



McDONALD'S NUTRITION GUIDE



HAMBURGER
250 Calories
8g Fat
31g Carbs
13g Protein



**DOUBLE
CHEESEBURGER**
440 Calories
22g Fat
34g Carbs
25g Protein



**QUARTER POUNDER
W/ CHEESE**
440 Calories
20g Fat
40g Carbs
26g Protein



MCCHICKEN
400 Calories
21g Fat
39g Carbs
14g Protein



6 PIECE NUGGETS
250 Calories
15g Fat
15g Carbs
14g Protein



SMALL FRIES
220 Calories
10g Fat
29g Carbs
3g Protein



VANILLA CONE
200 Calories
5g Fat
32g Carbs
5g Protein



EGG MCMUFFIN
300 Calories
12g Fat
30g Carbs
17g Protein



SAUSAGE BISCUIT
460 Calories
30g Fat
36g Carbs
11g Protein



**BACON/EGG/CHEESE
MCGRIDDLE**
420 Calories
18g Fat
45g Carbs
18g Protein



HOTCAKES (3)
590 Calories
15g Fat
102g Carbs
9g Protein



CHEESEBURGER
300 Calories
12g Fat
33g Carbs
15g Protein



**TRIPLE
CHEESEBURGER**
520 Calories
28g Fat
35g Carbs
32g Protein



**DOUBLE QUARTER
POUNDER W/ CHEESE**
780 Calories
45g Fat
43g Carbs
51g Protein



FILET-O-FISH
380 Calories
18g Fat
38g Carbs
16g Protein



APPLE PIE
240 Calories
11g Fat
35g Carbs
2g Protein



MED FRIES
320 Calories
15g Fat
43g Carbs
5g Protein



**MCFLURRY
(SNACK SIZE)**
340 Calories
11g Fat
53g Carbs
8g Protein



SAUSAGE MCMUFFIN
400 Calories
25g Fat
29g Carbs
14g Protein



**BACON/EGG/CHEESE
BISCUIT**
460 Calories
25g Fat
39g Carbs
18g Protein



**SAUSAGE/EGG/CHEESE
MCGRIDDLE**
550 Calories
32g Fat
45g Carbs
20g Protein



SAUSAGE BURRITO
310 Calories
17g Fat
25g Carbs
13g Protein



MCDOUBLE
390 Calories
18g Fat
33g Carbs
22g Protein



BIG MAC
550 Calories
30g Fat
45g Carbs
25g Protein



**QUARTER POUNDER
W/ BACON**
620 Calories
33g Fat
44g Carbs
38g Protein



**CRISPY CHICKEN
SANDWICH**
600 Calories
29g Fat
58g Carbs
27g Protein



KIDS FRIES
110 Calories
5g Fat
15g Carbs
2g Protein



LARGE FRIES
490 Calories
23g Fat
66g Carbs
7g Protein



**MCFLURRY
(REGULAR SIZE)**
510 Calories
16g Fat
80g Carbs
12g Protein



**SAUSAGE MCMUFFIN
W/ EGG**
480 Calories
30g Fat
30g Carbs
21g Protein



**SAUSAGE BISCUIT
W/ EGG**
530 Calories
34g Fat
38g Carbs
17g Protein



**BACON/EGG/CHEESE
BAGEL**
550 Calories
25g Fat
54g Carbs
26g Protein



HASH BROWN
140 Calories
8g Fat
18g Carbs
2g Protein

Mcdonalds Nutrition Guide

**Dr. Marilyn P. Shieh, Marilyn P.
Shieh, Michelle Shieh**

Mcdonalds Nutrition Guide:

A Student Guide to Health Yvette Malamud Ozer, 2012-09-07 This comprehensive five volume reference set is aligned with the National Health Education Standards containing up to date scientifically based information on a variety of health and wellness topics relevant to high school students A Student Guide to Health Understanding the Facts Trends and Challenges provides straightforward factual and accessible information about a multitude of health issues It is an essential reference set that provides high school students teachers and administrators with a comprehensive health and wellness education resource that aligns with National Health Education Standards and common health curriculum This expansive five volume set is ideal for students research projects highly useful as a resource for community college and public library patrons librarians teens and parents and is a suitable supplement to any health education curriculum Each chapter includes up to date evidence based information that provokes further examination and encourages critical thinking to evaluate the validity of information encountered about health and wellness topics Each chapter provides an abundance of references and lists of resources for further information including books articles websites organizations and hotlines Special attention is paid to social trends that affect youth health and wellness such as bullying eating disorders steroid abuse sexting and the peer pressure associated with drug use and abuse

Burger King , *L.E.A.N. Guide for the Business Traveler* Veronica Tomor, 2011-04-30 There is no available information at this time

The Layperson's Guide to Exercise, Diet & Supplements Daniel J. Shamy, 2013-04 We instinctively know that exercise eating the right things and taking vitamins sustains our health maintains our youth and offers a sense of wellbeing Traditional fitness publications do a great job telling you what to do but lack any explanation as to the why and how They offer a map to youth by micromanaging your diet exercise and or supplements You blindly follow their lead in expectation of finding your fountain of youth through their training Every body is different which is why one map may work for one person but not another maybe it failed you so you try another What you may not realize is that although they offer step by step instruction to find the fountain they are not teaching you how to read the map Although the map is the same the directions are different for each of us to find the fountain of youth The difference between the layperson and expert is their ability to read the map as a whole that map is our anatomy That cartography lesson is learned by teaching you how exercise diet and supplements work rather than being told what in the same to follow At the end of the lesson you may now understand that your journey may require parts of many methods rather than the single direction of one The author shares his own journey as he teaches you how to read the map so you understand how one has successfully read the map to discover his fountain of youth

Optimizing Women's Health through Nutrition Lilian U. Thompson, Wendy E. Ward, 2007-12-03 It is no surprise that women and men experience biological and physiological differences fundamentally and throughout the lifecycle What is surprising is that faced with such a self evident truth there should be so little consideration to date of how these differences affect susceptibility to disease and metabolic response to

dietary treatment U Interactive Learning Guide for Students for Nutrition Now Judith E. Brown, Jennifer Koslo, 2008 This unique student Interactive Learning Manual includes a variety of assignable activities and worksheets that students can fill out to apply and assess their nutrition knowledge Topics include Putting Together a Family Tree Health History Genetics of Taste Portion Size Exercise Checking Out Low Carb Food Labels Anthropometry Lab Bottled Water Taste Test

Nutrition·Immunity·Longevity Dr. Jau-Fei Chen, 2016-09-28 Nutrition aside there are other interesting topics worth exploring in the pursuit of health Can cancer be prevented Why doesn't everyone live long healthy lives What is the relationship between cardiovascular disease and the immune system How does the immune system affect overall health Which is a healthier food option natural and wholesome plant foods or animal based foods How do our lifestyles affect our health Good health is not a secret To achieve good health we must first understand it By drawing links between diet health and the immune system this book provides fascinating insights into the preventive science of Nutritional Immunology

Getting Healthy with the Devip System Dr. Marilyn P. Shieh, Marilyn P. Shieh, Michelle Shieh, 2012-04 We are all born with Six pack abs but it is covered with fat We as individuals and as parents or guardians of our children should take a major step in our lifestyle and change our diets if we want to see ourselves and our children succeed in the fight with obesity There is a saying that the only person who can take care of you is you the only person who will live with you to the rest of your life is you and the only person who will know how you suffer when you suffer is also you This said please take care of you and yourself Live and prosper in health The Low Cholesterol Cookbook and Action Plan Karen L Swanson, 2018-01-30 Eat smarter and boost your heart health with this low cholesterol cookbook and action plan Switching to a new heart healthy diet can seem like a daunting task That's why cardiac dietitian Jennifer Koslo and Go Low Cholesterol blogger Karen Swanson created The Low Cholesterol Cookbook and Action Plan With an easy to follow 4 week program this low cholesterol cookbook delivers comprehensive recipes and a proactive meal plan that can help you eliminate bad fats without missing out on the delectable flavors you crave From Slow Cooker Hawaiian Chicken to Veggie Chili this complete low cholesterol cookbook gives you everything you need to start cooking up a storm Get expert tips for shopping and creating food lists plus suggestions for exercising regularly and more The Low Cholesterol Cookbook and Action Plan goes beyond your basic low cholesterol cookbook with 120 Heart healthy recipes Discover dozens of low cholesterol takes on your favorite foods like Banana Oat Pancakes Honey Mustard Chicken and Flourless Chocolate Cookies A 4 week meal plan Get on the right path to lowering cholesterol in one month with this sensible action plan Fast and flavorful dishes Most meals take 30 minutes or less to prepare and use only 5 key ingredients Embrace a new health conscious way of eating with The Low Cholesterol Cookbook and Action Plan **Digest Diet Dining Out Guide** Liz Vaccariello, 2012-12-27 More information to be announced soon on this forthcoming title from Penguin USA

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