

STEP UP TO HEALTHY EATING AT McDONALD'S®

SIX MEALS UNDER 500 CALORIES

McDonald's is working to help make healthy lifestyles, balanced diets, eating and physical activities a way of life, through informed menu choices, variety, education and the promotion of physical activity. If you're counting calories, consider one of McDonald's "under 500" meal suggestions below:

Breakfast

Egg McMuffin® sandwich
Small Orange Juice (16 fl oz cup)
(480 calories)

Bagel (plain)
Strawberry Jam, 1 pkg.
Snack Size Fruit 'n Yogurt Parfait
Small coffee
(485 calories)

Lunch/Dinner

Regular Hamburger
Small French Fries
Small Diet Coke® (16 fl oz cup)**(490 calories)**

Chicken McGrill® sandwich without mayonnaise
Side Salad
Newman's Own® Low Fat Balsamic Vinaigrette, _ pkg.
Snack Size Fruit 'n Yogurt Parfait
Bottled water
(495 calories)

Grilled Chicken California Cobb Salad
Newman's Own Low Fat Balsamic Vinaigrette
Vanilla Reduced Fat Ice Cream Cone
Medium Iced Tea (21 fl oz cup)
(470 calories)

Caesar Salad (without chicken)
Butter Garlic Croutons
Newman's Own® Low Fat Balsamic Vinaigrette
Small French Fries
1% Lowfat Milk, 8 fl oz carton
(490 calories)

* To get the Nutrition Facts for your favorite McDonald's meal, try our Bag A McMeal feature in the Food & Nutrition section at www.mcdonalds.com.

SIMPLE STEPS TO TRIM CALORIES AT MCDONALD'S

Taking small, simple steps to trim calories can add up to big savings. The next time you're at McDonald's, try some of these tips:

Order...	Calories saved:
Bottled water, iced tea, or a diet soft drink instead of a large soft drink	310
A side salad topped with 1/2 packet of Newman's Own Low Fat Balsamic Vinaigrette Dressing instead of a small order of French Fries	175
Medium French Fries instead of Super Size®	160
A Filet-O-Fish® sandwich without tartar sauce	140
A Snack Size Fruit 'n Yogurt Parfait instead of a Strawberry Sundae	130
A Premium Salad without grilled or crispy chicken	130/230
A Big Mac® sandwich without special sauce	100
A Premium Salad with grilled chicken instead of crispy chicken	100
A Big N' Tasty® Burger, Crispy Chicken, or Chicken McGrill sandwich without mayonnaise	100
A Quarter Pounder® without cheese	110
Newman's Own Creamy Caesar or Ranch Dressing—use only half the packet	95/145
Hotcakes and syrup without the margarine	80
Newman's Own Low Fat Balsamic Vinaigrette instead of Cobb, Creamy Caesar or Ranch Dressing	80/150/250

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