

Download Fast Food Nutrition Guide Mcdonald

McDonald's Nutrition Facts. Nutrition facts for the full McDonald's menu. Select any item to view the complete nutritional information including calories, carbs, sodium and Weight Watchers points. You can also use our calorie filter to find the McDonald's menu item that best fits your diet. = Voted a healthy and tasty option. Home | Restaurants | Nutrition Calculator | News | Nutrition Glossary | Lesson Plans for Teachers | About Us | Healthy Tasty Items | Mobile Nutrition Facts Warning: For medical or nutritional advice, do not rely on this site. You can eat healthy McDonald's fast food meals under 500 calories if you know how to navigate the menu. Use this guide to find out which is the most healthy McDonald's food item to choose, which foods to avoid, and how to combine different menu items so you can enjoy a low-calorie McDonald's meal without suffering dieter's remorse. Desserts; Menu Item Serving Size Calories Calories from Fat Total Fat (g) Saturated Fat (g) Trans Fat (g) Carbs (g) Dietary Fiber (g) Sugars (g)