



Easy Ways to Find Nutrition Information at McDonald's®

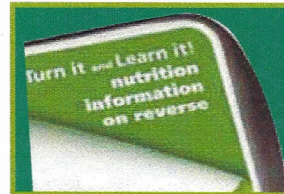
made just for you.

McDonald's began providing nutrition information over 30 years ago. We are committed today to helping our customers make informed choices when they visit our restaurants.



1. mcdonalds.com

The most complete and current source of nutrition information and the place to find ingredient and allergen information.



5. Trayliner

Another in-restaurant source of nutrition facts and figures. Turn it over to learn more the next time you dine in.



2. Mobile nutrition information

Visit www.mcdonalds.com and McDonald's first mobile app so you can access nutrition information on-the-go. Mobile app available on some smartphone devices.



6. Toll-Free Phone Line

Call 1-800-244-6227 if you have questions or want additional information about our menu items.

Item	Cal	Protein	Fiber
Classic	210	420	
Chicken	180	328	
Grilled	150	10g	
Apple	120	81g	
French	100	1190g	

3. Product packaging

Our most popular food menu item packages feature the FDA Nutrition Facts panel and our own McDonald's Nutrition Chart.



7. Voice-activated information through our toll-free number

Call our toll-free number to use a voice-activated system that responds to your nutrition questions 24 hours, 7 days a week.



4. Brochure

This comprehensive collection of nutrition facts and information can be found in participating restaurants.



8. Restaurant and Drive-Thru Menus

Calorie information is available for food and beverage choices on restaurant and drive-thru menus.

Information is accurate as of May 2013.
 McDonalds.com is the most complete and up to date source of nutrition information