





# McDONALD'S MENU NUTRITION REPORT

9

Total Categories

260

Total Menu Items

Beef & Pork

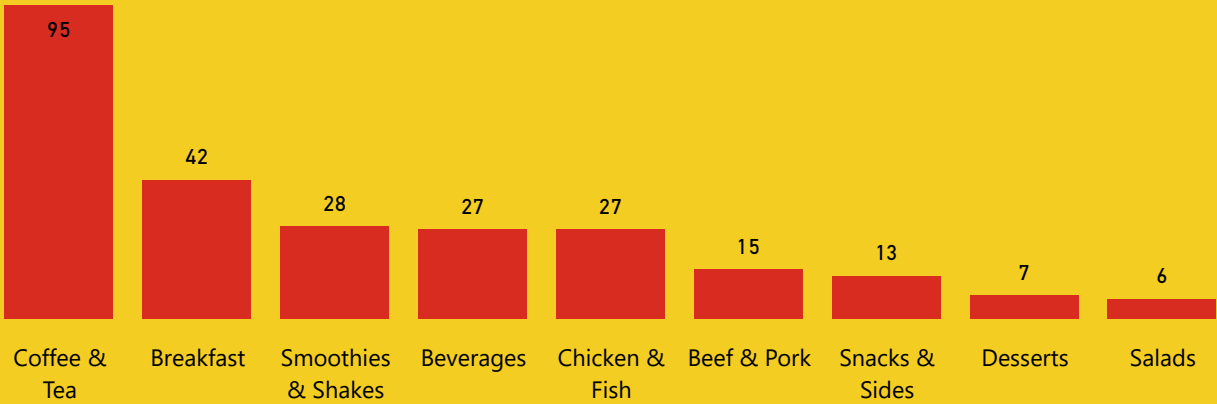
Beverages

Breakfast

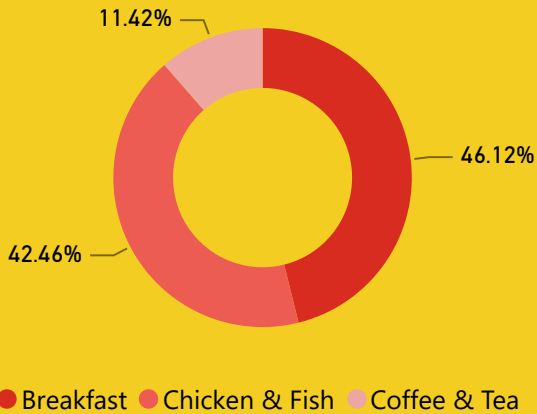
Chicken &  
Fish



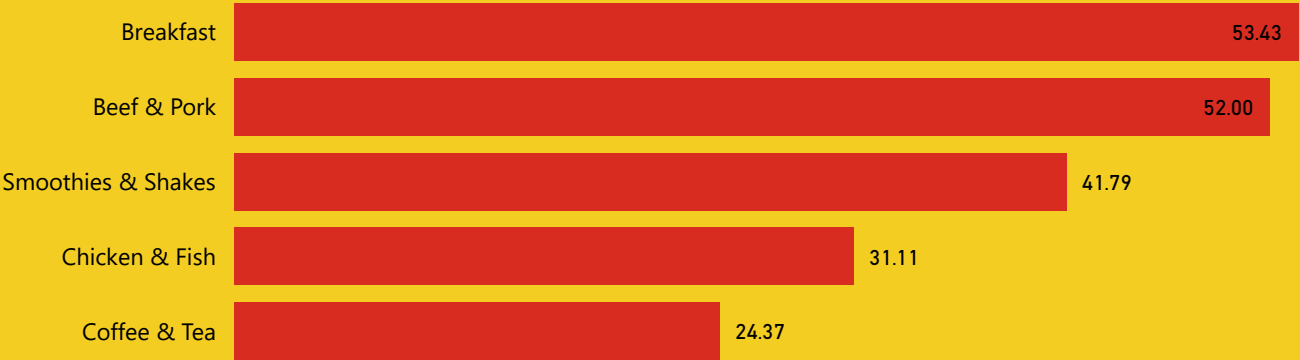
## Total Items in Each Category



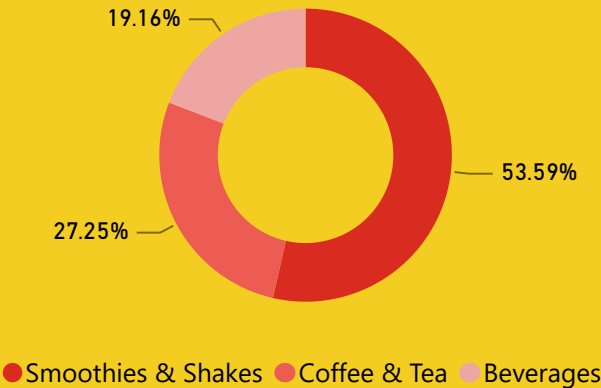
## Top 3 Categories With Highest %Fiber



## Top 5 Categories With Highest %Saturated Fat



## Top 3 Categories With Highest %Sugar

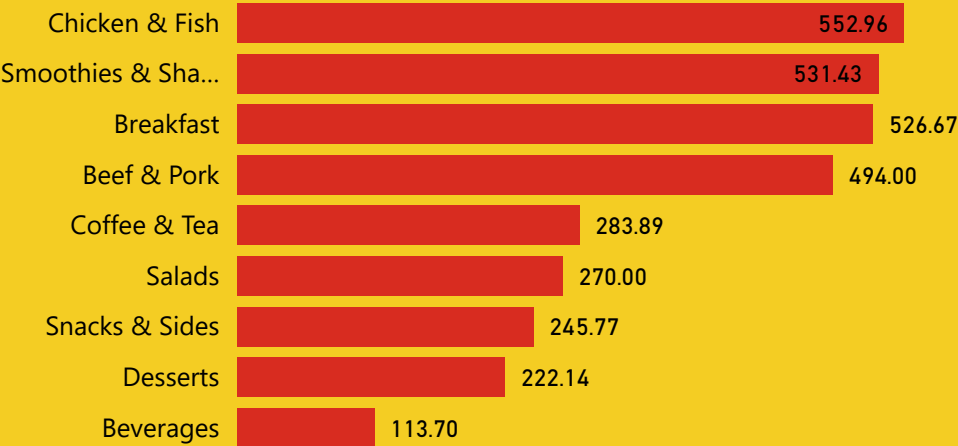




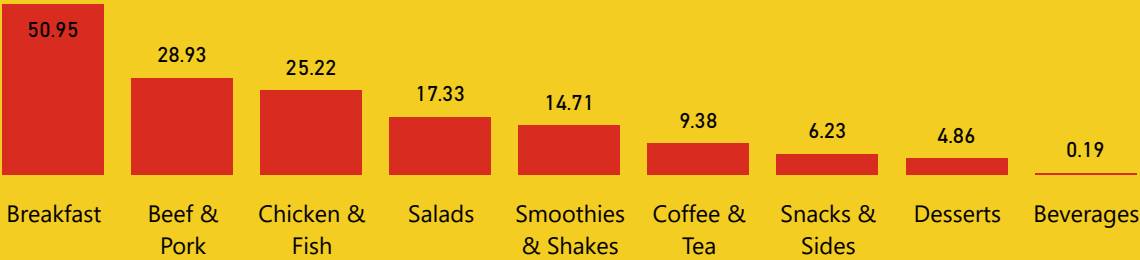
# McDONALD'S MENU NUTRITION REPORT

All

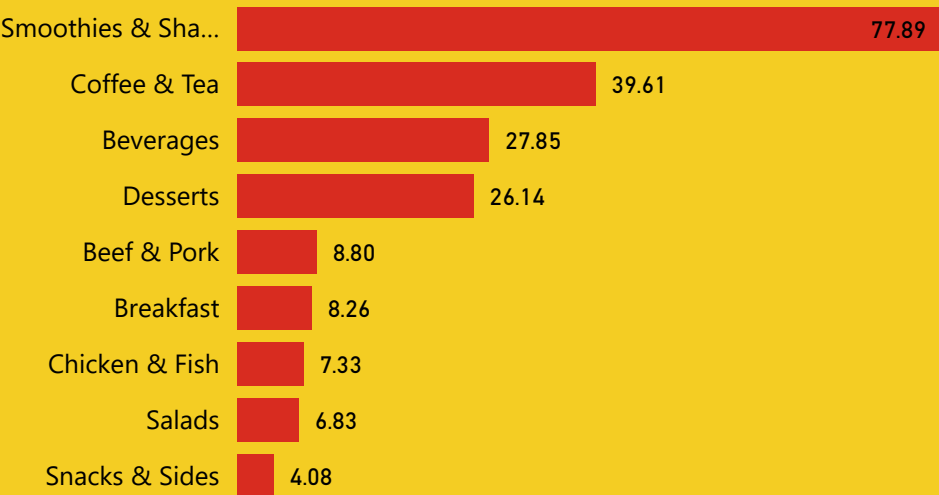
Average Calorie Concentration Per Category



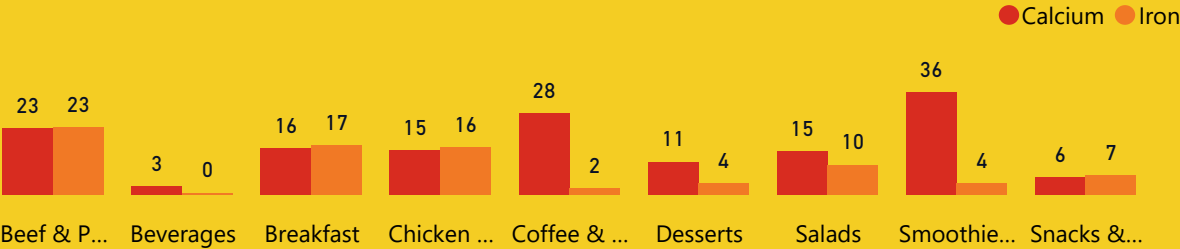
% Daily Value Concentration of Cholesterol



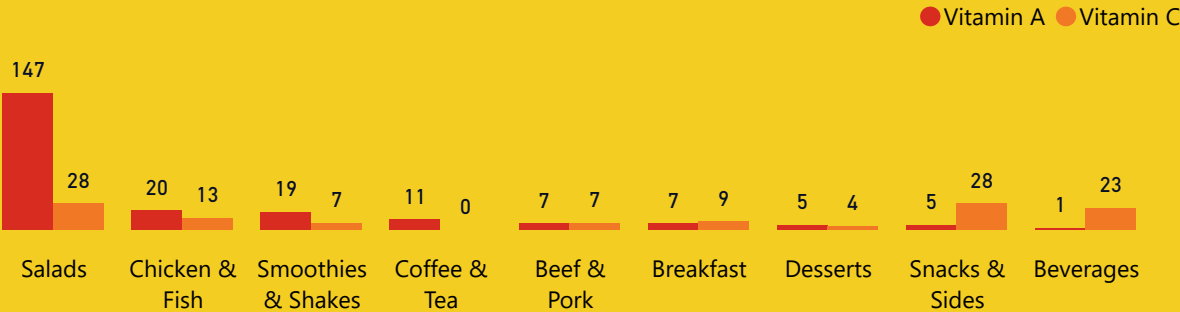
Sugar Concentration Per Category



% Daily Value Concentration of Calcium & Iron



% Daily Value Concentration of Vitamin A & C





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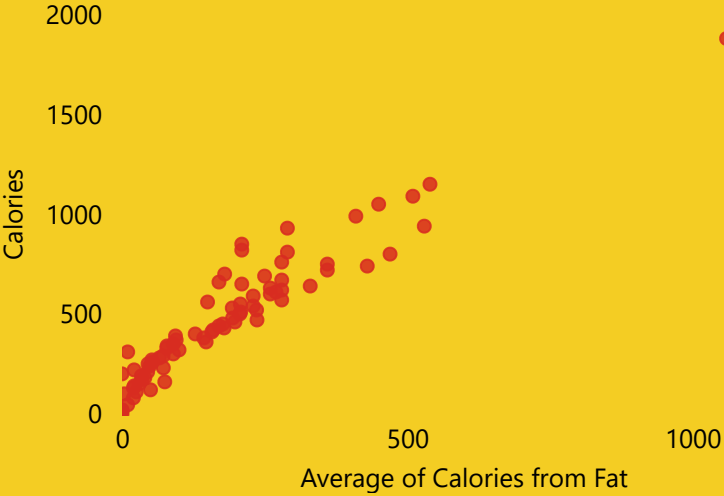
All



## Top 5 Items With Highest %Dietary Fiber

Big Breakfast...	28.00
Big Breakfast...	28.00
Premium So...	28.00
Premium So...	28.00
Chicken Mc...	24.00

## Calories vs Calories from Fat



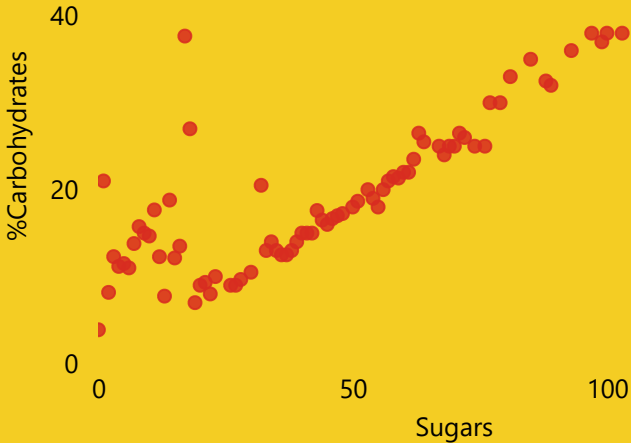
## Top 5 Items With Highest Sugar Concentration

McFlurry wit...	128.00
Strawberry S...	123.00
Chocolate Sh...	120.00
Shamrock Sh...	115.00
McFlurry wit...	103.00

## Top 5 Items With Highest Calorie Concentration

Chicken Mc...	1.9K
Big Breakfast...	1.2K
Big Breakfast...	1.1K
Big Breakfast...	1.1K
Big Breakfast...	1.0K

## %Carbohydrates vs Sugars



## Top 5 Items With Highest %Saturated Fat

McFlurry wit...	17.11%
Chicken Mc...	16.95%
FrappÃ© Ch...	16.95%
Big Breakfast...	16.78%
Big Breakfast...	16.11%
Double Quar...	16.11%



McDONALD'S MENU NUTRITION REPORT

All

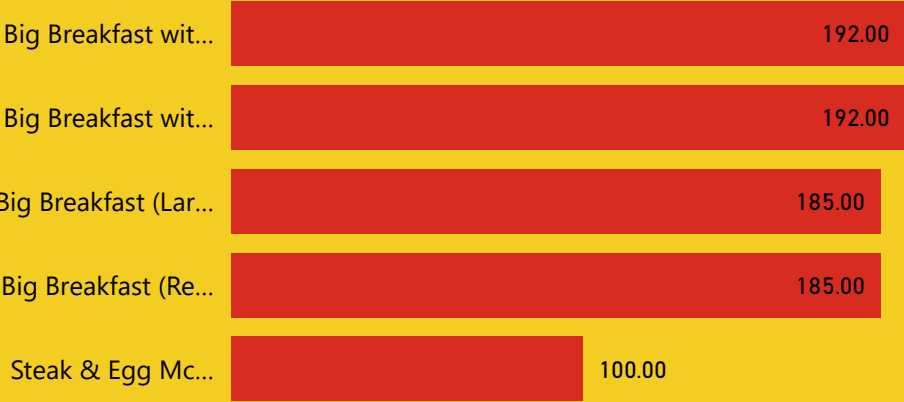
Nutrient Concentration (% Daily Value) For Each Category

Category	Carbohydrates	Cholesterol	Dietary Fiber	Sodium	Total Fat	Vitamin A	Vitamin C	Iron	Calcium
Breakfast	16.96%	44.75%	31.74%	39.45%	31.59%	8.34%	16.85%	35.80%	12.45%
Coffee & Tea	34.41%	18.63%	17.79%	10.12%	20.70%	29.22%	0.00%	10.14%	49.29%
Chicken & Fish	10.75%	14.24%	18.79%	26.28%	19.68%	15.81%	15.37%	21.98%	7.65%
Beef & Pork	4.92%	9.08%	8.72%	11.85%	10.21%	2.98%	4.96%	17.40%	6.33%
Smoothies & Shakes	20.57%	8.62%	9.48%	4.06%	10.72%	15.04%	8.79%	5.52%	18.27%
Salads	1.05%	2.17%	6.54%	2.73%	1.94%	25.21%	7.66%	3.08%	1.65%
Snacks & Sides	3.05%	1.69%	5.42%	3.98%	3.72%	1.80%	16.49%	4.28%	1.43%
Desserts	1.97%	0.71%	1.41%	0.65%	1.38%	1.03%	1.31%	1.39%	1.47%
Beverages	6.31%	0.10%	0.12%	0.87%	0.07%	0.57%	28.57%	0.40%	1.47%

Key Insights

- The heatmap above shows the concentration of each Nutrient by gradients across all menu categories.
- Deeper shades represents high concentrations while lighter shades represents lower concentrations.
- The Breakfast Menu has very high concentrations of Cholesterol, Sodium and Total Fat as they exceed the %Daily value for intake, putting consumers at a risk of health issues such as heart disease, diabetes and obesity.

Top 5 Items With Highest %Cholesterol



Top 5 Items With Highest %Sodium

