

Healthy Living



Nutrition Facts for Popular Fast Food Breakfast and Lunch Meals

Burger King Breakfast

	CALORIES	FAT (grams)	SODIUM (milligrams)	SUGAR (grams)
Croissan'wich® with Sausage, Egg & Cheese	470 (croissant 160, egg 90, sausage 170, cheese 45)	32	1,060	5
Hash Browns (medium)	430	28	830	0
Black Coffee (medium)	10	0	20	0
TOTAL	910	60	1,910	5

McDonald's Lunch

	CALORIES	FAT (grams)	SODIUM (milligrams)	SUGAR (grams)
Big Mac®	540 (2 beef patties, special sauce, cheese, bun)	29	1,040	9
Large Fries	570	30	330	0
Large Coca-Cola®	310	0	20	86
TOTAL	1,420	59	1,390	95

Totals for Both Meals

	CALORIES	FAT (grams)	SODIUM (milligrams)	SUGAR (grams)
TOTAL	2,330	119	3,300	100



Alameda County Public Health Department • Nutrition Services 3600 Telegraph Ave. • Oakland, CA 94609 • 510-595-6454

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.