

Low Sodium McDonalds Cheatsheet

Breakfast

Fruit and Maple Oatmeal + 2 scrambled eggs + large cappuccino **400mg sodium**

Hotcakes + small black coffee **540mg sodium**

- Which is the better choice? Oatmeal, apples, and raisins will provide a good amount of fiber while the eggs will be a great protein source. This meal will keep you fuller longer compared to the hotcakes.

Lunch/Dinner

Single hamburger, no pickle + apple slices + kids fry + diet soda or bottled water **500mg sodium**

Chicken nuggets (4 piece) + honey for dipping + apple slices + kids fry + diet soda or bottled water **430mg sodium**

Dessert

Chocolate chip cookie **95mg sodium**

Vanilla ice cream cone **80mg sodium**

Apple pie **100mg sodium**

- Thinking about skipping the apple slices or honey for dessert? Just because they are both sweet doesn't make them equal. Apple slices and honey do not have any sodium while the desserts below can add up. If you want to cut back on sodium to include a dessert, remove the fries instead from your order which are 90mg for a kids size.

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Colorado Nutrition Counseling is committed to helping adults lose weight, manage blood sugar, and improve their heart health with the goal of reducing the need for medication.