



# Take a Look:

McDonald's® food compares favorably with many other popular foods.

Here's a quick look at several McDonald's® meal favorites and how they relate to other frequently eaten meal combinations.



Meal Variations	McDonald's Chicken McNugget Happy Meal	McDonald's Chicken McNugget Happy Meal	McDonald's Hamburger Happy Meal	McDonald's Hamburger Happy Meal	McDonald's Cheeseburger Happy Meal	McDonald's Cheeseburger Happy Meal	Turkey Sandwich Meal	Peanut Butter and Jelly Sandwich Meal	Grilled Cheese Sandwich Meal	Fish Sticks Meal	Chicken Noodle Soup Meal
<b>Menu Items</b>	<ul style="list-style-type: none"> <li>• Chicken McNuggets® (4 piece)</li> <li>• Apple Dippers and Caramel Dip</li> <li>• 1% Low Fat Milk Jug (8 fl oz)</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken McNuggets® (4 piece)</li> <li>• Small French Fries</li> <li>• Sprite® (12 fl oz cup)</li> </ul>	<ul style="list-style-type: none"> <li>• Hamburger</li> <li>• Apple Dippers and Caramel Dip</li> <li>• 1% Low Fat Milk Jug (8 fl oz)</li> </ul>	<ul style="list-style-type: none"> <li>• Hamburger</li> <li>• Small French Fries</li> <li>• Sprite® (12 fl oz cup)</li> </ul>	<ul style="list-style-type: none"> <li>• Cheeseburger</li> <li>• Apple Dippers and Caramel Dip</li> <li>• 1% Low Fat Milk Jug (8 fl oz)</li> </ul>	<ul style="list-style-type: none"> <li>• Cheeseburger</li> <li>• Small French Fries</li> <li>• Sprite® (12 fl oz cup)</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices bread, 2 oz turkey breast lunchmeat, 2 tsp mayonnaise</li> <li>• 6 baby carrots</li> <li>• 1 tbsp ranch dressing</li> <li>• 1 cup (8 fl oz) apple juice</li> </ul>	<ul style="list-style-type: none"> <li>• 2 tbsp peanut butter, 1 tbsp jelly, 2 slices bread</li> <li>• 1 medium apple</li> <li>• 1 cup (8 fl oz) 1% low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices bread, 1 oz American cheese, 1 tsp tub margarine</li> <li>• 1 cup tomato soup</li> <li>• 1 cup (8 fl oz) 1% low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 4 fish sticks</li> <li>• 1/2 cup macaroni and cheese</li> <li>• 1/2 cup applesauce</li> <li>• 1 cup (8 fl oz) lemonade</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup chicken noodle soup</li> <li>• 4 saltine crackers</li> <li>• 1 oz cheddar cheese</li> <li>• 1 cup (8 fl oz) 1% low fat milk</li> </ul>
<b>Calories</b>	390	520	450	590	500	640	430	570	450	570	330
<b>Protein (g)</b>	18	12	20	15	23	17	14	21	20	17	19
<b>Fat (g)</b>	15	23	12	20	15	24	14	20	17	18	15
<b>Sodium (mg)</b>	570	590	680	710	920	940	1,110	600	1,560	990	1050
<b>Carbs (g)</b>	46	68	66	88	67	90	63	82	54	88	28

McDonald's Happy Meals shown represent two advertised meals, three most popular meals and Cheeseburger, Apple Dippers and low-fat milk meal.



# Take a Look:

**McDonald's<sup>®</sup> food compared to many other popular foods.**

*Here's a quick look at several McDonald's<sup>®</sup> meal favorites and how they relate to other frequently eaten meal combinations.*

	HM1	HM2	HM3	HM4	HM5	HM6	NHANES* at home-lunch	NHANES* at home-dinner	NHANES* away from home-lunch	NHANES* away from home-dinner
<b>Calories</b>	390	520	450	590	500	640	516	590	585	715
<b>Sodium (mg)</b>	570	590	680	710	920	940	963	1133	985	1238
<b>% Calories from fat</b>	35	40	24	31	27	34	33.5	33.2	32.6	35.2
<b>% Calories from sat fat</b>	9	6	10	8	14	10	11.7	11.4	11.9	11.7

**McDonald's Happy Meals shown represent two advertised meals, three most popular meals and Cheeseburger, Apple Dippers and low-fat milk meal.**

HM1: McDonald's<sup>®</sup> Happy Meal<sup>®</sup> with Chicken McNuggets<sup>®</sup> (4 piece), Apple Dippers with Low-Fat Caramel Dip, 1% Low Fat Milk Jug (8 fl oz)

HM2: McDonald's<sup>®</sup> Happy Meal<sup>®</sup> with Chicken McNuggets<sup>®</sup> (4 piece), Small French Fries, Sprite<sup>®</sup> (12 fl oz cup)

HM3: McDonald's<sup>®</sup> Hamburger, Apple Dippers with Low-Fat Caramel Dip, 1% Low Fat Milk Jug (8 fl oz)

HM4: McDonald's<sup>®</sup> Hamburger, Small French Fries, Sprite<sup>®</sup> (12 fl oz cup)

HM5: McDonald's<sup>®</sup> Happy Meal<sup>®</sup> with Cheeseburger, Apple Dippers and Caramel Dip, 1% Low Fat Milk Jug (8 fl oz)

HM6: McDonald's<sup>®</sup> Happy Meal<sup>®</sup> with Cheeseburger, Small French Fries, Sprite<sup>®</sup> (12 fl oz cup)

The National Health and Nutrition Examination Survey (NHANES) is a program of studies designed to assess the health and nutritional status of adults and children in the United States. The survey sampled 2,236 children ages 6-11 years old and analyzed 5,658 meals with 15,954 foods and 5,017 beverages. NHANES is a major program of the National Center for Health Statistics (NCHS). NCHS is part of the Centers for Disease Control and Prevention (CDC) and has the responsibility for producing vital and health statistics for the Nation.



# McDonald's® is Committed to Providing Balanced Food Choices for Kids

As part of McDonald's commitment to children's well-being, the food we advertise to kids meets the criteria outlined in the Council of Better Business Bureau's Food Pledge program.



**McDonald's pledge is that 100% of our national advertising directed to children under 12 years old features meals that meet the following nutrition criteria:**

- No more than 600 calories per meal
- No more than 35% of calories from fat
- No more than 10% calories from saturated fat
- No more than 35% of total sugars by weight

Our advertising includes well-balanced choices, such as a 4-piece Chicken McNuggets® Happy Meal® with Apple Dippers, Low Fat Caramel Dip and a Jug of 1% Low Fat White Milk.

To learn more about McDonald's nutrition information, visit [www.mcdonalds.com/usa/eat/nutrition\\_info.html](http://www.mcdonalds.com/usa/eat/nutrition_info.html).

For more about the Council of Better Business Bureau's Food Pledge program, visit [www.bbb.org/us/children-food-beverage-advertising-initiative/](http://www.bbb.org/us/children-food-beverage-advertising-initiative/).



Information is accurate as of May 2011. For the most up-to-date information, please visit [www.mcdonalds.com/nutrition](http://www.mcdonalds.com/nutrition). © 2011 McDonald's