

# Download Fast Food Nutrition Guide Mcdonald

McDonald's Nutrition Facts. Nutrition facts for the full McDonald's menu. Select any item to view the complete nutritional information including calories, carbs, sodium and Weight Watchers points. You can also use our calorie filter to find the McDonald's menu item that best fits your diet. = Voted a healthy and tasty option. Fast Food Nutrition. Select a restaurant to view nutrition facts, weight watchers points, allergens and ingredients from your favorite fast food restaurants. You can eat healthy McDonald's fast food meals under 500 calories if you know how to navigate the menu. Use this guide to find out which is the most healthy McDonald's food item to choose, which foods to avoid, and how to combine different menu items so you can enjoy a low-calorie McDonald's meal without suffering dieter's remorse. Few fast food restaurants are as well known as McDonalds, and the McDonald's nutrition guide is as detailed and comprehensive as their menu. Now there are a lot of burger and sandwich options available, but the healthiest is the hamburger with only 290 calories and 11 grams of fat.