



McDonald's Healthiest Items

MENU FILTERS

Serving Size
All

Health Label
☒ Healthy
☒ Medium
☒ Unhealthy

Category
☒ Beef & Pork
☒ Beverages
☒ Breakfast
☒ Chicken & Fish
☒ Coffee & Tea
☒ Desserts
☒ Salads
☒ Smoothies & Shakes
☒ Snacks & Sides



AVG Protein
13.34



AVG Carbohydrates
47.35



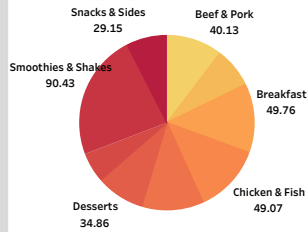
AVG Fiber
1.631



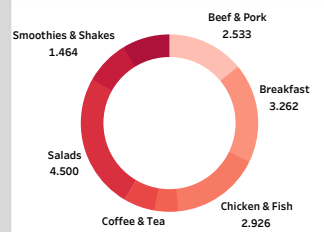
Top 10 Healthiest

Item	
Cheeseburger	
Chipotle BBQ Snack Wrap	
Chipotle BBQ Snack Wrap	
Egg McMuffin	
Egg White Delight	
Hamburger	
Honey Mustard Snack Wr.	
Honey Mustard Snack Wr.	
Premium Bacon Ranch Sal.	
Premium Southwest Sala.	

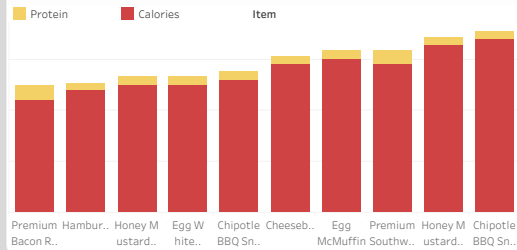
Carbohydrates per Category



Fiber per Category



Protein per Calories on Healthiest Items



Items with most vitamins

Minute Maid Orange Juice (Large)	Premium Southwest Salad with Crispy Chicken	Premium Southwest Salad (without Chicken)	Minute Maid Orange Juice (Medium)	Premium Bacon Ranch Salad with Grilled Chicken
Premium Bacon Ranch Salad (without Chicken)	Premium Southwest Salad with Grilled Chicken	Apple Slices	Fruit & Maple Oatmeal	Fruit & Maple Oatmeal without Brown Sugar