Before your next visit, check out www.mcdonalds.com/nutrition for more information on our variety of menu choices.

The USDA in its Dietary Guidelines for Americans, 2010 and MyPlate program recommend eating more vegetables; fruits; whole grains; fat-free or low-fat milk products as well as choose a variety of protein foods as part of a balanced eating pattern while staying within calorie needs. They also recommend, in general, 1,600 to 2,400 calories per day for adult women and 2,000 to 3,200 calories per day for adult men. Individual needs may vary for men and women depending on a variety of factors, including age, gender, weight and physical activity level.

*Milk product varies in California. Please check milk packaging for specific nutrition information to determine the meal’s total calories.

Information is accurate as of March 2013.
For the most up-to-date information, please visit www.mcdonalds.com/nutrition.