



Restaurant Guide to McDonald's

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OVERVIEW

Let's face it, those Golden Arches are a Fast Food legend. Though many may think McDonald's would be out of the question on a weight loss journey, the truth is- it's not! There are healthier options you can enjoy while on the go, through the drive through, a trip with the family, or just because.

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT MCDONALD'S

- To cut down on fat and calories, omit the cheese.
- Try a Happy Meal! The portion sizes are much better.
- If you're going for breakfast, ask to leave off the butter on the English Muffin.

FRIENDLY MENU ITEM'S AT MCDONALD'S

BREAKFAST

McDonald's has a pretty good selection of breakfast items. Though it's best to stay away from the biscuits, gravy and pancakes- you still have great options!

The McMuffin sandwiches are a great choice. With different meat choices, you'll get lots of protein.

The original Egg McMuffin comes with a fresh cracked egg, Canadian bacon, and cheese.

The Sausage Burrito is another delicious option with scrambled egg, sausage and a vegetable mix.

Helpful tip- You can ask them for no butter on the English Muffin to save some calories, and no cheese to save even more.

Breakfast	Calories	Fat (g)	Carbs (g)	Protein (g)
Egg McMuffin	310	13g	30g	17g
Sausage McMuffin	400	26g	29g	14g
Sausage Burrito	310	17g	25g	13g

MAIN COURSE

We know McDonald's is famous for their burgers. Try to stick with the single patties and avoid doubles. The classic hamburger is a better choice. You could request no ketchup to cut some sugar and calories, and stick with the mustard, pickle and onions that come on it.

And just because we're all adults doesn't mean we can't have Happy Meals! In fact, they're a great option because of the portion sizes AND they come with fresh apple slices!

Since McDonald's currently doesn't have a grilled chicken option (Bring back the Snack Wraps, am I right?!) it's best to avoid the fried chicken sandwiches. The McNuggets are a better alternative.

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Classic Burger	250	9g	31g	12g
Cheeseburger	300	13g	32g	15g
Chicken McNuggets (6 piece)	250	15g	15g	14g
Hamburger Happy Meal (w/water instead of milk)	375	14g	50g	14g
Chicken McNuggets Happy Meal (6 piece, w/water instead of milk)	435	23g	40g	16g

SIDES

The sides here are limited. French fries and apple slices :-)

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Kid's Fry	110	5g	15g	2g
Small Fry	230	11g	31g	3g
Medium Fry	320	15g	43g	5g
Apple Slices	15	0g	4g	0g