



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

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D Siedentop



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A Guide to the Food Safety Act 1990 A. A. Painter, 2013-10-22 Butterworths Law of Food and Drugs A Guide to the Food Safety Act 1990 contains the text of Food Safety Act 1990 The act aims to regulate modern food manufacture and distribution practice The coverage of the text includes the preliminary main provisions administration and enforcement and miscellaneous and supplemental discussions on the law The text provides annotations that cover matters that are new or important for the understanding of the new Act The book will be of great use to individuals who wish to fully comprehend the Food Safety Act 1990

Dr. Paula's Good Nutrition Guide For Babies, Toddlers, And Preschoolers Paula Elbirt, 2007-10-10 Children's eating habits change often between infancy and preschool Dr Paula's Good Nutrition Guide for Babies Toddlers and Preschoolers provides nutrition guidelines for young children and gives parents confidence in this confusing and important area Pediatrician Paula Elbirt discusses nutrition by age group Breastfeeding formula solids allergy issues gas and burping are issues for infants Topics for toddlers include creating a healthful diet snacks whole versus skim milk tantrums and food and eating styles Food issues change again for preschoolers and include friends influence on eating habits what to do when a child is cranky from hunger and much more Sample recipes and menus are provided for each group Dr Elbirt describes important differences between emerging eating disorders and odd but harmless food preferences kids embrace briefly and then discard Whether they have fussy eaters or are looking for better ways to provide their children with the best nutrition Dr Paula's Good Nutrition Guide for Babies Toddlers and Preschoolers has the information parents need

The Abs Diet Ultimate Nutrition Handbook David Zinczenko, 2009-12-22 Furnishes the latest information on smart nutritional and exercise choices to help readers lose weight stay fit and maintain a healthy lifestyle furnishing restaurant tips quick and easy recipes and an overview of the one hundred best foods

Green Guide Author TBD, 2008 A definitive how to guide to the complex environmental issues of the twenty first century offers practical solutions to the difficult choices of everyday living to promote an eco friendly lifestyle

Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition Information Center (U.S.), 1976

Burger King, *Dr. Colbert's Guide to Vitamins and Supplements* Don Colbert, 2016-12-06 From the author of the NEW YORK TIMES best selling books The Seven Pillars of Health and I Can Do This Diet along with best sellers Toxic Relief the Bible Cure series Living in Divine Health Deadly Emotions Stress Less and What Would Jesus Eat Dr Don Colbert has sold more than TEN MILLION books Dr Colbert's unique balanced natural health approach will help readers to make sense of the overwhelming information available on vitamins and supplements empowering them to make well informed decisions specific to their health goals Whether it is to slow the aging process lose weight balance hormones boost energy or heal and prevent specific health conditions and diseases this book will be an important tool in the hands of health conscious readers Don Colbert MD who has published more than forty books now offers all of his advice for nutritional supplements in one volume explaining how to Choose the best multivitamins and

individual supplements and recognize harmful and expensive ingredients to avoid Create the right combination of nutrients and the proper dosage to reach your specific health goals slowing the aging process losing weight balancing hormones boosting energy or healing and preventing disease Eat the right foods to boost the benefits of your supplement program and reach your goals faster Break any dietary and lifestyle habits that could be interfering with your body's ability to fully benefit from the nutrients you ingest

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

The Moms' Guide to Meal Makeovers Janice Bissex, Liz Weiss, 2008-12-10 For the legions of harried moms who have tossed in the dishtowel on cooking healthy meals or any meals the easiest ever guide for bringing super nutrition back to the kitchen Getting dinner on the table night after night can be a challenge So it's no surprise that busy moms often rely on fast food takeout and convenience meals like macaroni cheese chicken nuggets and fries The kids love it but the drawback is that little twinge of guilt moms feel every time they feed their family another not so healthy meal At the end of the day many children end up with a poor diet high in sugar saturated fat and calories a major factor in the rising rates of obesity Finally here are realistic guidelines designed to give families a healthy meal makeover The Moms lay out a 5 Step Meal Makeover Plan explaining how to market good nutrition to kids establish food rules and make life easier in the kitchen In The Best of the Bunch chapter they reveal which brands of kid convenience foods hot dogs frozen pizza and more are the best tasting and most nutritious ones out there The Moms show how to stock a healthy pantry and whip up delicious anytime meals using pantry staples They even serve up 120 reworked recipes for family favorites such as Fast as Boxed Macaroni Cheese Squishy Squash Lasagna Cheesy Broccoli Soup Sweet Potato Fries and Chocolate Pudding with Toppers

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

Made Just for You

McDonald's Corporation, 2012

The Men's Health Big Book of Food & Nutrition Editors of Men's Health Magazi, Joel

Weber, 2010-12-21 In the aisles of the grocery store the menus of chain restaurants even in one's own refrigerator confusion about how to eat right reigns Is low carb good or is carbo loading the better way to go Fat free or sugar free And when did those dreaded eggs become a health food Americans are hungrier than ever for clear cut answers to their most perplexing food questions but a private nutritionist or a membership in a diet club are expensive luxuries What you really need is an authoritative encyclopedic source at your fingertips The Men's Health Big Book of Nutrition is the ultimate guide to shopping dining and cooking for bigger flavor and a leaner body It answers the ongoing demand for definitive information about the food we eat and taps into a readership hungry for final word answers Filled with easy to swallow eating strategies and backed by groundbreaking studies and interviews with the world's most authoritative nutrition researchers The Men's Health

Big Book of Food Nutrition will help you discover just how easy it is to unlock the power of food and stay healthy for life

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fast food industry as the cause for many of society's ills ranging from the obesity epidemic to the proliferation of dead end jobs Now hospital dietitian Lisa Johansen makes the bold case that the fast food industry is actually a positive force in society Johansen takes the reader from the industry's scrappy entrepreneurial beginnings to its emergence as a global business generating hundreds of billions of dollars annually Far from a blight on society the fast food industry has distinguished itself by providing a product that meets high standards of quality and safety often healthier than meals served at home and in sit down restaurants The myth of the McJob is debunked by true life cases of corporate titans who succeeded by virtue of the fast food chains practice of promoting from within And relying on her years of counseling patients at one of the nation's largest health networks Johansen shows the reader just how easily fast food can be incorporated into a healthy lifestyle Lively and informative FAST FOOD VINDICATION destroys the media myths and paints the true picture of an industry that touches the lives of millions

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