

# The Sign of a Good Choice.

Smart Meals™ meet the nutritional requirements developed by the Colorado Department of Public Health & Environment for: two or more servings of beans, whole grains, fruits or vegetables & reduced levels of sodium, fat and calories.



## Breakfast

### Egg McMuffin® Sandwich

Small Minute Maid® Orange Juice  
450 calories · 13 g fat (5 g saturated fat)  
0 g trans fat · 820 mg sodium · 26% fat

## Happy Meals

### Hamburger Happy Meal®

Apple Dippers with Low Fat Caramel Dip  
Minute Maid® Apple Juice Box  
440 calories · 9 g fat (3.5 g saturated fat)  
0.5 g trans fat · 570 mg sodium · 18% fat

### Cheeseburger\*\* Happy Meal®

Apple Dippers with Low Fat Caramel Dip  
Minute Maid® Apple Juice Box  
490 calories · 13 g fat (6 g saturated fat)  
1 g trans fat · 810 mg sodium · 24% fat

## Smart Meal™ Nutritional Requirements

- Two or more servings of beans, whole grains, fruits or vegetables
- No more than 700 calories
- No more than 30 percent total fat
- No more than 15 percent of total calories from saturated fat
- No more than 0.5 g of trans fat
- No more than 1,500 mg of sodium

## Meals

### Premium Grilled Chicken

#### Classic Sandwich

Fruit 'n Yogurt Parfait & Apple Dippers  
with Low Fat Caramel Dip  
680 calories · 13 g fat (3.5 g saturated fat)  
0 g trans fat · 1320 mg sodium · 17% fat

### Premium Grilled Chicken

#### Classic Sandwich Hold the Mayo

Fruit & Walnut Salad (contains nuts)  
Minute Maid® Apple Juice Box  
670 calories · 13 g fat (2.5 g saturated fat)  
0 g trans fat · 1180 mg sodium · 17% fat

### Hamburger

Side Salad with Newman's Own®  
Low Fat Family Recipe Italian Dressing  
330 calories · 11 g fat (3.5 g saturated fat)  
0.5 g trans fat · 1260 mg sodium · 30% fat

### Hamburger

Fruit 'n Yogurt Parfait & Apple Dippers  
with Low Fat Caramel Dip  
510 calories · 11 g fat (4.5 g saturated fat)  
0.5 g trans fat · 640 mg sodium · 19% fat

### Cheeseburger\*\*

Fruit 'n Yogurt Parfait & Apple  
Dippers with Low Fat Caramel Dip  
560 calories · 15 g fat (7 g saturated fat)  
1 g trans fat · 880 mg sodium · 24% fat

## Premium Salads

### Caesar Salad with Grilled Chicken

#### Hold the Parmesan Cheese

Newman's Own® Low Fat Family Recipe Italian Dressing  
220 calories · 5 g fat (1 gram saturated fat) · 0 g trans fat · 1460 mg sodium · 20% fat  
or Newman's Own® Low Fat Balsamic Dressing  
210 calories · 5 g fat (1 gram saturated fat) · 0 g trans fat · 1460 mg sodium · 21% fat

### Asian Salad with Grilled Chicken

Newman's Own® Low Fat Sesame Ginger Dressing · **Use 1/2 Packet**  
350 calories · 11 g fat (1 g saturated fat) · 0 g trans fat · 1260 mg sodium · 29% fat

### Southwest Salad\* with Grilled Chicken

Newman's Own® Creamy Southwest Dressing · **Use 1/2 Packet**  
370 calories · 12 g fat (3.5 g saturated fat) · 0 g trans fat · 1140 mg sodium · 29% fat



i'm lovin' it®

©2007 McDonald's. At participating restaurants. The Smart Meal combinations above are the only meals approved, no substitutions allowed. McDonald's meals analyzed by On the Menu, LLC. \*Southwest Salad available for a limited time. \*\*Contains only naturally occurring trans fat and no added trans fat.