

NUTRITION INFORMATION

BURGERS

	Hamburger		Cheeseburger		Quarter Pounder® 5		McOz® 5	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	996	1050	1190	1090	2270	1110	2080	820
Energy (Cal ¹)	238	250	285	259	541	264	496	196
Protein (g)	12.4	13.0	15.0	13.6	33.4	16.3	30.6	12.1
Fat, total (g)	8.5	9.0	12.1	11.0	28.5	13.9	24.3	9.6
Saturated Fat (g)	3.4	3.6	5.8	5.3	14.1	6.9	11.1	4.4
Carbohydrate (g)	26.5	27.9	27.8	25.3	35.5	17.3	36.4	14.4
Sugars (g)	4.6	4.8	5.3	4.8	8.2	4.0	10.4	4.1
Sodium (mg)	407	428	636	578	1180	574	982	388

	Big Mac®		McChicken® 4		Filet-o-Fish® 4	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	2010	1000	1750	952	1360	1040
Energy (Cal ¹)	480	239	417	227	325	248
Protein (g)	25.3	12.6	18.7	10.2	14.4	11.0
Fat, total (g)	24.9	12.4	19.8	10.8	14.5	11.1
Saturated Fat (g)	10.1	5.0	3.6	2.0	3.1	2.4
Carbohydrate (g)	36.2	18.0	39.3	21.4	32.6	24.9
Sugars (g)	5.8	2.9	3.7	2.0	3.5	2.7
Sodium (mg)	800	400	699	381	606	463

FRIES & CHICKEN McNUGGETS®

	French Fries Large 4	French Fries Medium 4	French Fries Small 4	French Fries 4
	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	1600	1260	836	1290
Energy (Cal ¹)	382	302	200	307
Protein (g)	5.5	4.3	2.9	4.4
Fat, total (g)	22.6	17.8	11.8	18.2
Saturated Fat (g)	3.1	2.5	1.6	2.5
Carbohydrate (g)	36.2	28.6	19.0	29.2
Sugars (g)	0.0	0.0	0.0	0.0
Sodium (mg)	177	140	93	143

	Chicken McNuggets® 3 pack ⁴	Chicken McNuggets® 6 pack ⁴	Chicken McNuggets® 4
	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	629	1260	1140
Energy (Cal ¹)	150	300	272
Protein (g)	8.6	17.2	15.6
Fat, total (g)	9.9	19.8	17.9
Saturated Fat (g)	1.9	3.9	3.5
Carbohydrate (g)	6.7	13.4	12.1
Sugars (g)	0.2	0.3	0.3
Sodium (mg)	217	434	393

Notes: Nutrition values are based on average figures and standard product formulation. Actual serving size and nutrient values may vary. Ingredients are subject to seasonal variation. Nutrient values and serve size do not apply to special customer orders. Information is correct as at 30 June 2006.

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LIGHTER CHOICES

	Lean Beef Burger		Herb Fusion Chicken Salad (no dressing)		Garden Mixed Salad (no dressing)		Chilli & Lime Dressing		Italian Dressing	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	1250	713	456	204	249	198	107	357	48	161
Energy (Cal ¹)	298	170	109	49	59	47	26	85	11	39
Protein (g)	23.3	13.3	17.6	7.8	1.3	1.1	0.1	0.2	<0.1	0.1
Fat, total (g)	8.8	5.0	2.1	1.0	0.2	0.2	<0.1	<0.1	<0.1	0.1
Saturated Fat (g)	3.2	1.8	0.6	0.3	0.0	0.0	0.0	0.0	<0.1	<0.1
Carbohydrate (g)	29.8	17.0	3.1	1.4	2.0	1.6	5.6	18.8	2.6	8.7
Sugars (g)	4.4	2.5	2.5	1.1	2.0	1.6	5.6	18.6	2.5	8.4
Sodium (mg)	665	380	368	164	18	14	254	848	371	1235

	Chicken Tandoori Deli Choice		Thai Chicken Deli Choice		Turkey & Cranberry Deli Choice		Apple & Cinnamon Toast with Whipped Butter	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	1500	619	1580	636	1900	819	836	1310
Energy (Cal ¹)	359	148	377	152	454	196	200	314
Protein (g)	22.2	9.1	21.6	8.7	26.9	11.6	6.2	9.7
Fat, total (g)	7.3	3.0	9.7	3.9	8.7	3.7	6.5	10.2
Saturated Fat (g)	1.5	0.6	2.1	0.8	3.9	1.7	3.0	4.8
Carbohydrate (g)	49.0	20.1	48.7	19.6	63.2	27.2	28.1	44.1
Sugars (g)	8.4	3.4	11.7	4.7	15.3	6.6	10.5	16.5
Sodium (mg)	1190	491	982	396	931	401	248	390

	Banana & Date Toast with Whipped Butter		Sourdough Toast with Whipped Butter		Muffin Lite Orange & Poppysseed		Muffin Lite Apple & Blueberry	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	845	1330	804	1260	1400	1120	1190	950
Energy (Cal ¹)	202	317	192	302	334	268	284	227
Protein (g)	6.3	9.9	6.1	9.5	4.6	3.7	4.0	3.2
Fat, total (g)	6.5	10.2	6.0	9.4	3.4	2.7	2.4	1.9
Saturated Fat (g)	3.3	5.1	3.3	5.1	0.6	0.5	0.6	0.5
Carbohydrate (g)	27.9	43.8	27.1	42.6	59.0	47.2	49.1	39.3
Sugars (g)	7.0	11.0	2.2	3.5	28.4	22.7	25.8	20.6
Sodium (mg)	272	427	312	490	362	290	312	250

	Berrynice Yoghurt Crunch		Real Fruit Smoothie		Red Apple		Green Apple	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	960	443	1160	274	325	232	335	202
Energy (Cal ¹)	229	106	278	65	78	55	80	48
Protein (g)	10.5	4.9	13.3	3.1	0.4	0.3	0.5	0.3
Fat, total (g)	4.5	2.1	4.0	0.9	0.1	0.1	0.2	0.1
Saturated Fat (g)	2.9	1.3	3.0	0.7	0.0	0.0	0.0	0.0
Carbohydrate (g)	35.1	16.2	45.9	10.8	17.1	12.2	17.4	10.5
Sugars (g)	27.2	12.6	42.0	9.9	16.8	12.0	17.1	10.3
Sodium (mg)	114	53	160	38	1	1	2	1

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DELI CHOICES

	Bacon & Egg		Chicken Caesar ⁴		Roast Beef and Barbecue Sauce	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	2000	1020	2590	1000	1970	684
Energy (Cal ¹)	477	243	618	240	471	163
Protein (g)	26.5	13.5	36.3	14.1	26.5	9.2
Fat, total (g)	17.9	9.2	22.8	8.8	11.7	4.1
Saturated Fat (g)	7.9	4.0	5.2	2.0	5.6	1.9
Carbohydrate (g)	51.0	26.0	64.3	24.9	62.5	21.7
Sugars (g)	11.9	6.1	9.0	3.5	16.7	5.8
Sodium (mg)	1150	586	1520	589	1410	488

SALADS

	Crispy Cut Chicken Salad		French Dressing		Spicy Avocado Dressing		Ranch Dressing	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	1030	412	74	248	440	1465	232	774
Energy (Cal ¹)	245	99	18	59	105	350	56	185
Protein (g)	20.9	8.4	<0.1	0.1	0.3	1.1	1.3	4.3
Fat, total (g)	10.6	4.2	0.1	0.3	10.3	34.3	0.5	1.5
Saturated Fat (g)	1.4	0.6	<0.1	<0.1	1.6	5.3	0.2	0.7
Carbohydrate (g)	14.2	5.7	4.0	13.3	3.0	10.0	11.4	38.0
Sugars (g)	3.7	1.5	4.0	13.3	2.4	7.9	10.6	35.4
Sodium (mg)	545	219	249	830	351	1170	432	1440

	Teriyaki Dressing		Mango & Sesame Dressing	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	136	454	73	243
Energy (Cal ¹)	33	109	17	58
Protein (g)	0.5	1.6	<0.1	0.2
Fat, total (g)	0.7	2.4	0.1	0.3
Saturated Fat (g)	0.1	0.4	<0.1	<0.1
Carbohydrate (g)	6.1	20.4	3.9	13.1
Sugars (g)	5.8	19.4	3.7	12.3
Sodium (mg)	548	1830	185	616

CONDIMENTS

	Barbecue Sauce Portion		Mustard Sauce Portion		Sweet & Sour Sauce Portion	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	198	707	249	890	213	762
Energy (Cal ¹)	47	169	60	213	51	182
Protein (g)	0.5	1.8	0.6	2.0	0.1	0.5
Fat, total (g)	0.0	0.0	2.4	8.6	0.0	0.0
Saturated Fat (g)	0.0	0.0	<0.1	0.2	0.0	0.0
Carbohydrate (g)	11.1	39.8	8.5	30.3	12.4	44.3
Sugars (g)	7.1	25.2	5.7	20.2	7.8	27.8
Sodium (mg)	287	1020	260	928	156	557

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	Sweet Thai Chilli Sauce Portion		Ketchup		Marmalade		Honey	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	231	824	49	432	158	1130	196	1400
Energy (Cal ¹)	55	197	12	103	38	270	47	334
Protein (g)	0.1	0.5	0.2	1.4	<0.1	0.2	<0.1	0.3
Fat, total (g)	0.0	0.0	<0.1	0.3	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	<0.1	0.2	0.0	0.0	0.0	0.0
Carbohydrate (g)	13.4	48.0	2.5	22.4	9.3	66.3	11.5	82.1
Sugars (g)	7.6	27.2	2.5	22.4	9.1	65.2	11.5	82.1
Sodium (mg)	147	525	118	1040	6	40	2	15

	Vegemite ²		Peanut Butter		Strawberry Jam	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	35	734	286	2600	160	1140
Energy (Cal ¹)	8	175	68	621	38	273
Protein (g)	1.1	23.5	2.5	23.0	<0.1	0.3
Fat, total (g)	0.0	0.0	5.8	52.4	<0.1	0.2
Saturated Fat (g)	0.0	0.0	1.2	11.0	0.0	0.0
Carbohydrate (g)	0.9	19.7	1.6	14.4	9.3	66.5
Sugars (g)	<0.1	0.6	0.9	8.1	9.2	65.5
Sodium (mg)	147	3060	70	633	<1	5

DRINKS

	Coca-Cola® Large		Coca-Cola® Medium		Coca-Cola® Small		Diet Coke® ³ Large	
	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /100ml
Energy (kJ)	911	154	596	145	417	137	9	1
Energy (Cal ¹)	218	37	142	35	100	33	2	0.0
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	53.6	9.1	35.0	8.6	24.5	8.0	0.5	<0.1
Sugars (g)	53.1	9.0	34.7	8.5	24.3	8.0	0.0	0.0
Sodium (mg)	50	8	33	8	23	8	75	13

	Diet Coke® ³ Medium		Diet Coke® ³ Small		Fanta® Large		Fanta® Medium	
	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /100ml
Energy (kJ)	6	1	4	1	1150	195	752	184
Energy (Cal ¹)	1	0.0	1	0.0	275	47	180	44
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	0.3	<0.1	0.2	<0.1	67.6	11.5	44.2	10.8
Sugars (g)	0.0	0.0	0.0	0.0	67.1	11.4	43.9	10.7
Sodium (mg)	49	12	34	11	75	13	49	12

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	Fanta® Small		Sprite® Large		Sprite® Medium		Sprite® Small	
	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /100ml
Energy (kJ)	526	172	877	149	573	140	401	131
Energy (Cal ¹)	126	41	210	36	137	34	96	31
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	30.9	10.1	51.6	8.8	33.7	8.2	23.6	7.7
Sugars (g)	30.7	10.1	50.6	8.6	33.1	8.1	23.1	7.6
Sodium (mg)	34	11	100	17	66	16	46	15

	Chocolate Shake Large	Chocolate Shake Medium	Chocolate Shake Small	Chocolate Shake
	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /100ml
Energy (kJ)	1910	1390	1040	336
Energy (Cal ¹)	456	331	249	80
Protein (g)	18.0	13.1	9.8	3.2
Fat, total (g)	4.9	3.5	2.7	0.9
Saturated Fat (g)	3.6	2.6	2.0	0.6
Carbohydrate (g)	83.0	60.3	45.2	14.6
Sugars (g)	75.0	54.4	40.8	13.2
Sodium (mg)	321	233	175	56

	Strawberry Shake Large	Strawberry Shake Medium	Strawberry Shake Small	Strawberry Shake
	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /100ml
Energy (kJ)	1890	1370	1030	332
Energy (Cal ¹)	451	327	246	79
Protein (g)	17.0	12.3	9.3	3.0
Fat, total (g)	4.4	3.2	2.4	0.8
Saturated Fat (g)	3.2	2.3	1.7	0.6
Carbohydrate (g)	84.6	61.4	46.1	14.9
Sugars (g)	77.3	56.1	42.1	13.6
Sodium (mg)	227	165	124	40

	Vanilla Shake Large	Vanilla Shake Medium	Vanilla Shake Small	Vanilla Shake
	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /100ml
Energy (kJ)	1830	1330	995	323
Energy (Cal ¹)	436	317	238	77
Protein (g)	17.0	12.3	9.3	3.0
Fat, total (g)	4.2	3.1	2.3	0.7
Saturated Fat (g)	3.2	2.3	1.7	0.6
Carbohydrate (g)	81.2	59.0	44.2	14.3
Sugars (g)	76.4	55.5	41.6	13.5
Sodium (mg)	218	158	119	39

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NUTRITION INFORMATION

	Mt Franklin Water		Orange Juice Large	Orange Juice Medium	Orange Juice Small	Orange Juice
	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /100ml
Energy (kJ)	0.0	0.0	867	605	363	202
Energy (Cal ¹)	0.0	0.0	207	145	87	48
Protein (g)	0.0	0.0	1.7	1.2	0.7	0.4
Fat, total (g)	0.0	0.0	0.4	0.3	0.2	0.1
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	0.0	0.0	48.2	33.6	20.2	11.2
Sugars (g)	0.0	0.0	47.3	33.0	19.8	11.0
Sodium (mg)	8	1	13	9	5	3

	Apple Juice		Multi-V		Apple & Blackcurrant		Pineapple	
	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /100ml	Average Quantity /Serve	Average Quantity /100ml
Energy (kJ)	540	180	555	185	540	180	525	175
Energy (Cal ¹)	129	43	133	44	129	43	125	42
Protein (g)	<1.0	<1.0	<1.0	<1.0	<1.0	<1.0	<1.0	<1.0
Fat, total (g)	<1.0	<1.0	<1.0	<1.0	<1.0	<1.0	<1.0	<1.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	31.8	10.6	31.8	10.6	31.5	10.5	29.4	9.8
Sugars (g)	30.9	10.3	30.9	10.3	30.6	10.2	28.5	9.5
Sodium (mg)	6	2	6	2	6	2	6	2

	Filtered Coffee Black Small		Filtered Coffee White Small		Tea Black Small		Tea White Small	
	Average Quantity /Serve	Average Quantity /100 ml	Average Quantity /Serve	Average Quantity /100 ml	Average Quantity /Serve	Average Quantity /100 ml	Average Quantity /Serve	Average Quantity /100 ml
Energy (kJ)	28	14	114	47	4	2	45	20
Energy (Cal ¹)	7	3	27	11	1	0	11	5
Protein (g)	0.4	0.2	1.4	0.6	0.2	0.1	0.7	0.3
Fat, total (g)	0.0	0.0	1.2	0.5	0.0	0.0	0.5	0.2
Saturated Fat (g)	0.0	0.0	0.8	0.3	0.0	0.0	0.3	0.2
Carbohydrate (g)	1.1	0.5	2.5	1.0	0.0	0.0	0.7	0.3
Sugars (g)	0.0	0.0	1.5	0.6	0.0	0.0	0.7	0.3
Sodium (mg)	0	0	13	5	0	0	7	3

	Espresso Pronto® Cappuccino Large		Espresso Pronto® Cappuccino Small		Espresso Pronto® Flat White Large		Espresso Pronto® Flat White Small	
	Average Quantity /Serve	Average Quantity /100 ml	Average Quantity /Serve	Average Quantity /100 ml	Average Quantity /Serve	Average Quantity /100 ml	Average Quantity /Serve	Average Quantity /100 ml
Energy (kJ)	577	197	390	207	604	177	393	207
Energy (Cal ¹)	138	47	93	50	144	42	94	50
Protein (g)	6.6	2.3	4.4	2.3	7.2	2.1	4.7	2.5
Fat, total (g)	7.3	2.5	4.8	2.6	8.0	2.4	5.3	2.8
Saturated Fat (g)	4.8	1.6	3.2	1.7	5.3	1.6	3.5	1.8
Carbohydrate (g)	11.2	3.8	7.9	4.2	10.6	3.1	6.8	3.6
Sugars (g)	10.6	3.6	7.6	4.0	10.0	2.9	6.6	3.5
Sodium (mg)	80	27	53	28	87	25	57	30

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	Espresso Pronto® Latte Large		Espresso Pronto® Latte Small		Espresso Pronto® Long Black Large		Espresso Pronto® Long Black Small		Espresso Pronto® Espresso	
	Average Quantity /Serve	Average Quantity /100 ml	Average Quantity /Serve	Average Quantity /100 ml	Average Quantity /Serve	Average Quantity /100 ml	Average Quantity /Serve	Average Quantity /100 ml	Average Quantity /Serve	Average Quantity /100 ml
Energy (kJ)	590	191	380	196	12	3	8	4	8	14
Energy (Cal ¹)	141	46	91	47	3	1	2	1	2	3
Protein (g)	7.1	2.3	4.6	2.3	0.2	<0.1	0.1	<0.1	0.1	0.2
Fat, total (g)	7.9	2.6	5.1	2.6	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	5.2	1.7	3.4	1.7	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	10.3	3.3	6.6	3.4	0.5	0.1	0.3	0.1	0.3	0.5
Sugars (g)	9.8	3.2	6.3	3.3	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	85	28	55	28	0	0	0	0	0	0

BREAKFAST

	Bacon & Egg McMuffin®		Sausage McMuffin®		Sausage & Egg McMuffin®		Big Breakfast	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	1250	946	1170	1120	1420	969	2100	903
Energy (Cal ¹)	298	226	280	269	340	231	501	216
Protein (g)	16.3	12.4	14.9	14.3	20.1	13.7	24.1	10.4
Fat, total (g)	14.2	10.8	12.7	12.2	17.5	11.9	27.8	12.0
Saturated Fat (g)	6.3	4.8	8.7	8.4	10.0	6.8	10.2	4.4
Carbohydrate (g)	25.3	19.2	25.3	24.3	24.7	16.8	37.5	16.1
Sugars (g)	2.2	1.7	1.8	1.7	1.9	1.3	1.5	0.6
Sodium (mg)	750	568	647	621	666	453	758	326

	English Muffin & Jam		English Muffin		Hash Brown ⁴		Cheese & Tomato Sandwich	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	820	1170	660	1170	509	950	859	815
Energy (Cal ¹)	196	278	158	280	122	227	205	195
Protein (g)	4.4	6.2	4.3	7.6	1.3	2.4	7.8	7.4
Fat, total (g)	4.5	6.4	4.5	7.9	7.5	14.0	5.0	4.8
Saturated Fat (g)	1.4	1.9	1.4	2.4	1.0	1.9	2.6	2.5
Carbohydrate (g)	33.3	47.3	24.0	42.5	12.0	22.4	30.7	29.2
Sugars (g)	10.3	14.6	1.1	2.0	0.0	0.0	2.8	2.7
Sodium (mg)	261	371	261	462	276	514	517	491

	Hotcakes with Butter & Syrup		Hotcakes with Butter, without Syrup		Hotcakes with Syrup, without Butter		Hotcakes, without Syrup, without Butter	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	2760	1240	2000	1230	2420	1140	1660	1100
Energy (Cal ¹)	658	296	478	294	578	274	397	263
Protein (g)	11.5	5.2	11.4	7.0	11.4	5.4	11.3	7.5
Fat, total (g)	19.8	8.9	19.8	12.2	10.7	5.1	10.7	7.1
Saturated Fat (g)	8.2	3.7	8.2	5.0	2.1	1.0	2.1	1.4
Carbohydrate (g)	106	47.6	61.6	37.9	106	50.1	61.5	40.7
Sugars (g)	46.3	20.8	14.3	8.8	46.2	21.9	14.2	9.4
Sodium (mg)	536	241	518	319	457	216	438	290

Notes: Nutrition values are based on average figures and standard product formulation. Actual serving size and nutrient values may vary. Ingredients are subject to seasonal variation. Nutrient values and serve size do not apply to special customer orders. Information is correct as at 30 June 2006.

NUTRITION INFORMATION

	Syrup (for Hotcakes)		Butter (for Hotcakes)	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	755	1260	169	2980
Energy (Cal ¹)	180	301	40	712
Protein (g)	<0.1	<0.1	<0.1	0.6
Fat, total (g)	0.0	0.0	4.5	80.0
Saturated Fat (g)	0.0	0.0	3.0	53.5
Carbohydrate (g)	44.3	73.9	<0.1	0.7
Sugars (g)	32.0	53.3	<0.1	0.7
Sodium (mg)	18	30	40	700

	Kellogg's® Just Right		Kellogg's® Nutri-Grain		Kellogg's® Special K		Kellogg's® Crunchy Nut Cornflakes	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	669	1487	479	1596	472	1573	504	1681
Energy (Cal ¹)	160	356	115	382	113	376	121	402
Protein (g)	3.6	8.1	6.6	21.9	5.9	19.7	2.1	7.1
Fat, total (g)	0.7	1.6	0.2	0.6	0.1	0.4	1.4	4.5
Saturated Fat (g)	0.2	0.4	<0.1	0.1	<0.1	0.1	0.4	1.2
Carbohydrate (g)	32.4	71.9	20.8	69.4	21.2	70.8	24.2	80.8
Sugars (g)	14.0	31.2	9.6	32.0	4.4	14.5	9.5	31.7
Dietary Fibre (g)	3.8	8.5	0.8	2.7	0.8	2.5	0.8	2.5
Sodium (mg)	14	30	180	600	161	536	171	570
Potassium (mg)	212	470	44	147	48	160	40	134

	Milk – Full Cream		Milk – Reduced Fat		Milk - Skim	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	346	277	260	208	187	150
Energy (Cal ¹)	83	66	62	50	45	36
Protein (g)	4.1	3.3	4.9	3.9	4.5	3.6
Fat, total (g)	4.8	3.8	1.8	1.4	0.1	0.1
Saturated Fat (g)	3.1	2.5	1.1	0.9	0.1	0.1
Carbohydrate (g)	5.9	4.7	6.6	5.3	6.3	5.0
Sugars (g)	5.9	4.7	6.6	5.3	6.3	5.0
Sodium (mg)	51	41	60	48	55	44

	Apple & Cinnamon Toast with Butter		Banana & Date Toast with Butter		Sourdough Toast with Butter	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	926	1360	919	1300	895	1270
Energy (Cal ¹)	230	326	220	312	214	303
Protein (g)	6.3	9.0	7.3	10.3	7.8	11.0
Fat, total (g)	8.2	11.6	8.4	11.9	7.7	10.9
Saturated Fat (g)	4.4	6.2	4.8	6.8	4.7	6.7
Carbohydrate (g)	30.9	43.9	27.4	38.9	26.6	37.7
Sugars (g)	11.3	16.0	8.0	11.4	1.2	1.7
Sodium (mg)	301	427	288	409	320	453

Notes: Nutrition values are based on average figures and standard product formulation. Actual serving size and nutrient values may vary. Ingredients are subject to seasonal variation. Nutrient values and serve size do not apply to special customer orders. Information is correct as at 30 June 2006.

NUTRITION INFORMATION

DESSERT

	Apple Pie ⁴		Sultanas		Flake M		McDonaldland Cookies [®]	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	1020	1230	481	1200	334	2230	1170	1950
Energy (Cal ¹)	244	294	115	287	80	532	281	468
Protein (g)	1.8	2.2	1.1	2.8	1.2	8.1	3.6	6.0
Fat, total (g)	13.7	16.5	0.0	0.0	4.6	30.4	8.2	13.7
Saturated Fat (g)	2.4	2.9	0.0	0.0	2.9	19.5	4.0	6.6
Carbohydrate (g)	27.5	33.1	26.0	65.1	8.5	56.7	46.5	77.5
Sugars (g)	10.3	12.4	25.3	63.2	8.3	55.4	16.6	27.6
Sodium (mg)	112	135	18	46	17	110	150	250

	McFlurry [®] Crunchie		McFlurry [®] M&M Minis		McFlurry [®] Oreo Cookie		Sundae Hot Caramel	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	1780	798	1970	847	1650	759	1380	786
Energy (Cal ¹)	425	191	469	202	393	181	331	188
Protein (g)	10.2	4.6	10.3	4.4	9.4	4.3	6.5	3.7
Fat, total (g)	15.9	7.1	17.7	7.6	13.9	6.4	7.7	4.4
Saturated Fat (g)	10.3	4.6	11.3	4.9	7.3	3.4	5.1	2.9
Carbohydrate (g)	59.9	26.8	66.4	28.6	57.0	26.3	58.1	33.0
Sugars (g)	56.0	25.1	61.9	26.7	48.3	22.3	46.3	26.3
Sodium (mg)	176	79	153	66	226	104	172	98

	Sundae Hot Fudge		Sundae Strawberry		Sundae without topping		Sundae Cone	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	1370	790	1160	683	853	632	613	685
Energy (Cal ¹)	328	189	278	163	204	151	147	164
Protein (g)	6.9	4.0	5.9	3.5	5.8	4.3	4.1	4.6
Fat, total (g)	9.3	5.4	6.8	4.0	6.8	5.0	4.5	5.0
Saturated Fat (g)	6.8	3.9	4.5	2.6	4.4	3.3	2.8	3.1
Carbohydrate (g)	53.0	30.5	47.6	27.9	29.7	22.0	22.2	24.8
Sugars (g)	49.2	28.4	44.3	26.0	27.8	20.6	17.5	19.6
Sodium (mg)	167	96	91	53	86	63	60	67

Notes:

1. 1 Calorie = 4.186 kilojoules.
2. "Vegemite" is a registered trademark of Kraft Foods Ltd
3. Phenylketonurics: contains Phenylalanine
4. Cooked in McDonald's Canola Oil Blend
5. Based on weight before cooking 113.4 grams

"COCA-COLA", "DIET COKE", "SPRITE" and "FANTA" are registered trademarks of the Coca-Cola Company.

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