

**McDonald's USA**  
**Happy Meal Product Nutrition Facts Panels**



## 4pc. Chicken McNuggets

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	(61g)
Amount per serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 340mg	15%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 9g</b>	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	2%
Potassium 145mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### CHICKEN McNUGGETS

Ingredients: White Boneless Chicken, Water, Vegetable Oil (Canola Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean Oil), Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Bleached Wheat Flour, Yellow Corn Flour, Vegetable Starch (Modified Corn, Wheat, Rice, Pea, Corn), Salt, Leavening (Baking Soda, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Calcium Lactate, Monocalcium Phosphate), Spices, Yeast Extract, Lemon Juice Solids, Dextrose, Natural Flavors.

**CONTAINS: WHEAT.**

**Food Group Serving – 4pc Chicken McNuggets:**  
1 meat

## Kids Fry

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	(37g)
Amount per serving	
<b>Calories</b>	<b>110</b>
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	2%
Potassium 221mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### **FRENCH FRIES**

Ingredients: Potatoes, Vegetable Oil (Canola Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean Oil, Natural Beef Flavor [Wheat and Milk Derivatives]\*), Dextrose, Sodium Acid Pyrophosphate (Maintain Color), Salt. \*Natural beef flavor contains hydrolyzed wheat and hydrolyzed milk as starting ingredients.

**CONTAINS: WHEAT, MILK.**

**Food Group Serving: N/A**

## Apple Slices

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	(34g)
Amount per serving	
<b>Calories</b>	<b>15</b>
	% Daily Value
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Total Sugars 3g	
Protein 0g	
Vitamin C 28mg	30%
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, added sugars, vitamin D, calcium, iron and potassium.	
The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### **APPLE SLICES**

Ingredients: Apples, Calcium Ascorbate (a blend of Calcium and Vitamin C to maintain freshness and color).

**Food Group Serving: 0.5 fruit**

## 1% Low Fat Plain Milk

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	(244g)
Amount per serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 80mg	3%
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
<b>Protein 8g</b>	
Vitamin D 3mcg	15%
Calcium 261mg	20%
Iron 0mg	0%
Potassium 349mg	8%
Vitamin A 128mcg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### **1% LOW FAT MILK JUG**

Ingredients: Low Fat Milk, Vitamin A Palmitate, Vitamin D3.

**CONTAINS: MILK.**

**Food Group Serving: 1 dairy**