

Age	Child 4-9 years	Adult 19-65 years	Age	Child 4-9 years	Adult 19-65 years
<b>Nutrient</b>			<b>Nutrient</b>		
Energy (kcal)	1500	2130	Fat (g)	42	59
Carbohydrate (g)	206	293	Salt (g)	N/A	<6
Protein (g)	28	57	Sugar (g)	<225	<320

As part of our commitment in promoting 'Balanced, Active Lifestyles', we provide you with the Nutrition Information of your favorite McDonald's® meals to help you plan a balanced diet.

Nutrition Information	Serving size (g)	Energy (kcal)	%RNI Child*		%RNI Adult*		Carbohydrate (g)	%RNI Child*		%RNI Adult*		Protein (g)	%RNI Child*		%RNI Adult*		Fat (g)	%RNI Child*		%RNI Adult*		Salt (g)	%RNI Child*		%RNI Adult*	
			%RNI Child*	%RNI Adult*	%RNI Child*	%RNI Adult*		%RNI Child*	%RNI Adult*	%RNI Child*	%RNI Adult*		%RNI Child*	%RNI Adult*	%RNI Child*	%RNI Adult*		%RNI Child*	%RNI Adult*	%RNI Child*	%RNI Adult*					
<b>A La Carte</b>																										
Beefburger	102	258	17	12	32.0	16	11	12.8	46	22	7.8	19	13	1.3												
Cheeseburger	117	307	20	14	32.4	16	11	15.7	56	27	11.8	28	20	1.9												
Double Cheeseburger	164	455	30	21	33.1	16	11	26.2	94	46	22.3	53	38	2.9												
Big Mac™	213	538	36	25	50.1	24	17	26.0	93	46	26.0	62	44	2.7												
Quarter Pounder™ with Cheese	197	503	34	24	37.6	18	13	29.2	104	51	25.6	61	43	2.7												
Big N' Tasty™	247	528	35	25	38.7	19	13	26.9	96	47	29.0	69	49	2.2												
McChicken®	156	395	26	19	46.3	22	16	14.4	51	25	17.2	41	29	1.5												
Chicken McNuggets® - 4 pcs	66	187	12	9	10.1	5	3	10.0	36	18	11.7	28	20	0.9												
Chicken McNuggets® - 6 pcs	98	281	19	13	15.1	7	5	14.9	53	26	17.5	42	30	1.3												
Spicy Chicken McDeluxe™	185	615	41	29	46.7	23	16	17.2	61	30	27.7	66	47	2.9												
Ayam Goreng McD™ - Regular	per 100g	223	-	-	9.1	-	-	18.9	-	-	11.9	-	-	1.0												
Ayam Goreng McD™ - Spicy	per 100g	273	-	-	9.9	-	-	19.0	-	-	16.8	-	-	1.2												
Bubur Ayam McD™ (Small)	279	193	13	9	29.8	14	10	6.0	21	11	4.9	12	8	1.8												
Bubur Ayam McD™ (Large)	423	268	18	13	44.7	22	15	8.2	29	14	5.3	13	9	2.8												
Chicken Burger	117	285	19	13	37.4	18	13	11.9	43	21	9.8	23	17	1.4												
Filet-O-Fish™	139	339	23	16	39.3	19	13	13.8	49	24	14.0	33	24	1.6												
<b>Breakfast</b>																										
Hash Browns	51	145	10	7	13.0	6	4	1.2	4	2	9.5	23	16	0.7												
Egg McMuffin™ with Chicken Roll	137	293	20	14	26.6	13	9	17.6	63	31	12.5	30	21	1.8												
Sausage McMuffin™	109	253	17	12	25.1	12	9	15.3	55	27	9.6	23	16	2.1												
Sausage McMuffin™ with Egg	161	339	23	16	26.7	13	9	21.3	76	37	15.8	38	27	2.3												
Big Breakfast™	248	522	35	25	42.8	21	15	25.4	91	45	26.8	64	45	2.7												
Hotcakes™ (w/o syrup and margarine)	99	229	15	11	38.4	19	13	6.2	22	11	5.5	13	9	0.9												
Hotcakes™ with Sausage (w/o syrup and margarine)	138	297	20	14	38.9	19	13	13.3	48	23	9.8	23	17	1.7												
<b>Sides</b>																										
French Fries (Small)	74	224	15	11	29.9	15	10	3.1	11	5	10.3	25	17	0.6												
French Fries (Medium)	116	352	23	17	46.9	23	16	4.9	18	9	16.1	38	27	0.9												
French Fries (Large)	136	413	28	19	55.0	27	19	5.8	21	10	18.8	45	32	1.1												
<b>Nutrition Information</b>																										
<b>Beverages</b>																										
Hot MILO® - 8 oz.	180ml	136	9	6	23.3	11	8	2.1	7	4	3.8	9	6	15.6	7	5										
Hot MILO® - 12 oz.	260ml	205	14	10	35.0	17	12	3.2	11	6	5.8	14	10	23.4	10	7										
Coke® (Small)	275ml	116	8	5	30.2	15	10	0.0	0	0	0.0	0	0	30.2	13	9										
Coke® (Medium)	364ml	153	10	7	40.0	19	14	0.0	0	0	0.0	0	0	40.0	18	13										
Coke® (Large)	507ml	213	14	10	56.0	27	19	0.0	0	0	0.0	0	0	56.0	25	18										
Coke Light® (Small)	275ml	1	0	0	0.1	0	0	0.1	0	0	0.0	0	0	0.0	0	0										
Coke Light® (Medium)	364ml	1	0	0	0.1	0	0	0.1	0	0	0.0	0	0	0.0	0	0										
Coke Light® (Large)	507ml	2	0	0	0.2	0	0	0.1	0	0	0.0	0	0	0.0	0	0										
Sprite (Small)	275ml	119	8	6	30.2	15	10	0.0	0	0	0.0	0	0	30.2	13	9										
Sprite (Medium)	364ml	157	10	7	40.0	19	14	0.0	0	0	0.0	0	0	40.0	18	13										
Sprite (Large)	507ml	218	15	10	56.0	27	19	0.0	0	0	0.0	0	0	56.0	25	18										
Orange Juice (Small)	320ml	157	10	7	37.2	18	13	0.0	0	0	0.0	0	0	32.1	14	10										
Orange Juice (Medium)	427ml	210	14	10	49.6	24	17	0.0	0	0	0.0	0	0	42.8	19	13										
Orange Juice (Large)	587ml	289	19	14	68.2	33	23	0.0	0	0	0.0	0	0	58.9	26	18										
Iced Lemon Tea (Medium)	364ml	159	11	7	39.6	19	14	0.0	0	0	0.0	0	0	38.4	17	12										
Iced Lemon Tea (Large)	507ml	221	15	10	55.2	27	19	0.0	0	0	0.0	0	0	53.5	24	17										
Iced MILO® (Small)	275ml	206	14	10	31.6	15	11	5.2	19	9	5.8	14	10	24.6	11	8										
Iced MILO® (Medium)	364ml	273	18	13	41.9	20	14	6.9	25	12	7.6	18	13	32.6	14	10										
Iced MILO® (Large)	507ml	380	25	18	58.3	28	20	9.6	34	17	10.6	25	18	45.4	20	14										
Ribena® (Small)	275ml	135	9	6	33.5	16	11	0.0	0	0	0.0	0	0	33.5	15	10										
Ribena® (Medium)	364ml	179	12	8	44.4	22	15	0.0	0	0	0.0	0	0	44.4	20	14										
Ribena® (Large)	507ml	249	17	12	61.9	30	21	0.0	0	0	0.0	0	0	61.9	28	19										
<b>Desserts</b>																										
Sundae (Chocolate)	174	354	24	17	58.0	28	20	6.3	23	11	11.1	26	19	42.4	19	13										
Sundae (Strawberry)	177	311	21	15	56.1	27	19	4.6	16	8	7.6	18	13	42.6	19	13										
Sundae Cone	85	156	10	7	25.7	12	9	3.0	11	5	4.6	11	8	13.9	6	4										
ChocoTop™	96	222	15	10	30.2	15	10	3.5	13	6	9.9	24	17	18.0	8	6										
Cornetto™ Sundae (Chocolate)	198	457	30	21	77.8	38	27	7.9	28	14	13.0	31	22	51.8	23	16										
Cornetto™ Sundae (Strawberry)	201	414	28	19	75.9	37	26	6.3	23	11	9.4	22	16	52.0	23	16										
Cornetto™ McFlurry™ (Chocolate)	198	457	30	21	77.8	38	27	7.9	28	14	13.0	31	22	51.8	23	16										
Cornetto™ McFlurry™ (Strawberry)	201	393	26	18	72.6	35	25	5.9	21	10	8.7	21	15	49.9	22	16										
Oreo McFlurry™	159	338	23	16	52.7	26	18	5.4	19	9	12.1	29	21	31.8	14	10										
Shake (Vanilla)	297	367	24																							