

## NUTRITION INFORMATION

### BURGERS

	Junior Burger		Cheeseburger		Quarter Pounder with Cheese™ <sup>5</sup>		McOz™ <sup>5</sup>	
	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)	998	1050	1190	1090	2270	1110	2080	820
Energy (Cal <sup>1</sup> )	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)	8.6	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™ <sup>4</sup>		Filet-o-Fish™ <sup>4</sup>	
	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 <sup>1</sup> )	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 & McNUGGETS

	French Fries Large <sup>4</sup>	French Fries Medium <sup>4</sup>	French Fries Small <sup>4</sup>	French Fries <sup>4</sup>
	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	1650	1350	836	1290
Energy (Cal <sup>1</sup> )	393	322	200	307
Protein (g)	5.6	4.6	2.9	4.4
Fat, total (g)	23.3	19.1	11.8	18.2
Saturated Fat (g)	3.2	2.6	1.6	2.5
Carbohydrate (g)	37.4	30.7	19.0	29.2
Sugars (g)	0.0	0.0	0.0	0.0
Sodium (mg)	183	150	93	143

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## NUTRITION INFORMATION

	McNuggets™ 3 pack <sup>4</sup>	McNuggets™ 6 pack <sup>4</sup>	McNuggets™ <sup>4</sup>
	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	629	1260	1140
Energy (Cal <sup>1</sup> )	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

### DELI CHOICES

	Bacon & Egg		Chicken Caesar <sup>4</sup>		Chicken Tandoori		Italian Supreme	
	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)	2080	1030	2360	959	1400	579	1970	793
Energy (Cal <sup>1</sup> )	497	246	563	229	335	138	470	189
Protein (g)	26.9	13.3	34.4	14.0	22.1	9.1	23.8	9.6
Fat, total (g)	21.4	10.6	21.2	8.6	7.0	2.9	22.5	9.1
Saturated Fat (g)	8.3	4.1	5.4	2.2	2.2	0.9	9.8	4.0
Carbohydrate (g)	48.0	23.8	56.4	22.9	43.8	18.1	41.6	16.8
Sugars (g)	10.8	5.4	7.1	2.9	7.3	3.0	5.5	2.2
Sodium (mg)	1210	600	1370	558	1190	491	1190	481

	Mustard Beef		Thai Chicken		Turkey & Cranberry		Vege Pesto	
	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)	1760	662	1480	618	1780	759	1510	564
Energy (Cal <sup>1</sup> )	419	158	353	148	424	181	361	135
Protein (g)	25.0	9.4	20.9	8.7	27.7	11.8	18.1	6.7
Fat, total (g)	14.8	5.6	8.1	3.4	8.3	3.6	9.5	3.6
Saturated Fat (g)	6.5	2.4	2.0	0.8	4.5	1.9	5.2	2.0
Carbohydrate (g)	44.4	16.8	46.9	19.6	55.6	23.8	48.4	18.1
Sugars (g)	5.9	2.2	11.2	4.7	13.5	5.8	6.2	2.3
Sodium (mg)	1350	511	949	397	921	393	850	317

### SALADS PLUS

	Lean Beef Burger		Roast Chicken Salad		Garden Mixed Salad		Mango & Sesame 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)	1250	713	972	324	311	198	73	243
Energy (Cal <sup>1</sup> )	298	170	232	77	74	47	17	58
Protein (g)	23.3	13.3	17.5	5.8	6.3	4.0	<0.1	0.2
Fat, total (g)	8.8	5.0	6.7	2.2	3.9	2.5	0.1	0.3
Saturated Fat (g)	3.2	1.8	2.9	1.0	2.3	1.5	<0.1	<0.1
Carbohydrate (g)	29.8	17.0	23.1	7.7	2.4	1.6	3.9	13.1
Sugars (g)	4.4	2.5	12.5	4.2	2.1	1.4	3.7	12.3
Sodium (mg)	665	380	454	151	106	68	185	616

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## NUTRITION INFORMATION

	French Dressing		Italian Dressing		Muffin Lite Orange & Poppyseed		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)	74	248	48	161	1400	1120	1190	950
Energy (Cal <sup>l</sup> )	18	59	11	39	334	268	284	227
Protein (g)	<0.1	0.1	<0.1	0.1	4.6	3.7	4.0	3.2
Fat, total (g)	0.1	0.3	<0.1	0.1	3.4	2.7	2.4	1.9
Saturated Fat (g)	<0.1	<0.1	<0.1	<0.1	0.6	0.5	0.6	0.5
Carbohydrate (g)	4.0	13.3	2.6	8.7	59.0	47.2	49.1	39.3
Sugars (g)	4.0	13.3	2.5	8.4	28.4	22.7	25.8	20.6
Sodium (mg)	249	830	371	1235	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 /100g	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	960	443	1170	272	325	232	335	202
Energy (Cal <sup>l</sup> )	229	106	278	65	78	55	80	48
Protein (g)	10.5	4.9	13.4	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	46.0	10.7	17.1	12.2	17.4	10.5
Sugars (g)	27.2	12.6	42.1	9.8	16.8	12.0	17.1	10.3
Sodium (mg)	114	53	161	37	1	1	2	1

### 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)	185	662	245	875	201	718
Energy (Cal <sup>l</sup> )	44	158	59	209	48	172
Protein (g)	0.2	0.8	0.6	2.1	0.2	0.6
Fat, total (g)	0.3	0.9	2.7	9.7	0.3	1.0
Saturated Fat (g)	<0.1	<0.1	0.2	0.7	<0.1	0.1
Carbohydrate (g)	10.1	35.9	7.8	27.7	11.0	39.3
Sugars (g)	8.3	29.6	6.3	22.6	10.1	36.0
Sodium (mg)	325	1160	260	928	156	557

	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)	251	895	54	469	158	1130	196	1400
Energy (Cal <sup>l</sup> )	60	214	13	112	38	270	47	334
Protein (g)	0.4	1.3	0.2	1.8	<0.1	0.2	<0.1	0.3
Fat, total (g)	0.3	1.2	<0.1	0.5	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)	13.2	47.1	2.8	24.4	9.3	66.3	11.5	82.1
Sugars (g)	10.6	38.0	2.8	24.4	9.1	65.2	11.5	82.1
Sodium (mg)	368	1310	129	1130	6	40	2	15

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	Vegemite <sup>2</sup>		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 <sup>1</sup> )	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® <sup>3</sup> 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 <sup>1</sup> )	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® <sup>3</sup> Medium		Diet Coke® <sup>3</sup> 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 <sup>1</sup> )	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

	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 <sup>1</sup> )	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
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## NUTRITION INFORMATION

	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /Serve	Average Quantity /100ml
Energy (kJ)	1930	1400	1050	474
Energy (Cal <sup>1</sup> )	460	334	251	113
Protein (g)	18.1	13.2	9.9	4.5
Fat, total (g)	5.5	4.0	3.0	1.4
Saturated Fat (g)	4.0	2.9	2.2	1.0
Carbohydrate (g)	82.3	59.8	44.8	20.3
Sugars (g)	74.2	53.9	40.4	18.3
Sodium (mg)	337	244	183	83

	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)	1860	1350	1010	458
Energy (Cal <sup>1</sup> )	444	322	242	109
Protein (g)	17.0	12.3	9.3	4.2
Fat, total (g)	4.3	3.1	2.3	1.1
Saturated Fat (g)	3.2	2.3	1.7	0.8
Carbohydrate (g)	82.9	60.2	45.2	20.5
Sugars (g)	75.4	54.8	41.1	18.6
Sodium (mg)	235	170	128	58

	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)	1820	1320	990	449
Energy (Cal <sup>1</sup> )	434	315	236	107
Protein (g)	17.0	12.3	9.3	4.2
Fat, total (g)	4.3	3.1	2.3	1.1
Saturated Fat (g)	3.2	2.3	1.7	0.8
Carbohydrate (g)	80.5	58.4	43.9	19.9
Sugars (g)	76.0	55.2	41.4	18.8
Sodium (mg)	220	160	120	54

	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 <sup>1</sup> )	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

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## NUTRITION INFORMATION

	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 <sup>1</sup> )	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

	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 <sup>1</sup> )	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

	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 <sup>1</sup> )	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 <sup>1</sup> )	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

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## NUTRITION INFORMATION

	English Muffin & Jam		English Muffin		Hash Brown <sup>4</sup>		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 <sup>1</sup> )	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 <sup>1</sup> )	660	295	478	294	579	273	397	263
Protein (g)	11.4	5.1	11.4	7.0	11.3	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)	52.0	23.3	14.3	8.8	51.9	24.5	14.2	9.4
Sodium (mg)	549	246	518	319	470	222	438	290

	Syrup (for Hotcakes)		Butter (for Hotcakes)	
	Average Quantity /Serve	Average Quantity /100g	Average Quantity /Serve	Average Quantity /100g
Energy (kJ)	760	1250	169	2980
Energy (Cal <sup>1</sup> )	182	299	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)	44.7	73.5	<0.1	0.7
Sugars (g)	37.7	62.0	<0.1	0.7
Sodium (mg)	31	51	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 <sup>1</sup> )	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

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 8 November 2005.

## NUTRITION INFORMATION

	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 <sup>1</sup> )	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

### DESSERT

	Apple Pie <sup>4</sup>		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 <sup>1</sup> )	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 <sup>1</sup> )	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 <sup>1</sup> )	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: 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 8 November 2005.



## NUTRITION INFORMATION

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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