



NUTRITION SURVIVAL GUIDE TO

MCDONALD'S

CALORIES AND MACRONUTRIENTS

2020/21

WWW.PDFITNESSANDNUTRITION.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

LIMITED BREAKFAST MENU

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Breakfast Roll with Ketchup	513	31.0	41.0	2.4	8.8	24.0	2.7
Breakfast Roll with Brown Sauce	517	31.0	43.0	2.1	9.3	24.0	2.6
Muffin with Jam	211	6.4	34.0	2.0	11.0	4.8	0.5
Bacon Roll with Brown Sauce	356	22.0	41.0	1.8	8.5	11.0	2.2
Bacon Roll with Tomato Ketchup	351	22.0	40.0	2.0	7.9	11.0	2.4
Hash Brown	136	1.0	14.0	1.3	0.3	8.2	0.7
Double Sausage & Egg McMuffin®	565	36.0	28.0	2.5	3.2	34.0	2.7
Sausage & Egg McMuffin®	430	26.0	27.0	2.1	2.7	24.0	1.9
Bacon & Egg McMuffin®	348	21.0	27.0	1.8	2.1	17.0	1.7
Double Bacon & Egg McMuffin®	401	27.0	27.0	1.8	2.2	20.0	2.2
Egg & Cheese McMuffin®	295	16.0	27.0	1.8	2.1	13.0	1.1
Cheesy Bacon Flatbread	298	14.0	28.0	1.6	2.1	14.0	1.5
Pancakes & Syrup	477	10.0	95.0	2.3	41.0	5.6	1.5
Pancakes & Sausage with Syrup	612	20.0	96.0	2.6	41.0	16.0	2.3

MCCAFÉ®

Salted Caramel Latte - Regular	164	7.8	20.0	0.0	20.0	5.8	0.5
Salted Caramel Latte - Large	206	10.0	26.0	0.0	25.0	6.9	0.6
Hot Chocolate - Regular	173	2.2	30.0	2.3	27.0	4.3	0.6
Hot Chocolate - Large	231	3.0	40.0	3.1	36.0	5.8	0.8
Toffee Latte - Regular	187	7.9	25.0	0.0	23.0	6.3	0.3
Toffee Latte - Large	232	10.0	31.0	0.0	29.0	7.5	0.3
Black Coffee - Regular	6	0.6	0.8	0.0	0.0	0.0	0.0
Black Coffee - Large	8	0.8	1.1	0.0	0.0	0.0	0.0
Cappuccino - Regular	97	6.6	10.0	0.2	9.9	3.3	0.2
Cappuccino - Large	128	8.8	13.0	0.2	13.0	4.4	0.3
Flat White	86	6.3	8.4	0.0	8.2	3.1	0.2
Latte - Regular	145	11.0	14.0	0.0	14.0	5.2	0.3
Latte - Large	197	14.0	19.0	0.0	19.0	7.1	0.4
Tea - Regular	6	0.4	0.8	0.0	0.5	0.2	0.0
Tea - Large	12	0.7	1.4	0.0	1.0	0.4	0.0
White Coffee - Regular	54	4.1	5.5	0.0	4.7	1.8	0.1
White Coffee - Large	74	5.6	7.6	0.0	6.4	2.4	0.2

HAPPY MEAL®

Happy Meal® Veggie Dippers - 2 pieces Meal	206	3.6	30.0	4.8	11.2	6.7	0.6
Fish Fingers (3 fingers) Meal	194	13.0	16.0	0.7	0.5	8.5	0.7
Hamburger Meal	296	13.3	40.0	4.2	16.6	8.4	1.2
Cheeseburger Meal	347	16.3	41.0	4.2	17.3	12.1	1.6
Chicken McNuggets® (4 pieces) Meal	219	11.3	22.0	2.2	10.4	9.0	0.3



1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

REDUCED MENU

	Calories (Kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Double Big Mac®	694	43.0	43.0	3.6	9.1	38.0	2.8
Cheese Melt Dippers- 4 Pieces	255	8.8	16.0	1.9	0.7	17.0	1.9
Cheese Melt Dippers - sharebox- 12 Pieces	765	26.0	47.0	5.7	2.1	51.0	5.7
Jerk Chicken Sandwich	564	31.0	58.0	2.2	12.0	23.0	2.7
Celebrations McFlurry® - Regular	343	5.9	49.0	1.7	44.0	13.0	0.2
Celebrations McFlurry® - Mini	171	3.0	25.0	0.9	22.0	6.6	0.1
Salted Caramel Latte - Regular	164	7.8	20.0	0.0	20.0	5.8	0.5
Salted Caramel Latte - Large	206	10.0	26.0	0.0	25.0	6.9	0.6
Hot Chocolate - Regular	173	2.2	30.0	2.3	27.0	4.3	0.6
Hot Chocolate - Large	231	3.0	40.0	3.1	36.0	5.8	0.8
Toffee Latte - Regular	187	7.9	25.0	0.0	23.0	6.3	0.3
Toffee Latte - Large	232	10.0	31.0	0.0	29.0	7.5	0.3
Frozen Strawberry Lemonade - Regular	201	0.3	49.0	0.0	32.0	0.5	0.0
Frozen Strawberry Lemonade - Large	255	0.4	62.0	0.0	40.0	0.6	0.0
Caramel Iced Frappé - Regular	319	6.4	38.0	0.7	33.0	16.0	0.3
Caramel Iced Frappé - Large	399	8.2	48.0	1.0	42.0	19.0	0.4
Breakfast Roll with Ketchup	513	31.0	41.0	2.4	8.8	24.0	2.7
Breakfast Roll with Brown Sauce	517	31.0	43.0	2.1	9.3	24.0	2.6
Crispy Chicken Salad	261	21.0	16.0	1.9	2.9	12.0	0.8
Crispy Chicken and Bacon Salad	311	25.0	16.0	1.9	3.0	16.0	1.1
Triple Cheeseburger	588	37.0	37.0	2.4	8.9	34.0	3.1
Muffin with Jam	211	6.4	34.0	2.0	11.0	4.8	0.5
Double Quarter Pounder with Cheese®	750	51.0	38.0	2.5	10.0	43.0	2.9
Veggie Dippers - 4 pieces	321	6.6	41.0	6.0	2.3	13.0	1.1
Happy Meal® Veggie Dippers - 2 pieces	160	3.3	20.0	3.0	1.2	6.6	0.6
Apple Pie	250	2.3	27.0	1.4	9.5	14.0	0.3
Millionaire's Donut	250	4.7	26.0	1.2	8.6	12.0	0.5
Chicken Legend® with BBQ Sauce	484	27.0	61.0	3.9	8.4	14.0	1.6
Chicken Legend® with Hot & Spicy Mayo	519	27.0	56.0	3.9	4.5	20.0	1.8
Chicken Legend® with Cool Mayo	529	27.0	56.0	4.0	4.5	21.0	1.8
Carrot Bag	34	0.5	6.2	2.4	5.8	0.2	0.1
The BBQ and Bacon Chicken One - Crispy	500	24.0	52.0	3.1	7.0	21.0	2.2
The Sweet Chilli Chicken One – Crispy	474	22.0	52.0	3.2	7.2	19.0	2.0
Side Salad	15	0.9	1.5	1.0	1.5	0.5	0.1
Mayo Chicken	319	12.0	38.0	2.8	4.6	13.0	1.1
Bacon Mayo Chicken	370	17.0	38.0	2.8	4.7	16.0	1.5
Bacon Double Cheeseburger	495	30.0	32.0	2.4	8.1	27.0	2.7
Big Mac®	508	26.0	43.0	3.6	9.0	25.0	2.3
Quarter Pounder™ with Cheese	518	31.0	37.0	2.5	10.0	27.0	2.5
McChicken Sandwich®	388	17.0	43.0	3.4	7.1	16.0	1.4
Vegetable Deluxe	380	9.0	52.0	5.4	7.8	14.0	1.5
Hamburger	250	13.0	30.0	2.4	6.6	8.3	1.2
Cheeseburger	301	16.0	31.0	2.4	7.3	12.0	1.6
Double Cheeseburger	445	26.0	32.0	2.4	8.1	23.0	2.4
Chicken McNuggets® 6 Pieces	259	16.0	18.0	0.7	0.6	13.0	0.5
Chicken McNuggets® (9 pieces)	388	24.0	28.0	1.0	0.8	20.0	0.8
Chicken Selects® 3 Pieces	359	25.0	20.0	0.2	0.3	20.0	1.8
Chicken Selects® (5 pieces)	599	42.0	34.0	0.3	0.5	33.0	3.0
20 Chicken McNuggets® ShareBox®	863	53.0	61.0	2.2	1.9	45.0	1.7



- 1-200 CAL
- 201-300 CAL
- 301-400 CAL
- 401-500 CAL
- 501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
ShareBox® - 5 Chicken McNugget portion	216	13.0	15.0	0.6	0.5	11.0	0.4
Filet-o-Fish®	329	15.0	36.0	2.7	5.4	13.0	1.3
McDonald's Fries - Medium	337	3.3	42.0	3.6	0.6	17.0	0.6
McDonald's Fries - Large	444	4.4	55.0	4.8	0.8	22.0	0.8
McDonald's Fries - Small	237	2.3	29.0	2.6	0.4	12.0	0.4
Apple & Grape Fruit Bag	46	0.3	10.0	1.8	10.0	0.1	0.0
Maltesers® McFlurry®	266	5.3	38.0	1.5	34.0	10.0	0.2
Smarties McFlurry®	273	5.2	40.0	1.5	37.0	10.0	0.2
Oreo® McFlurry®	258	5.2	38.0	1.8	32.0	9.0	0.3
Buxton® Mineral Water (Still)	0	0.0	0.0	0.0	0.0	0.0	0.0
Buxton® Mineral Water (Still) - 250ml	0	0.0	0.0	0.0	0.0	0.0	0.0
Chocolate Milkshake - Medium	364	11.0	61.0	2.1	50.0	7.8	0.7
Chocolate Milkshake - Large	468	14.0	79.0	2.6	65.0	10.0	0.9
Chocolate Milkshake - Small	192	5.9	32.0	1.1	27.0	4.1	0.4
Strawberry Milkshake - Medium	356	11.0	62.0	1.3	57.0	7.0	0.4
Strawberry Milkshake - Small	188	5.5	33.0	0.7	30.0	3.7	0.2
Strawberry Milkshake - Large	458	13.0	80.0	1.7	74.0	9.0	0.5
Banana Milkshake - Small	188	5.5	33.0	0.7	30.0	3.7	0.2
Banana Milkshake - Medium	357	11.0	62.0	1.3	58.0	7.0	0.4
Banana Milkshake - Large	459	13.0	80.0	1.7	74.0	9.0	0.5
Vanilla Milkshake - Small	192	5.5	34.0	0.7	31.0	3.7	0.2
Vanilla Milkshake - Medium	366	11.0	64.0	1.3	60.0	7.0	0.4
Vanilla Milkshake - Large	469	13.0	82.0	1.7	77.0	9.0	0.5
Coca-Cola® Classic - Medium	170	0.0	42.0	0.0	42.0	0.0	0.0
Coca-Cola® Classic - Small	106	0.0	27.0	0.0	27.0	0.0	0.0
Coca-Cola® Classic - Large	212	0.0	53.0	0.0	53.0	0.0	0.0
Diet Coke® - Medium	1	0.0	0.0	0.0	0.0	0.0	0.1
Diet Coke® - Small	1	0.0	0.0	0.0	0.0	0.0	0.1
Diet Coke® - Large	2	0.0	0.0	0.0	0.0	0.0	0.1
Sprite® Zero - Medium	4	0.1	0.0	0.0	0.0	0.0	0.1
Sprite® Zero - Small	3	0.1	0.0	0.0	0.0	0.0	0.0
Sprite® Zero - Large	5	0.1	0.0	0.0	0.0	0.0	0.1
Fanta® Orange - Medium	76	0.0	18.0	0.0	18.0	0.0	0.1
Fanta® Orange - Small	48	0.0	11.0	0.0	11.0	0.0	0.1
Fanta® Orange - Large	95	0.0	23.0	0.0	23.0	0.0	0.1
Oasis® - Small	42	0.1	10.0	0.0	10.0	0.0	0.2
Oasis® - Medium	67	0.1	17.0	0.0	17.0	0.0	0.3
Oasis® - Large	83	0.1	21.0	0.0	21.0	0.0	0.4
Coca-Cola® Zero Sugar	1	0.0	0.0	0.0	0.0	0.0	0.0
Tropicana® Orange Juice	108	2.0	22.0	1.5	22.0	0.0	0.0
Robinsons® Fruit Shoot	10	0.0	1.6	0.0	1.6	0.0	0.1
Organic Milk	125	9.0	12.0	0.0	12.0	4.5	0.3
Flat White	86	6.3	8.4	0.0	8.2	3.1	0.2
Tea - Regular	6	0.4	0.8	0.0	0.5	0.2	0.0
Tea - Large	12	0.7	1.4	0.0	1.4	0.4	0.0
Espresso Double shot	1	0.1	0.2	0.0	0.0	0.0	0.0
Espresso Single shot	1	0.1	0.0	0.0	0.0	0.0	0.0
Latte - Regular	145	11.0	14.0	0.0	14.0	5.2	0.3
Latte - Large	197	14.0	19.0	0.0	19.0	7.1	0.4
Cappuccino - Regular	97	6.6	10.0	0.2	9.9	3.3	0.2



1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cappuccino - Large	128	8.8	13.0	0.2	13.0	4.4	0.3
Black Coffee - Regular	6	0.6	0.8	0.0	0.0	0.0	0.0
Black Coffee - Large	8	0.8	1.1	0.0	0.0	0.0	0.0
White Coffee - Regular	54	4.1	5.5	0.0	4.7	1.8	0.1
White Coffee - Large	74	5.6	7.6	0.0	6.4	2.4	0.2