

Information for the customer with diabetes / McDonald's.

Contributors

McDonald's Restaurants Ltd. Public Relations Department.

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

BREAKFAST MENU
—only available in certain restaurants:

	Carbohydrate exchanges ('portions')	Fat	Energy ('calories')
McDonald's Big Breakfast: Scrambled Eggs/Hash Brown/Sausage Pattie/English Muffin	4	***	504
Hotcakes, Sausage Pattie, Butter and Syrup	7½	**	545
Sausage Pattie	—	*	139
Hash Brown	1½	*	100
Scrambled Eggs	—	*	176
Hotcakes with Butter	4	*	283
Hotcakes with Butter and Syrup	7½	*	406
Bacon and Egg McMuffin	2½	**	320
Sausage and Egg McMuffin	2½	***	433
Scrambled Eggs and Buttered English Muffin	3	*	273
Buttered English Muffin with Preserve	4½	—	228
Buttered English Muffin	2½	—	155



Public Relations Department,
McDonald's Restaurants Limited,
11-59 High Road, East Finchley, London N2 8AW
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Information for the customer with diabetes



If you decide to eat at McDonald's, the following information on our menu items may help you keep to your prescribed diet.

The details given apply to each item as served to the customer.

The *carbohydrate* content is indicated by the number of carbohydrate exchanges (or 'portions'), rounded to the nearest ½ exchange. Each exchange contains 10 grams of carbohydrate. Items in the coloured areas are relatively high in rapidly absorbed carbohydrate (e.g. sugars) and should be consumed with care and only as part of a mixed meal.

Each 10 grams of *fat* (rounded to the nearest 10 grams) is indicated by a star*.

The *energy* content is given in 'calories' (kilocalories).

Detailed figures of the nutrient content of McDonald's products are given in "McDonald's Food: The Facts", available in all restaurants.

Further information on diabetes can be obtained from:
The British Diabetic Association,
10 Queen Anne Street, London W1M 0BD.

Main menu items	Carbohydrate exchanges ('portions')	Fat	Energy ('calories')
Hamburger	3	*	223
Cheeseburger	3	*	272
Quarter Pounder	4	**	400
Quarter Pounder with Cheese	4	**	492
Big Mac	4½	**	446
Filet-o-Fish	4	*	332
Chicken McNuggets (6)	1	**	276
Chicken McNuggets (9)	2	**	415
Chicken McNuggets (20)	4	*****	924
McChicken Sandwich	4½	*	372

Condiments

Barbeque Sauce	1	-	45
Sweet Curry Sauce	1	-	51
Mild Mustard Sauce	½	-	61
Sweet & Sour Sauce	1	-	46
Tomato Ketchup	½	-	23

French Fries

Regular French Fries	2½	*	236
Large French Fries	3½	**	335

Desserts	Carbohydrate exchanges ('portions')	Fat	Energy ('calories')
Apple Pie	3	*	229
Donut—plain	3	**	275
—chocolate flavoured	4	**	336
—topping	3	**	287
—cinnamon coating	3	*	246
—sugared	3	*	246
Birthday Cake (per Cake)	28	*****	1912

Drinks

Diet McDonald's Cola (reg/med/large)	-	-	-
McDonald's Cola—regular	3	-	105
—medium	4	-	147
—large	6	-	231
Orange Flavour Drink—regular	3	-	117
—medium	4½	-	164
—large	7	-	258
Root Beer—regular	3	-	105
—medium	4	-	147
—large	6	-	231
Pure Orange Juice—regular	1½	-	59
—medium	2½	-	102
Milkshakes:			
—Vanilla Flavour	5½	*	301
—Strawberry Flavour	6	*	312
—Chocolate Flavour	6	*	303
Milk (250 ml)	1½	*	165
Coffee with Half Cream	-	-	19
Tea with Skimmed Milk	-	-	4
Hot Chocolate	2	-	119