

# Healthy Living

*...for life!*

Alameda County Public Health Department

## “Build a Better Bag” at McDonald’s

MENU ITEMS	CALORIES	FAT (g)	SODIUM (mg)
<b>Entrees</b>			
Hamburger	250	9	520
Cheeseburger	300	12	750
Quarter Pounder	410	19	730
Quarter Pounder (w/ cheese)	510	26	1,190
Big Mac®	540	29	1,040
Premium Chicken Classic Sandwich (grilled)	420	10	1,190
Premium Chicken Classic Sandwich (crispy)	500	17	1,330
Snack Wrap w/ Ranch Dressing (regular)	330	16	780
Snack Wrap w/ Ranch Dressing (grilled)	270	10	830
Chicken Selects Premium Breast Strips (w/o sauce/5 pc)	630	20	1,550
Chicken McNuggets® (w/o sauce/4 pc)	170	10	450
Chicken McNuggets® (w/o sauce/6 pc)	250	15	670
Barbeque Sauce	50	0	260
Tangy Honey Mustard Sauce	70	2.5	170
Creamy Ranch Sauce	200	22	320
<b>Salads</b>			
Side Salad (w/o dressing)	20	0	10
Southwest Salad –grilled chicken (w/o dressing)	320	9	970
Southwest Salad – crispy chicken (w/o dressing)	400	16	1,110
Bacon Ranch Salad – grilled chicken (w/o dressing)	260	9	1,010
Bacon Ranch Salad – w/o chicken (w/o dressing)	140	7	300
Ranch Dressing	170	15	530
Creamy Southwest Dressing	100	6	340
Italian Dressing (low fat)	60	2.5	730
Balsamic Vinaigrette Dressing (low fat)	40	3	730
Croutons	60	1.5	140
<b>Sides</b>			
French Fries (small)	250	13	140
French Fries (medium)	380	20	220
Fruit and Yogurt Parfait	160	2	85
Fruit and Walnut Salad (snack size)	210	8	60
<b>Beverages</b>			
Coca-Cola® (small)	150	0	10
Coca-Cola® (medium)	210	0	15
Orange Juice (small)	140	0	5
Water	0	0	0



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Funded by the U.S. Department of Agriculture's Food Stamp Program, an equal opportunity provider and employer through the Network for a Healthy California. For information about the California Food Stamp Program, please call 1-888-999-4772.