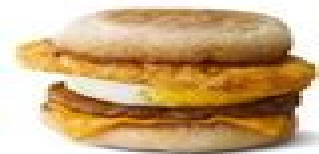




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LIMITED // SEASONAL



HASH BROWN McMUFFIN

620 Calories
39g Fat
47g Carbs
22g Protein



CRUNCHY DOUBLE

740 Calories
39g Fat
60g Carbs
39g Protein



SURF + TURF

830 Calories
42g Fat
73g Carbs
41g Protein



LAND, AIR, AND SEA

1330 Calories
69g Fat
123g Carbs
55g Protein



McRIB

520 Calories
28g Fat
46g Carbs
24g Protein



McPLANT

510 Calories
27g Fat
45g Carbs
22g Protein



PUMPKIN PIE

250 Calories
12g Fat
33g Carbs
3g Protein



OREO SHAMROCK McFLURRY (SNACK)

370 Calories
11g Fat
59g Carbs
8g Protein



OREO SHAMROCK McFLURRY (REG.)

560 Calories
16g Fat
92g Carbs
12g Protein



SMALL SHAMROCK SHAKE

460 Calories
12g Fat
76g Carbs
10g Protein



MEDIUM SHAMROCK SHAKE

560 Calories
15g Fat
93g Carbs
12g Protein



LARGE SHAMROCK SHAKE

800 Calories
21g Fat
133g Carbs
19g Protein

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Mcdonals Nutrition Guide

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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 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 *Justice of the peace reports* ,1987 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 **Adolescent Nutritional Disorders** Marc S. Jacobson,1997 Key issues common to nutritionally related disorders of adolescents atherosclerosis hypertension obesity anorexia nervosa bulimia nervosa and birth of suboptimal weight infants are examined here in terms of macro and micro nutrient requirements and their effects on growth and pubertal development Key investigators present data addressing the genetic behavioural and environmental contributors to these nutritional disorders including diet exercise habitual physical activity body composition dyslipidemia and risk taking behaviour The effects of changing roles of women and ideals in body shape on the eating habits of adolescents are examined as well Progress in research on the risk factors for and the prevention of these various disorders are described as are innovative new programmes for young women and ethnic minorities This volume should serve as an important scientific update for all clinicians involved in adolescent health and medicine TV Guide ,1987

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