

I have created this list of selected items from McDonald's for you to use when you must eat out. The items listed fall generally under 400 calories, 15 grams of fat and 600 milligrams of sodium.

Item	Calories	Fat (g)	Trans Fat (g)	Fiber	Sodium (mg)
Hamburger	250	9	0.5	2	520
Small French Fries	230	11	0	3	160
Chicken McNuggets (4 piece)	190	12	0	0	400
Barbecue Sauce (1 pkg)	50	0	0	0	260
Sweet 'N Sour Sauce (1 pkg)	50	0	0	0	150
Tangy Honey Mustard Sauce	60	2	0	1	210
Premium Southwest Salad (without chicken)	140	4.5	0	6	150
Premium Bacon Ranch Salad (without chicken)	140	7	0	3	300
Premium Caesar Salad (without chicken)	90	4	0	3	180
Snack Size Fruit & Walnut Salad	210	8	0	2	60
Newman's Own Creamy Southwest Dressing	100	6	0	0	340
English Muffin	160	3	0	2	280
Hotcakes (w/o Syrup & Margarine)	350	9	0	3	590
Scrambled Eggs (2)	170	11	0	0	180
Hash Brown	150	9	0	2	310
Grape Jam	35	0	0	0	0
Strawberry Preserves	35	0	0	0	0

Nutrition information for McDonald's is © 2010 McDonald's and is current as of June 2010. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at http://www.mcdonalds.com/us/en/food/food_quality/nutrition_choices.html