



McDONALD'S NUTRITION GUIDE

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BURGERS



HAMBURGER

250 Calories
9g Fat
31g Carbs
12g Protein



CHEESEBURGER

300 Calories
13g Fat
32g Carbs
15g Protein



DOUBLE HAMBURGER

350 Calories
16g Fat
31g Carbs
20g Protein



DOUBLE CHEESEBURGER

450 Calories
24g Fat
34g Carbs
25g Protein



MCDOUBLE

400 Calories
20g Fat
33g Carbs
22g Protein



BACON MCDOUBLE

450 Calories
23g Fat
34g Carbs
28g Protein



TRIPLE CHEESEBURGER

520 Calories
28g Fat
35g Carbs
32g Protein



QUARTER POUNDER W/ CHEESE

520 Calories
26g Fat
42g Carbs
30g Protein



QUARTER POUND DELUXE

630 Calories
37g Fat
44g Carbs
30g Protein



DOUBLE QUARTER POUNDER W/ CHEESE

740 Calories
42g Fat
43g Carbs
48g Protein



BACON QUARTER POUNDER

630 Calories
35g Fat
43g Carbs
36g Protein



BIG MAC

550 Calories
30g Fat
45g Carbs
25g Protein

Mcdonalds Nutritions Guide

J Ma



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McDonald's Nutrition Information ,1994 **Food Allergies** William E. Walsh,2007-08-24 I wholeheartedly recommend Food Allergies Christopher M Foley M D A powerful key to health Dr Walsh s principles have revolutionized my personal health Margaret L Williams D C The information in this book demystifies food and chemical allergies and gives patients courage Loren C Stockton D C This book will help many people with symptoms and discomforts they have had for a long time Walid A Mikhail M D Food allergies can be subtle insidious and dangerous Every year millions of people suffer from migraine headaches persistent coughs sore throats eczema abdominal discomfort tiredness and irritability and don t realize that their symptoms come from the food they eat This book the first comprehensive book on food allergies written by a noted allergist helps us understand how different foods cause pain and discomfort and tells us how to identify the foods that have been afflicting us so we can avoid them before the symptoms strike In Food Allergies Dr William Walsh shares his extensive knowledge about the cause of food allergies which foods and chemicals to avoid and ultimately which foods will help you feel your very best Filled with dozens of enlightening case studies and engaging writing this unique guide offers a detailed easy to follow diet tailored for adults and children who may be prone to allergies It also includes clinically tested plans for cooking and advice on how to avoid troublesome foods at the store and when eating out *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.),1976 **Burger King** , *Business Franchise Guide* Commerce Clearing House,1980 **Global Update on Nutrition Labelling** ,2015 This report has been compiled by the European Food Information Council based on input from the China Food Information Centre Cisan Consejo para la informacion sobre la seguridad de los alimentos y nutricion Food Industry Asia the International Food Information Council New Zealand Nutrition Foundation and South African association of Food Science and Technology and past input from the Asian Food Information Centre and Canadian Council on Food and Nutrition The Fast-food Guide Michael F. Jacobson,Sarah Fritschner,1986 Analyzes the menus of 17 major fast food chain restaurants compiles charts of nutrition information and recommends the most healthful choices **Interactive Learning Guide for Students for Nutrition Now** Judith E. Brown,Jennifer Koslo,2008 This unique student Interactive Learning Manual includes a variety of assignable activities and worksheets that students can fill out to apply and assess their nutrition knowledge Topics include Putting Together a Family Tree Health History Genetics of Taste Portion Size Exercise Checking Out Low Carb Food Labels Anthropometry Lab Bottled Water Taste Test **Health Maintenance Through Food and Nutrition** Helen D. Ullrich,1981 Approximately 1400 references to journal articles books pamphlets leaflets reports teaching aids journals and organizations Classified arrangement Each entry gives bibliographical information and annotation Author title subject indexes **Health** ,1987-02 *Nutrition Perspectives* ,1991 **Food Australia** ,2007 **Time** Briton Hadden, Henry R. Luce,1987 *Justice of the peace reports* ,1987 **Food Systems** ,1997 Guide to Healthy Restaurant Eating Hope S.

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