

Mc Donald's Menu Nutritional Analysis



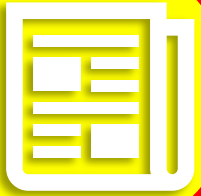
Welcome to the McDonald's Menu Nutritional Analysis project! This initiative explores the comprehensive nutritional composition of McDonald's menu items, aiming to identify patterns and trends within the data. This project is a personal endeavor, conducted independently, and all information was acquired through thorough research.

Objective-

The primary goal of this project is to delve into the nutritional aspects of McDonald's menu items. The analysis covers the distribution of macronutrients, micronutrients, overall calorie content, and the relationships between these components. To provide a more quantitative understanding, a multiple linear regression analysis was conducted to quantify correlations, offering a nuanced perspective on the nutritional dynamics of the menu.



Information about McDonald's

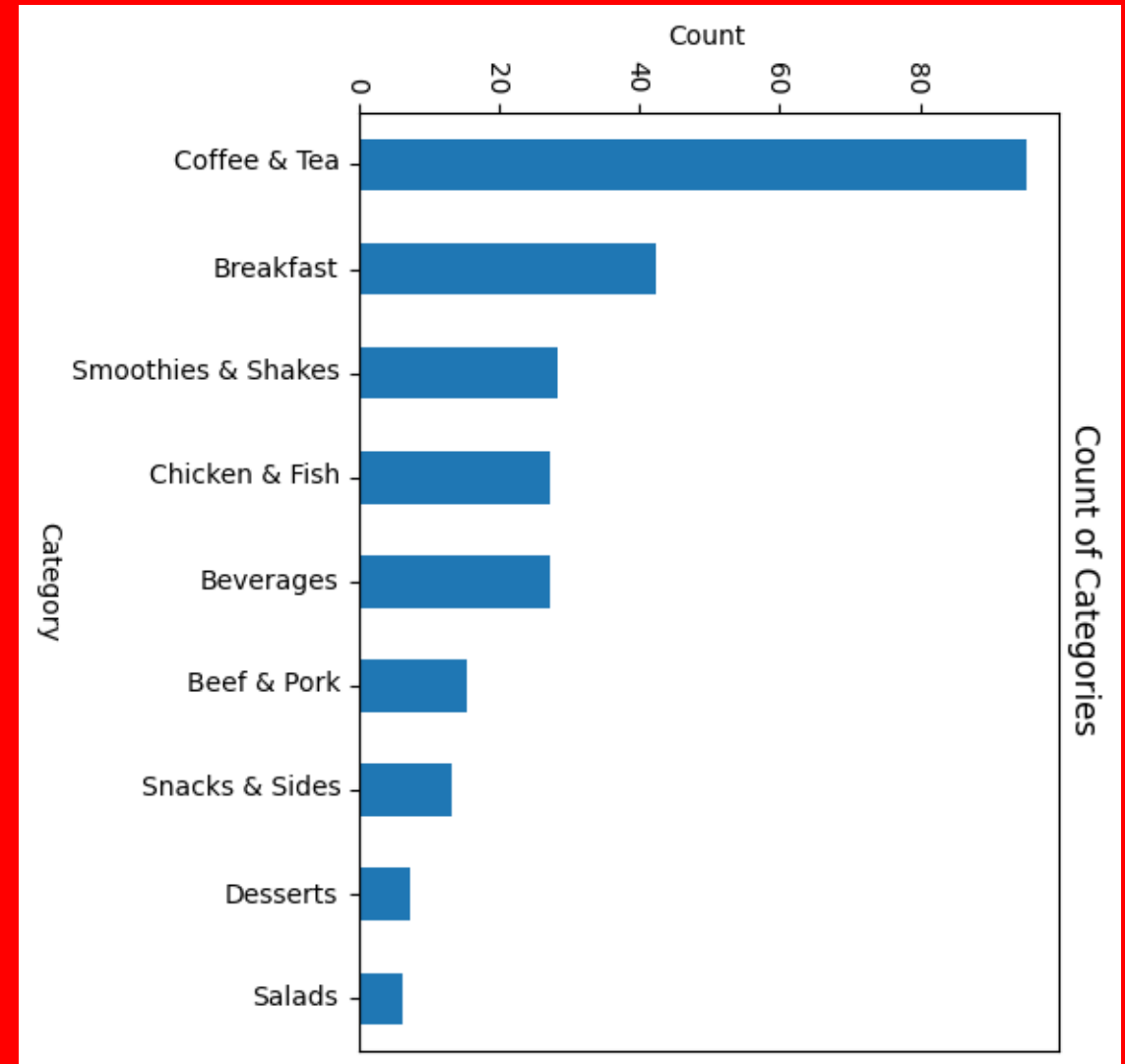


- McDonald's started as a small drive-in restaurant in 1940 by Richard and Maurice McDonald in San Bernardino, California. They introduced the "Speedee Service System" in 1948, pioneering the modern fast-food model. Ray Kroc joined in 1954, opening the first franchise in 1955 and leading the company's nationwide expansion.
- McDonald's saw rapid growth, with Kroc buying the company in 1961. Iconic elements like the Golden Arches and Ronald McDonald were introduced, and the first international locations opened in the 1960s. By the 1980s and 1990s, McDonald's had become a global presence with thousands of locations worldwide.
- Since the 2000s, McDonald's has added healthier menu options like salads and fruit, provided nutritional information, and introduced all-day breakfast. They focus on sustainability, sourcing cage-free eggs and sustainable beef. Innovations include plant-based burgers, catering to health-conscious and environmentally aware consumers, reflecting changing dietary preferences and transparency.

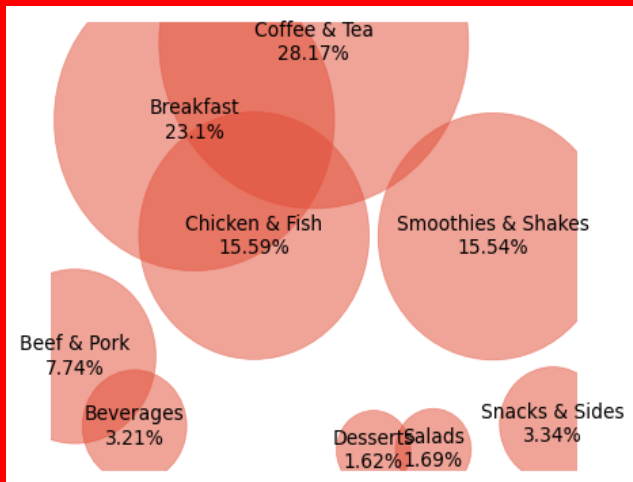
Menu

Categories-

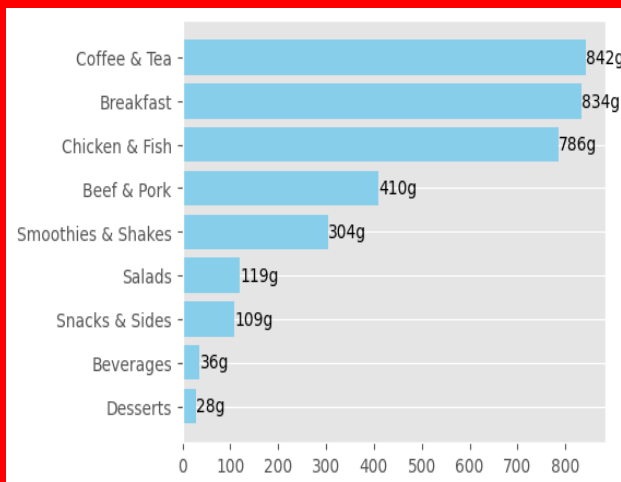
- **Coffee and Tea**
- **Breakfast**
- **Smoothies and Shakes**
- **Chicken and Fish**
- **Beverages**
- **Beef and Pork**
- **Snacks and Sides**
- **Desserts**
- **Salads**



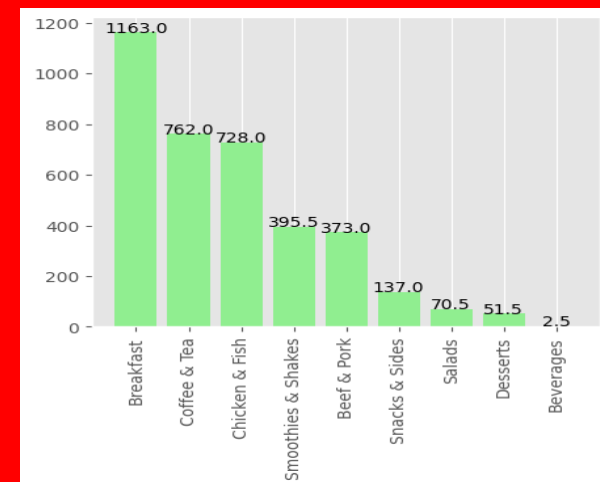
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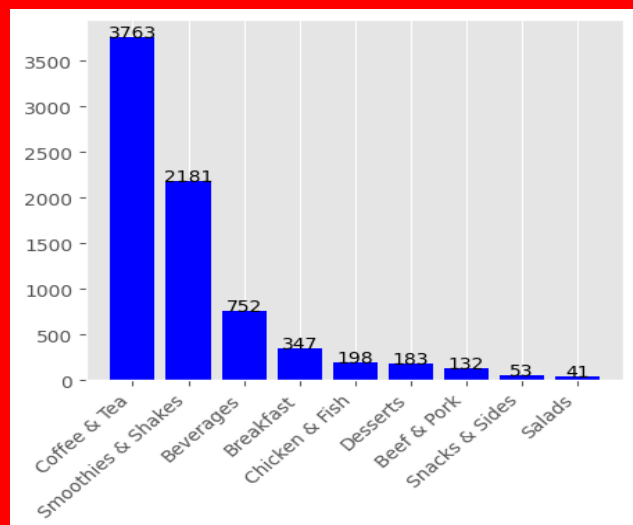
Calories



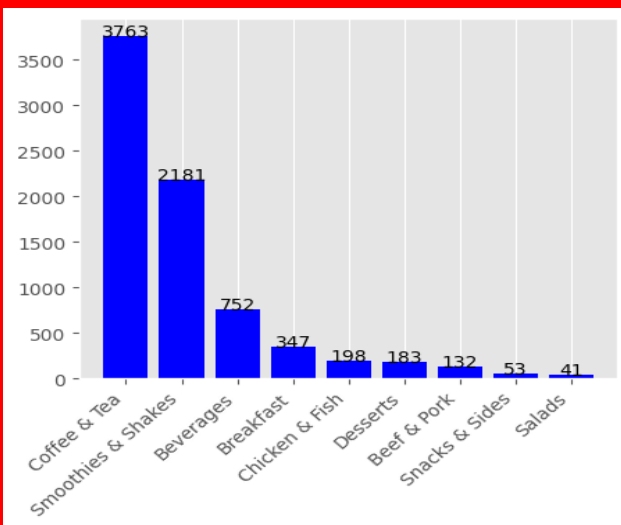
Protein



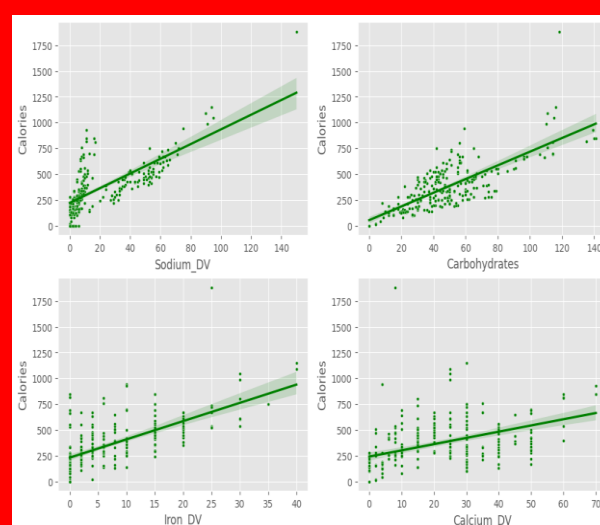
Fats



Sugars

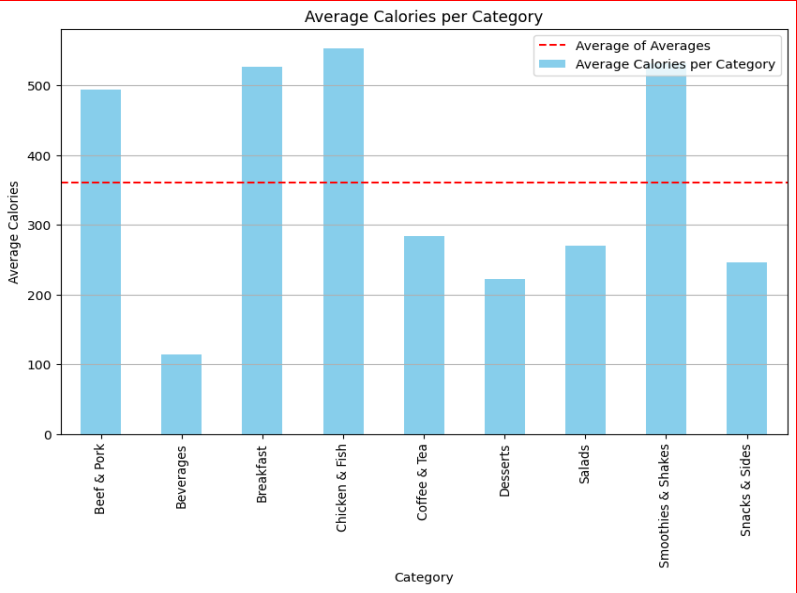
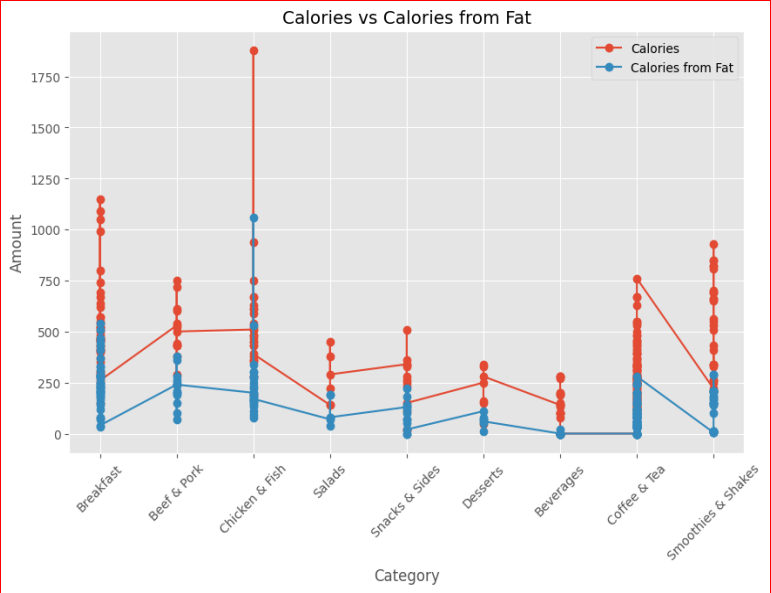


Sugars



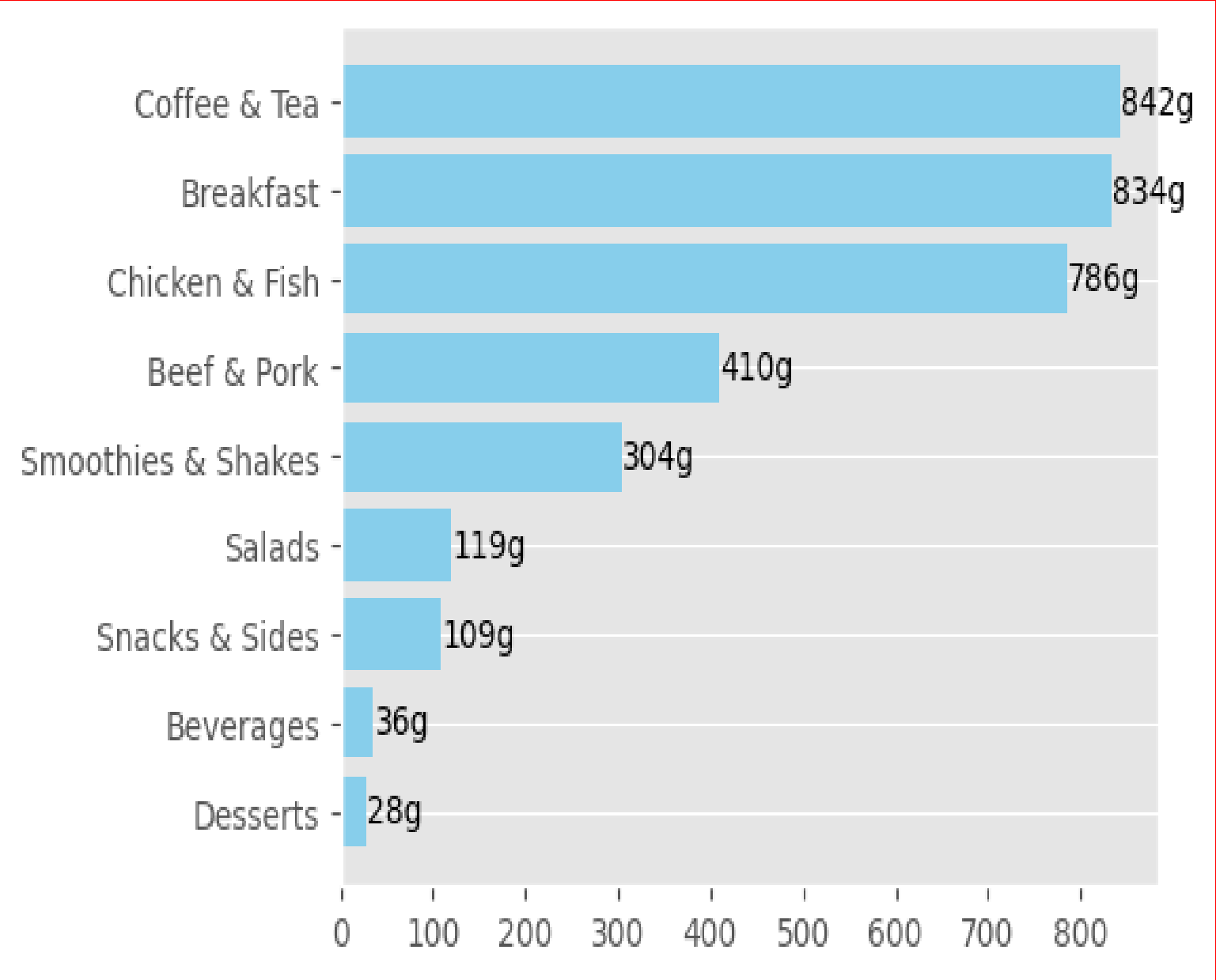
Others...

Calories Analysis



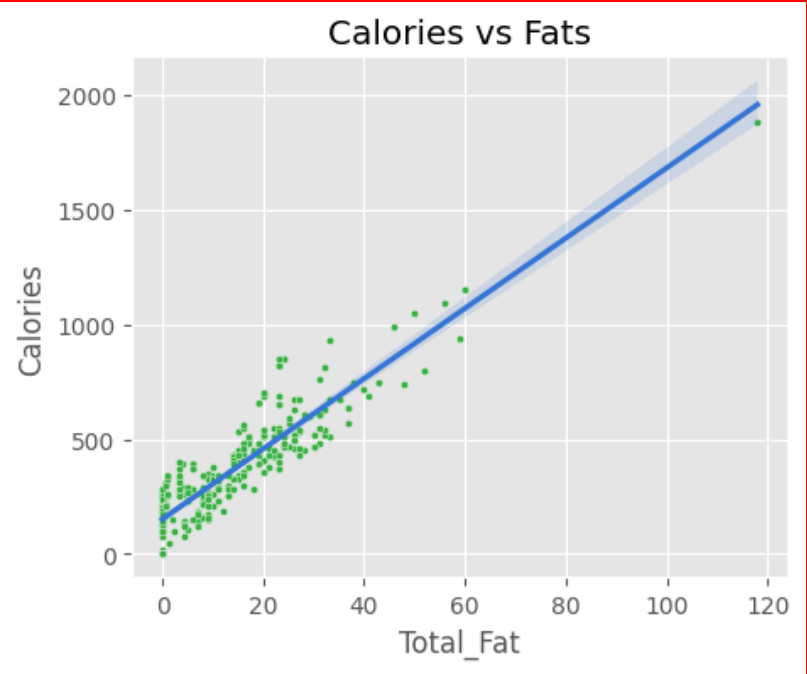
Category	Item with Highest Calorie	Calories
Coffee and Tea	Frappé Chocolate Chip (Large)	760
Breakfast	Big Breakfast (Large Biscuit)	800
Smoothies & Shakes	McFlurry with M&M's Candies (Medium)	930
Chicken & Fish	Chicken McNuggets (20 piece)	940
Beverages	Coca-Cola Classic (Large)	280
Beef & Pork	Double Quarter Pounder with Cheese	750
Snacks & Sides	Large French Fries	510
Desserts	Hot Caramel Sundae	340
Salads	Premium Southwest Salad with Crispy Chicken	450

Protein Analysis



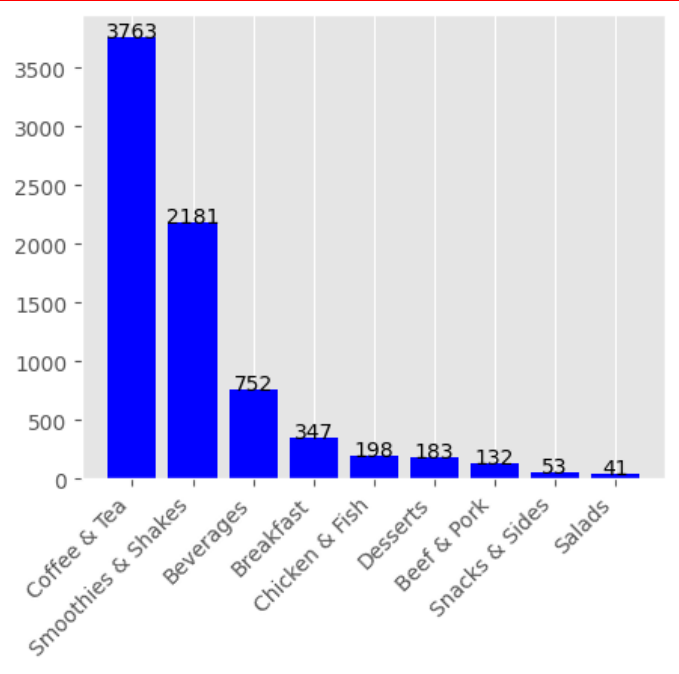
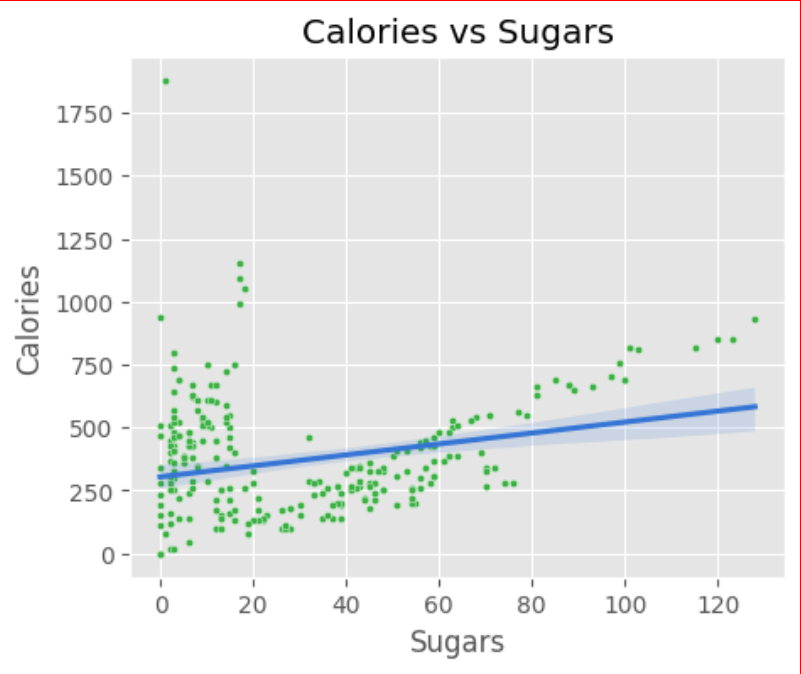
Category	Item with most Protein	Protein
Coffee & Tea	Hot Chocolate with Nonfat Milk (Large)	19
Breakfast	Steak, Egg & Cheese Bagel	33
Chicken & Fish	Chicken McNuggets (20 piece)	44
Beef & Pork	Double Quarter Pounder with Cheese	48
Smoothies & Shakes	McFlurry with Reese's Peanut Butter Cups (Medium)	21
Salads	Premium Bacon Ranch Salad with Grilled Chicken	29
Snacks & Sides	Chipotle BBQ Snack Wrap (Grilled Chicken)	16
Beverages	Fat Free Chocolate Milk Jug	9
Desserts	Hot Fudge Sundae	8

Fats Analysis



Category	Item with most Fats	Fats
Coffee & Tea	Frappé Chocolate Chip (Large)	31
Breakfast	Big Breakfast (Large Biscuit)	52
Chicken & Fish	Chicken McNuggets (20 piece)	59
Beef & Pork	Double Quarter Pounder with Cheese	43
Smoothies & Shakes	McFlurry with M&M's Candies (Medium)	33
Salads	Premium Southwest Salad with Crispy Chicken	22
Snacks & Sides	Large French Fries	24
Beverages	1% Low Fat Milk Jug	2.5
Desserts	Baked Apple Pie	13

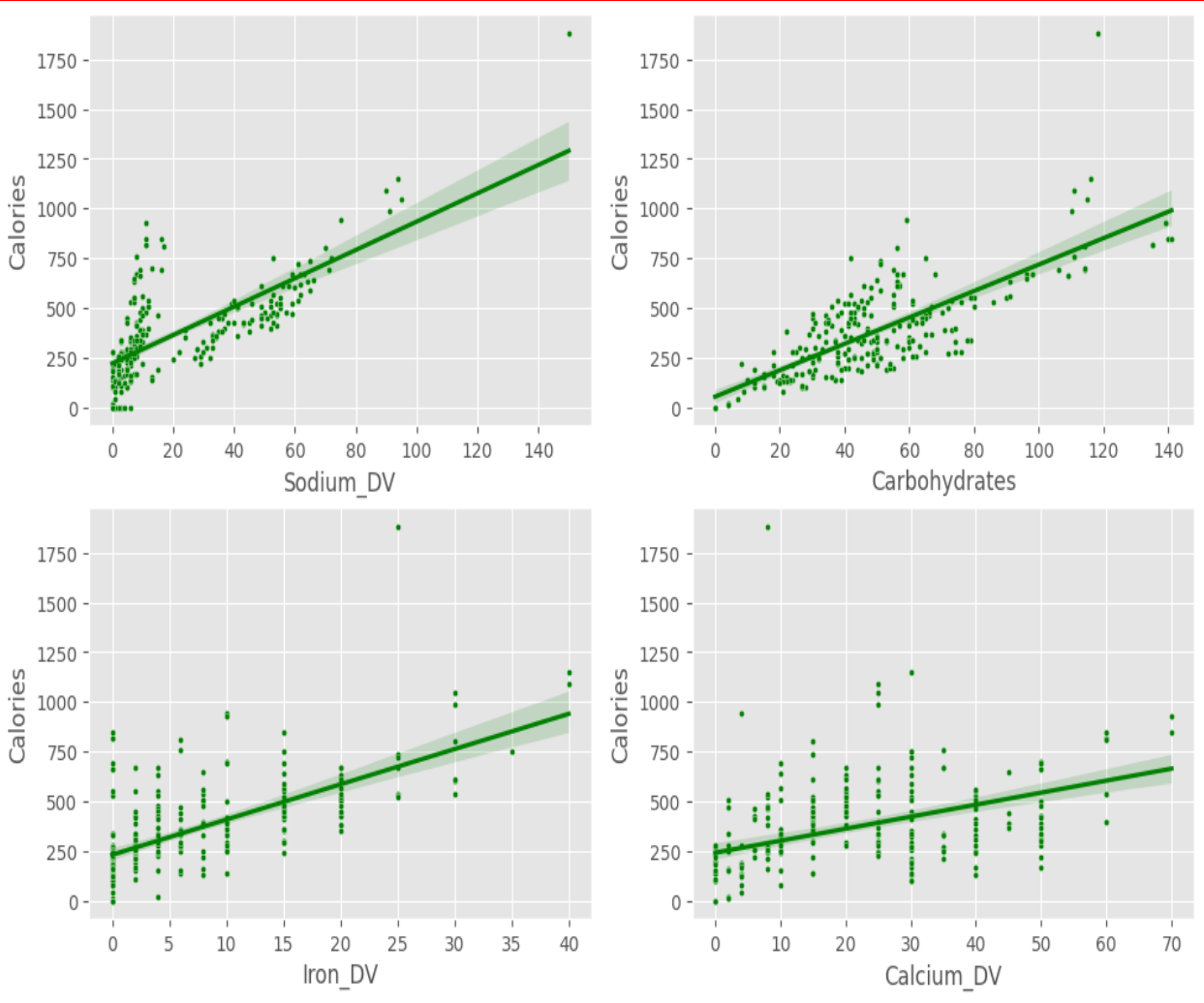
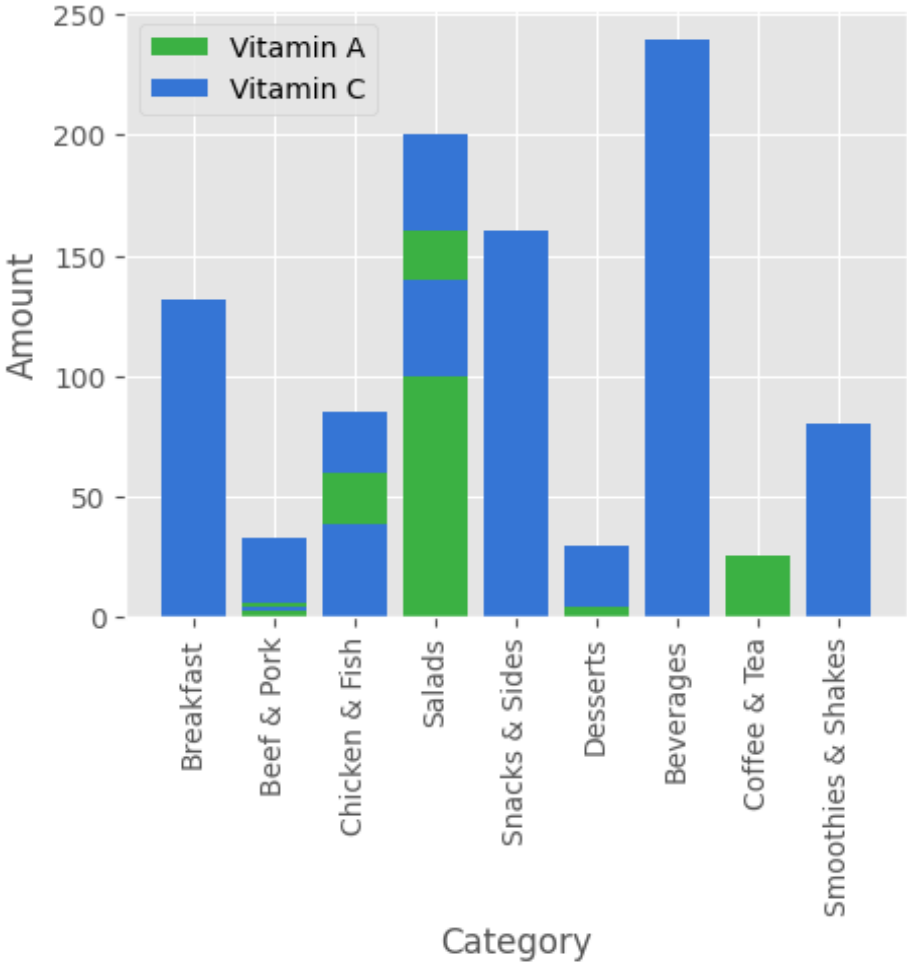
Sugar Analysis



Category	Item with most Sugar	Sugars
Coffee & Tea	Frappé Chocolate Chip (Large)	99
Breakfast	Cinnamon Melts	32
Chicken & Fish	Bacon Clubhouse Crispy Chicken Sandwich	16
Beef & Pork	Bacon Clubhouse Burger	14
Smoothies & Shakes	McFlurry with M&M's Candies (Medium)	128
Salads	Premium Southwest Salad with Crispy Chicken	12
Snacks & Sides	Fruit 'n Yogurt Parfait	23
Beverages	Coca-Cola Classic (Large)	76
Desserts	Hot Fudge Sundae	48

Others

Stacked Column Chart for Vitamin A and Vitamin C



Thankyou for stopping by

For more details, checkout the
Jupyter notebooks available on
my git hub repository-

