



McDONALD'S NUTRITION GUIDE

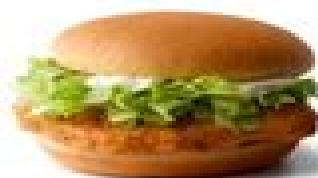
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CHICKEN / FISH / FRIES



FILET-O-FISH

380 Calories
18g Fat
39g Carbs
16g Protein



MCCHICKEN

400 Calories
21g Fat
39g Carbs
14g Protein



4 PC. CHICKEN MCNUGGETS

170 Calories
10g Fat
10g Carbs
9g Protein



6 PC. CHICKEN MCNUGGETS

250 Calories
15g Fat
15g Carbs
14g Protein



10 PC. CHICKEN MCNUGGETS

420 Calories
25g Fat
25g Carbs
23g Protein



CRISPY CHICKEN SANDWICH

470 Calories
20g Fat
45g Carbs
27g Protein



SPICY CRISPY CHICKEN

530 Calories
26g Fat
47g Carbs
27g Protein



DELUXE CRISPY CHICKEN

530 Calories
26g Fat
47g Carbs
27g Protein



DELUXE SPICY CRISPY CHICKEN

540 Calories
26g Fat
48g Carbs
27g Protein



SMALL FRIES

220 Calories
10g Fat
29g Carbs
3g Protein



MEDIUM FRIES

320 Calories
15g Fat
43g Carbs
5g Protein



LARGE FRIES

490 Calories
23g Fat
66g Carbs
7g Protein

Mcdonalds Nutrician Guide

Hope S. Warshaw



Mcdonalds Nutrician Guide:

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.

Warshaw,2002 If you have diabetes here is the information you need to make healthy food choices when you go out to eat Now you can dine at fast food chains and stay on your meal plan Inside this handy guide is complete at a glance nutrition information for more than 55 fast food chains including Burger King Wendy s McDonald s Baskin Robbins TCBY and other favorites *Food Management* ,1991 Consumer Sourcebook Gale Group,2000 Identifies and describes some 15 000 programs and services available to the general public at little or no cost These services are provided by federal state county and local governments and their agencies as well as by organizations and associations **Contemporary Cases in Consumer Behavior** Roger D. Blackwell,Kristina S. Blackwell,W. Wayne Talarzyk,1993 This collection of 44 classic and contemporary cases allows students to develop their analytical skills as they apply consumer behaviour concepts A variety of sizes and types of companies are addressed to give students a broad understanding of the application of consumer behaviour concepts TV Guide ,1987

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