

McDonald's Healthy Choices Nutrition Facts

	Weight Watchers Pts	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<u>Breakfast Healthy Choices</u>											
Egg McMuffin	7	300	12	5	0	260	820	30	2	3	18
Sausage Burrito	7	300	16	7	0.5	130	830	26	1	2	12
English Muffin	3	160	3	0.5	0	0	280	30	2	2	5
Grape Jam	1	35	0	0	0	0	0	9	0	0	0
Strawberry Preserves	1	35	0	0	0	0	0	9	0	0	0
Fruit N' Yogurt Parfait	3	160	2	1	0	5	85	31	1	21	4
Large Coffee	0	0	0	0	0	0	0	0	0	0	0
Equal Sweetener	0	0	0	0	0	0	0	0	0	0	0
SPLENDA Sweetner	0	0	0	0	0	0	0	0	0	0	0

McCafe Coffees Healthy Choices - Nonfat Milk

Small Nonfat Cappuccino	1	60	0	0	0	5	85	9	0	9	6
Small Nonfat Latte	2	90	0	0	0	5	115	13	0	13	9
Small Nonfat Caramel Cappuccino	3	150	0	0	0	5	120	33	0	32	5
Small Nonfat Hazelnut Cappuccino	3	150	0	0	0	5	70	3	0	34	5
Small Nonfat Vanilla Cappuccino	3	150	0	0	0	5	70	34	0	34	5
Small Nonfat Capp w/ sugar free vanilla syrup	1	50	0	0	0	5	100	15	0	8	5
Small Nonfat Latte w/ sugar free vanilla syrup	2	80	0	0	0	5	130	18	0	11	7
Small Iced Nonfat Latte	1	50	0	0	0	5	70	7	0	7	5
Small Iced Nonfat Caramel Latte	3	140	0	0	0	0	105	30	0	30	3
Small Iced Nonfat Hazelnut Latte	3	140	0	0	0	0	50	32	0	32	3
Small Iced Nonfat Vanilla Latte	3	140	0	0	0	0	50	31	0	31	3
Small Iced Nonfat Latte w/ sugar free vanilla	1	40	0	0	0	0	85	13	0	5	4

Lunch/Dinner Healthy Choices

Ranch Snack Wrap (grilled)	6	270	10	4	0	45	830	26	1	2	18
Honey Mustard Snack Wrap (grilled)	6	260	9	3.5	0	45	800	27	1	4	18
Chipotle BBQ Snack Wrap (grilled)	6	260	9	3.5	0	45	830	28	1	5	18
Premium Southwest Salad (Grilled chicken)	6	320	9	3	0	70	960	30	6	11	30
Premium Southwest Salad (without chicken)	2	140	4.5	2	0	10	150	20	6	6	6
Premium Bacon Ranch Salad (grilled chicken)	5	260	9	4	0	90	1010	12	3	5	33
Premium Bacon Ranch salad (without chicken)	3	140	7	3.5	0	25	300	10	3	4	9
Premium Caesar Salad (grilled chicken)	4	220	6	3	0	75	890	12	3	5	30
Premium Caesar Salad (without chicken)	2	90	4	2.5	0	10	180	9	3	4	7
Side Salad	0	20	0	0	0	0	10	4	1	2	1
Snack Size Fruit & Walnut Salad	4	210	8	1.5	0	5	60	31	2	25	4
Newman's Own Low Fat Balsamic Vinaigrette	1	40	3	0	0	0	730	4	0	3	0
Newman's Own Low Fat Italian	1	60	2.5	0	0	0	730	8	0	1	1

Happy Meal Healthy Choices

Chicken McNuggets (4pc) Apple Dippers w/ lowfat carmel dip 1% Low Fat White Milk Jug	9	390	15	4	0	40	570	46	0	27	18
Chicken McNuggets (4pc) Apple Dippers w/ lowfat carmel dip Apple Juice Box	9	380	12	2.5	0	30	460	57	0	37	10
Chicken McNuggets (4pc) Apple Dippers w/ lowfat carmel dip Sprite	9	390	12	2.5	0	30	470	62	0	43	10
Hamburger Apple Dippers w/ lowfat carmel dip 1% Low Fat White Milk Jug	10	460	12	5	0.5	35	680	66	2	33	20
Hamburger Apple Dippers w/ lowfat carmel dip Apple Juice Box	9	450	9	3.5	0.5	30	570	78	2	43	13
Hamburger Apple Dippers w/ lowfat carmel dip Sprite	10	460	9	3.5	0.5	30	590	82	2	49	13

For the complete McDonald's menu nutritional information, visit http://www.mcdonalds.com/us/en/food/food_quality/nutrition_choices.html