



# Great-Tasting McDonald's® Meals for Less than 600 calories each made just for you.

Here are just a few McDonald's choices that provide recommended food groups and essential nutrients with each meal for less than 600 calories.

## Breakfast

- Fruit & Maple Oatmeal
- 1% Low Fat White Milk Jug
- Premium Roast Coffee (Black)

### This Meal Delivers:

- ✓ 400 calories
- ✓ 2 servings of whole grain (32 grams of whole grain)
- ✓ 1 cup of 1% low-fat white milk
- ✓ Protein
- ✓ Vitamin C, Calcium, Dietary Fiber, Vitamin A, Iron



## Lunch or Dinner

- McDonald's Southwest Salad with Grilled Chicken
- 1 packet of Newman's Own® Creamy Southwest Dressing
- Fruit 'n Yogurt Parfait (with granola)
- Diet Coke®

### This Meal Delivers:

- ✓ 540 calories
- ✓ About 3 cups of vegetables
- ✓ About 1/3 cup of low-fat yogurt
- ✓ Protein
- ✓ Vitamin A, Vitamin C, Dietary Fiber, Calcium, Iron



## Lunch or Dinner

- Premium Grilled Chicken Classic Sandwich on a bakery-style bun
- Apple Slices
- Bottle of Dasani® Water

### This Meal Delivers:

- ✓ 370 calories
- ✓ About 1/2 serving of whole grain (8 grams of whole grain)
- ✓ About 1/4 cup of fruit
- ✓ Protein
- ✓ Vitamin C, Iron, Calcium, Dietary Fiber



## Lunch or Dinner\*

- New Happy Meal®
- 4-piece Chicken McNuggets®
- Apple Slices
- Kids Fries
- Fat-Free Chocolate Milk Jug

### This Meal Delivers:

- ✓ 440 calories
- ✓ About 1/4 cup fruit
- ✓ 1 cup of fat-free chocolate milk
- ✓ Protein
- ✓ Vitamin C, Calcium, Dietary Fiber, Vitamin A



McDonald's is proud to work with Healthy Dining Finder, Dairy Management Inc., Produce for Better Health Foundation and the Whole Grains Council.



Information is accurate as of October 2011. For the most up-to-date information, please visit [www.mcdonalds.com/nutrition](http://www.mcdonalds.com/nutrition).

The United States Department of Agriculture and United States Department of Health and Human Services *Dietary Guidelines for Americans, 2010* recommend that individuals increase their intake of vegetables; fruits; whole grains; fat-free or low-fat milk and milk products as well as choose a variety of protein foods as part of wholesome eating within calorie needs. In general, guidelines recommend 1,600 to 2,400 calories per day for adult women and 2,000 to 3,000 calories per day for adult men, depending on age and physical activity levels.

\*McDonald's new Happy Meal is now available in select markets. The new Happy Meal will be available nationwide by March 2012.

Questions or comments? Email [Nutrition@us.mcd.com](mailto:Nutrition@us.mcd.com).