilla Triple Thick® Shake (32 fl oz cup)	888 mL	1140	290	32	50	22	109	135	45	810	34	178	59	<1	3	152	28	45	8	90	2
Baked Apple Pie	2.7 oz (77 g)	260	120	13	20	3.5	17	0	0	200	8	34	11	<1	4	13	3	*	40	2	6
McDonaldland® Chocolate Chip Cookies	2.0 oz (56 g)	280	130	14	22	8	42	40	14	170	7	37	12	1	5	20	3	8	*	2	8
McDonaldland® Cookies	2.0 oz (57 g)	230	70	8	12	2	9	0	0	250	11	38	13	1	4	12	3	*	*	*	10
Chocolate Chip Cookie	1 cookie (39 g)	160	70	8	12	2	10	5	2	125	5	22	7	<1	2	14	2	4	*	*	4
Oatmeal Raisin Cookie	1 cookie (36 g)	150	50	6	9	1	5	5	2	100	4	23	8	1	4	12	2	6	*	*	6
Sugar Cookie	1 cookie (33 g)	140	60	6	10	1	5	10	3	120	5	20	7	0	0	10	2	6	*	*	4
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																		Vitamin A	Vitamin C	Calcium	Iron
Beverages																					
1% Low Fat Milk Jug	1 carton (236 mL)	100	20	2.5	4	1.5	8	10	3	125	5	12	4	0	0	12	8	10	4	30	*
1% Low Fat Chocolate Milk Jug	1 carton (236 mL)	170	25	3	4	1.5	9	5	2	150	6	26	9	<1	3	25	9	10	6	30	*
Apple Juice Box	6.8 fl oz (200 mL)	90	0	0	0	0	0	0	0	15	1	22	7	0	0	20	0	*	100	10	*
Orange Juice (12 fl oz cup)	10.3 fl oz (303 mL)	140	0	0	0	0	0	0	0	5	0	33	11	0	0	29	2	4	160	2	2
Orange Juice (16 fl oz cup)	13.2 fl oz (390 mL)	180	0	0	0	0	0	0	0	5	0	42	14	0	0	37	3	6	210	4	2
Orange Juice (21 fl oz cup)	17.9 fl oz (530 mL)	250	0	0	0	0	0	0	0	10	0	57	19	0	0	51	4	8	280	4	2
Coca-Cola Classic® (Child)§	12 fl oz cup	110	0	0	0	0	0	0	0	10	0	29	10	0	0	29	0	*	*	*	*
Coca-Cola Classic® (Small)§	16 fl oz cup	150	0	0	0	0	0	0	0	15	1	40	13	0	0	40	0	*	*	*	*
Coca-Cola Classic® (Medium)§	21 fl oz cup	210	0	0	0	0	0	0	0	20	1	58	19	0	0	58	0	*	*	*	*

Coca-Cola Classic® (Large)§	32 fl oz cup	310	0	0	0	0	0	0	0	30	1	86	29	0	0	86	0	*	*	*	*
Diet Coke® (Child)§	12 fl oz cup	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	*	*	*	*
Diet Coke® (Small)§	16 fl oz cup	0	N/A	0	0	0	0	0	0	30	1	0	0	0	0	0	0	*	*	*	*
Diet Coke® (Medium)§	21 fl oz cup	0	0	0	0	0	0	0	0	40	2	0	0	0	0	0	0	*	*	*	*
Diet Coke® (Large)§	32 fl oz cup	0	0	0	0	0	0	0	0	60	2	0	0	0	0	0	0	*	*	*	*
Sprite® (Child)§	12 fl oz cup	110	0	0	0	0	0	0	0	40	2	28	9	0	0	28	0	*	*	*	*
Sprite® (Small)§	16 fl oz cup	150	0	0	0	0	0	0	0	55	2	39	13	0	0	39	0	*	*	*	*
Sprite® (Medium)§	21 fl oz cup	210	0	0	0	0	0	0	0	80	3	56	19	0	0	56	0	*	*	*	*
Sprite® (Large)§	32 fl oz cup	310	0	0	0	0	0	0	0	115	5	83	28	0	0	83	0	*	*	*	*
Hi-C® Orange Drink (Child)§	12 fl oz cup	120	0	0	0	0	0	0	0	20	1	32	11	0	0	32	0	*	110	*	*
Hi-C® Orange Drink (Small)§	16 fl oz cup	160	0	0	0	0	0	0	0	30	1	44	15	0	0	44	0	*	150	*	*
Hi-C® Orange Drink (Medium)§	21 fl oz cup	240	0	0	0	0	0	0	0	40	2	64	21	0	0	64	0	*	210	*	*
Hi-C® Orange Drink (Large)§	32 fl oz cup	350	0	0	0	0	0	0	0	60	2	94	31	0	0	94	0	*	320	*	*
POWERAde® Mountain Blast (Child)§	12 fl oz cup	70	0	0	0	0	0	0	0	55	2	18	6	0	0	16	0	*	*	*	*
POWERAde® Mountain Blast (Small)§	16 fl oz cup	100	0	0	0	0	0	0	0	80	3	25	8	0	0	22	0	*	*	*	*
POWERAde® Mountain Blast (Medium)§	21 fl oz cup	140	0	0	0	0	0	0	0	115	5	36	12	0	0	32	0	*	*	*	*
POWERAde® Mountain Blast (Large)§	32 fl oz cup	200	0	0	0	0	0	0	0	170	7	53	18	0	0	47	0	*	*	*	*
Iced Tea (Child)	12 fl oz cup	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	*	*	*	*
Iced Tea (Small)	16 fl oz cup	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	*	*	*	*
Iced Tea (Medium)	21 fl oz cup	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	*	*	*	*
Iced Tea (Large)	32 fl oz cup	0	0	0	0	0	0	0	0	20	1	<1	0	0	0	0	0	*	*	*	*
Coffee (Small)	12 fl oz cup	10	0	0	0	0	0	0	0	0	0	2	1	0	0	0	0	*	*	*	*
Coffee (Large)	16 fl oz cup	20	0	0	0	0	0	0	0	5	0	4	1	0	0	0	<1	*	*	*	*
Half & Half Creamer	0.4 fl oz (11 mL)	15	15	1.5	2	1	4	5	1	0	0	0	0	0	0	0	0	*	*	*	*
Sugar Packet	1 pkg (4 g)	15	0	0	0	0	0	0	0	0	0	4	1	0	0	4	0	*	*	*	*

This list is effective 07-20-2004.

* Contains less than 2% of the Daily Value of these nutrients

† Available at participating McDonald's

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

++ Based on the weight before cooking 8 oz. (226.8g)

§ The actual amount of sodium in this beverage will vary depending on the quantity contained in the water supply where the finished beverage is produced. The sodium value displayed represents sodium derived from ingredients other than water.

» Made with low fat yogurt

** Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

McDonald's attempts to provide nutrition and ingredient information regarding its products that is as complete as possible. Some menu items may not be available at all restaurants; test products, test formulations or regional items have not been included. While the ingredient information is based on standard product formulations, variations may occur depending on the local supplier, the region of the country and the season of the year. Further, product formulations change periodically. Serving sizes may vary from quantity upon which the analysis was conducted. Serving size designation for beverages refers to total cup capacity; the actual amounts of beverage (and ice) may vary. No products are certified as vegetarian; all products may contain trace amounts of ingredients derived from animals. If you wish further information or have special sensitivities or dietary concerns regarding specific ingredients in specific menu items please call us at the number below. This listing is continuously updated in an attempt to reflect the current status of our products and may vary from printed materials.

McDonald's Quality & Nutrition Information

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