

Does McDonald's Sell Burgers?

Group Members!

Use the nutrition facts from McDonald's to determine the following:
(Remember to include the units in your answers.)

1) If you eat two Big Macs, how many total grams (g) of fat are you consuming?

2) Which beef burger has the greatest amount of sodium, in milligrams?

3) If you eat a Premium Caesar Salad with grilled chicken and one package of Newman's Own Creamy Caesar Dressing, how many calories are you consuming? How many more calories are in the salad than in the dressing?

4) If you eat a regular hamburger, large French fries and a small diet coke, how many calories are you consuming?

5) Determine the number of calories, total fat, saturated fat, trans-fat, cholesterol, and sodium in your favorite meal from McDonald's. Remember to include the units, calories, grams (g) or milligrams (mg). Assume that you get at least 1 food item and a drink. Discuss why it is your favorite.

Favorite Meal: _____

Calories: _____

Total Fat: _____

Saturated Fat: _____

Trans Fat: _____

Cholesterol: _____

6) Which famous item on the menu when cooked contains a cancer-causing chemical? _____

7) Which products on the menu might be considered the healthiest?

Why? _____

In the following problems, use the cohort strategy to solve word problems to find the solutions. Create a system of equations. Use the nutrition information to check your work!

8) If you consume 2 Egg McMuffins and 1 Sausage McMuffin, the amount of calories is 970. If you consume 1 Egg McMuffin and 3 Sausage McMuffins, the amount of calories is 1,410. How many calories are in each of the breakfast sandwiches?

1) Let $x =$ _____

2) Let $y =$ _____

Equations:

Solution in sentence form: _____

9) The sum of the calories in the Premium Chicken Classic Sandwich (crispy) and the Premium Chicken Classic Sandwich (grilled) is 950. The difference between the two in calories is 110. How many calories are in each of the chicken sandwiches? Why does the crispy sandwich have more calories?

1) Let $x =$ _____

2) Let $y =$ _____











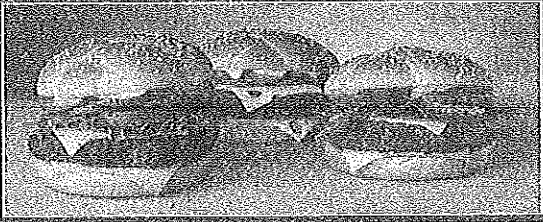
Equations:

Solution in sentence form: _____

nutrition facts

Revised May 2009

Nutrition Information

										
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
▶ BEEF										
Hamburger	250	9	3.5	0.5	25	520	31	2	6	12
Cheeseburger	300	12	6	0.5	40	760	33	2	6	15
Double Cheeseburger	440	23	11	1.5	80	1150	34	2	7	25
Quarter Pounder® +	410	19	7	1	65	730	37	2	8	24
Quarter Pounder® with Cheese +	510	26	12	1.5	90	1190	40	3	9	29
Double Quarter Pounder® with Cheese ++	740	42	19	2.5	155	1380	40	3	9	48
Big Mac®	540	29	10	1.5	75	1040	45	3	9	25
Big 'N Tasty®	460	24	8	1.5	70	720	37	3	8	24
Big 'N Tasty with Cheese	610	28	11	1.5	85	960	38	3	8	27
Angus Deluxe	750	39	17	2	135	1700	61	4	11	40
<small>1/3 pound Angus patty, American cheese, tomato, lettuce, pickles, red onion, mayonnaise, mustard</small>										
Angus Mushroom & Swiss	770	40	17	2	135	1170	59	4	8	44
<small>1/3 pound Angus patty, Swiss cheese, sautéed mushrooms, mayonnaise</small>										
Angus Bacon & Cheese	790	39	17	2	145	2070	63	4	13	45
<small>1/3 pound Angus patty, American cheese, bacon, pickles, red onion, ketchup, mustard</small>										
<p>▶ Nothing messes with the pleasure of McDonald's Angus Third Pounders.* It's all beef - Angus beef. The taste is everything you could ask for.</p> <p><small>*Weight before cooking at least 5.33 oz.</small></p> 										
▶ FRENCH FRIES										
Small French Fries	230	11	1.5	0	0	160	29	3	0	3
Medium French Fries	360	19	2.5	0	0	270	48	5	0	4
Large French Fries	500	25	3.5	0	0	350	63	6	0	6
▶ CHICKEN/FISH										
McChicken®	360	16	3	0	35	830	40	2	5	14
Premium Chicken Club Sandwich (crispy)	630	28	7	0	75	1360	60	4	13	35
Premium Chicken Club Sandwich (grilled)	630	18	6	0	95	1410	52	4	12	39
Premium Chicken Ranch BLT Sandwich (crispy)	660	23	4.5	0	65	1400	62	3	13	31
Premium Chicken Ranch BLT Sandwich (grilled)	470	12	3	0	80	1440	53	3	13	36
Premium Chicken Classic Sandwich (crispy)	530	20	3.5	0	50	1150	59	3	12	28
Premium Chicken Classic Sandwich (grilled)	420	10	2	0	70	1190	51	3	11	32
Southern Style Chicken Sandwich	400	17	3	0	45	1030	39	1	6	24
Chicken McNuggets® (4 piece)	190	12	2	0	30	400	11	0	0	10
Chicken McNuggets (6 piece)	280	17	3	0	40	600	16	0	0	14
Chicken McNuggets (10 piece)	460	29	5	0	70	1000	27	0	0	24
Chicken Selects® (3 piece)	400	24	3.5	0	50	1010	23	0	0	23
Chicken Selects (5 piece)	660	40	6	0	85	1680	39	0	0	38
Ranch Snack Wrap® (crispy)	340	17	4.5	0	30	810	33	1	2	14
Ranch Snack Wrap® (grilled)	270	10	4	0	45	830	26	1	2	18
Honey Mustard Snack Wrap® (crispy)	330	16	4.5	0	30	780	34	1	4	14
Honey Mustard Snack Wrap® (grilled)	260	9	3.5	0	45	800	27	1	4	18
Chipotle BBQ Snack Wrap® (crispy)	330	15	4.5	0	30	810	35	1	4	14
Chipotle BBQ Snack Wrap® (grilled)	260	9	3.5	0	45	830	28	1	5	18
Filet-O-Fish®	380	18	3.5	0	40	640	38	2	5	15
▶ SALADS										
Premium Bacon Ranch Salad with Grilled Chicken	260	9	4	0	90	1010	12	3	5	33
Premium Bacon Ranch Salad with Crispy Chicken	370	20	6	0	75	970	20	3	6	29
Premium Caesar Salad with Grilled Chicken	220	6	3	0	75	890	12	3	5	30
Premium Caesar Salad with Crispy Chicken	330	17	4.5	0	60	840	20	3	6	26
Southwest Salad with Grilled Chicken	320	9	3	0	70	960	30	6	11	30
Southwest Salad with Crispy Chicken	430	20	4	0	55	920	38	6	12	26
Side Salad	20	0	0	0	0	10	4	1	2	1
Snack Size Fruit & Walnut Salad	210	8	1.5	0	5	60	31	2	25	4
Newman's Own® Creamy Caesar Dressing (1 pkg)	190	18	3.5	0	20	500	4	0	2	2
Newman's Own Creamy Southwest Dressing (1 pkg)	100	6	1	0	20	340	11	0	3	1
Newman's Own Low Fat Balsamic Vinaigrette (1 pkg)	40	3	0	0	0	730	4	0	3	0
Newman's Own Ranch Dressing (1 pkg)	170	15	2.5	0	20	530	9	0	4	1
Newman's Own Low Fat Family Recipe Italian Dressing (1 pkg)	80	2.5	0	0	0	730	8	0	1	1

The nutrition information on this leaflet is correct as of May 2009 and amends the nutrition information found on other printed materials in this restaurant including packaging. This information is specific to restaurants that use cooking oil with 0 grams of trans fat per labeled serving. This information is derived from testing conducted in accredited laboratories, published resources, or from information provided from McDonald's suppliers. The nutrition information is based on standard product formulations and serving sizes. All nutrition information is based on average values for ingredients from McDonald's suppliers throughout the U.S. and is rounded to meet current U.S. FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. None of our products are certified as vegetarian.



P'mlovin' It!

Nutrition Information



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
☑ BREAKFAST										
Egg McMuffin®	300	12	5	0	260	820	30	2	3	18
Sausage McMuffin®	370	22	8	0	45	850	29	2	2	14
Sausage McMuffin with Egg	450	27	10	0	285	920	30	2	2	21
Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	420	23	12	0	235	1160	37	2	3	15
Sausage Biscuit with Egg (Regular Size Biscuit)	610	33	14	0	250	1170	36	2	2	18
Sausage Biscuit (Regular Size Biscuit)	430	27	12	0	30	1080	34	2	2	11
Southern Style Chicken Biscuit (Regular Size Biscuit)	410	20	8	0	30	1180	41	2	3	17
Bacon, Egg & Cheese McGriddles®	420	18	8	0	240	1110	48	2	15	16
Sausage, Egg & Cheese McGriddles®	560	32	12	0	265	1360	48	2	15	20
Sausage McGriddles®	420	22	8	0	35	1030	44	2	15	11
McSkillet™ Burrito with Sausage	610	36	14	0.5	410	1390	44	3	4	27
McSkillet™ Burrito with Steak (at participating restaurants)	570	30	12	1	430	1470	44	3	4	32
Big Breakfast® (Regular Size Biscuit)	740	48	17	0	555	1560	51	3	3	28
Deluxe Breakfast (Regular Size Biscuit) w/o syrup & margarine	1090	56	19	0	575	2150	111	6	17	36
Hotcakes and Sausage w/o syrup & margarine	620	24	7	0	60	930	61	3	14	15
Hash Browns	150	9	1.5	0	0	310	15	2	0	1
Hotcake Syrup	180	0	0	0	0	20	45	0	32	0
Whipped Margarine (1 pat)	40	4.5	1.5	0	0	55	0	0	0	0
☑ DESSERTS										
Apple Dippers (1 pkg)	35	0	0	0	0	0	8	0	6	0
Low Fat Caramel Dip (1 pkg)	70	0.5	0	0	5	35	15	0	9	0
Fruit 'n Yogurt Parfait without Granola	130	2	1	0	5	55	25	0	19	4
Fruit 'n Yogurt Parfait	160	2	1	0	5	85	31	1	21	4
Vanilla Reduced Fat Ice Cream Cone	150	3.5	2	0	16	60	24	0	18	4
Strawberry Sundae	280	6	4	0	25	95	49	1	45	6
Caramel Sundae	340	8	5	0	30	160	60	1	44	7
Hot Fudge Sundae	330	10	7	0	25	180	54	2	48	8
McFlurry® with M&M'S® Candies (12 fl. oz. cup)	620	20	12	1	55	190	96	1	85	14
McFlurry with OREO® Cookies (12 fl. oz. cup)	550	17	9	1	50	250	88	1	73	13
Chocolate Triple Thick® Shake (16 fl. oz. cup)	580	14	8	1	50	250	102	1	84	13
Strawberry Triple Thick Shake (16 fl. oz. cup)	560	13	8	1	50	170	97	0	84	13
Vanilla Triple Thick Shake (16 fl. oz. cup)	550	13	8	1	50	190	98	0	72	13
Baked Hot Apple Pie	250	13	7	0	0	170	32	4	13	2
☑ BEVERAGES										
1% Low Fat Milk Jug (8 fl. oz.)	100	2.5	1.5	0	10	125	12	0	12	8
1% Low Fat Chocolate Milk Jug (8 fl. oz.)	170	3	1.5	0	5	150	26	1	25	9
Orange Juice, Small (12 fl. oz. cup)	140	0	0	0	0	5	33	0	29	2
Minute Maid® Apple Juice Box (6.75 fl. oz.)	100	0	0	0	0	15	23	0	21	0
Coca-Cola Classic (small, 16 fl. oz. cup)	150	0	0	0	0	10	40	0	40	0
Diet Coke® (small, 16 fl. oz. cup)	0	0	0	0	0	20	0	0	0	0
Sprite® (small, 16 fl. oz. cup)	150	0	0	0	0	40	39	0	39	0
Hi-C® Orange Lavaburst (small, 16 fl. oz. cup)	160	0	0	0	0	5	44	0	44	0
POWERAde® Mountain Blast (small, 16 fl. oz. cup)	100	0	0	0	0	85	27	0	21	0
☑ McCafé® COFFEE										
Iced Mocha with Nonfat Milk (16 fl. oz. cup)	270	8	4.5	0	10	140	43	0	35	7
Mocha with Nonfat Milk (16 fl. oz. cup)	280	6	3.5	0	10	160	50	0	42	8
Iced Nonfat Vanilla Latte (16 fl. oz. cup)	150	0	0	0	5	70	33	0	33	5
Nonfat Vanilla Latte (16 fl. oz. cup)	220	0	0	0	5	115	46	0	46	9
Nonfat Vanilla Cappuccino (16 fl. oz. cup)	190	0	0	0	5	90	42	0	42	6
Iced Coffee (21 fl. oz. cup)	200	8	5	0	30	60	30	0	30	2
Hot Chocolate with Nonfat Milk (16 fl. oz. cup)	310	6	3.5	0	10	190	55	0	47	11

Calories		10%	190
Protein		20%	10g
Fat		18%	12g
Carbs		4%	11g
Sodium		17%	400mg

Nutrition label for McDonald's Chicken McNuggets® (4-piece)



Our Nutrition Chart, which will appear right on the packaging of our most popular food items, provides information about five key nutrients: calories, protein, fat, carbohydrates (carbs) and sodium. The left-hand column shows the percentage of each nutrient a menu item contributes toward recommended amounts for a 2,000-calorie daily diet.

The dotted line represents one-third of the recommended amounts, and the right-hand column shows the amount of each nutrient in the menu item. For additional nutrition information, visit www.mcdonalds.com or call 1-800-244-6227.

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+ Based on the weight before cooking 4 oz. (113.4 g).

++ Based on the weight before cooking 8 oz. (226.8 g).