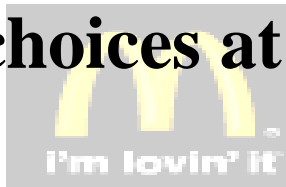


## Healthier choices at McDonald's



### Instead of this meal



Amount per meal
<b>Calories</b> 700
<b>Total Fat</b> 40g
Saturated Fat 13.5g
Trans Fat 2g
<b>Cholesterol</b> 265mg
<b>Sodium</b> 1650mg
<b>Total Carbohydrate</b> 63g
Dietary Fiber 4g
Sugars 15g
<b>Protein</b> 21g

This meal option is higher in Saturated Fat than one daily's total which can be a contributing factor in high blood cholesterol levels.



### Choose this



Amount per meal
<b>Calories</b> 300
<b>Total Fat</b> 12g
Saturated Fat 5g
Trans Fat 0g
<b>Cholesterol</b> 260mg
<b>Sodium</b> 780mg
<b>Total Carbohydrate</b> 33g
Dietary Fiber 4g
Sugars 3g
<b>Protein</b> 18g

This meal option is lower in Calories which is important in maintaining a healthy weight.



This meal option is lower in saturated fat.

Calories Saved: 360  
Fat Saved: 30g  
Sodium Saved: 700mg  
Carbohydrates Saved: 18g