



McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Sandwiches																						
Hamburger	3.5 oz (100 g)	250	80	9	13	3.5	16	0.5	25	9	520	22	31	10	2	6	6	12	0	2	10	15
Cheeseburger	4 oz (114 g)	300	110	12	19	6	28	0.5	40	13	750	31	33	11	2	7	6	15	6	2	20	15
Double Cheeseburger	5.8 oz (165 g)	440	210	23	35	11	54	1.5	80	26	1150	48	34	11	2	8	7	25	10	2	25	20
McDouble	5.3 oz (151 g)	390	170	19	29	8	42	1	65	22	920	38	33	11	2	7	7	22	6	2	20	20
Quarter Pounder®+	6 oz (169 g)	410	170	19	29	7	37	1	65	22	730	30	37	12	2	10	8	24	2	4	15	20
Quarter Pounder® with Cheese+	7 oz (198 g)	510	230	26	40	12	61	1.5	90	31	1190	50	40	13	3	11	9	29	10	4	30	25
Double Quarter Pounder® with Cheese++	9.8 oz (279 g)	740	380	42	65	19	95	2.5	155	52	1380	57	40	13	3	11	9	48	10	4	30	35
Big Mac®	7.5 oz (214 g)	540	260	29	45	10	50	1.5	75	25	1040	43	45	15	3	13	9	25	6	2	25	25
Big N' Tasty®	7.2 oz (206 g)	460	220	24	37	8	42	1.5	70	23	720	30	37	12	3	11	8	24	6	8	15	25
Big N' Tasty® with Cheese	7.7 oz (220 g)	510	250	28	43	11	54	1.5	85	28	960	40	38	13	3	12	8	27	10	8	20	25
Angus Bacon & Cheese	10.2 oz (291 g)	790	350	39	60	17	87	2	145	49	2070	86	63	21	4	14	13	45	10	4	25	35
Angus Deluxe	11.1 oz (314 g)	750	350	39	60	16	82	2	135	45	1700	71	61	20	4	16	10	40	15	8	25	35
Angus Mushroom & Swiss	10 oz (283 g)	770	360	40	61	17	85	2	135	46	1170	49	59	20	4	16	8	44	8	0	40	35
Filet-O-Fish®	5 oz (142 g)	380	170	18	28	3.5	18	0	40	14	640	27	38	13	2	7	5	15	2	0	15	10
McChicken®	5 oz (143 g)	360	150	16	25	3	15	0	35	11	830	34	40	13	2	7	5	14	0	2	10	15
McRib®†	7.4 oz (209 g)	500	240	26	40	10	48	0	70	23	980	41	44	15	3	10	11	22	2	2	15	20
Premium Grilled Chicken Classic Sandwich	8 oz (226 g)	420	90	10	15	2	10	0	70	23	1190	50	51	17	3	13	11	32	4	10	8	20
Premium Crispy Chicken Classic Sandwich	8.1 oz (230 g)	530	180	20	31	3.5	17	0	50	17	1150	48	59	20	3	13	12	28	4	8	8	20
Premium Grilled Chicken Club Sandwich	8.8 oz (250 g)	530	160	17	27	6	29	0	95	31	1410	59	52	17	4	14	12	39	8	10	20	20
Premium Crispy Chicken Club Sandwich	9 oz (254 g)	630	250	28	43	7	36	0	75	25	1360	57	60	20	4	14	13	35	8	8	20	20

Premium Grilled Chicken Ranch BLT Sandwich	8.3 oz (236 g)	470	110	12	19	3	15	0	80	27	1440	60	54	18	3	14	12	36	4	10	10	20
Premium Crispy Chicken Ranch BLT Sandwich	8.5 oz (240 g)	580	200	23	35	4.5	22	0	65	21	1400	58	62	21	3	14	13	31	4	8	8	20
Southern Style Crispy Chicken Sandwich	8.7 oz (161 g)	400	150	17	26	3	14	0	45	16	1030	43	39	13	1	5	6	24	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.1 oz (117 g)	340	150	17	26	4.5	23	0	30	10	810	34	33	11	1	4	2	14	2	0	10	10
Ranch Snack Wrap® (Grilled)	4.3 oz (122 g)	270	90	10	16	4	19	0	45	15	830	35	26	9	1	4	2	18	2	2	10	10
Honey Mustard Snack Wrap® (Crispy)	4.2 oz (118 g)	330	140	16	24	4.5	22	0	30	10	780	33	34	11	1	4	4	14	2	0	10	10
Honey Mustard Snack Wrap® (Grilled)	4.4 oz (124 g)	260	80	9	14	3.5	18	0	45	15	800	33	27	9	1	4	4	18	2	2	10	10
Chipotle BBQ Snack Wrap® (Crispy)	4.2 oz (120 g)	330	140	15	24	4.5	22	0	30	9	810	34	35	12	1	5	4	14	4	0	10	10
Chipotle BBQ Snack Wrap® (Grilled)	4.4 oz (125 g)	260	80	9	13	3.5	18	0	45	14	830	34	28	9	1	5	5	18	4	2	10	10
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
French Fries																						
Small French Fries	2.5 oz (71 g)	230	100	11	18	1.5	8	0	0	0	160	7	29	10	3	12	0	3	0	8	2	4
Medium French Fries	4.1 oz (117 g)	380	170	19	29	2.5	13	0	0	0	270	11	48	16	5	20	0	4	0	15	2	6
Large French Fries	5.4 oz (154 g)	500	220	25	38	3.5	17	0	0	0	350	15	63	21	6	26	0	6	0	20	2	8
Ketchup Packet	1 pkg (10 g)	15	0	0	0	0	0	0	0	0	110	5	3	1	0	0	2	0	2	2	0	0
Salt Packet	1 pkg (0.7 g)	0	0	0	0	0	0	0	0	0	270	11	0	0	0	0	0	0	0	0	0	0
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Chicken McNuggets®/Chicken Selects® Premium Breast Strips/Sauces																						
Chicken McNuggets® (4 piece)	2.3 oz (64 g)	190	100	12	18	2	10	0	30	9	400	17	11	4	0	0	0	10	0	2	0	4
Chicken McNuggets® (6 piece)	3.4 oz (95 g)	280	160	17	27	3	15	0	40	14	600	25	16	5	0	0	0	14	0	2	2	4
Chicken McNuggets® (10 piece)	5.6 oz (159 g)	460	260	29	44	5	25	0	70	23	1000	42	27	9	0	0	0	24	0	2	2	8

Barbeque Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	260	11	12	4	0	0	10	0	2	0	0	0
Honey	1 pkg (14 g)	50	0	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	0	0	0	0
Hot Mustard Sauce	1 pkg (28 g)	60	20	2.5	4	0	0	0	5	1	250	10	9	3	2	8	6	1	0	0	0	2
Sweet 'N Sour Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	150	6	12	4	0	0	10	0	2	0	0	0
Chicken Selects® Premium Breast Strips (3 pc)	4.6 oz (131 g)	400	210	24	37	3.5	17	0	50	17	1010	42	23	8	0	0	0	23	0	0	2	4
Chicken Selects® Premium Breast Strips (5 pc)	7.7 oz (219 g)	660	360	40	61	6	28	0	85	29	1680	70	39	13	0	0	0	38	0	0	4	8
Spicy Buffalo Sauce	1.5 oz (43 g)	70	60	7	11	1	5	0	0	0	960	40	1	0	2	6	0	0	6	2	0	2
Creamy Ranch Sauce	1.5 oz (43 g)	200	200	22	33	3.5	17	0	10	3	320	13	2	1	0	0	1	0	0	0	2	0
Tangy Honey Mustard Sauce	1.5 oz (43 g)	70	20	2.5	4	0	0	0	5	2	170	7	13	4	0	0	9	1	0	0	0	0
Southwestern Chipotle Barbeque Sauce	1.5 oz (43 g)	70	0	0	0	0	0	0	0	0	260	11	18	6	1	3	13	0	4	0	2	4
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Salads																						
Premium Southwest Salad with Grilled Chicken	12.3 oz (350 g)	320	80	9	14	3	14	0	70	24	960	40	30	10	6	25	11	30	130	50	15	15
Premium Southwest Salad with Crispy Chicken	12.5 oz (353 g)	430	180	20	30	4	20	0	55	18	920	38	38	13	6	25	12	26	130	50	15	15
Premium Southwest Salad (without chicken)	8.1 oz (231 g)	140	40	4.5	7	2	9	0	10	3	150	6	20	7	6	24	6	6	130	45	15	10
Premium Bacon Ranch Salad with Grilled Chicken	11.3 oz (321 g)	260	90	9	15	4	21	0	90	30	1010	42	12	4	3	13	5	33	130	50	15	10
Premium Bacon Ranch Salad with Crispy Chicken	11.4 oz (324 g)	370	180	20	31	6	28	0	75	24	970	40	20	7	3	13	6	29	130	50	15	10
Premium Bacon Ranch Salad (without chicken)	7.8 oz (223 g)	140	70	7	11	3.5	18	0	25	9	300	12	10	3	3	13	4	9	130	50	15	8
Premium Caesar Salad with Grilled Chicken	11 oz (311 g)	220	60	6	10	3	15	0	75	25	890	37	12	4	3	13	5	30	130	50	20	10
Premium Caesar Salad with Crispy Chicken	11.1 oz (314 g)	330	150	17	26	4.5	22	0	60	19	840	35	20	7	3	13	6	26	130	50	20	10
Premium Caesar Salad (without chicken)	7.5 oz (213 g)	90	35	4	6	2.5	12	0	10	4	180	7	9	3	3	13	4	7	130	50	20	8

Side Salad	3.1 oz (87 g)	20	0	0	0	0	0	0	0	0	10	0	4	1	1	6	2	1	45	25	2	4
Butter Garlic Croutons	0.5 oz (14 g)	60	15	1.5	3	0	0	0	0	0	140	6	10	3	1	2	0	2	0	0	2	4
Snack Size Fruit & Walnut Salad	1 pkg (163 g)	210	70	8	13	1.5	7	0	5	2	60	2	31	10	2	9	25	4	0	170	8	2
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	<i>Trans Fat (g)</i>	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron

Salad Dressings

Newman's Own® Creamy Southwest Dressing	1.5 fl oz (44 ml)	100	50	6	9	1	5	0	20	7	340	14	11	4	0	0	3	1	0	0	2	2
Newman's Own® Creamy Caesar Dressing	2 fl oz (59 ml)	190	170	18	28	3.5	17	0	20	7	500	21	4	1	0	0	2	2	0	0	6	0
Newman's Own® Low Fat Balsamic Vinaigrette	1.5 fl oz (44 ml)	40	25	3	4	0	0	0	0	0	730	30	4	1	0	0	3	0	0	4	0	0
Newman's Own® Low Fat Family Recipe Italian Dressing	1.5 fl oz (44 ml)	60	20	2.5	4	0	0	0	0	0	730	30	8	3	0	0	1	1	0	0	0	0
Newman's Own® Ranch Dressing	2 fl oz (59 ml)	170	130	15	23	2.5	12	0	20	6	530	22	9	3	0	0	4	1	0	0	4	0
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	<i>Trans Fat (g)</i>	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron

Breakfast

Egg McMuffin®	7.1 oz (137 g)	300	110	12	19	5	24	0	260	87	820	34	30	10	2	8	3	18	10	0	30	20
Sausage McMuffin®	6.2 oz (111 g)	370	200	22	34	8	42	0	45	15	850	35	29	10	2	8	2	14	6	2	25	15
Sausage McMuffin® with Egg	8 oz (162 g)	450	250	27	42	10	51	0	285	95	920	38	30	10	2	8	2	21	10	2	30	20
English Muffin	4.3 oz (56 g)	160	30	3	5	0.5	3	0	0	0	280	12	27	9	2	7	2	5	2	0	15	10
Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	4.9 oz (140 g)	420	210	23	35	12	59	0	235	79	1160	48	37	12	2	7	3	15	10	0	15	15
Bacon, Egg & Cheese Biscuit (Large Size Biscuit)	5.4 oz (154 g)	480	240	27	42	12	62	0	235	79	1270	53	43	14	3	12	4	15	15	0	15	20
Sausage Biscuit with Egg (Regular Size Biscuit)	5.7 oz (163 g)	510	290	33	50	14	71	0	250	83	1170	49	36	12	2	6	2	18	6	0	10	20
Sausage Biscuit with Egg (Large Size Biscuit)	6.2 oz (177 g)	570	330	37	57	15	74	0	250	83	1280	53	42	14	3	11	3	18	10	0	10	20

Sausage Biscuit (Regular Size Biscuit)	4.1 oz (117 g)	430	240	27	42	12	62	0	30	10	1080	45	34	11	2	6	2	11	0	0	6	15
Sausage Biscuit (Large Size Biscuit)	4.6 oz (131 g)	480	280	31	48	13	65	0	30	10	1190	50	39	13	3	11	3	11	4	0	8	15
Southern Style Chicken Biscuit (Regular Size Biscuit)	5 oz (143 g)	410	180	20	31	8	41	0	30	10	1180	49	41	14	2	6	3	17	0	2	6	15
Southern Style Chicken Biscuit (Large Size Biscuit)	5.5 oz (157 g)	470	220	24	37	9	45	0	30	10	1290	54	46	15	3	11	4	17	4	2	8	15
Biscuit (Regular Size)	2.7 oz (76 g)	260	110	12	18	7	35	0	0	0	740	31	33	11	2	6	2	5	0	0	6	10
Biscuit (Large Size)	3.2 oz (90 g)	320	140	16	25	8	38	0	0	0	850	36	39	13	3	11	3	5	4	0	6	15
Bacon, Egg & Cheese McGriddles®	6.3 oz (164 g)	420	160	18	28	8	38	0	240	80	1110	46	48	16	2	8	15	15	10	0	20	15
Sausage, Egg & Cheese McGriddles®	7.6 oz (201 g)	560	290	32	49	12	61	0	265	88	1360	56	48	16	2	8	15	20	10	0	20	15
Sausage McGriddles®	5 oz (141 g)	420	200	22	34	8	40	0	35	11	1030	43	44	15	2	8	15	11	0	0	8	10
Big Breakfast® (Regular Size Biscuit)	9.5 oz (269 g)	740	430	48	73	17	87	0	555	185	1560	65	51	17	3	12	3	28	15	2	15	25
Big Breakfast® (Large Size Biscuit)	10 oz (283 g)	800	470	52	80	18	90	0	555	185	1680	70	56	19	4	17	3	28	15	2	15	30
Deluxe Breakfast (Reg. Size Biscuit) w/o Syrup & Margarine	14.8 oz (420 g)	1090	510	56	87	19	96	0	575	192	2150	90	111	37	6	23	17	36	15	2	25	40
Deluxe Breakfast (Large Size Biscuit) w/o Syrup & Margarine	15.3 oz (434 g)	1150	540	60	93	20	100	0	575	192	2260	94	116	39	7	28	17	36	15	2	30	40
Sausage Burrito	3.9 oz (111 g)	300	140	16	25	7	33	0.5	130	43	830	35	26	9	1	4	2	12	10	2	15	15
McSkillet™ Burrito with Sausage	8.4 oz (238 g)	610	320	36	56	14	69	0.5	410	137	1390	58	44	15	3	11	4	27	20	10	20	25
McSkillet™ Burrito with Steak	9.8 oz (250 g)	570	270	30	46	12	59	1	430	143	1470	61	44	15	3	11	4	32	20	10	20	30
Hotcakes (w/o Syrup & Margarine)	5.3 oz (151 g)	350	80	9	13	2	9	0	20	7	590	24	60	20	3	10	14	8	0	0	15	15
Hotcakes and Sausage (w/o Syrup & Margarine)	6.8 oz (192 g)	520	210	24	37	7	36	0	50	17	930	39	61	20	3	10	14	15	0	0	15	15
Hotcake Syrup	1 pkg (60 g)	180	0	0	0	0	0	0	0	0	20	1	45	15	0	0	32	0	0	0	0	0
Whipped Margarine (1 pat)	6 g	40	40	4.5	7	1.5	8	0	0	0	55	2	0	0	0	0	0	0	4	0	0	0
Sausage Patty	1.4 oz (41 g)	170	140	15	23	5	27	0	30	10	340	14	1	0	0	0	0	7	0	0	2	2

Scrambled Eggs (2)	3.3 oz (96 g)	170	100	11	17	4	19	0	520	174	180	7	1	0	0	0	0	15	15	0	6	10
Hash Brown	2 oz (56 g)	150	80	9	14	1.5	6	0	0	0	310	13	15	5	2	6	0	1	0	2	0	2
Grape Jam	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	2	0	0
Strawberry Preserves	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	4	0	0
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																			Vitamin A	Vitamin C	Calcium	Iron
Desserts/Shakes																						
Fruit 'n Yogurt Parfait (7 oz)»	5.3 oz (149 g)	160	20	2	3	1	5	0	5	2	85	4	31	10	1	3	21	4	0	15	15	4
Fruit 'n Yogurt Parfait (without granola) (7 oz)»	5 oz (142 g)	130	15	2	3	1	5	0	5	2	55	2	25	8	0	0	19	4	0	15	10	2
Apple Dippers	1 pkg (68 g)	35	0	0	0	0	0	0	0	0	0	0	8	3	0	0	6	0	0	310	4	0
Low Fat Caramel Dip	0.8 oz (21 g)	70	5	0.5	1	0	0	0	5	1	35	2	15	5	0	0	9	0	0	0	2	0
Vanilla Reduced Fat Ice Cream Cone	3.2 oz (90 g)	150	35	3.5	6	2	11	0	15	5	60	2	24	8	0	0	18	4	6	0	10	2
Kiddie Cone	1 oz (29 g)	45	10	1	2	0.5	4	0	5	2	20	1	8	3	0	0	6	1	2	0	4	0
Strawberry Sundae	6.3 oz (178 g)	280	60	6	10	4	20	0	25	8	95	4	49	16	1	6	45	6	10	4	20	0
Hot Caramel Sundae	6.4 oz (182 g)	340	70	8	12	5	25	0	30	10	160	7	60	20	1	6	44	7	10	0	25	0
Hot Fudge Sundae	6.3 oz (179 g)	330	90	10	15	7	35	0	25	8	180	8	54	18	2	8	48	8	10	0	25	6
Peanuts (for Sundaes)	0.3 oz (7 g)	45	30	3.5	5	0.5	3	0	0	0	0	0	2	1	1	2	0	2	0	0	0	0
McFlurry® with M&M'S® Candies (12 fl oz cup)	12.3 oz (348 g)	620	180	20	30	12	59	1	55	19	190	8	96	32	1	3	85	14	20	0	45	6
McFlurry® with OREO® Cookies (12 fl oz cup)	11.9 oz (337 g)	550	150	17	26	9	45	1	50	17	250	10	88	29	1	2	73	13	20	0	45	6
Chocolate Triple Thick® Shake (12 fl oz cup)	333 ml	440	90	10	16	6	31	0.5	40	13	190	8	76	25	1	3	63	10	15	0	35	8
Chocolate Triple Thick® Shake (16 fl oz cup)	444 ml	580	120	14	21	8	41	1	50	17	250	11	102	34	1	4	84	13	20	0	45	10
Chocolate Triple Thick® Shake (21 fl oz cup)	583 ml	770	160	18	28	11	55	1	70	23	330	14	134	45	1	5	111	18	30	0	60	15
Chocolate Triple Thick® Shake (32 fl oz cup)	888 ml	1160	240	27	42	16	82	2	100	34	510	21	203	68	2	7	168	27	40	0	90	20
Strawberry Triple Thick® Shake (12 fl oz cup)	333 ml	420	90	10	15	6	30	0.5	40	13	130	5	73	24	0	0	63	10	15	2	30	2

Strawberry Triple Thick® Shake (16 fl oz cup)	444 ml	560	120	13	20	8	40	1	50	17	170	7	97	32	0	0	84	13	20	2	45	2
Strawberry Triple Thick® Shake (21 fl oz cup)	583 ml	740	160	18	27	11	53	1	70	23	230	10	128	43	0	0	111	17	30	2	60	2
Strawberry Triple Thick® Shake (32 fl oz cup)	888 ml	1110	240	26	41	16	80	2	100	34	350	15	194	65	0	0	168	25	40	4	90	4
Vanilla Triple Thick® Shake (12 fl oz cup)	333 ml	420	90	10	15	6	30	0.5	40	13	140	6	72	24	0	0	54	9	15	0	30	2
Vanilla Triple Thick® Shake (16 fl oz cup)	444 ml	550	120	13	20	8	40	1	50	17	190	8	96	32	0	0	72	13	20	0	45	2
Vanilla Triple Thick® Shake (21 fl oz cup)	583 ml	740	160	18	27	11	53	1	70	23	250	10	128	43	0	0	96	17	30	0	60	2
Vanilla Triple Thick® Shake (32 fl oz cup)	888 ml	1110	240	26	41	16	80	2	100	34	370	16	193	64	0	0	145	25	40	0	90	2
Baked Hot Apple Pie	2.7 oz (77 g)	250	110	13	19	7	35	0	0	0	170	7	32	11	4	15	13	2	4	25	2	6
Cinnamon Melts	4 oz (114 g)	460	170	19	30	9	43	0	15	5	370	15	66	22	3	11	32	6	4	0	6	15
McDonaldland® Cookies	2 oz (57 g)	260	70	8	13	2.5	12	0	0	0	300	12	43	14	1	3	13	4	0	0	0	10
Chocolate Chip Cookie	1 cookie (33 g)	160	70	8	12	3.5	19	0	10	3	90	4	21	7	1	3	15	2	2	0	2	8
Oatmeal Raisin Cookie	1 cookie (33 g)	150	50	6	9	2.5	13	0	10	3	135	6	22	7	1	3	13	2	2	0	2	6
Sugar Cookie	1 cookie (33 g)	160	60	7	11	3	15	0	5	2	120	5	21	7	0	0	11	2	2	0	0	4
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Beverages																						
1% Low Fat Milk Jug	1 carton (236 ml)	100	20	2.5	4	1.5	8	0	10	3	125	5	12	4	0	0	12	8	10	4	30	0
1% Low Fat Chocolate Milk Jug	1 carton (236 ml)	170	25	3	4	1.5	9	0	5	2	150	6	26	9	1	3	25	9	10	6	30	0
Minute Maid® Apple Juice Box	6.8 fl oz (200 ml)	100	0	0	0	0	0	0	0	0	15	1	23	8	0	0	22	0	0	100	10	0
Dasani® Water	16.9 fl oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Orange Juice (Small)§	12 fl oz cup	140	0	0	0	0	0	0	0	0	5	0	33	11	0	0	29	2	4	160	2	2
Orange Juice (Medium)§	16 fl oz cup	180	0	0	0	0	0	0	0	0	5	0	42	14	0	0	37	3	6	210	4	2
Orange Juice (Large)§	21 fl oz cup	250	0	0	0	0	0	0	0	0	10	0	57	19	0	0	51	4	8	280	4	2
Coca-Cola® Classic (Child)§	12 fl oz cup	110	0	0	0	0	0	0	0	0	5	0	29	10	0	0	29	0	0	0	0	0

Coffee Cream	0.4 fl oz (11 ml)	20	20	2	3	1.5	6	0	10	3	15	1	0	0	0	0	0	2	0	2	0	
Sugar Packet	1 pkg (4.0 g)	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	4	0	0	0	0	
EQUAL® 0 Calorie Sweetener	1 pkg (1.0 g)	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	
SPLENDA® No Calorie Sweetener	1 pkg (1.0 g)	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	
Iced Coffee--Caramel (Small)§	8 fl oz (61 g)	130	50	5	8	3.5	17	0	20	7	80	3	21	7	0	0	20	1	4	0	4	0
Iced Coffee--Caramel (Medium)§	11.5 fl oz (85 g)	190	70	8	13	5	26	0	30	11	115	5	27	9	0	0	27	2	6	0	6	0
Iced Coffee--Caramel (Large)§	17 fl oz (121 g)	270	100	11	17	7	34	0	40	14	160	7	41	14	0	0	41	2	8	0	8	0
Iced Coffee--Hazelnut (Small)§	8 fl oz (60 g)	130	50	5	8	3.5	17	0	20	7	40	2	21	7	0	0	21	1	6	0	4	0
Iced Coffee--Hazelnut (Medium)§	11.5 fl oz (85 g)	190	70	8	13	5	26	0	30	11	60	3	29	10	0	0	29	2	8	0	6	0
Iced Coffee--Hazelnut (Large)§	17 fl oz (121 g)	270	100	11	17	7	34	0	40	14	85	3	43	14	0	0	43	2	10	0	8	0
Iced Coffee--Regular (Small)§	8 fl oz (61 g)	140	50	5	8	3.5	17	0	20	7	40	2	22	7	0	0	22	1	4	0	4	0
Iced Coffee--Regular (Medium)§	11.5 fl oz (86 g)	200	70	8	13	5	26	0	30	11	60	3	30	10	0	0	30	2	6	0	6	0
Iced Coffee--Regular (Large)§	17 fl oz (122 g)	280	100	11	17	7	34	0	40	14	85	4	45	15	0	0	45	2	8	0	8	0
Iced Coffee--Vanilla (Small)§	8 fl oz (60 g)	130	50	5	8	3.5	17	0	20	7	40	2	21	7	0	0	21	1	4	0	4	0
Iced Coffee--Vanilla (Medium)§	11.5 fl oz (85 g)	190	70	8	13	5	26	0	30	11	60	3	29	10	0	0	28	2	6	0	6	0
Iced Coffee--Vanilla (Large)†	32 fl oz cup	270	100	11	17	7	34	0	40	14	80	3	43	14	0	0	43	2	8	0	8	0
Iced Coffee with Sugar Free Vanilla Syrup (Small)§	8 fl oz (60 g)	60	50	5	8	3.5	17	0	20	7	70	3	8	3	0	0	1	1	4	0	4	0
Iced Coffee with Sugar Free Vanilla Syrup (Medium)§	11.5 fl oz (85 g)	90	70	8	13	5	26	0	30	11	100	4	11	4	0	0	2	2	6	0	6	0
Iced Coffee with Sugar Free Vanilla Syrup (Large)§	17 fl oz (121 g)	120	100	11	17	7	34	0	40	14	140	6	16	5	0	0	2	2	8	0	8	0
Sweet Tea (Child)†	12 fl oz cup	90	0	0	0	0	0	0	0	0	5	0	23	8	0	0	23	0	0	0	0	0
Sweet Tea (Large)†	32 fl oz cup	230	0	0	0	0	0	0	0	0	15	1	59	20	0	0	59	0	0	0	2	0
Sweet Tea (Medium)†	21 fl oz cup	150	0	0	0	0	0	0	0	0	10	0	39	13	0	0	38	0	0	0	0	0

Sweet Tea (Small)†	16 fl oz cup	120	0	0	0	0	0	0	0	0	10	0	30	10	0	0	30	0	0	0	0	
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
McCafe Coffees - Nonfat Milk																						
Nonfat Cappuccino (Small)§	12 fl oz cup	60	0	0	0	0	0	0	5	1	85	4	9	3	0	0	9	6	8	0	25	0
Nonfat Cappuccino (Medium)§	16 fl oz cup	80	0	0	0	0	0	0	5	2	110	5	12	4	0	0	12	8	10	0	30	2
Nonfat Cappuccino (Large)§	20 fl oz cup	90	0	0	0	0	0	0	5	2	130	5	13	4	0	0	13	9	10	0	35	2
Nonfat Latte (Small)§	12 fl oz cup	90	0	0	0	0	0	0	5	2	115	5	13	4	0	0	13	9	10	0	30	0
Nonfat Latte (Medium)§	16 fl oz cup	110	0	0	0	0	0	0	5	2	140	6	15	5	0	0	15	10	10	0	40	2
Nonfat Latte (Large)§	20 fl oz cup	120	0	0	0	0	0	0	5	2	160	7	18	6	0	0	18	12	15	0	45	2
Nonfat Caramel Cappuccino (Small)§	12 fl oz cup	150	0	0	0	0	0	0	5	1	120	5	33	11	0	0	32	5	6	0	20	0
Nonfat Caramel Cappuccino (Medium)§	16 fl oz cup	190	0	0	0	0	0	0	5	1	150	6	41	14	0	0	41	6	8	0	25	2
Nonfat Caramel Cappuccino (Large)§	20 fl oz cup	230	0	0	0	0	0	0	5	1	180	8	49	16	0	0	49	7	8	0	25	2
Nonfat Caramel Latte (Small)§	12 fl oz cup	170	0	0	0	0	0	0	5	1	150	6	36	12	0	0	36	7	8	0	25	0
Nonfat Caramel Latte (Medium)§	16 fl oz cup	220	0	0	0	0	0	0	5	2	180	8	45	15	0	0	45	9	10	0	30	2
Nonfat Caramel Latte (Large)§	20 fl oz cup	260	0	0	0	0	0	0	5	2	220	9	53	18	0	0	53	10	10	0	35	2
Nonfat Hazelnut Cappuccino (Small)§	12 fl oz cup	150	0	0	0	0	0	0	5	1	70	3	34	11	0	0	34	5	8	0	20	0
Nonfat Hazelnut Cappuccino (Medium)§	16 fl oz cup	190	0	0	0	0	0	0	5	1	90	4	43	14	0	0	43	6	10	0	25	2
Nonfat Hazelnut Cappuccino (Large)§	20 fl oz cup	230	0	0	0	0	0	0	5	1	100	4	51	17	0	0	51	7	10	0	25	2
Nonfat Hazelnut Latte (Small)§	12 fl oz cup	180	0	0	0	0	0	0	5	1	95	4	37	12	0	0	37	7	10	0	25	0
Nonfat Hazelnut Latte (Medium)§	16 fl oz cup	220	0	0	0	0	0	0	5	2	115	5	46	15	0	0	46	9	15	0	30	2
Nonfat Hazelnut Latte (Large)§	20 fl oz cup	260	0	0	0	0	0	0	5	2	135	6	55	18	0	0	55	10	15	0	35	2

Nonfat Vanilla Cappuccino (Small)§	12 fl oz cup	150	0	0	0	0	0	0	5	1	70	3	34	11	0	0	34	5	6	0	20	0
Nonfat Vanilla Cappuccino (Medium)§	16 fl oz cup	190	0	0	0	0	0	0	5	1	90	4	42	14	0	0	42	6	8	0	25	2
Nonfat Vanilla Cappuccino (Large)§	20 fl oz cup	230	0	0	0	0	0	0	5	1	100	4	51	17	0	0	51	7	8	0	25	2
Nonfat Vanilla Latte (Small)§	12 fl oz cup	180	0	0	0	0	0	0	5	1	95	4	37	12	0	0	37	7	8	0	25	0
Nonfat Vanilla Latte (Medium)§	16 fl oz cup	220	0	0	0	0	0	0	5	2	115	5	46	15	0	0	46	9	10	0	30	2
Nonfat Vanilla Latte (Large)§	20 fl oz cup	260	0	0	0	0	0	0	5	2	135	6	55	18	0	0	55	10	10	0	35	2
Nonfat Cappuccino with Sugar Free Vanilla Syrup (Small)§	12 fl oz cup	50	0	0	0	0	0	0	5	1	100	4	15	5	0	0	8	5	6	0	20	2
Nonfat Cappuccino with Sugar Free Vanilla Syrup (Medium)§	16 fl oz cup	70	0	0	0	0	0	0	5	1	130	5	19	6	0	0	10	7	8	0	25	2
Nonfat Cappuccino with Sugar Free Vanilla Syrup (Large)§	20 fl oz cup	80	0	0	0	0	0	0	5	1	150	6	22	7	0	0	11	8	8	0	25	2
Nonfat Latte with Sugar Free Vanilla Syrup (Small)§	12 fl oz cup	80	0	0	0	0	0	0	5	1	130	5	18	6	0	0	11	7	8	0	25	2
Nonfat Latte with Sugar Free Vanilla Syrup (Medium)§	16 fl oz cup	90	0	0	0	0	0	0	5	2	160	7	22	7	0	0	13	9	10	0	35	2
Nonfat Latte with Sugar Free Vanilla Syrup (Large)§	20 fl oz cup	110	0	0	0	0	0	0	5	2	190	8	27	9	0	0	15	11	15	0	40	2
Mocha with Nonfat Milk (Small)§	12 fl oz cup	240	45	5	8	3	16	0	5	2	130	5	41	14	0	0	34	7	8	0	25	4
Mocha with Nonfat Milk (Medium)§	16 fl oz cup	280	50	6	9	3.5	17	0	10	3	160	6	50	17	0	0	42	8	10	0	25	4
Mocha with Nonfat Milk (Large)§	20 fl oz cup	330	50	6	9	3.5	18	0	10	3	190	8	58	19	0	0	50	10	10	0	30	6
Hot Chocolate with Nonfat Milk (Small)§	12 fl oz cup	250	45	5	8	3	16	0	10	3	140	6	43	14	0	0	37	8	10	0	30	4
Hot Chocolate with Nonfat Milk (Medium)§	16 fl oz cup	310	50	6	9	3.5	17	0	10	3	190	8	55	18	0	0	47	11	15	0	40	4
Hot Chocolate with Nonfat Milk (Large)§	20 fl oz cup	390	50	6	9	3.5	18	0	10	4	250	11	68	23	0	0	59	16	20	0	60	4
Iced Nonfat Latte (Small)§	12 fl oz cup	50	0	0	0	0	0	0	5	1	70	3	7	2	0	0	7	5	6	0	15	0

Iced Nonfat Latte (Medium)§	16 fl oz cup	60	0	0	0	0	0	0	5	1	90	4	9	3	0	0	9	6	8	0	20	2
Iced Nonfat Latte (Large)§	22 fl oz cup	70	0	0	0	0	0	0	5	1	105	4	11	4	0	0	11	7	8	0	25	2
Iced Nonfat Caramel Latte (Small)§	12 fl oz cup	140	0	0	0	0	0	0	0	0	105	4	30	10	0	0	30	3	4	0	10	0
Iced Nonfat Caramel Latte (Medium)§	16 fl oz cup	150	0	0	0	0	0	0	5	1	120	5	32	11	0	0	32	5	6	0	15	2
Iced Nonfat Caramel Latte (Large)§	22 fl oz cup	190	0	0	0	0	0	0	5	1	150	6	40	13	0	0	40	6	6	0	20	2
Iced Nonfat Hazelnut Latte (Small)§	12 fl oz cup	140	0	0	0	0	0	0	0	0	50	2	32	11	0	0	32	3	6	0	10	0
Iced Nonfat Hazelnut Latte (Medium)§	16 fl oz cup	150	0	0	0	0	0	0	5	1	70	3	33	11	0	0	33	5	8	0	15	2
Iced Nonfat Hazelnut Latte (Large)§	22 fl oz cup	190	0	0	0	0	0	0	5	1	80	3	42	14	0	0	42	6	10	0	20	2
Iced Nonfat Vanilla Latte (Small)§	12 fl oz cup	140	0	0	0	0	0	0	0	0	50	2	31	10	0	0	31	3	4	0	10	0
Iced Nonfat Vanilla Latte (Medium)§	16 fl oz cup	150	0	0	0	0	0	0	5	1	70	3	33	11	0	0	33	5	6	0	15	2
Iced Nonfat Vanilla Latte (Large)§	22 fl oz cup	190	0	0	0	0	0	0	5	1	85	3	41	14	0	0	41	6	6	0	20	2
Iced Nonfat Latte with Sugar Free Vanilla Syrup (Small)§	12 fl oz cup	40	0	0	0	0	0	0	0	0	85	4	13	4	0	0	5	4	4	0	15	2
Iced Nonfat Latte with Sugar Free Vanilla Syrup (Medium)§	16 fl oz cup	50	0	0	0	0	0	0	5	1	100	4	14	5	0	0	6	5	6	0	15	2
Iced Nonfat Latte with Sugar Free Vanilla Syrup (Large)§	22 fl oz cup	60	0	0	0	0	0	0	5	1	130	5	19	6	0	0	8	6	6	0	20	2
Iced Mocha with Nonfat Milk (Medium)§	16 fl oz cup	270	70	8	12	4.5	24	0	10	3	140	6	43	14	0	0	35	7	10	0	25	4
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
McCafe Coffees - Whole Milk																						
Cappuccino (Small)§	12 fl oz cup	120	60	7	10	4	19	0	20	7	85	4	9	3	0	0	9	6	4	0	25	0
Cappuccino (Medium)§	16 fl oz cup	140	70	8	12	4.5	23	0	25	8	105	4	11	4	0	0	11	8	4	0	25	2
Cappuccino (Large)§	20 fl oz cup	180	90	10	15	6	28	0	30	10	130	5	13	4	0	0	13	9	6	0	35	2

Latte (Small) §	12 fl oz cup	150	70	8	13	4.5	24	0	25	8	105	4	11	4	0	0	11	8	6	0	30	0
Latte (Medium)§	16 fl oz cup	180	90	10	15	6	28	0	30	10	130	5	13	4	0	0	13	10	6	0	35	2
Latte (Large)§	20 fl oz cup	210	100	11	18	7	33	0	35	12	150	6	16	5	0	0	16	11	8	0	40	2
Caramel Cappuccino (Small)§	12 fl oz cup	200	45	5	8	3	15	0	15	5	125	5	32	11	0	0	32	5	4	0	20	0
Caramel Cappuccino (Medium)§	16 fl oz cup	240	50	6	9	3.5	18	0	20	6	150	6	41	14	0	0	40	6	4	0	20	2
Caramel Cappuccino (Large)§	20 fl oz cup	290	70	8	12	4.5	22	0	25	8	190	8	49	16	0	0	49	8	4	0	25	2
Caramel Latte (Small)§	12 fl oz cup	230	60	7	10	4	20	0	20	7	140	6	35	12	0	0	35	7	4	0	25	0
Caramel Latte (Medium)§	16 fl oz cup	280	70	8	12	4.5	23	0	25	8	170	7	43	14	0	0	43	8	4	0	30	2
Caramel Latte (Large)§	20 fl oz cup	330	80	9	15	5	27	0	30	10	210	9	52	17	0	0	51	9	6	0	35	2
Hazelnut Cappuccino (Small)§	12 fl oz cup	200	45	5	8	3	15	0	15	5	70	3	34	11	0	0	34	5	6	0	20	0
Hazelnut Cappuccino (Medium)§	16 fl oz cup	240	50	6	9	3.5	18	0	20	6	85	4	42	14	0	0	42	6	6	0	20	2
Hazelnut Cappuccino (Large)§	20 fl oz cup	290	70	8	12	4.5	22	0	25	8	105	4	51	17	0	0	51	7	8	0	25	2
Hazelnut Latte (Small)§	12 fl oz cup	230	60	7	10	4	20	0	20	7	90	4	36	12	0	0	36	7	6	0	25	0
Hazelnut Latte (Medium)§	16 fl oz cup	280	70	8	12	4.5	23	0	25	8	110	5	45	15	0	0	45	8	8	0	30	2
Hazelnut Latte (Large)§	20 fl oz cup	330	80	9	14	5	27	0	30	9	130	5	53	18	0	0	53	9	10	0	30	2
Vanilla Cappuccino (Small)§	12 fl oz cup	200	45	5	8	3	15	0	15	5	70	3	34	11	0	0	34	5	4	0	20	0
Vanilla Cappuccino (Medium)§	16 fl oz cup	240	50	6	9	3.5	18	0	20	6	85	4	42	14	0	0	42	6	4	0	20	2
Vanilla Cappuccino (Large)§	20 fl oz cup	290	70	8	12	4.5	22	0	25	8	105	4	51	17	0	0	51	7	4	0	25	2
Vanilla Latte (Small)§	12 fl oz cup	230	60	7	10	4	20	0	20	7	90	4	36	12	0	0	36	7	4	0	25	0
Vanilla Latte (Medium)§	16 fl oz cup	280	70	8	12	4.5	23	0	25	8	110	5	44	15	0	0	44	8	4	0	30	2
Vanilla Latte (Large)§	20 fl oz cup	330	80	9	14	5	27	0	30	9	130	5	53	18	0	0	53	9	6	0	30	2
Cappuccino with Sugar Free Vanilla Syrup (Small)§	12 fl oz cup	100	50	5	8	3	16	0	15	5	105	4	15	5	0	0	7	5	4	0	20	2
Cappuccino with Sugar Free Vanilla Syrup (Medium)§	16 fl oz cup	120	60	6	10	3.5	19	0	20	6	130	5	18	6	0	0	9	6	4	0	20	2

Cappuccino with Sugar Free Vanilla Syrup (Large)§	20 fl oz cup	150	70	8	12	4.5	23	0	25	8	160	7	22	7	0	0	11	8	4	0	25	2
Latte with Sugar Free Vanilla Syrup (Small)§	12 fl oz cup	130	60	7	11	4	20	0	20	7	125	5	17	6	0	0	10	7	4	0	25	2
Latte with Sugar Free Vanilla Syrup (Medium)§	16 fl oz cup	160	70	8	13	5	24	0	25	8	150	6	21	7	0	0	11	8	6	0	30	2
Latte with Sugar Free Vanilla Syrup (Large)§	20 fl oz cup	180	90	10	15	6	28	0	30	10	180	7	25	8	0	0	13	10	6	0	35	2
Mocha (Small)§	12 fl oz cup	280	100	11	16	6	32	0	20	7	125	5	40	13	0	0	33	6	4	0	20	4
Mocha (Medium)§	16 fl oz cup	330	110	12	18	7	35	0	25	8	150	6	48	16	0	0	41	7	6	0	25	4
Mocha (Large)§	20 fl oz cup	400	130	14	22	8	42	0.5	30	10	190	8	58	19	0	0	49	10	6	0	30	6
Hot Chocolate (Small)§	12 fl oz cup	300	110	12	18	7	35	0	25	8	135	6	41	14	0	0	35	8	6	0	25	4
Hot Chocolate (Medium)§	16 fl oz cup	380	130	15	23	9	43	0.5	30	11	170	7	53	18	0	0	45	10	8	0	35	4
Hot Chocolate (Large)§	20 fl oz cup	460	160	18	27	10	52	0.5	40	14	220	9	63	21	0	0	54	13	8	0	45	4
Iced Latte (Small)§	12 fl oz cup	80	40	4.5	7	2.5	13	0	15	4	65	3	6	2	0	0	6	4	2	0	15	0
Iced Latte (Medium)§	16 fl oz cup	100	50	6	9	3.5	16	0	15	6	80	3	8	3	0	0	8	6	4	0	20	2
Iced Latte (Large)§	22 fl oz cup	140	70	8	12	4.5	22	0	25	8	105	4	10	3	0	0	10	7	4	0	25	2
Iced Caramel Latte (Small)§	12 fl oz cup	160	25	3	5	1.5	9	0	10	3	100	4	29	10	0	0	29	3	2	0	10	0
Iced Caramel Latte (Medium)§	16 fl oz cup	180	40	4.5	7	2.5	13	0	15	4	120	5	31	10	0	0	31	4	2	0	15	2
Iced Caramel Latte (Large)§	22 fl oz cup	230	50	6	9	3.5	17	0	15	6	150	6	40	13	0	0	40	6	4	0	20	2
Iced Hazelnut Latte (Small)§	12 fl oz cup	160	25	3	5	1.5	9	0	10	3	45	2	31	10	0	0	31	3	4	0	10	0
Iced Hazelnut Latte (Medium)§	16 fl oz cup	180	40	4.5	7	2.5	13	0	15	4	65	3	33	11	0	0	33	4	6	0	15	2
Iced Hazelnut Latte (Large)§	22 fl oz cup	230	50	6	9	3.5	17	0	15	6	85	4	41	14	0	0	41	6	6	0	20	2
Iced Vanilla Latte (Small)§	12 fl oz cup	160	25	3	5	1.5	9	0	10	3	45	2	31	10	0	0	31	3	2	0	10	0
Iced Vanilla Latte (Medium)§	16 fl oz cup	190	40	4.5	7	2.5	14	0	15	5	70	3	33	11	0	0	33	5	2	0	15	2
Iced Vanilla Latte (Large)§	22 fl oz cup	230	50	6	9	3.5	17	0	15	6	85	4	41	14	0	0	41	6	4	0	20	2
Iced Latte with Sugar Free Vanilla Syrup (Small)§	12 fl oz cup	60	30	3	5	2	9	0	10	3	80	3	12	4	0	0	4	3	2	0	10	2
Iced Latte with Sugar Free Vanilla Syrup (Medium)§	16 fl oz cup	90	40	5	7	3	14	0	15	5	105	4	14	5	0	0	6	5	2	0	15	2

Iced Latte with Sugar Free Vanilla Syrup (Large)§	22 fl oz cup	110	50	6	9	3.5	17	0	15	6	130	5	19	6	0	0	8	6	4	0	20	2
Iced Mocha (Medium)§	16 fl oz cup	310	120	13	20	8	39	0	25	8	140	6	42	14	0	0	35	7	6	0	20	4

Note: Nutrient contributions from individual components may not equal the total due to federal rounding regulations. Percent Daily Values (DV) and RDIs are based on unrounded values.

This list is effective 07-31-2009.

* Contains less than 2% of the Daily Value of these nutrients

† Available at participating McDonald's

+ Based on the weight before cooking 4 oz. (113.4g)

++ Based on the weight before cooking 8 oz. (226.8g)

§ The values represent the sodium derived from ingredients plus water. Sodium content of the water is based on the value listed for municipal water in the USDA National Nutrient Database. The actual amount of sodium may be higher or lower depending upon the sodium content of the water where the beverage is dispensed.

» Made with low fat yogurt

** Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from McDonald's suppliers. The nutrition information is based on standard product formulations and serving sizes. All nutrition information is based on average values for ingredients from McDonald's suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. None of our products is certified as vegetarian. This information is correct as of January 2007, unless stated otherwise.

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