

## **Keto and Carnivore Options at McDonald's**

Navigating a fast-food menu while sticking to keto or carnivore dietary preferences involves being mindful about not just the food but also how it's prepared, including what types of oils and sauces are used. Here's a closer look at what you can order at McDonald's that fits these diets, along with details about the cooking oils and sauces used:

### **Bunless Burgers**

**Keto:** You can order any burger without the bun and ketchup to reduce carbs. Adding cheese, bacon, or eggs can increase fat content, which is beneficial for keto.

**Carnivore:** Opt for the patties only. You may consider avoiding cheese if strictly following carnivore protocols, focusing solely on animal products.

**Cooking Oil:** McDonald's uses a blend of canola oil, corn oil, soybean oil, and hydrogenated soybean oil for cooking their burger patties.

**Sauces:** Most McDonald's sauces, like ketchup and mayonnaise, contain sugars and carbs. For strict keto, mustard or mayonnaise might be acceptable in small amounts, but for carnivores, it's best to avoid all sauces.

### **Breakfast Options**

**Keto:** Eggs, sausage patties, and bacon are good choices. Avoid McGriddles, biscuits, and bagels.

**Carnivore:** Stick with sausage patties and bacon, and possibly eggs, though some carnivore dieters might choose to avoid eggs.

**Cooking Oil:** Eggs and sausage are typically cooked on the grill without additional oil, as they contain natural fats.

**Sauces:** Avoid all sauces and condiments.

### **Grilled Chicken**

**Keto:** Grilled chicken can be a good option, but be cautious of any marinades that might contain sugar or carbs.

**Carnivore:** Avoid due to marinades and seasonings.

**Cooking Oil:** Grilled chicken at McDonald's might be cooked with a small amount of oil to prevent sticking. The oil is likely similar to the blend used for burgers.

**Sauces:** Like with other items, sauces should be avoided on both diets, especially on the carnivore diet.

### **Additional Tips**

**Sodium Content:** Fast food generally contains high levels of sodium, which some people monitor on their diets.

Cross-Contamination: If you are strictly following a carnivore diet, be aware that cross-contamination with non-animal products can occur in a fast-food setting.

When dining at McDonald's or similar fast-food restaurants, the safest choices for keto and carnivore diets usually involve the simplest ingredients: plain meats and possibly some full-fat dairy if your version of keto allows it. Always inquire or check online for the most current and detailed nutritional information to make the best choices for your dietary needs.