



# Nutrition Information for McDonald's Happy Meals

We provide a nutrition analysis of our kids meals to help you choose foods that best meet your child's nutrition needs. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation for you and your family.

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)
<b>Happy Meals with Chicken McNuggets®</b>														
Chicken McNuggets (4pc) Small French Fries 1% Low Fat White Milk Jug (8 fl oz)	520	25	5	0	35	690	52	3	12	20	340	1.5	500	8
Chicken McNuggets (4pc) Small French Fries 1% Low Fat Chocolate Milk Jug (8 fl oz)	580	26	5	0	35	710	66	4	25	21	320	1.5	500	10
Chicken McNuggets (4pc) Small French Fries Apple Juice Box (6.75 fl oz)	510	23	3.5	0	30	580	63	3	22	12	120	1	0	66
Chicken McNuggets (4pc) Small French Fries Sprite® (12 fl oz cup)*	520	23	3.5	0	30	590	68	3	28	12	20	1	0	6
Chicken McNuggets (4pc) Apple Dippers with Low Fat Caramel Dip 1% Low Fat White Milk Jug (8 fl oz)	390	15	4	0	40	570	46	0	27	18	380	1	530	192
Chicken McNuggets (4pc) Apple Dippers with Low Fat Caramel Dip 1% Low Fat Chocolate Milk Jug (8 fl oz)	450	15	4	0	35	590	60	1	40	19	370	1	520	193
Chicken McNuggets (4pc) Apple Dippers with Low Fat Caramel Dip Apple Juice Box (6.75 fl oz)	380	12	2.5	0	30	460	57	0	37	10	160	0.5	25	249
Chicken McNuggets (4pc) Apple Dippers with Low Fat Caramel Dip Sprite® (12 fl oz cup)*	390	12	2.5	0	30	470	62	0	43	10	60	0.5	25	189

This list is effective 12-16-2009

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)
<b>Happy Meals with Hamburger</b>														
Hamburger Small French Fries 1% Low Fat White Milk Jug (8 fl oz)	590	23	6	0.5	35	810	72	5	18	23	450	3.5	550	9
Hamburger Small French Fries 1% Low Fat Chocolate Milk Jug (8 fl oz)	650	23	7	0.5	35	830	86	5	31	24	430	3.5	550	10
Hamburger Small French Fries Apple Juice Box (6.75 fl oz)	580	20	5	0.5	25	700	84	5	28	15	230	3	50	66
Hamburger Small French Fries Sprite® (12 fl oz cup)*	590	20	5	0.5	25	710	88	5	34	15	130	3	50	6
Hamburger Apple Dippers with Low Fat Caramel Dip 1% Low Fat White Milk Jug (8 fl oz)	460	12	5	0.5	35	680	66	2	33	20	500	2.5	580	192
Hamburger Apple Dippers with Low Fat Caramel Dip 1% Low Fat Chocolate Milk Jug (8 fl oz)	520	12	5	0.5	35	710	80	2	46	21	480	3	570	193
Hamburger Apple Dippers with Low Fat Caramel Dip Apple Juice Box (6.75 fl oz)	450	9	3.5	0.5	30	570	78	2	43	13	280	2.5	70	249
Hamburger Apple Dippers with Low Fat Caramel Dip Sprite® (12 fl oz cup)*	460	9	3.5	0.5	30	590	82	2	49	13	180	2.5	70	189

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	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)
<b>Happy Meals with Cheeseburger</b>														
Cheeseburger Small French Fries 1% Low Fat White Milk Jug (8 fl oz)	640	26	9	1	50	1040	74	5	19	25	520	3.5	770	9
Cheeseburger Small French Fries 1% Low Fat Chocolate Milk Jug (8 fl oz)	700	27	9	1	45	1060	88	5	31	26	510	3.5	770	10
Cheeseburger Small French Fries Apple Juice Box (6.75 fl oz)	630	24	7	1	40	930	85	5	28	17	300	3	270	66
Cheeseburger Small French Fries Sprite® (12 fl oz cup)*	640	24	7	1	40	940	90	5	35	17	200	3	270	6
Cheeseburger Apple Dippers with Low Fat Caramel Dip 1% Low Fat White Milk Jug (8 fl oz)	500	15	8	1	50	920	68	2	33	23	570	3	800	192
Cheeseburger Apple Dippers with Low Fat Caramel Dip 1% Low Fat Chocolate Milk Jug (8 fl oz)	570	16	8	1	50	940	82	2	46	24	550	3	800	193
Cheeseburger Apple Dippers with Low Fat Caramel Dip Apple Juice Box (6.75 fl oz)	500	13	6	1	40	810	79	2	43	15	350	2.5	300	249
Cheeseburger Apple Dippers with Low Fat Caramel Dip Sprite® (12 fl oz cup)*	510	13	6	1	40	820	84	2	50	15	250	2.5	300	189

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**\*The values represent the sodium derived from ingredients plus water. Sodium content of the water is based on the value listed for municipal water in the USDA National Nutrient Database. The actual amount of sodium may be higher or lower depending upon the sodium content of the water where the beverage is dispensed.**

**Note: Nutrient contributions from individual components may not equal the total due to federal rounding regulations. Percent Daily Values (DV) and RDIs are based on unrounded values.**

The nutrition information on this website 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 US 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 is certified as vegetarian. This information is correct as of January 2007, unless stated otherwise.

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