

Balanced Meal Choices from McDonald's® Under 500 Calories



McDonald's offers a variety of balanced food and beverage choices. Try mixing and matching to make a meal while staying within daily recommended calorie needs. In general, guidelines recommend 1,600 to 2,400 calories per day for women and 2,000 to 3,200 calories per day for men.¹ Individual daily calorie needs vary for men and women depending on a variety of factors, including age, gender, weight and physical activity level. Here are examples of eight meal combinations at McDonald's that fit within the range of daily calorie needs at any level of physical activity.

¹ Individual calorie needs adapted for individuals 18 years of age and older from the Dietary Guidelines for Americans, 2020-2025, Appendix 2, Table A2-2, "Estimated Calorie Needs per Day, by Age, Sex, Physical Activity Level, Ages 2 and Older," Page 139.

For more information on calories & nutrition, please visit www.mcdonalds.com/us/en-us/about-our-food/nutrition-calculator.html

Breakfast

Option 1: 350 calories

Fruit & Maple Oatmeal
Apple Slices (2 bags)
Black coffee, unsweetened
(or another zero-calorie beverage)

Option 2: 325 calories

Egg McMuffin®
Apple Slices
Black coffee, unsweetened
(or another zero-calorie beverage)

Option 3: 465 calories

Scrambled Eggs*
English Muffin (with butter)
Apple Slices
Reduced Sugar** Low Fat
Chocolate Milk

Lunch or Dinner

Option 4: 300 calories

Hamburger
Apple Slices
Honest Kids® Appley Ever After®
Organic Juice Drink

Option 5: 335 calories

Chicken McNuggets® 4-piece
Apple Slices
Minute Maid® Orange Juice (small)

Option 6: 315 calories

McChicken® Sandwich
(without mayonnaise)
Apple Slices
Dasani® Water
(or another
zero-calorie
beverage)

Option 7: 315 calories

Filet-O-Fish® (without tartar sauce)
Apple Slices
Dasani® Water
(or another zero calorie beverage)

Option 8: 415 calories

Hamburger
Apple Slices
Minute Maid® Orange Juice (small)



*Scrambled eggs need to be ordered separately

**25% less sugar than leading Quick Service Restaurants' low fat chocolate milk ^ ^14g of sugar vs. avg. 23g at leading Quick Service Restaurants

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