



McDonald's USA Food Exchanges

McDonald's provides food exchanges for our popular menu items to assist our customers with meal planning for diabetes and weight control.

Menu Item	Calories	Food Exchanges
Sandwiches		
Hamburger	250	2 carbohydrate, 1.5 medium fat meat
Cheeseburger	300	2 carbohydrate, 2 medium fat meat, 0.5 fat
Double Cheeseburger	440	2 carbohydrate, 4 medium fat meat, 1 fat
McDouble	390	2 carbohydrate, 3.5 medium fat meat, 0.5 fat
Quarter Pounder®+	410	2 carbohydrate, 3 medium fat meat, 1 fat
Quarter Pounder® with Cheese+	510	2 carbohydrate, 4 medium fat meat, 2 fat
Double Quarter Pounder® with Cheese++	740	2 carbohydrate, 7 medium fat meat, 3 fat
Big Mac®	540	3 carbohydrate, 3.5 medium fat meat, 2.5 fat
Big N' Tasty®	460	2 carbohydrate, 3 medium fat meat, 2 fat
Big N' Tasty® with Cheese	510	2 carbohydrate, 3.5 medium fat meat, 2.5 fat
Angus Bacon & Cheese	790	3 carbohydrate, 6 medium fat meat, 1.5 fat
Angus Deluxe	750	3 carbohydrate, 4.5 medium fat meat, 2.5 fat
Angus Mushroom & Swiss	770	3 carbohydrate, 5.5 medium fat meat, 1.5 fat
Filet-O-Fish®	380	3 carbohydrate, 1.5 medium fat meat, 3.5 fat
McChicken®	360	3 carbohydrate, 2 medium fat meat, 1.5 fat
McRib®†	500	2.5 carbohydrate, 3 high fat meat
Premium Grilled Chicken Classic Sandwich	420	3 carbohydrate, 3.5 lean meat, 1 fat
Premium Crispy Chicken Classic Sandwich	530	4 carbohydrate, 3 medium fat meat, 1 fat
Premium Grilled Chicken Club Sandwich	530	3 carbohydrate, 3.5 lean meat, 2 medium fat meat, 1 fat
Premium Crispy Chicken Club Sandwich	630	4 carbohydrate, 5 medium fat meat, 1 fat
Premium Grilled Chicken Ranch BLT Sandwich	470	3 carbohydrate, 3.5 lean meat, 1 medium fat meat, 1 fat
Premium Crispy Chicken Ranch BLT Sandwich	580	4 carbohydrate, 4 medium fat meat, 1 fat
Southern Style Crispy Chicken Sandwich	400	3 carbohydrate, 3 medium fat meat
Ranch Snack Wrap® (Crispy)	340	2 carbohydrate, 1.5 medium fat meat, 1.5 fat
Ranch Snack Wrap® (Grilled)	270	1.5 carbohydrate, 2 lean meat, 0.5 medium fat meat, 1 fat
Honey Mustard Snack Wrap® (Crispy)	330	2 carbohydrate, 1.5 medium fat meat, 1 fat
Honey Mustard Snack Wrap® (Grilled)	260	1.5 carbohydrate, 2 lean meat, 0.5 medium fat meat, 0.5 fat
Chipotle BBQ Snack Wrap® (Crispy)	330	2 carbohydrate, 1.5 medium fat meat, 1 fat
Chipotle BBQ Snack Wrap® (Grilled)	260	1.5 carbohydrate, 2 lean meat, 0.5 medium fat meat, 0.5 fat
	Calories	Food Exchanges
French Fries		
Small French Fries	230	2 carbohydrate, 2 fat
Medium French Fries	380	3 carbohydrate, 4 fat
Large French Fries	500	4 carbohydrate, 5 fat
Ketchup Packet	15	free
Salt Packet	0	free
	Calories	Food Exchanges
Chicken McNuggets®/Chicken Selects® Premium Breast Strips/Sauces		
Chicken McNuggets® (4 piece)	190	1 carbohydrate, 1.5 medium fat meat, 1 fat
Chicken McNuggets® (6 piece)	280	1 carbohydrate, 2 medium fat meat, 1.5 fat
Chicken McNuggets® (10 piece)	460	2 carbohydrate, 3.5 medium fat meat, 2.5 fat
Barbeque Sauce	50	1 carbohydrate
Honey	50	1 carbohydrate
Hot Mustard Sauce	60	0.5 carbohydrate, 0.5 fat
Sweet 'N Sour Sauce	50	1 carbohydrate
Chicken Selects® Premium Breast Strips (3 pc)	400	1.5 carbohydrate, 3 medium fat meat, 2 fat
Chicken Selects® Premium Breast Strips (5 pc)	660	3 carbohydrate, 5 medium fat meat, 3 fat
Spicy Buffalo Sauce	70	1.5 fat

Creamy Ranch Sauce	200	4 fat
Tangy Honey Mustard Sauce	70	1 carbohydrate
Southwestern Chipotle Barbeque Sauce	70	1 carbohydrate
	Calories	Food Exchanges
Salads		
Premium Southwest Salad with Grilled Chicken	320	1 carbohydrate, 3.5 vegetable, 3.5 lean meat, 0.5 medium fat meat
Premium Southwest Salad with Crispy Chicken	430	2 carbohydrate, 3.5 vegetable, 3.5 medium fat meat
Premium Southwest Salad (without chicken)	140	0.5 carbohydrate, 3.5 vegetable, 0.5 medium fat meat
Premium Bacon Ranch Salad with Grilled Chicken	260	3 vegetable, 3.5 lean meat, 1 medium fat meat
Premium Bacon Ranch Salad with Crispy Chicken	370	1 carbohydrate, 3 vegetable, 4 medium fat meat
Premium Bacon Ranch Salad (without chicken)	140	3 vegetable, 1 medium fat meat
Premium Caesar Salad with Grilled Chicken	220	3 vegetable, 3.5 lean meat, 0.5 medium fat meat
Premium Caesar Salad with Crispy Chicken	330	1 carbohydrate, 3 vegetable, 3.5 medium fat meat
Premium Caesar Salad (without chicken)	90	3 vegetable, 0.5 medium fat meat
Side Salad	20	1 vegetable
Butter Garlic Croutons	60	1 carbohydrate
Snack Size Fruit & Walnut Salad	210	2 carbohydrate, 1.5 fat
	Calories	Food Exchanges
Salad Dressings		
Newman's Own® Creamy Southwest Dressing	100	1 carbohydrate, 1 fat
Newman's Own® Creamy Caesar Dressing	190	3.5 fat
Newman's Own® Low Fat Balsamic Vinaigrette	40	1 fat
Newman's Own® Low Fat Family Recipe Italian Dressing	60	0.5 carbohydrate, 0.5 fat
Newman's Own® Ranch Dressing	170	1 carbohydrate, 3 fat
	Calories	Food Exchanges
Breakfast		
Egg McMuffin®	300	2 carbohydrate, 2.5 medium fat meat, 0.5 fat
Sausage McMuffin®	370	2 carbohydrate, 1.5 medium fat meat, 2.5 fat
Sausage McMuffin® with Egg	450	2 carbohydrate, 2.5 medium fat meat, 2.5 fat
English Muffin	160	2 carbohydrate
Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	420	2 carbohydrate, 2 medium fat meat, 2.5 fat
Bacon, Egg & Cheese Biscuit (Large Size Biscuit)	480	2.5 carbohydrate, 2 medium fat meat, 3.5 fat
Sausage Biscuit with Egg (Regular Size Biscuit)	510	2 carbohydrate, 2 medium fat meat, 4 fat
Sausage Biscuit with Egg (Large Size Biscuit)	570	2.5 carbohydrate, 2 medium fat meat, 5 fat
Sausage Biscuit (Regular Size Biscuit)	430	2 carbohydrate, 1 medium fat meat, 4 fat
Sausage Biscuit (Large Size Biscuit)	480	2.5 carbohydrate, 1 medium fat meat, 5 fat
Southern Style Chicken Biscuit (Regular Size Biscuit)	410	2.5 carbohydrate, 2 medium fat meat, 2 fat
Southern Style Chicken Biscuit (Large Size Biscuit)	470	3 carbohydrate, 2 medium fat meat, 3 fat
Biscuit (Regular Size)	260	2 carbohydrate, 2 fat
Biscuit (Large Size)	320	2.5 carbohydrate, 3 fat
Bacon, Egg & Cheese McGriddles®	420	3 carbohydrate, 2 medium fat meat, 1 fat
Sausage, Egg & Cheese McGriddles®	560	3 carbohydrate, 2.5 medium fat meat, 3 fat
Sausage McGriddles®	420	3 carbohydrate, 1 medium fat meat, 2.5 fat
Big Breakfast® (Regular Size Biscuit)	740	3 carbohydrate, 3 medium fat meat, 5 fat
Big Breakfast® (Large Size Biscuit)	800	3.5 carbohydrate, 3 medium fat meat, 6 fat
Deluxe Breakfast (Reg. Size Biscuit) w/o Syrup & Margarine	1090	7 carbohydrate, 3 medium fat meat, 6.5 fat
Deluxe Breakfast (Large Size Biscuit) w/o Syrup & Margarine	1150	7.5 carbohydrate, 3 medium fat meat, 7.5 fat
Sausage Burrito	300	1.5 carbohydrate, 1.5 medium fat meat, 1.5 fat
McSkillet™ Burrito with Sausage	610	2.5 carbohydrate, 0.5 vegetable, 3 medium fat meat, 3 fat
McSkillet™ Burrito with Steak	570	2.5 carbohydrate, 0.5 vegetable, 3.5 medium fat meat, 1 fat
Hotcakes (w/o Syrup & Margarine)	350	4 carbohydrate, 1.5 fat
Hotcakes and Sausage (w/o Syrup & Margarine)	520	4 carbohydrate, 1 medium fat meat, 3.5 fat
Hotcake Syrup	180	3 carbohydrate
Whipped Margarine (1 pat)	40	1 fat
Sausage Patty	170	1 medium fat meat, 2 fat

Scrambled Eggs (2)	170	2 medium fat meat
Hash Brown	150	1 carbohydrate, 1.5 fat
Grape Jam	35	0.5 carbohydrate
Strawberry Preserves	35	0.5 carbohydrate
	Calories	Food Exchanges
Desserts/Shakes		
Fruit 'n Yogurt Parfait (7 oz)»	160	2 carbohydrate
Fruit 'n Yogurt Parfait (without granola) (7 oz)»	130	1.5 carbohydrate
Apple Dippers	35	0.5 carbohydrate
Low Fat Caramel Dip	70	1 carbohydrate
Vanilla Reduced Fat Ice Cream Cone	150	1.5 carbohydrate, 1 fat
Kiddie Cone	45	0.5 carbohydrate, 0.5 fat
Strawberry Sundae	280	3 carbohydrate, 1 fat
Hot Caramel Sundae	340	4 carbohydrate, 1 fat
Hot Fudge Sundae	330	3.5 carbohydrate, 2 fat
Peanuts (for Sundaes)	45	1 fat
McFlurry® with M&M'S® Candies (12 fl oz cup)	620	6 carbohydrate, 4 fat
McFlurry® with OREO® Cookies (12 fl oz cup)	550	6 carbohydrate, 3 fat
Chocolate Triple Thick® Shake (12 fl oz cup)	440	4.5 carbohydrate, 2 fat
Chocolate Triple Thick® Shake (16 fl oz cup)	580	6 carbohydrate, 3 fat
Chocolate Triple Thick® Shake (21 fl oz cup)	770	8 carbohydrate, 4 fat
Chocolate Triple Thick® Shake (32 fl oz cup)	1160	12 carbohydrate, 6 fat
Strawberry Triple Thick® Shake (12 fl oz cup)	420	4.5 carbohydrate, 2 fat
Strawberry Triple Thick® Shake (16 fl oz cup)	560	6 carbohydrate, 3 fat
Strawberry Triple Thick® Shake (21 fl oz cup)	740	8 carbohydrate, 4 fat
Strawberry Triple Thick® Shake (32 fl oz cup)	1110	12 carbohydrate, 6 fat
Vanilla Triple Thick® Shake (12 fl oz cup)	420	4.5 carbohydrate, 2 fat
Vanilla Triple Thick® Shake (16 fl oz cup)	550	6 carbohydrate, 3 fat
Vanilla Triple Thick® Shake (21 fl oz cup)	740	8 carbohydrate, 4 fat
Vanilla Triple Thick® Shake (32 fl oz cup)	1110	12 carbohydrate, 6 fat
Baked Hot Apple Pie	250	2 carbohydrate, 2.5 fat
Cinnamon Melts	460	4 carbohydrate, 4 fat
McDonaldland® Cookies	260	3 carbohydrate, 1.5 fat
Chocolate Chip Cookie	160	1.5 carbohydrate, 1.5 fat
Oatmeal Raisin Cookie	150	1.5 carbohydrate, 1 fat
Sugar Cookie	160	1.5 carbohydrate, 1.5 fat
	Calories	Food Exchanges
Beverages		
1% Low Fat Milk Jug	100	1 carbohydrate, 0.5 fat
1% Low Fat Chocolate Milk Jug	170	2 carbohydrate, 0.5 fat
Minute Maid® Apple Juice Box	100	1.5 carbohydrate
Dasani® Water	0	Does not have Food Exchanges information.
Orange Juice (Small)	140	2 carbohydrate
Orange Juice (Medium)	180	2.5 carbohydrate
Orange Juice (Large)	250	4 carbohydrate
Coca-Cola® Classic (Child)	110	2 carbohydrate
Coca-Cola® Classic (Small)	150	2.5 carbohydrate
Coca-Cola® Classic (Medium)	210	4 carbohydrate
Coca-Cola® Classic (Large)	310	6 carbohydrate
Diet Coke® (Child)	0	free
Diet Coke® (Small)	0	free
Diet Coke® (Medium)	0	free
Diet Coke® (Large)	0	free
Sprite® (Child)	110	2 carbohydrate
Sprite® (Small)	150	2.5 carbohydrate

Sprite® (Medium)	210	4 carbohydrate
Sprite® (Large)	310	6 carbohydrate
Hi-C® Orange Lavaburst (Child)	120	2 carbohydrate
Hi-C® Orange Lavaburst (Small)	160	3 carbohydrate
Hi-C® Orange Lavaburst (Medium)	240	4 carbohydrate
Hi-C® Orange Lavaburst (Large)	350	6 carbohydrate
POWERade® Mountain Blast (Child)	70	1 carbohydrate
POWERade® Mountain Blast (Small)	100	2 carbohydrate
POWERade® Mountain Blast (Medium)	150	2.5 carbohydrate
POWERade® Mountain Blast (Large)	220	3.5 carbohydrate
Iced Tea (Child)	0	free
Iced Tea (Small)	0	free
Iced Tea (Medium)	0	free
Iced Tea (Large)	0	free
Coffee (Small)	0	free
Coffee (Large)	0	free
Coffee Cream	20	0.5 fat
Sugar Packet	15	free
EQUAL® 0 Calorie Sweetener	0	free
SPLENDA® No Calorie Sweetener	0	free
Iced Coffee-- Caramel (Small)	130	1.5 carbohydrate, 1 fat
Iced Coffee-- Caramel (Medium)	190	2 carbohydrate, 1.5 fat
Iced Coffee-- Caramel (Large)	270	2.5 carbohydrate, 2 fat
Iced Coffee-- Hazelnut (Small)	130	1.5 carbohydrate, 1 fat
Iced Coffee-- Hazelnut (Medium)	190	2 carbohydrate, 1.5 fat
Iced Coffee-- Hazelnut (Large)	270	3 carbohydrate, 2 fat
Iced Coffee-- Regular (Small)	140	1.5 carbohydrate, 1 fat
Iced Coffee-- Regular (Medium)	200	2 carbohydrate, 1.5 fat
Iced Coffee-- Regular (Large)	280	3 carbohydrate, 2 fat
Iced Coffee-- Vanilla (Small)	130	1.5 carbohydrate, 1 fat
Iced Coffee-- Vanilla (Medium)	190	2 carbohydrate, 1.5 fat
Iced Coffee-- Vanilla (Large)†	270	3 carbohydrate, 2 fat
Iced Coffee with Sugar Free Vanilla Syrup (Small)	60	0.5 carbohydrate, 1 fat
Iced Coffee with Sugar Free Vanilla Syrup (Medium)	90	0.5 carbohydrate, 1.5 fat
Iced Coffee with Sugar Free Vanilla Syrup (Large)	120	1 carbohydrate, 2 fat
Sweet Tea (Child)†	90	1.5 carbohydrate
Sweet Tea (Large)†	230	4 carbohydrate
Sweet Tea (Medium)†	150	2.5 carbohydrate
Sweet Tea (Small)†	120	2 carbohydrate
	Calories	Food Exchanges
McCafe Coffees - Nonfat Milk		
Nonfat Cappuccino (Small)	60	0.5 carbohydrate
Nonfat Cappuccino (Medium)	80	1 carbohydrate
Nonfat Cappuccino (Large)	90	1 carbohydrate
Nonfat Latte (Small)	90	1 carbohydrate
Nonfat Latte (Medium)	110	1 carbohydrate
Nonfat Latte (Large)	120	1 carbohydrate
Nonfat Caramel Cappuccino (Small)	150	2 carbohydrate
Nonfat Caramel Cappuccino (Medium)	190	2.5 carbohydrate
Nonfat Caramel Cappuccino (Large)	230	3 carbohydrate
Nonfat Caramel Latte (Small)	170	2.5 carbohydrate
Nonfat Caramel Latte (Medium)	220	3 carbohydrate
Nonfat Caramel Latte (Large)	260	3.5 carbohydrate
Nonfat Hazelnut Cappuccino (Small)	150	2 carbohydrate
Nonfat Hazelnut Cappuccino (Medium)	190	3 carbohydrate

Nonfat Hazelnut Cappuccino (Large)	230	3.5 carbohydrate
Nonfat Hazelnut Latte (Small)	180	2.5 carbohydrate
Nonfat Hazelnut Latte (Medium)	220	3 carbohydrate
Nonfat Hazelnut Latte (Large)	260	3.5 carbohydrate
Nonfat Vanilla Cappuccino (Small)	150	2 carbohydrate
Nonfat Vanilla Cappuccino (Medium)	190	3 carbohydrate
Nonfat Vanilla Cappuccino (Large)	230	3.5 carbohydrate
Nonfat Vanilla Latte (Small)	180	2.5 carbohydrate
Nonfat Vanilla Latte (Medium)	220	3 carbohydrate
Nonfat Vanilla Latte (Large)	260	3.5 carbohydrate
Nonfat Cappuccino with Sugar Free Vanilla Syrup (Small)	50	1 carbohydrate
Nonfat Cappuccino with Sugar Free Vanilla Syrup (Medium)	70	1 carbohydrate
Nonfat Cappuccino with Sugar Free Vanilla Syrup (Large)	80	1.5 carbohydrate
Nonfat Latte with Sugar Free Vanilla Syrup (Small)	80	1 carbohydrate
Nonfat Latte with Sugar Free Vanilla Syrup (Medium)	90	1.5 carbohydrate
Nonfat Latte with Sugar Free Vanilla Syrup (Large)	110	1.5 carbohydrate
Mocha with Nonfat Milk (Small)	240	2.5 carbohydrate, 1 fat
Mocha with Nonfat Milk (Medium)	280	3.5 carbohydrate, 1 fat
Mocha with Nonfat Milk (Large)	330	4 carbohydrate, 1 fat
Hot Chocolate with Nonfat Milk (Small)	250	3 carbohydrate, 1 fat
Hot Chocolate with Nonfat Milk (Medium)	310	3.5 carbohydrate, 1 fat
Hot Chocolate with Nonfat Milk (Large)	390	4.5 carbohydrate, 1 fat
Iced Nonfat Latte (Small)	50	0.5 carbohydrate
Iced Nonfat Latte (Medium)	60	0.5 carbohydrate
Iced Nonfat Latte (Large)	70	0.5 carbohydrate
Iced Nonfat Caramel Latte (Small)	140	2 carbohydrate
Iced Nonfat Caramel Latte (Medium)	150	2 carbohydrate
Iced Nonfat Caramel Latte (Large)	190	2.5 carbohydrate
Iced Nonfat Hazelnut Latte (Small)	140	2 carbohydrate
Iced Nonfat Hazelnut Latte (Medium)	150	2 carbohydrate
Iced Nonfat Hazelnut Latte (Large)	190	2.5 carbohydrate
Iced Nonfat Vanilla Latte (Small)	140	2 carbohydrate
Iced Nonfat Vanilla Latte (Medium)	150	2 carbohydrate
Iced Nonfat Vanilla Latte (Large)	190	2.5 carbohydrate
Iced Nonfat Latte with Sugar Free Vanilla Syrup (Small)	40	1 carbohydrate
Iced Nonfat Latte with Sugar Free Vanilla Syrup (Medium)	50	1 carbohydrate
Iced Nonfat Latte with Sugar Free Vanilla Syrup (Large)	60	1.5 carbohydrate
Iced Mocha with Nonfat Milk (Medium)	270	3 carbohydrate, 1.5 fat
	Calories	Food Exchanges
McCafe Coffees - Whole Milk		
Cappuccino (Small)	120	0.5 carbohydrate, 1.5 fat
Cappuccino (Medium)	140	0.5 carbohydrate, 1.5 fat
Cappuccino (Large)	180	1 carbohydrate, 2 fat
Latte (Small)	150	0.5 carbohydrate, 1.5 fat
Latte (Medium)	180	1 carbohydrate, 2 fat
Latte (Large)	210	1 carbohydrate, 2 fat
Caramel Cappuccino (Small)	200	2 carbohydrate, 1 fat
Caramel Cappuccino (Medium)	240	2.5 carbohydrate, 1 fat
Caramel Cappuccino (Large)	290	3.5 carbohydrate, 1.5 fat
Caramel Latte (Small)	230	2.5 carbohydrate, 1.5 fat
Caramel Latte (Medium)	280	3 carbohydrate, 1.5 fat
Caramel Latte (Large)	330	3.5 carbohydrate, 2 fat
Hazelnut Cappuccino (Small)	200	2 carbohydrate, 1 fat
Hazelnut Cappuccino (Medium)	240	3 carbohydrate, 1 fat
Hazelnut Cappuccino (Large)	290	3.5 carbohydrate, 1.5 fat

Hazelnut Latte (Small)	230	2.5 carbohydrate, 1.5 fat
Hazelnut Latte (Medium)	280	3 carbohydrate, 1.5 fat
Hazelnut Latte (Large)	330	3.5 carbohydrate, 2 fat
Vanilla Cappuccino (Small)	200	2 carbohydrate, 1 fat
Vanilla Cappuccino (Medium)	240	3 carbohydrate, 1 fat
Vanilla Cappuccino (Large)	290	3.5 carbohydrate, 1.5 fat
Vanilla Latte (Small)	230	2.5 carbohydrate, 1.5 fat
Vanilla Latte (Medium)	280	3 carbohydrate, 1.5 fat
Vanilla Latte (Large)	330	3.5 carbohydrate, 2 fat
Cappuccino with Sugar Free Vanilla Syrup (Small)	100	1 carbohydrate, 1 fat
Cappuccino with Sugar Free Vanilla Syrup (Medium)	120	1 carbohydrate, 1.5 fat
Cappuccino with Sugar Free Vanilla Syrup (Large)	150	1.5 carbohydrate, 1.5 fat
Latte with Sugar Free Vanilla Syrup (Small)	130	1 carbohydrate, 1.5 fat
Latte with Sugar Free Vanilla Syrup (Medium)	160	1.5 carbohydrate, 1.5 fat
Latte with Sugar Free Vanilla Syrup (Large)	180	1.5 carbohydrate, 2 fat
Mocha (Small)	280	2.5 carbohydrate, 2 fat
Mocha (Medium)	330	3 carbohydrate, 2.5 fat
Mocha (Large)	400	4 carbohydrate, 3 fat
Hot Chocolate (Small)	300	3 carbohydrate, 2.5 fat
Hot Chocolate (Medium)	380	3.5 carbohydrate, 3 fat
Hot Chocolate (Large)	460	4 carbohydrate, 3.5 fat
Iced Latte (Small)	80	0.5 carbohydrate, 1 fat
Iced Latte (Medium)	100	0.5 carbohydrate, 1 fat
Iced Latte (Large)	140	0.5 carbohydrate, 1.5 fat
Iced Caramel Latte (Small)	160	2 carbohydrate, 0.5 fat
Iced Caramel Latte (Medium)	180	2 carbohydrate, 1 fat
Iced Caramel Latte (Large)	230	2.5 carbohydrate, 1 fat
Iced Hazelnut Latte (Small)	160	2 carbohydrate, 0.5 fat
Iced Hazelnut Latte (Medium)	180	2 carbohydrate, 1 fat
Iced Hazelnut Latte (Large)	230	2.5 carbohydrate, 1 fat
Iced Vanilla Latte (Small)	160	2 carbohydrate, 0.5 fat
Iced Vanilla Latte (Medium)	190	2 carbohydrate, 1 fat
Iced Vanilla Latte (Large)	230	2.5 carbohydrate, 1 fat
Iced Latte with Sugar Free Vanilla Syrup (Small)	60	1 carbohydrate, 0.5 fat
Iced Latte with Sugar Free Vanilla Syrup (Medium)	90	1 carbohydrate, 1 fat
Iced Latte with Sugar Free Vanilla Syrup (Large)	110	1.5 carbohydrate, 1 fat
Iced Mocha (Medium)	310	3 carbohydrate, 2.5 fat

This list is effective 11-19-2009.

Note: One carbohydrate choice equals 15 grams of carbohydrate. A carbohydrate choice may count as a starch, fruit, or milk in your mealplan.

† Available at participating McDonald's

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

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

» Made with low fat yogurt

Food exchanges were calculated by a registered dietitian. Please see a health care professional for assistance in using food exchanges for meal planning.

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.

SPLENDA® No Calorie Sweetener is the registered trademark of McNeil Nutritionals, LLC

EQUAL® 0 Calorie Sweetener is a registered trademark of Merisant Company