

McDonalds (US)

<http://www.exercise4weightloss.com/>

Menu Group	Menu Item	Serv	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sod	Sug
Beverages	1% Low Fat Milk Jug	1 crtn	3	2	100	2.5	1.5	0	8	12	125	12
Beverages	Coca-Cola Classic, kids	12 oz	3	2	100	0	0	0	0	28	0	28
Beverages	Coca-Cola Classic, large	30 oz	8	6	280	0	0	0	0	76	5	76
Beverages	Coca-Cola Classic, medium	21 oz	6	4	200	0	0	0	0	55	5	55
Beverages	Coca-Cola Classic, small	16 oz	4	3	140	0	0	0	0	39	0	39
Beverages	Dr Pepper, kids	12 oz	3	2	100	0	0	0	0	27	30	26
Beverages	Dr Pepper, large	30 oz	8	5	270	0	0	0	0	72	90	70
Beverages	Dr Pepper, medium	21 oz	6	4	190	0	0	0	0	53	65	51
Beverages	Dr Pepper, small	16 oz	4	3	140	0	0	0	0	37	45	35
Beverages	Fat Free Chocolate Milk Jug	1 crtn	3	3	130	0	0	0	9	23	135	22
Beverages	Hi-C Orange Lavaburst, kids	12 oz	3	2	110	0	0	0	0	31	0	31
Beverages	Hi-C Orange Lavaburst, large	30 oz	9	6	310	0	0	0	0	84	0	84
Beverages	Hi-C Orange Lavaburst, medium	21 oz	7	5	230	0	0	0	0	61	0	61
Beverages	Hi-C Orange Lavaburst, small	16 oz	5	3	160	0	0	0	0	43	0	42
Beverages	Minute Maid 100% Apple Juice Box	1 box	3	2	100	0	0	0	0	23	15	22
Beverages	Minute Maid Orange Juice, large	22 oz	7	6	280	0	0	0	4	65	5	58
Beverages	Minute Maid Orange Juice, medium	16 oz	5	4	190	0	0	0	3	44	0	39
Beverages	Minute Maid Orange Juice, small	12 oz	4	3	150	0	0	0	2	34	0	30
Beverages	POWERade Mountain Blast, kids	12 oz	2	1	60	0	0	0	0	15	55	15
Beverages	POWERade Mountain Blast, large	30 oz	5	3	160	0	0	0	0	42	150	42
Beverages	POWERade Mountain Blast, medium	21 oz	3	2	120	0	0	0	0	30	105	30
Beverages	POWERade Mountain Blast, small	16 oz	2	2	80	0	0	0	0	21	75	21
Beverages	Sprite, kids	12 oz	3	2	100	0	0	0	0	27	25	27
Beverages	Sprite, large	30 oz	8	6	280	0	0	0	0	74	60	74
Beverages	Sprite, medium	21 oz	6	4	200	0	0	0	0	54	45	54
Beverages	Sprite, small	16 oz	4	3	140	0	0	0	0	37	30	37
Beverages	Sweet Tea, kids	12 oz	3	2	110	0	0	0	0	27	5	27
Beverages	Sweet Tea, large	30 oz	6	4	220	0	0	0	1	54	10	54
Beverages	Sweet Tea, medium	21 oz	5	4	180	0	0	0	1	45	10	45
Beverages	Sweet Tea, small	16 oz	4	3	150	0	0	0	1	36	10	36
Breakfast	Bacon, Egg & Cheese Bagel	1 ea	17	15	630	32	11	3	30	57	1490	7
Breakfast	Bacon, Egg & Cheese Bagel w/ Egg Whites	1 ea	15	13	580	26	9	3	30	55	1490	8
Breakfast	Bacon, Egg & Cheese Biscuit	1 ea	12	11	460	26	13	2	19	38	1300	3
Breakfast	Bacon, Egg & Cheese Biscuit w/ Egg Whites	1 ea	11	9	410	20	11	2	20	36	1300	3
Breakfast	Bacon, Egg & Cheese Large Biscuit	1 ea	14	12	520	30	14	3	19	43	1410	4
Breakfast	Bacon, Egg & Cheese Large Biscuit w/ Egg Whites	1 ea	13	11	470	25	12	3	20	42	1420	4
Breakfast	Bacon, Egg & Cheese McGriddles	1 ea	12	11	460	21	9	2	19	48	1250	15
Breakfast	Bacon, Egg & Cheese McGriddles w/ Egg Whites	1 ea	11	9	400	15	7	2	20	47	1250	16
Breakfast	Big Breakfast w/ Biscuit	1 ea	20	18	740	48	17	3	28	51	1560	3
Breakfast	Big Breakfast w/ Egg Whites & Biscuit	1 serv	17	15	640	37	14	3	26	50	1590	3
Breakfast	Big Breakfast w/ Egg Whites & Large Biscuit	1 serv	19	16	690	41	14	4	26	55	1700	4
Breakfast	Big Breakfast w/ Hotcakes & Biscuit	1 ea	29	26	1090	56	19	6	36	111	2150	17
Breakfast	Big Breakfast w/ Hotcakes & Egg Whites & Biscuit	1 serv	26	23	990	46	16	6	35	110	2170	17
Breakfast	Big Breakfast w/ Hotcakes & Egg Whites & Large	1 serv	28	24	1050	50	16	7	35	115	2290	18
Breakfast	Big Breakfast w/ Hotcakes & Large Biscuit	1 serv	31	27	1150	60	20	7	36	116	2260	17
Breakfast	Big Breakfast w/ Large Biscuit	1 serv	22	20	800	52	18	4	28	56	1680	3
Breakfast	Cinnamon Melts	1 serv	12	10	460	19	9	3	6	66	370	32
Breakfast	Egg McMuffin	1 ea	8	6	290	12	5	4	17	31	740	3
Breakfast	Egg White Delight	1 ea	6	5	250	7	3	4	18	30	770	3
Breakfast	Fruit & Maple Oatmeal	1 serv	7	5	290	4	1.5	5	5	58	160	32
Breakfast	Fruit & Maple Oatmeal w/o Brown Sugar	1 serv	6	5	260	4	1.5	5	5	49	115	18
Breakfast	Hash Brown	1 serv	4	3	150	9	1.5	2	1	15	310	0
Breakfast	Hotcakes	1 serv	9	7	350	9	2	3	8	60	590	14
Breakfast	Hotcakes and Sausage	1 serv	14	12	520	24	7	3	15	61	930	14
Breakfast	Sausage Biscuit w/ Egg Whites, large	1 ea	14	12	520	32	13	3	18	40	1290	3
Breakfast	Sausage Biscuit w/ Egg Whites, regular	1 ea	12	11	460	27	12	2	18	34	1180	3
Breakfast	Sausage Biscuit w/ Egg, large	1 ea	15	14	570	37	15	3	18	42	1280	3
Breakfast	Sausage Biscuit w/ Egg, regular	1 ea	14	13	510	33	14	2	18	36	1170	2
Breakfast	Sausage Biscuit, large	1 ea	13	12	480	31	13	3	11	39	1190	3
Breakfast	Sausage Biscuit, regular	1 ea	11	10	430	27	12	2	11	34	1080	2
Breakfast	Sausage Burrito	1 serv	8	7	300	16	7	1	12	26	790	2
Breakfast	Sausage McGriddles	1 ea	11	10	420	22	8	2	11	44	1030	15
Breakfast	Sausage McMuffin	1 ea	10	8	360	22	8	4	14	29	780	2
Breakfast	Sausage McMuffin w/ Egg	1 ea	12	10	440	27	10	4	21	30	850	2
Breakfast	Sausage McMuffin w/ Egg Whites	1 ea	11	9	390	22	8	4	21	30	870	2
Breakfast	Sausage, Egg & Cheese McGriddles	1 ea	15	13	550	31	12	2	20	48	1320	15
Breakfast	Sausage, Egg & Cheese McGriddles w/ Egg Whites	1 ea	13	12	500	26	10	2	21	46	1320	15
Breakfast	Southern Style Chicken Biscuit, large	1 ea	12	11	470	24	9	3	17	46	1290	4

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Breakfast	Southern Style Chicken Biscuit, regular	1 ea	11	9	410	20	8	2	17	41	1180	3
Breakfast	Steak & Egg Biscuit	1 ea	14	13	540	32	16	2	25	38	1470	3
Breakfast	Steak & Egg McMuffin	1 ea	11	10	420	23	9	4	26	31	950	3
Breakfast	Steak, Egg & Cheese Bagel	1 ea	18	16	680	35	13	3	33	57	1520	7
Burgers & Sandwiches	Bacon Buffalo Ranch McChicken	1 ea	11	10	420	20	4.5	2	20	41	1250	6
Burgers & Sandwiches	Bacon Cheddar McChicken	1 ea	13	11	480	24	7	2	22	43	1260	6
Burgers & Sandwiches	Bacon McDouble	1 ea	12	11	460	24	10	2	28	34	1120	7
Burgers & Sandwiches	BBQ Ranch Burger	1 ea	9	8	350	16	6	3	16	37	680	7
Burgers & Sandwiches	Big Mac	1 ea	14	13	550	29	10	3	25	46	970	9
Burgers & Sandwiches	Buffalo Ranch McChicken	1 ea	9	8	350	15	3	2	14	40	980	5
Burgers & Sandwiches	Cheeseburger	1 ea	8	7	300	12	6	2	15	33	680	7
Burgers & Sandwiches	Crispy Chicken Classic Sandwich	1 ea	14	11	510	22	3.5	3	24	55	990	10
Burgers & Sandwiches	Crispy Chicken Club Sandwich	1 ea	18	16	670	33	9	3	36	58	1410	11
Burgers & Sandwiches	Crispy Chicken Ranch BLT Sandwich	1 ea	16	13	590	27	6	3	32	57	1380	11
Burgers & Sandwiches	Daily Double	1 ea	12	10	440	24	9	2	23	33	770	7
Burgers & Sandwiches	Double Cheeseburger	1 ea	12	10	440	23	11	2	25	34	1050	7
Burgers & Sandwiches	Double Quarter Pounder with Cheese	1 ea	20	18	750	43	19	3	48	42	1280	10
Burgers & Sandwiches	Filet-O-Fish	1 ea	10	9	390	19	4	2	15	39	590	5
Burgers & Sandwiches	Grilled Chicken Classic Sandwich	1 ea	9	7	350	9	2	3	28	42	820	8
Burgers & Sandwiches	Grilled Chicken Club Sandwich	1 ea	13	11	510	20	7	3	40	44	1250	9
Burgers & Sandwiches	Grilled Chicken Ranch BLT Sandwich	1 ea	11	9	440	14	4	3	36	43	1210	9
Burgers & Sandwiches	Grilled Onion Cheddar Burger	1 ea	8	7	310	13	6	2	15	33	660	7
Burgers & Sandwiches	Hamburger	1 ea	7	5	250	9	3.5	2	12	31	480	6
Burgers & Sandwiches	McChicken	1 ea	10	8	360	16	3	2	14	40	800	5
Burgers & Sandwiches	McDouble	1 ea	10	9	390	19	8	2	23	33	850	7
Burgers & Sandwiches	McRib	1 ea	13	12	500	26	10	3	22	44	980	11
Burgers & Sandwiches	Quarter Pounder Bacon & Cheese	1 ea	16	14	600	29	13	3	37	48	1440	12
Burgers & Sandwiches	Quarter Pounder Bacon Habanero Ranch	1 ea	16	14	610	31	13	3	37	46	1180	10
Burgers & Sandwiches	Quarter Pounder Deluxe	1 ea	14	12	540	27	11	3	29	45	960	9
Burgers & Sandwiches	Quarter Pounder with Cheese	1 ea	14	12	520	26	12	3	30	41	1100	10
Burgers & Sandwiches	Southern Style Crispy Chicken Sandwich	1 ea	11	10	420	19	3	2	21	43	900	7
Chicken	Chicken McNuggets, 10 piece	10 ea	13	12	470	30	5	2	22	30	900	0
Chicken	Chicken McNuggets, 20 piece	20 ea	25	23	940	59	10	3	44	59	1800	0
Chicken	Chicken McNuggets, 4 piece	4 ea	5	5	190	12	2	1	9	12	360	0
Chicken	Chicken McNuggets, 6 piece	6 ea	8	7	280	18	3	1	13	18	540	0
Chicken	Chicken Selects Premium Breast Strips (5 pc)	5 ea	17	16	640	38	6	1	38	36	1240	0
Chicken	Mighty Wings (10 piece)	10 ea	26	24	960	63	13	4	60	40	2900	0
Chicken	Mighty Wings (3 piece)	3 ea	8	7	290	19	4	1	18	12	870	0
Chicken	Mighty Wings (5 piece)	5 ea	13	12	480	31	7	2	30	20	1450	0
Chicken	Spicy Chicken McBites Shareable Size	1 ea	25	23	910	55	10	1	46	61	1990	1
Chicken	Spicy Chicken McBites Snack Size	3 oz	8	7	270	17	3	0	14	18	600	0
Condiments	Chipotle Barbeque Sauce	1 oz	1	1	50	0	0	0	0	11	190	10
Condiments	Coffee Cream	.4 oz	1	1	20	2	1.5	0	0	0	15	0
Condiments	Creamy Ranch Sauce	.8 oz	3	3	110	12	2	0	0	1	170	1
Condiments	Creamy Southwest Dressing	1.5 oz	3	3	100	6	1	0	1	11	340	3
Condiments	Grape Jam	.5 oz	1	1	35	0	0	0	0	9	0	9
Condiments	Honey	1 pkg	1	1	50	0	0	0	0	12	0	11
Condiments	Honey Mustard Sauce	.8 oz	2	1	60	4	0.5	1	0	6	115	5
Condiments	Hot Habanero Sauce	2.2 oz	2	2	80	7	1	1	1	5	180	2
Condiments	Hot Mustard Sauce	1 pkg	2	1	60	2.5	0	2	1	9	250	6
Condiments	Hotcake Syrup	1 pkg	5	4	180	0	0	0	0	45	20	32
Condiments	Ketchup Packet	1 pkg	0	0	10	0	0	0	0	3	100	2
Condiments	Spicy Buffalo Sauce	.8 oz	1	1	35	3	0	0	0	1	540	0
Condiments	Strawberry Preserves	.5 oz	1	1	35	0	0	0	0	9	0	9
Condiments	Sugar Packet	1 pkg	0	0	15	0	0	0	0	4	0	4
Condiments	Sweet and Sour Sauce	1 pkg	1	1	50	0	0	0	0	12	150	10
Condiments	Sweet Chili Sauce	1 oz	1	1	50	0	0	0	0	12	150	11
Condiments	Tangy Barbeque Sauce	1 pkg	1	1	50	0	0	0	0	12	260	10
Condiments	Tartar Sauce Cup	1 oz	4	4	140	15	2.5	0	0	0	150	0
Condiments	Whipped Margarine (1 pat)	1 pkg	1	1	40	4.5	1.5	0	0	0	55	0
Desserts	Baked Holiday Pie	1 ea	7	6	270	13	6	4	4	34	150	15
Desserts	Baked Hot Apple Pie	1 ea	7	5	250	13	7	4	2	32	170	13
Desserts	Chocolate Chip Cookie	1 ea	4	4	160	8	3.5	1	2	21	90	15
Desserts	Holiday Mint McFlurry, Snack Size	6.9 oz	10	9	380	14	10	0	8	56	110	51
Desserts	Hot Caramel Sundae	182g	9	7	340	8	5	0	7	60	150	43
Desserts	Hot Fudge Sundae	179g	9	7	330	9	7	1	8	53	170	48
Desserts	Kiddie Cone	1 oz	1	1	45	1.5	1	0	1	7	20	6
Desserts	McFlurry with M&M's Candies, large	16 oz	25	21	930	33	20	2	20	139	260	128
Desserts	McFlurry with M&M's Candies, small	310g	17	15	650	23	14	1	13	96	180	89
Desserts	McFlurry with M&M's Candies, Snack Size	7.3 oz	12	10	430	15	10	1	9	64	120	59
Desserts	McFlurry with OREO Cookies, large	16 oz	19	16	690	23	12	1	15	106	380	85
Desserts	McFlurry with OREO Cookies, small	10.1 oz	14	11	510	17	9	1	12	80	280	64
Desserts	McFlurry with OREO Cookies, Snack Size	6.7 oz	9	8	340	11	6	1	8	53	190	43
Desserts	McFlurry with Reese's Peanut Butter Cup, large	16 oz	22	18	810	32	15	2	21	114	400	103

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Desserts	McFlurry with Reese's Peanut Butter Cup, Snack Size	7.1 oz	11	9	410	16	8	1	10	57	200	51
Desserts	McFlurry with Rolo, Snack Size	8.4 oz	14	11	510	16	10	1	10	84	190	63
Desserts	Oatmeal Raisin Cookie	1 ea	4	3	150	6	2.5	1	2	22	135	13
Desserts	Peanuts (for Sundaes)	.3 oz	1	1	45	3.5	0.5	1	2	2	0	0
Desserts	Strawberry Sundae	178g	7	6	280	6	4	0	6	49	85	45
Desserts	Vanilla Reduced Fat Ice Cream Cone	3.7 oz	5	4	170	4.5	3	0	5	27	70	20
McCafe	Caramel Hot Chocolate w/ Nonfat Milk, large	20 oz	10	8	380	3.5	2.5	0	18	68	300	66
McCafe	Caramel Hot Chocolate w/ Nonfat Milk, medium	16 oz	8	6	310	3.5	2	0	14	57	240	54
McCafe	Caramel Hot Chocolate w/ Nonfat Milk, small	12 oz	7	5	260	3.5	2	0	11	46	200	44
McCafe	Caramel Latte, large	20 oz	12	10	430	14	8	1	15	62	180	59
McCafe	Caramel Latte, medium	16 oz	9	7	340	10	6	1	11	50	140	48
McCafe	Caramel Latte, small	12 oz	7	6	270	9	5	1	9	40	115	38
McCafe	Caramel Mocha, large	20 oz	13	11	480	17	10	1	16	66	270	60
McCafe	Caramel Mocha, medium	16 oz	11	9	390	14	8	1	12	55	220	50
McCafe	Caramel Mocha, small	12 oz	9	7	320	11	7	1	10	45	170	40
McCafe	Frappe Caramel, large	22 oz	18	16	670	27	17	0	11	96	190	88
McCafe	Frappe Caramel, medium	16 oz	15	13	550	23	15	0	9	79	160	71
McCafe	Frappe Caramel, small	12 oz	12	11	450	19	12	0	7	64	125	57
McCafe	Frappe Chocolate Chip, large	22 oz	21	18	760	31	20	1	12	111	200	99
McCafe	Frappe Chocolate Chip, medium	16 oz	17	15	630	26	17	1	9	91	160	81
McCafe	Frappe Chocolate Chip, small	12 oz	15	12	530	23	14	1	8	76	135	67
McCafe	Frappe Mocha, large	22 oz	18	15	670	26	17	1	11	98	190	88
McCafe	Frappe Mocha, medium	16 oz	15	13	550	22	14	1	9	80	160	71
McCafe	Frappe Mocha, small	12 oz	12	10	450	18	12	1	7	65	125	57
McCafe	French Vanilla Latte, large	20 oz	11	9	420	14	8	1	15	60	190	56
McCafe	French Vanilla Latte, medium	16 oz	9	7	330	10	6	1	11	48	140	45
McCafe	French Vanilla Latte, small	12 oz	7	6	260	9	5	1	9	38	115	36
McCafe	Hazelnut Latte, large	20 oz	12	10	430	14	8	1	15	62	180	58
McCafe	Hazelnut Latte, medium	16 oz	9	7	330	10	6	1	11	50	140	47
McCafe	Hazelnut Latte, small	12 oz	7	6	270	9	5	1	9	40	115	38
McCafe	Hot Chocolate with Nonfat Milk, large	20 oz	11	8	400	3.5	2.5	1	19	74	280	69
McCafe	Hot Chocolate with Nonfat Milk, medium	16 oz	9	7	340	3.5	2	1	14	61	220	57
McCafe	Hot Chocolate with Nonfat Milk, small	12 oz	7	6	280	3.5	2	1	12	50	180	46
McCafe	Hot Chocolate, large	20 oz	15	12	540	20	12	1	17	73	280	68
McCafe	Hot Chocolate, medium	16 oz	12	10	440	16	9	1	14	61	220	56
McCafe	Hot Chocolate, small	12 oz	10	8	360	13	8	1	11	50	180	45
McCafe	Iced Caramel Mocha, large	22 oz	12	10	460	16	10	1	13	65	250	59
McCafe	Iced Caramel Mocha, medium	16 oz	9	8	340	13	7	1	9	46	170	41
McCafe	Iced Caramel Mocha, small	12 oz	8	7	280	11	7	0	8	38	140	33
McCafe	Iced Coffee Caramel, large	32 oz	7	6	260	9	6	0	2	43	65	42
McCafe	Iced Coffee Caramel, medium	22 oz	5	4	180	7	4.5	0	1	29	50	28
McCafe	Iced Coffee Caramel, small	16 oz	4	3	130	4.5	3	0	1	22	35	21
McCafe	Iced Coffee French Vanilla, large	32 oz	7	6	240	9	6	0	2	41	80	39
McCafe	Iced Coffee French Vanilla, medium	22 oz	5	4	170	7	4.5	0	1	27	55	26
McCafe	Iced Coffee French Vanilla, small	16 oz	3	3	120	4.5	3	0	1	20	40	19
McCafe	Iced Coffee Hazelnut, large	32 oz	7	6	250	9	6	0	2	43	75	41
McCafe	Iced Coffee Hazelnut, medium	22 oz	5	4	180	7	4.5	0	1	29	50	28
McCafe	Iced Coffee Hazelnut, small	16 oz	4	3	130	4.5	3	0	1	21	35	20
McCafe	Iced Coffee Regular, large	32 oz	8	6	270	9	6	0	2	47	75	45
McCafe	Iced Coffee Regular, medium	22 oz	5	4	190	7	4.5	0	1	31	50	30
McCafe	Iced Coffee Regular, small	16 oz	4	3	140	4.5	3	0	1	23	35	22
McCafe	Iced Coffee w/ Sugar Free French Vanilla Syrup, large	32 oz	4	4	160	9	6	0	2	18	135	2
McCafe	Iced Coffee w/ Sugar Free French Vanilla Syrup, medium	22 oz	3	3	120	7	4.5	0	1	12	90	2
McCafe	Iced Coffee with Sugar Free French Vanilla Syrup, small	16 oz	2	2	80	4.5	3	0	1	9	65	1
McCafe	Iced Mocha with Nonfat Milk, large	22 oz	10	8	390	6	3.5	2	14	71	220	62
McCafe	Iced Mocha with Nonfat Milk, medium	16 oz	8	6	290	5	3.5	1	10	50	150	43
McCafe	Iced Mocha with Nonfat Milk, small	12 oz	6	5	240	5	3	1	8	41	125	35
McCafe	Iced Mocha, large	22 oz	13	11	480	16	10	2	14	70	220	62
McCafe	Iced Mocha, medium	16 oz	10	8	350	13	8	1	9	50	150	43
McCafe	Iced Mocha, small	12 oz	8	7	290	11	7	1	8	41	125	34
McCafe	Iced Nonfat Caramel Mocha, large	22 oz	10	8	370	6	3.5	1	14	65	250	59
McCafe	Iced Nonfat Caramel Mocha, medium	16 oz	7	6	270	5	3	1	10	47	170	41
McCafe	Iced Nonfat Caramel Mocha, small	12 oz	6	5	230	5	3	0	8	38	140	33
McCafe	Latte w/ Sugar Free French Vanilla Syrup, large	20 oz	9	7	330	14	8	2	15	37	240	20
McCafe	Latte w/ Sugar Free French Vanilla Syrup, medium	16 oz	7	6	260	10	6	1	12	29	190	15
McCafe	Latte w/ Sugar Free French Vanilla Syrup, small	12 oz	6	5	210	9	5	1	9	24	150	12
McCafe	Latte, large	20 oz	7	7	280	14	8	1	15	24	180	20
McCafe	Latte, medium	16 oz	5	5	210	10	6	1	11	18	140	15
McCafe	Latte, small	12 oz	5	4	170	9	5	1	9	15	115	12
McCafe	Mocha with Nonfat Milk, large	20 oz	10	8	390	4	2.5	2	17	73	240	64
McCafe	Mocha with Nonfat Milk, medium	16 oz	8	6	330	3.5	2	2	13	60	190	53
McCafe	Mocha with Nonfat Milk, small	12 oz	7	5	270	3.5	2	2	11	49	150	43
McCafe	Mocha, large	20 oz	13	11	500	17	10	2	16	72	240	63
McCafe	Mocha, medium	16 oz	11	9	410	14	8	2	13	60	190	53

McDonalds (US)

McCafe	Mocha, small	12 oz	9	7	340	11	7	2	10	49	150	42
McCafe	Nonfat Caramel Latte, large	20 oz	8	6	310	0.5	0	1	16	63	180	59
McCafe	Nonfat Caramel Latte, medium	16 oz	7	5	250	0	0	1	12	51	135	48
McCafe	Nonfat Caramel Latte, small	12 oz	5	4	200	0	0	1	10	41	110	39
McCafe	Nonfat Caramel Mocha, large	20 oz	10	7	370	3.5	2.5	1	17	67	270	61
McCafe	Nonfat Caramel Mocha, medium	16 oz	8	6	310	3.5	2	1	13	56	210	51
McCafe	Nonfat Caramel Mocha, small	12 oz	7	5	250	3.5	2	1	10	45	170	41
McCafe	Nonfat French Vanilla Latte, large	20 oz	8	6	300	0.5	0	1	16	60	180	56
McCafe	Nonfat French Vanilla Latte, medium	16 oz	6	5	240	0	0	1	12	49	140	46
McCafe	Nonfat French Vanilla Latte, small	12 oz	5	4	190	0	0	1	10	39	115	37
McCafe	Nonfat Hazelnut Latte, large	20 oz	8	6	310	0.5	0	1	16	63	180	59
McCafe	Nonfat Hazelnut Latte, medium	16 oz	7	5	250	0	0	1	12	51	135	48
McCafe	Nonfat Hazelnut Latte, small	12 oz	5	4	200	0	0	1	10	40	110	38
McCafe	Nonfat Latte w/ Sugar Free French Vanilla Syrup, large	20 oz	6	4	220	0.5	0	2	16	38	240	21
McCafe	Nonfat Latte w/ Sugar Free French Vanilla Syrup, medium	16 oz	4	3	170	0	0	1	12	30	180	16
McCafe	Nonfat Latte w/ Sugar Free French Vanilla Syrup, small	12 oz	3	3	140	0	0	1	10	24	150	13
McCafe	Nonfat Latte, large	20 oz	4	3	170	0.5	0	1	16	25	180	21
McCafe	Nonfat Latte, medium	16 oz	3	2	130	0	0	1	12	19	135	16
McCafe	Nonfat Latte, small	12 oz	2	2	100	0	0	1	10	15	110	13
Salads	Bacon Ranch Salad w/ Crispy Chicken	1 ea	10	9	390	22	6	4	26	24	870	7
Salads	Bacon Ranch Salad w/ Grilled Chicken	1 ea	6	5	230	9	4	4	30	10	700	5
Salads	Bacon Ranch Salad w/o chicken	1 ea	3	3	140	7	3.5	3	9	10	300	4
Salads	Low Fat Balsamic Vinaigrette	1.5 oz	1	1	35	2.5	0	0	0	3	420	3
Salads	Low Fat Family Recipe Italian Dressing	1.5 oz	1	1	50	2.5	0.5	0	1	7	390	2
Salads	Low Fat Sesame Ginger Dressing	1.5 oz	2	2	90	2.5	0	1	1	15	410	9
Salads	Ranch Dressing	2 oz	5	5	170	15	2.5	0	1	9	530	4
Salads	Side Salad	1 ea	0	0	20	0	0	1	1	4	10	2
Salads	Southwest Salad w/ Crispy Chicken	1 ea	11	10	450	21	4.5	7	23	42	820	13
Salads	Southwest Salad w/ Grilled Chicken	1 ea	7	6	290	8	2.5	7	27	28	650	11
Salads	Southwest Salad w/o chicken	1 ea	3	2	140	4.5	2	6	6	20	150	6
Shakes & Smoothies	Blueberry Pomegranate Smoothie, large	22 oz	9	6	340	1	0.5	5	4	79	65	70
Shakes & Smoothies	Blueberry Pomegranate Smoothie, medium	16 oz	7	4	260	1	0	4	3	62	50	54
Shakes & Smoothies	Blueberry Pomegranate Smoothie, small	12 oz	6	4	220	0.5	0	3	2	50	40	44
Shakes & Smoothies	Chocolate Shake, large	22 oz	23	19	850	23	15	2	19	141	380	120
Shakes & Smoothies	Chocolate Shake, medium	16 oz	19	15	700	20	12	2	15	114	300	97
Shakes & Smoothies	Chocolate Shake, small	12 oz	15	12	560	16	10	1	12	91	240	77
Shakes & Smoothies	Egg Nog McCafe Shake, large	20 oz	22	19	830	23	15	0	18	137	270	116
Shakes & Smoothies	Egg Nog McCafe Shake, medium	16 oz	18	15	680	19	12	0	14	111	220	93
Shakes & Smoothies	Egg Nog McCafe Shake, small	12 oz	15	12	540	16	10	0	11	88	170	73
Shakes & Smoothies	Mango Pineapple Smoothie, large	22 oz	9	6	340	1.5	1	4	5	78	70	74
Shakes & Smoothies	Mango Pineapple Smoothie, medium	16 oz	7	5	270	1	1	3	3	61	55	58
Shakes & Smoothies	Mango Pineapple Smoothie, small	12 oz	6	4	220	1	0.5	2	3	49	45	47
Shakes & Smoothies	Strawberry Banana Smoothie, large	22 oz	8	6	330	1	0.5	4	5	74	80	70
Shakes & Smoothies	Strawberry Banana Smoothie, medium	16 oz	7	4	250	1	0	3	4	58	60	54
Shakes & Smoothies	Strawberry Banana Smoothie, small	12 oz	5	4	210	0.5	0	3	3	47	50	44
Shakes & Smoothies	Strawberry Shake, large	22 oz	23	19	850	24	15	0	18	140	260	123
Shakes & Smoothies	Strawberry Shake, medium	16 oz	19	15	690	20	13	0	15	114	210	100
Shakes & Smoothies	Strawberry Shake, small	12 oz	15	12	550	16	10	0	12	90	160	79
Shakes & Smoothies	Vanilla Shake, large	22 oz	22	18	820	23	15	0	18	135	260	101
Shakes & Smoothies	Vanilla Shake, medium	16 oz	18	15	660	19	12	0	14	109	200	81
Shakes & Smoothies	Vanilla Shake, small	12 oz	14	12	530	15	10	0	11	86	160	63
Sides	Apple Slices	1.2 oz	0	0	15	0	0	0	0	4	0	3
Sides	French Fries, kids	1.1 oz	3	2	100	5	0.5	1	1	13	70	0
Sides	French Fries, large	5.4 oz	13	11	500	25	3.5	6	6	63	350	0
Sides	French Fries, medium	4.1 oz	10	8	380	19	2.5	5	4	48	270	0
Sides	French Fries, small	2.5 oz	6	5	230	11	1.5	3	3	29	160	0
Sides	Fruit and Yogurt Parfait	5.2 oz	4	3	150	2	1	1	4	30	70	23
Wraps	Chipotle BBQ Snack Wrap (Crispy)	1 ea	9	8	330	15	4.5	1	14	34	750	6
Wraps	Chipotle BBQ Snack Wrap (Grilled)	1 ea	6	5	250	8	3.5	1	16	27	670	5
Wraps	Honey Mustard Snack Wrap (Crispy)	1 ea	9	8	330	15	4.5	1	14	34	730	3
Wraps	Honey Mustard Snack Wrap (Grilled)	1 ea	6	5	250	8	3.5	1	16	27	650	2
Wraps	Mac Snack Wrap	1 ea	9	8	330	19	7	1	14	26	670	3
Wraps	McWrap Chicken & Bacon (Crispy)	1 ea	17	14	620	31	9	3	32	54	1490	6
Wraps	McWrap Chicken & Bacon (Grilled)	1 ea	12	10	460	18	7	3	35	40	1330	4
Wraps	McWrap Chicken & Ranch (Crispy)	1 ea	16	13	580	29	8	3	26	55	1290	7
Wraps	McWrap Chicken & Ranch (Grilled)	1 ea	11	9	420	16	6	3	30	41	1130	5
Wraps	McWrap Chicken Sweet Chili (Crispy)	1 ea	14	12	520	22	4.5	2	23	57	1190	11
Wraps	McWrap Chicken Sweet Chili (Grilled)	1 ea	9	8	360	9	2.5	2	26	43	1030	9
Wraps	McWrap Southwest Chicken (Crispy)	1 ea	18	15	670	33	8	4	27	67	1450	11
Wraps	McWrap Southwest Chicken (Grilled)	1 ea	13	11	510	20	6	4	31	53	1280	9
Wraps	Ranch Snack Wrap, Crispy	1 ea	9	8	350	18	5	1	15	32	790	3
Wraps	Ranch Snack Wrap, Grilled	1 ea	7	6	270	12	4	1	16	25	700	2

Nutrition information obtained on 12/2013 at the following link;

http://www.mcdonalds.com/us/en/food/food_quality/nutrition_choices.html