

**Nutrition Facts**

As of February 23rd, 2007



	Serving Size	Calories	Fat (g)	Fat % Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>Breakfast</b>																				
Egg McMuffin® sandwich	134	290	12	18	4.5	0.2	24	205	760	32	29	10	2	8	2	16	15	0	25	15
Sausage McMuffin® with Egg sandwich	156	440	26	40	10	0.4	52	230	930	39	29	10	2	8	2	20	20	0	25	20
Sausage McMuffin	109	370	21	32	8	0.3	42	55	870	36	29	10	2	8	1	14	10	0	25	15
Bacon 'n Egg McMuffin® sandwich	123	310	14	22	5	0.3	27	195	720	30	29	10	2	8	2	16	15	2	25	15
Hotcakes with Syrup and Becel™ Margarine	216	570	19	29	4	0.2	21	20	590	25	91	30	2	8	45	8	40	0	10	20
Big Breakfast®	245	630	38	58	13	1	70	435	1210	50	46	15	4	16	2	23	25	0	20	25
Hashbrowns	57	150	9	14	4	0.5	23	10	390	16	15	5	2	8	0	1	0	0	2	2
English Muffin with Trans Fat Free Liquid Margarine																				
Margarine	59	180	5	8	0.5	0	3	0	300	12	28	9	2	8	1	5	8	0	15	10
Bacon & Egg Bagel	171	500	21	32	6	0.3	32	225	1120	47	53	18	3	12	6	22	20	4	15	30
Breakfast BLT Bagel	172	430	18	28	3	0.2	16	20	850	35	53	18	4	16	8	14	15	10	6	25
Breakfast Burrito	114	300	16	25	7	0.3	37	165	800	33	25	8	3	12	2	13	10	15	10	10
Sausage McGrIDDLES® sandwich	131	400	20	31	8	0.2	41	40	1080	45	41	14	1	4	15	11	2	0	8	10
Sausage, Egg & Cheese McGrIDDLES® sandwich	189	530	29	45	12	0.4	62	245	1400	58	44	15	2	8	15	20	15	0	15	15
Bacon, Egg & Cheese McGrIDDLES® sandwich	156	400	17	26	8	0.3	42	215	1190	50	44	15	2	8	15	16	15	2	15	15
<b>Sandwiches</b>																				
Hamburger	101	250	8	12	3	0.2	16	20	510	21	32	11	2	8	7	12	2	4	10	20
Cheeseburger	115	300	12	18	6	0.4	32	35	750	31	33	11	2	8	7	15	8	4	20	20
Bacon Cheeseburger	121	330	14	22	6	0.4	32	45	890	37	34	11	2	8	8	18	8	6	20	20
Double Cheeseburger	162	430	22	34	11	1	60	75	1150	48	35	12	2	8	7	24	15	4	25	25
Quarter Pounder with Cheese® sandwich	196	520	28	43	13	1	70	90	1090	45	39	13	3	12	9	29	15	8	25	35
Big Xtra® sandwich	239	520	30	46	10	0.5	53	70	700	29	40	13	4	16	10	25	15	15	10	35
Big Mac® sandwich	209	540	29	45	10	0.5	53	70	1020	43	44	15	3	12	9	24	10	4	25	35
Filet-O-Fish® sandwich	140	410	21	32	3.5	0.2	19	45	730	30	38	13	2	8	4	16	4	0	15	15
Junior Chicken sandwich	134	390	20	31	3.5	0.4	20	35	800	33	39	13	2	8	5	13	2	2	10	20
McChicken® sandwich	169	480	27	42	4.5	0.4	25	45	800	33	43	14	3	12	5	17	4	2	10	20
Crispy Chicken sandwich	187	470	22	34	3	0.4	17	45	1120	47	45	15	4	16	6	21	8	8	10	25
Chicken McGrill® sandwich	191	380	15	23	2.5	0.2	14	65	990	41	34	11	3	12	6	28	8	10	10	20
Grilled Cheese sandwich	81	260	10	15	6	0.3	32	30	740	31	31	10	2	8	5	11	10	0	25	15
<b>Toasted Deli Sandwiches</b> on French Rolls (also available on whole wheat roll)																				
Assorted Cold Cuts	263	550	29	45	4.5	0.1	23	60	1560	65	56	19	3	12	4	22	10	10	6	30
Assorted Cold Cuts without sauce	233	400	13	20	2	0	10	50	1310	55	55	18	3	12	3	21	10	10	4	30
Crispy Chicken Caesar	225	580	24	37	3.5	0.4	20	50	1630	68	63	21	3	12	2	28	2	6	6	30
Crispy Chicken Caesar without sauce	209	480	13	20	2	0.3	12	45	1450	60	62	21	3	12	2	27	2	6	4	30
Grilled Chicken Caesar	229	490	16	25	3	0.2	16	75	1490	62	51	17	2	8	3	34	2	6	6	30
Grilled Chicken Caesar without sauce	213	390	6	9	1.5	0	8	70	1310	55	51	17	2	8	3	34	2	6	4	30
Black Forest Ham & Swiss	247	520	24	37	7	0.3	37	35	1480	62	53	18	3	12	3	25	10	6	20	25
Black Forest Ham & Swiss without sauce or cheese	207	320	4	6	0.5	0	3	5	1270	53	52	17	2	8	3	19	8	6	4	25
BLT	180	480	21	32	4.5	0.2	24	35	1080	45	53	18	2	8	3	18	8	15	4	25
BLT without sauce	161	350	8	12	2.5	0.1	13	25	960	40	52	17	2	8	3	18	8	15	4	25
Turkey BLT	244	500	19	29	4	0.2	21	50	1610	67	54	18	2	8	3	27	8	10	4	25
Turkey BLT without sauce	226	380	7	11	2	0.1	11	40	1500	63	53	18	2	8	3	27	8	10	4	25
Oven Roasted Turkey	236	350	4	6	0.5	0	3	25	1400	58	55	18	3	12	4	22	8	6	4	25
Oven Roasted Turkey without sauce	214	320	3	5	0.5	0	3	25	1220	51	52	17	2	8	2	22	8	6	4	25
Philly Cheese Steak	211	370	9	14	2.5	0.3	14	20	940	39	53	18	2	8	3	23	4	8	6	30
<b>Chicken McNuggets® / Sauces</b>																				
White Meat CHICKEN McNUGGETS® (6)	114	310	18	28	3.5	1	23	45	660	28	19	6	0	0	0	16	0	0	2	6
McNuggets® Sauce - Sweet & Sour	30	50	0	0	0	0	0	0	150	6	12	4	0	0	11	0.2	0	0	0	0
McNuggets® Sauce - Barbeque	30	45	0	0	0	0	0	0	290	12	10	3	1	4	8	0.3	0	0	0	2
McNuggets® Sauce - Honey Sauce	18	60	0	0	0	0	0	0	0	15	5	0	0	0	12	0	0	0	0	0
McNuggets® Sauce - Tangy Honey Mustard	30	50	1.5	2	0.2	0	1	5	120	5	9	3	0	0	6	0.3	0	0	0	0
<b>SALADSPLUS™</b>																				
One Chicken Fajita	109	200	6	9	2.5	0.1	13	25	570	24	24	8	3	12	2	14	4	15	6	8
Fruit 'n Yogurt Parfait™	180	180	2	3	1.5	0	8	10	90	4	34	11	2	8	23	7	2	40	15	6
Apple Slices with Caramel Dip	89	110	1	2	0.5	0	3	3	40	2	24	8	2	8	14	1	0	130	4	2
Chicken Oriental Salad with Warm Chicken McGrill®	353	210	4	6	1	0	5	60	690	29	21	7	3	12	11	25	40	70	8	20
Chicken Oriental Salad with Warm Crispy Chicken McGrill®	349	300	11	17	1.5	0.3	9	35	830	35	32	11	4	16	10	19	40	60	10	25
Chicken Caesar Salad with Warm Chicken McGrill®	317	300	11	17	4.5	0.5	25	75	1100	46	17	6	3	12	4	35	25	45	20	20
Chicken Caesar Salad with Warm Crispy Chicken McGrill®	312	390	19	29	5	0.5	28	55	1240	52	28	9	4	16	4	28	25	40	20	25
Bacon Ranch Salad with Warm Chicken McGrill®	337	290	14	22	7	0.3	37	95	1030	43	9	3	3	12	5	35	50	60	25	15
Bacon Ranch Salad with Warm Crispy Chicken McGrill®	332	370	21	32	7	0.5	38	70	1170	49	20	7	4	16	5	28	50	60	25	20
<b>NEWMAN'S OWN! All-Natural Salad Dressings</b>																				
NEWMAN'S OWN! Creamy Caesar Dressing	59	190	18	28	3.5	0.3	19	20	500	21	4	1	0	0	2	2	2	0	6	2
NEWMAN'S OWN! Low Fat Sesame Thai Dressing	67	80	1	2	0	0	0	0	1130	47	16	5	0	0	13	2	0	0	0	2
NEWMAN'S OWN! Low Fat Family Recipe Italian Dressing	48	60	2.5	4	0	0	0	2	730	30	8	3	0	0	1	1	0	2	0	0
NEWMAN'S OWN! Ranch Dressing	56	180	15	23	2.5	0.2	14	20	530	22	9	3	0	0	4	1	0	0	4	0



### Side Orders

	Serving Size	Calories	Fat (g)	Fat % Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
French Fries - Small	70	230	11	17	4	1.5	28	10	190	8	28	9	2	8	0	2	0	4	2	6
French Fries - Medium	110	350	18	28	7	2	45	20	290	12	44	15	3	12	0	4	0	6	2	8
French Fries - Large	177	570	28	43	11	3.5	73	30	460	19	71	24	5	20	1	6	0	10	4	15
Side Salad (without salad dressing)	107	20	0	0	0	0	0	0	15	1	4	1	2	8	2	1	20	25	4	6

### Baked Muffins

Blueberry	118	410	14	22	1.5	0	8	0	340	14	64	21	2	8	30	6	0	0	2	15
Carrot	130	440	17	26	1.5	0	8	0	410	17	66	22	2	8	34	6	40	0	4	15
Slim Sensations: Cranberry Orange	122	380	8	12	1	0	5	0	350	15	70	23	3	12	37	6	0	0	6	15
Fruit 'n Fibre	114	350	12	18	1	0	5	0	450	19	54	18	6	24	23	6	0	0	4	15

### Desserts

Vanilla Ice Milk Cone	90	150	4	6	2.5	0.1	13	15	90	4	25	8	0	0	17	3	4	0	10	2
Strawberry Sundae - Ice Milk	175	290	6	9	4	0.2	21	25	130	5	53	18	0	0	44	5	6	4	15	4
Hot Fudge Sundae - Ice Milk	178	330	10	15	7	0.2	36	30	250	10	55	18	0	0	46	7	6	2	20	15
Caramel Sundae - Ice Milk	180	350	8	12	5	0.2	26	35	200	8	64	21	0	0	57	6	8	2	20	2
Baked Apple Pie	85	270	14	22	4	5	45	0	200	8	34	11	1	4	14	2	2	10	2	10
*Original Recipe* McDONALDLAND® Cookies	42	190	6	9	1.5	0.3	9	0	200	8	31	10	1	4	9	3	0	0	0	10

### Triple Thick Milkshake® / McFlurry® Desserts

Triple Thick Milkshake® - Vanilla	336	540	13	20	8	0.3	42	55	330	14	95	32	0	0	68	11	25	2	35	2
Triple Thick Milkshake® - Chocolate	338	560	14	22	9	0.3	47	55	420	18	99	33	1	4	77	11	15	2	35	15
Triple Thick Milkshake® - Strawberry	336	540	13	20	8	0.3	42	55	330	14	94	31	0	0	76	11	15	6	35	4
Smarties™ McFlurry® Dessert	275	510	15	23	9	0.3	47	50	240	10	84	28	1	4	71	10	10	4	35	6
Cadbury® Caramilk® McFlurry® Dessert	307	640	20	31	12	0.4	62	55	300	13	104	35	1	4	90	11	15	2	35	6
Oreo™ Cookie McFlurry® Dessert	271	500	17	26	12	0.3	52	45	330	14	79	26	1	4	58	10	10	2	30	10

### Beverages

Apple Juice	177	80	0	0	0	0	0	0	4	0	20	7	0	0	18	0	0	100	0	0
Orange Juice - Small	315	150	0	0	0	0	0	0	3	0	35	12	0	0	32	0	0	190	0	0
Orange Juice - Medium	440	210	0	0	0	0	0	0	4	0	50	17	0	0	44	0	0	260	0	0

	Coca-Cola Classic▲*			Diet Coke▲*			Sprite▲*			Fruitopia▲ - Strawberry Passion Awareness▲*			Barq's▲ Root Beer*			Nestea▲ Ice Tea*		
	S	M	L	S	M	L	S	M	L	S	M	L	S	M	L	S	M	L
Serving Size (mL)	345	495	730	345	495	730	345	495	730	345	495	730	345	495	730	345	495	730
Calories	150	220	320	1	1	2	140	200	290	170	240	350	160	230	340	110	160	230
Fat (g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fat % Daily value	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sodium ** (mg)	5	10	10	15	20	30	30	45	65	15	20	35	35	45	70	10	15	25
Sodium ** %DV	0	0	0	1	1	1	1	2	3	1	1	1	1	2	3	0	1	1
Carbohydrates (g)	39	56	82	0	0	0	35	51	75	43	61	91	41	59	87	28	40	59
Carbohydrates % DV	13	19	27	0	0	0	12	17	25	14	20	30	14	20	29	9	13	20
Sugars (g)	39	56	82	0	0	0	35	51	75	41	59	88	41	59	87	28	40	59
Protein (g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

\*Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, vitamin C, calcium\*\* or iron.\*\*

\*\*Additional minerals may be contributed by the local water supply.

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McDonald's publishes updated versions of the "Nutrition Facts" guide periodically. This guide reflects the ingredient and nutritional information for the products presented and available in Canada on February 23rd, 2007. The information for our products is updated on a more frequent basis on our website at [www.mcdonalds.ca](http://www.mcdonalds.ca).