



McDonald's® Myth Busters

Commitment to High Quality Food and Fresh Ingredients

Food quality is important at McDonald's. That's why we are committed to providing high quality food, using fresh, wholesome ingredients, working with trusted brands and ensuring consistent preparation standards in our restaurants. In addition, McDonald's implements rigorous food safety standards, which meet or exceed government regulations.



The quality of the food and ingredients we use - and how you view the quality of our products - are important to us. To that end, we strive to do everything possible to ensure you receive a quality experience at McDonald's...serving a quality meal every time™.

Straight Facts

Here are some key facts versus myths about the quality of your favorite McDonald's food choices.

Myth: McDonald's Chicken McNuggets® are not made with real chicken.

Fact: The chicken in our Premium Chicken Sandwiches, Chicken Selects® strips and Chicken McNuggets® is made from 100 percent-USDA chicken breast.

Myth: McDonald's hamburgers contain additives or extra fillers.

Fact: The ground beef used to make McDonald's favorites like the Hamburger, Cheeseburger and Big Mac® sandwich is 100 percent-USDA inspected beef.

Myth: McDonald's shakes are not made from real ice cream.

Fact: McDonald's shakes, McFlurry® desserts and reduced fat ice cream are made from fresh, quality cream, whole milk, skim milk and condensed skim milk.

Myth: McDonald's uses artificial eggs in its breakfast items.

Fact: The Grade A eggs you use each morning at home are the same ones we use to make our Egg McMuffin® sandwiches.

Myth: McDonald's food is over-processed and full of additives.

Fact: McDonald's uses only the minimal processes needed to deliver great tasting, quality, safe foods and beverages that retain vitamins and minerals found naturally in the food.



Myth: McDonald's food contains little nutritional value.

Fact: McDonald's food choices offer a variety of key nutrients, vitamins and minerals. For example:

- Kids meals at McDonald's contain important nutrients that growing children need, including calcium, iron, zinc, B vitamins, vitamin C and other vitamins and minerals.
- Our grilled chicken breast filet is an excellent source of protein, niacin, vitamin B6 and phosphorus.
- The vegetables in our Premium Salads, including mixed greens, grape tomatoes and shaved carrots are an excellent source of vitamin A and vitamin C.
- Our Premium Salads provide two to three servings of vegetables.
- For our Premium Salads and Apple Dippers, McDonald's purchases 54 million pounds of apples annually.

Additional Food Facts:

- McDonald's uses white fish from the cold, deep waters of the Pacific Ocean and Bering, Baltic and North Seas for our Filet-o-Fish® sandwich.
- Our produce in our Premium Salads is fresh. We use regional suppliers to ensure quality taste is delivered to you in every Premium Salad and sandwich.
- The quality specifications for our condiments - ketchup, mustard, mayonnaise, salad dressing and pickles - exceed those of many nationally recognized brands.
- McDonald's uses only select potatoes to make our World Famous Fries®.

