



Enjoy Eating the Food Groups at McDonald's®

made just for you.



The *Dietary Guidelines for Americans, 2010* and *MyPlate* recommend increasing the intake of vegetables, fruits, whole grains, fat-free or low-fat milk and dairy products as well as lean protein.

Here are some great-tasting McDonald's menu choices that include these recommended food groups.

USDA Recommends:

- ✓ Make half your plate fruits and vegetables
- ✓ Make at least half your grains whole grains
- ✓ Switch to fat-free or low-fat (1%) milk

Fruits

- ✓ **Apple Dippers:** About 1/2 cup of fruit
- ✓ **Snack Size Fruit & Walnut Salad:** About 1/2 cup of fruit
- ✓ **Real Fruit Smoothies with Yogurt:** A small (12 ounces) delivers about 1/2 cup of fruit



Vegetables

- ✓ **Side Salad:** About 2 cups of vegetables
- ✓ **Premium Salads:** About 3 cups of vegetables



Whole Grains

- ✓ **Fruit & Maple Oatmeal:** 2 servings of whole grain (32 grams of whole grain)
- ✓ **Premium Chicken Sandwiches:** Bakery style bun provides 1/2 serving of whole grain (8 grams of whole grain)



Low-Fat Milk and Dairy Products

- ✓ **1% Low Fat White Milk Jug:** 1 cup of 1% low-fat white milk
- ✓ **Fruit 'n Yogurt Parfait with granola:** About 1/3 cup of low-fat yogurt



Quality Protein

The following menu items deliver quality protein:

- ✓ **New grilled chicken breast filet**
 - Grilled Chicken Snack Wraps
 - Premium Grilled Chicken Sandwiches
- ✓ **Canadian Style Bacon on the Egg McMuffin®**



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 July 2011. For the most up-to-date information, please visit www.mcdonalds.com/nutrition.

1. The *Dietary Guidelines for Americans, 2010* recommend that individuals increase intake of vegetables, fruit, whole grains, fat-free or low-fat milk and milk products, and sources of lean protein as part of a balanced eating pattern while staying within individual calorie needs. It also recommends 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 level.

Questions or comments? Email Nutrition@us.mcd.com.

© 2011 McDonald's