

I have created this list of selected items from McDonald's for you to use when you must eat out. The items listed fall generally under 400 calories, 15 grams of fat and 600 milligrams of sodium.

Item	Calories	Fat (g)	Trans Fat (g)	Fiber	Sodium (mg)
Hamburger	250	9	0.5	2	480
Small French Fries	230	11	0	3	160
Honey Mustard Snack Wrap (Grilled)	250	8	0	1	650
Chicken McNuggets (4 piece)	190	12	0	1	360
Fish McBites Snack Size	250	13	0	1	420
Premium Southwest Salad with Grilled Chicken	290	8	0	7	650
Premium Southwest Salad (without Chicken)	140	4.5	0	6	150
Premium Caesar Salad with Grilled Chicken	190	5	0	4	580
Premium Caesar Salad (without Chicken)	90	4	0	3	180
Fruit 'n' Yogurt Parfait	150	2	0	1	70

Nutrition information for McDonald's is © 2013 McDonald's and is current as of April 2013. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at [http://www.mcdonalds.com/us/en/food/food\\_quality/nutrition\\_choices.html](http://www.mcdonalds.com/us/en/food/food_quality/nutrition_choices.html)