

McDonald's Calorie Counter

Have you heard of the calorie shifting diet? Quick prep menus customized for you.

| Food | Serving | Prot | Carb | Fat | Pts | Cals | |
|--|--------------------|------|------|-----|------|------|----------------------|
| Menu Category: Sandwiches | | | | | | | |
| Hamburger | 3.7 oz | 13 | 33 | 9 | 6 | 260 | MORE |
| Cheeseburger | 4.2 oz | 15 | 35 | 12 | 7 | 310 | MORE |
| Double Cheeseburger | 6.1 oz | 25 | 37 | 23 | 11 | 460 | MORE |
| Quarter Pounder | 6.1 oz | 24 | 40 | 18 | 9.5 | 420 | MORE |
| Quarter Pounder (w/ Cheese) | 7 oz | 29 | 43 | 25 | 12 | 510 | MORE |
| Double Quarter Pounder (w/ Cheese) | 9.9 oz | 47 | 46 | 40 | 17.5 | 730 | MORE |
| Big Mac | 7.8 oz | 25 | 47 | 30 | 13.5 | 560 | MORE |
| Big N' Tasty | 8.2 oz | 24 | 41 | 23 | 11 | 470 | MORE |
| Big N' Tasty (w/ Cheese) | 8.7 oz | 27 | 43 | 26 | 12 | 520 | MORE |
| Filet-O-Fish | 5 oz | 14 | 42 | 18 | 9.5 | 400 | MORE |
| McChicken | 5.2 oz | 15 | 41 | 16 | 9 | 370 | MORE |
| Premium Grilled Chicken Classic Sandwich | 8 oz | 32 | 52 | 9 | 9 | 420 | MORE |
| Premium Crispy Chicken Classic Sandwich | 8.2 oz | 27 | 63 | 16 | 11 | 500 | MORE |
| Premium Grilled Chicken Club Sandwich | 9.4 oz | 45 | 54 | 22 | 13.5 | 590 | MORE |
| Premium Crispy Chicken Club Sandwich | 9.6 oz | 40 | 64 | 29 | 15.5 | 680 | MORE |
| Premium Grilled Chicken Ranch BLT Sandwich | 8.5 oz | 39 | 54 | 13 | 10.5 | 490 | MORE |
| Premium Crispy Chicken Ranch BLT Sandwich | 8.6 oz | 34 | 64 | 20 | 13 | 580 | MORE |
| Premium Spicy Chicken Sandwich | 8 oz | 26 | 64 | 17 | 11.5 | 510 | MORE |
| Menu Category: French Fries | | | | | | | |
| Small French Fries | 2.6 oz | 2 | 30 | 13 | 5.5 | 250 | MORE |
| Medium French Fries | 4 oz | 4 | 47 | 20 | 8.5 | 380 | MORE |
| Large French Fries | 6 oz | 6 | 70 | 30 | 13.5 | 570 | MORE |
| Ketchup Packet | 1 pkg | 0 | 3 | 0 | 0.5 | 10 | MORE |
| Salt Packet | 1 pkg | 0 | 0 | 0 | 0 | 0 | MORE |
| Menu Category: Chicken McNuggets/Chicken Selects Premium Breast Strips | | | | | | | |
| Chicken McNuggets | 4 piece (2.3 oz) | 10 | 10 | 10 | 4.5 | 170 | MORE |
| Chicken McNuggets | 6 piece (3.4 oz) | 15 | 15 | 15 | 6.5 | 250 | MORE |
| Chicken McNuggets | 10 piece (5.6 oz) | 25 | 26 | 24 | 10.5 | 420 | MORE |
| Chicken McNuggets | 20 piece (11.3 oz) | 50 | 51 | 49 | 21 | 840 | MORE |
| Barbeque Sauce | 1 pkg | 0 | 11 | 0 | 1 | 45 | MORE |
| Honey | 1 pkg | 0 | 12 | 0 | 1 | 50 | MORE |
| Hot Mustard Sauce | 1 pkg | 1 | 9 | 2 | 1 | 50 | MORE |
| Sweet 'N Sour Sauce | 1 pkg | 0 | 11 | 0 | 1 | 50 | MORE |

| | | | | | | | |
|---------------------------------------|--------------------|----|----|----|------|-------|----------------------|
| Chicken Selects Premium Breast Strips | 3 piece (4.7 oz) | 23 | 28 | 20 | 9.5 | 380 | MORE |
| Chicken Selects Premium Breast Strips | 5 piece (7.8 oz) | 39 | 46 | 33 | 15.5 | 630 | MORE |
| Chicken Selects Premium Breast Strips | 10 piece (15.6 oz) | 77 | 92 | 66 | 31 | 1,270 | MORE |
| Spicy Buffalo Sauce | 1.5 oz | 0 | 1 | 6 | 1.5 | 60 | MORE |
| Creamy Ranch Sauce | 1.5 oz | 0 | 3 | 21 | 6 | 200 | MORE |
| Tangy Honey Mustard Sauce | 1.5 oz | 1 | 13 | 2 | 1.5 | 70 | MORE |
| Southwestern Chipotle Barbeque Sauce | 1.5 oz | 0 | 16 | 0 | 1.5 | 70 | MORE |

Menu Category: Salads

| | | | | | | | |
|--|---------|----|----|----|-----|-----|----------------------|
| Asian Salad (w/ Grilled Chicken) | 12.7 oz | 31 | 23 | 10 | 6 | 290 | MORE |
| Asian Salad (w/ Crispy Chicken) | 12.9 oz | 26 | 34 | 17 | 8.5 | 370 | MORE |
| Asian Salad (w/o Chicken) | 8.6 oz | 7 | 16 | 7 | 3 | 140 | MORE |
| Bacon Ranch Salad (w/ Grilled Chicken) | 11.2 oz | 33 | 12 | 9 | 5.5 | 260 | MORE |
| Bacon Ranch Salad (w/ Crispy Chicken) | 11.4 oz | 28 | 23 | 16 | 8 | 340 | MORE |
| Bacon Ranch Salad (w/o Chicken) | 7.9 oz | 9 | 10 | 7 | 3 | 140 | MORE |
| Caesar Salad (w/ Grilled Chicken) | 10.9 oz | 30 | 12 | 6 | 4.5 | 220 | MORE |
| Caesar Salad (w/ Crispy Chicken) | 11 oz | 25 | 22 | 13 | 6.5 | 300 | MORE |
| Caesar Salad (w/o Chicken) | 7.5 oz | 7 | 9 | 4 | 2 | 90 | MORE |
| Fruit & Walnut Salad | 9.3 oz | 5 | 44 | 13 | 6.5 | 310 | MORE |
| Side Salad | 3.1 oz | 1 | 4 | 0 | 0.5 | 20 | MORE |
| Butter Garlic Croutons | 0.5 oz | 2 | 10 | 1 | 1.5 | 60 | MORE |
| California Cobb Salad (w/ Grilled Chicken) | 11.7 oz | 35 | 12 | 11 | 6 | 280 | MORE |
| California Cobb Salad (w/ Crispy Chicken) | 11.9 oz | 30 | 22 | 18 | 8 | 360 | MORE |
| California Cobb Salad (w/o Chicken) | 8.4 oz | 11 | 9 | 9 | 3.5 | 160 | MORE |

Menu Category: Salad Dressings

| | | | | | | | |
|---|-------------------|---|----|-----|-----|-----|----------------------|
| Newman's Own Cobb Dressing | 59 ml (2 fl oz) | 1 | 9 | 9 | 3.5 | 120 | MORE |
| Newman's Own Creamy Caesar Dressing | 59 ml (2 fl oz) | 2 | 4 | 18 | 5.5 | 190 | MORE |
| Newman's Own Low Fat Balsamic Vinaigrette | 44 ml (1.5 fl oz) | 0 | 4 | 3 | 1.5 | 40 | MORE |
| Newman's Own Low Fat Family Recipe Italian Dressing | 1.5 fl oz | 1 | 8 | 2.5 | 1.5 | 60 | MORE |
| Newman's Own Ranch Dressing | 59 ml (2 fl oz) | 1 | 9 | 15 | 5 | 170 | MORE |
| Newman's Own Low Fat Sesame Ginger Dressing | 1.5 fl oz | 1 | 14 | 2.5 | 2 | 90 | MORE |

Menu Category: Breakfast

| | | | | | | | |
|--------------------------------|--------|----|----|-----|------|-----|----------------------|
| Egg McMuffin | 4.8 oz | 17 | 30 | 12 | 7 | 300 | MORE |
| Sausage McMuffin | 4 oz | 14 | 31 | 22 | 9.5 | 380 | MORE |
| Sausage McMuffin (w/ Egg) | 5.7 oz | 20 | 31 | 27 | 11 | 450 | MORE |
| English Muffin | 2 oz | 5 | 27 | 4.5 | 3.5 | 170 | MORE |
| Bacon, Egg & Cheese Biscuit | 5.1 oz | 19 | 36 | 24 | 11 | 440 | MORE |
| Sausage Biscuit (w/ Egg) | 5.7 oz | 18 | 36 | 31 | 12.5 | 500 | MORE |
| Sausage Biscuit | 3.9 oz | 10 | 34 | 26 | 10.5 | 410 | MORE |
| Biscuit | 2.4 oz | 4 | 31 | 11 | 6 | 240 | MORE |
| Bacon, Egg & Cheese McGriddles | 5.9 oz | 20 | 46 | 21 | 11 | 450 | MORE |

| | | | | | | | |
|-------------------------------------|---------|----|-----|----|------|-------|----------------------|
| Sausage, Egg & Cheese McGriddles | 7 oz | 21 | 47 | 32 | 14 | 560 | MORE |
| Sausage McGriddles | 4.7 oz | 11 | 44 | 22 | 10.5 | 420 | MORE |
| Big Breakfast | 9.3 oz | 27 | 53 | 46 | 18 | 730 | MORE |
| Deluxe Breakfast | 15.2 oz | 33 | 136 | 61 | 29 | 1,220 | MORE |
| Sausage Burrito | 4 oz | 13 | 26 | 16 | 7.5 | 300 | MORE |
| Hotcakes and Sausage | 9.2 oz | 15 | 104 | 33 | 18 | 770 | MORE |
| Hotcakes (Margarine 2 pats & Syrup) | 7.6 oz | 9 | 102 | 17 | 13.5 | 600 | MORE |
| Sausage Patty | 1.5 oz | 7 | 2 | 15 | 5 | 170 | MORE |
| Scrambled Eggs (2) | 3.6 oz | 15 | 5 | 12 | 5 | 190 | MORE |
| Hash Browns | 1.9 oz | 1 | 15 | 8 | 3.5 | 140 | MORE |
| Warm Cinnamon Roll | 3.7 oz | 8 | 57 | 18 | 9.5 | 420 | MORE |
| Deluxe Warm Cinnamon Roll | 5.7 oz | 9 | 86 | 24 | 13 | 590 | MORE |
| Grape Jam | 0.5 oz | 0 | 9 | 0 | 1 | 35 | MORE |
| Strawberry Preserves | 0.5 oz | 0 | 9 | 0 | 1 | 35 | MORE |

Menu Category: Desserts/Shakes

| | | | | | | | |
|--|------------------------|----|-----|-----|------|-------|----------------------|
| Fruit 'n Yogurt Parfait | 5.3 oz | 4 | 31 | 2 | 3.5 | 160 | MORE |
| Fruit 'n Yogurt Parfait (w/o Granola) | 5 oz | 4 | 25 | 2 | 3 | 130 | MORE |
| Apple Dippers (w/ Low Fat Caramel Dip) | 3.2 oz | 0 | 24 | 0.5 | 2.5 | 100 | MORE |
| Apple Dippers | 1 pkg | 0 | 8 | 0 | 1 | 35 | MORE |
| Low Fat Caramel Dip | 0.8 oz | 0 | 15 | 0.5 | 1.5 | 70 | MORE |
| Vanilla Reduced Fat Ice Cream Cone | 3.2 oz | 4 | 24 | 3.5 | 3.5 | 150 | MORE |
| Kiddie Cone | 1 oz | 1 | 8 | 1 | 1 | 45 | MORE |
| Strawberry Sundae | 6.3 oz | 6 | 51 | 6 | 6.5 | 280 | MORE |
| Hot Caramel Sundae | 6.4 oz | 7 | 62 | 7 | 7.5 | 340 | MORE |
| Hot Fudge Sundae | 6.3 oz | 8 | 55 | 9 | 7.5 | 330 | MORE |
| Peanuts (for Sundaes) | 0.3 oz | 2 | 2 | 3.5 | 1 | 45 | MORE |
| McFlurry with M&M'S Candies | 12 fl oz cup (12.3 oz) | 14 | 96 | 20 | 14 | 620 | MORE |
| McFlurry with OREO Cookies | 12 fl oz cup (11.9 oz) | 14 | 88 | 16 | 13 | 560 | MORE |
| Chocolate Triple Thick Shake | 12 fl oz cup (333 ml) | 10 | 76 | 10 | 9.5 | 440 | MORE |
| Chocolate Triple Thick Shake | 16 fl oz cup (444 ml) | 13 | 102 | 14 | 13 | 580 | MORE |
| Chocolate Triple Thick Shake | 21 fl oz cup (583 ml) | 18 | 134 | 18 | 17 | 770 | MORE |
| Chocolate Triple Thick Shake | 32 fl oz cup (888 ml) | 27 | 203 | 27 | 25.5 | 1,160 | MORE |
| Strawberry Triple Thick Shake | 12 fl oz cup (333 ml) | 10 | 73 | 10 | 9.5 | 420 | MORE |
| Strawberry Triple Thick Shake | 16 fl oz cup (444 ml) | 13 | 97 | 13 | 12.5 | 560 | MORE |
| Strawberry Triple Thick Shake | 21 fl oz cup (583 ml) | 17 | 128 | 18 | 16.5 | 740 | MORE |

| | | | | | | | |
|-------------------------------------|-----------------------|----|-----|----|------|-------|----------------------|
| Strawberry Triple Thick Shake | 32 fl oz cup (888 ml) | 25 | 194 | 26 | 24.5 | 1,110 | MORE |
| Vanilla Triple Thick Shake | 12 fl oz cup (333 ml) | 9 | 72 | 10 | 9.5 | 420 | MORE |
| Vanilla Triple Thick Shake | 16 fl oz cup (444 ml) | 13 | 96 | 13 | 12.5 | 550 | MORE |
| Vanilla Triple Thick Shake | 21 fl oz cup (583 ml) | 17 | 128 | 18 | 16.5 | 740 | MORE |
| Vanilla Triple Thick Shake | 32 fl oz cup (888 ml) | 25 | 193 | 26 | 24.5 | 1,110 | MORE |
| Baked Apple Pie | 2.7 oz | 2 | 34 | 11 | 6 | 250 | MORE |
| McDonaldland Chocolate Chip Cookies | 2 oz | 3 | 39 | 11 | 6.5 | 270 | MORE |
| McDonaldland Cookies | 2 oz | 4 | 42 | 8 | 5.5 | 250 | MORE |
| Chocolate Chip Cookie | 1 cookie | 2 | 22 | 7 | 4 | 160 | MORE |
| Oatmeal Raisin Cookie | 1 cookie | 2 | 22 | 5 | 3.5 | 140 | MORE |
| Sugar Cookie | 1 cookie | 2 | 22 | 6 | 3.5 | 150 | MORE |

Menu Category: Beverages

| | | | | | | | |
|-----------------------------------|--------------------|---|----|-----|-----|-----|----------------------|
| 1% Low Fat Milk Jug | 1 carton (236 ml) | 8 | 12 | 2.5 | 2.5 | 100 | MORE |
| 1% Low Fat Chocolate Milk Jug | 1 carton (236 ml) | 9 | 26 | 3 | 3.5 | 170 | MORE |
| Minute Maid Apple Juice Box | 200 ml (6.8 fl oz) | 0 | 23 | 0 | 2 | 90 | MORE |
| Orange Juice (Small) | 12 fl oz cup | 2 | 33 | 0 | 3 | 140 | MORE |
| Orange Juice (Medium) | 16 fl oz cup | 3 | 42 | 0 | 4 | 180 | MORE |
| Orange Juice (Large) | 21 fl oz cup | 4 | 57 | 0 | 5 | 250 | MORE |
| Coca-Cola Classic (Child) | 12 fl oz cup | 0 | 29 | 0 | 2.5 | 110 | MORE |
| Coca-Cola Classic (Small) | 16 fl oz cup | 0 | 40 | 0 | 3 | 150 | MORE |
| Coca-Cola Classic (Medium) | 21 fl oz cup | 0 | 58 | 0 | 4.5 | 210 | MORE |
| Coca-Cola Classic (Large) | 32 fl oz cup | 0 | 86 | 0 | 6.5 | 310 | MORE |
| Diet Coke (Child) | 12 fl oz cup | 0 | 0 | 0 | 0 | 0 | MORE |
| Diet Coke (Small) | 16 fl oz cup | 0 | 0 | 0 | 0 | 0 | MORE |
| Diet Coke (Medium) | 21 fl oz cup | 0 | 0 | 0 | 0 | 0 | MORE |
| Diet Coke (Large) | 32 fl oz cup | 0 | 0 | 0 | 0 | 0 | MORE |
| Sprite (Child) | 12 fl oz cup | 0 | 28 | 0 | 2.5 | 110 | MORE |
| Sprite (Small) | 16 fl oz cup | 0 | 39 | 0 | 3 | 150 | MORE |
| Sprite (Medium) | 21 fl oz cup | 0 | 56 | 0 | 4.5 | 210 | MORE |
| Sprite (Large) | 32 fl oz cup | 0 | 83 | 0 | 6.5 | 310 | MORE |
| Hi-C Orange Lavaburst (Child) | 12 fl oz cup | 0 | 32 | 0 | 2.5 | 120 | MORE |
| Hi-C Orange Lavaburst (Small) | 16 fl oz cup | 0 | 44 | 0 | 3.5 | 160 | MORE |
| Hi-C Orange Lavaburst (Medium) | 21 fl oz cup | 0 | 64 | 0 | 5 | 240 | MORE |
| Hi-C Orange Lavaburst (Large) | 32 fl oz cup | 0 | 94 | 0 | 7 | 350 | MORE |
| POWERRade Mountain Blast (Child) | 12 fl oz cup | 0 | 20 | 0 | 1.5 | 70 | MORE |
| POWERRade Mountain Blast (Small) | 16 fl oz cup | 0 | 27 | 0 | 2 | 100 | MORE |
| POWERRade Mountain Blast (Medium) | 21 fl oz cup | 0 | 39 | 0 | 3 | 150 | MORE |
| POWERRade Mountain Blast (Large) | 32 fl oz cup | 0 | 58 | 0 | 4.5 | 220 | MORE |

| | | | | | | | |
|-------------------|----------------------------|---|---|---|-----|----|----------------------|
| Iced Tea (Child) | 12 fl oz cup | 0 | 0 | 0 | 0 | 0 | MORE |
| Iced Tea (Small) | 16 fl oz cup | 0 | 0 | 0 | 0 | 0 | MORE |
| Iced Tea (Medium) | 21 fl oz cup | 0 | 0 | 0 | 0 | 0 | MORE |
| Iced Tea (Large) | 32 fl oz cup | 0 | 1 | 0 | 0 | 0 | MORE |
| Coffee (Small) | 12 fl oz cup | 0 | 0 | 0 | 0 | 0 | MORE |
| Coffee (Large) | 16 fl oz cup | 0 | 0 | 0 | 0 | 0 | MORE |
| Coffee Cream | 11 ml (<i>0.4 fl oz</i>) | 0 | 0 | 2 | 1 | 20 | MORE |
| Sugar Packet | 1 pkg | 0 | 4 | 0 | 0.5 | 15 | MORE |