



Better Choices

McDonald's

Other Better Breakfast Choices:

Breakfast:

Compare this.....

Sausage and Cheese McGriddle = 450 calories/32g fat

Better choice.....

Egg McMuffin = 290 calories and 17 g Fat

Item	Calories	Fat grams
English Muffin	150	3
Scrambled Eggs	180	18
Sausage Burrito	200	24
Egg McMuffin	290	17
Apple Bran Muffin	300	3
Hotcakes plain (with syrup) ☹️	340 (600)	8 (27)

Compare This.... Lunch/Dinner VS.

Hamburger (260 cal/ 9g fat)
+ Small fry (230 cal/11g fat)
+ water (0 cal/0 fat)
total 490 cal/20g fat



And **add:**

+ side salad (15 cal/0g fat)
+ low fat balsamic vinaigrette (40 cal/3g fat)
total 545 cal/23g fat

You could even **add:**
+ Fruit and yogurt Parfait (160 cal/ 2g Fat)
Total: 705 cal/25g fat

Quarter Pounder w/cheese (510 cal/25g fat)
+ large fry (520 cal/25g fat)
+ large soda (310 0g fat)
Total: 1340 cal/ 50g fat

If you are thinking, "I'll just burn it off with activity", consider this:



You would have to walk 5 hours to burn off that Quarter Pounder with Cheese meal.

vs.

Walking 2 1/2 hours to burn off the hamburger, fries, salad, and parfait.



Compare This....

VS.

Bacon Ranch Salad with grilled chicken (250cal/9g fat)
+ balsamic vinaigrette (40cal/3g fat)
+ unsweetened ice tea (0 cal/0g fat)
Total : 290 cal/ 12g fat

You'd only have to walk a little over an hour to burn this off- or play soccer for about 35 minutes. That seems more reasonable doesn't it!?

Bacon ranch salad with crispy chicken (350cal/ 17g fat)
+ ranch dressing (170 cal/15g fat)
+ large coke (310 cal/0g fat)
Total: 830 cal/ 32g fat

You'd have to walk over 3 hours to burn this off- or play soccer for an hour and 45 minutes.

Better Choices

Other Better Lunch/Dinner Choices:

Food	Calories	Fat
Hamburger	260	9
Cheeseburger	310	12
Chicken McGrill without mayo	300	6
4 piece chicken nugget	170	10
6 piece chicken nugget	250	15
Bacon Ranch salad	130	7
Bacon Ranch Salad w/grilled chicken	250	9
California Cobb Salad	150	9
California Cobb Salad w/ grilled chicken	270	11
Caesar Salad	90	4
Cesar salad w/ grilled chicken	210	6
Low-Fat Balsamic Vinaigrette	40	3
Low Fat Italian	50	2.5



Better Dessert Choices

Food	Calories	Fat grams
Fruit and yogurt parfait	160	2
Fruit and yogurt parfait without granola	130	2
Apple dippers with carmel	100	1
Vanilla Cone	150	3.5
Fruit and Walnut Salad	310	13



Compared To:

Food	Calories	Fat grams
M&M McFlurry	620	20
Triple Thick Milk shake (regular)	580	14
Triple thick Milkshake (32oz)	1110	41



Play basketball? You probably won't burn off that large McFlurry, unless you have 2 ½ hours to play.