

Facts

Nutrition, Quality Ingredients
& Food Safety

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including nutrition facts,
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See What We're Made Of™

The good health of Canadians matters to McDonald's®. We are committed to providing customers with food choices made with quality ingredients. McDonald's helps customers make those selections by offering a flexible menu and food choices in a variety of portion sizes. Customers can create a range of meal combinations that fall within the recommended guidelines for calories, fat and other nutrients outlined by *Canada's Food Guide*.

Nutrition

McDonald's food offers a variety of key nutrients:

- McDonald's Happy Meals contain important nutrients that growing children need, such as calcium, iron and Vitamin C.
- The entrée-size salad offerings include 2-3 servings of vegetables according to *Canada's Food Guide*.
- McDonald's beef and chicken options provide protein as recommended in *Canada's Food Guide*.

Quality Ingredients

Quality food begins with quality ingredients. McDonald's uses many of the same raw ingredients and trusted brand names you use at home, including:

- Great-tasting 100% pure beef, with no fillers or additives
- Tender, juicy, quality, seasoned 100% chicken breast meat in the Grilled Chicken Classic sandwich, Crispy Chicken Classic sandwich, Chicken *Snack Wrap*™ (not in the McChicken® or Junior Chicken sandwiches) and entrée salads
- Select Russet Burbank, Shepody and a few other Russet strain potatoes for its French fries
- Sweet, crisp Empire apples
- Real Canada Grade A Large eggs for Egg McMuffin® sandwiches
- Yogurt from Danone
- Milk from Sealtest® and Dairyland®
- Processed cheese from Saputo®
- Dasani® water
- NEWMAN'S OWN® dressings

Food Safety

At McDonald's we ensure that we serve only the food and beverages that meet our stringent food safety standards, and do business with only those suppliers that share this commitment.

From the field to the front counter, our quality ingredients go through many comprehensive safety and quality inspection checks.

McDonald's food safety standards meet or, in many cases, exceed government regulations. A Big Mac® sandwich, for example, goes through 60 different quality and safety checks before it reaches a customer. In fact, McDonald's rigorous standards have been used by government agencies as models for their own regulations. Managers and crew are trained and certified to ensure that food safety and quality procedures are followed. McDonald's also verifies critical food safety steps and periodically audits all of our restaurants for compliance.

Collaboration with suppliers is a critical part of McDonald's approach to adapting existing resources and developing new technologies that continue to raise the bar on food quality and safety.



i'm lovin' it.