

**McDonald's Australia has worked with the Heart Foundation over the past year and is proud to bring the Tick to our 740 restaurants.**

**Did you know  
McDonald's Australia  
now has 9 meals  
that have the Heart  
Foundation Tick?**

Having the Tick is about making healthier eating easy. When you choose one of our 9 different Tick Approved Meals you know you are making a healthier choice because they all meet Tick's strict standards for serving size, saturated fat, salt and vegetable/fibre content.

**And  
this is  
only the  
beginning!**

We plan to expand this list to include more of your favourites in the future.

These meal deals are healthier choices because they meet Tick's strict standards for serving size, saturated fat, salt and vegetable/fibre content. They have been independently tested.



For more information visit:  
[www.mcdonalds.com.au](http://www.mcdonalds.com.au) or [www.heartfoundation.com.au](http://www.heartfoundation.com.au)

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# 9 Tick Approved Meals



Now at McDonald's®





# 9 Tick Approved Meals carefully selected for balanced nutrition

## Meal 1 Herb Fusion Chicken Salad\* with Chilli & Lime Dressing & Berrynice Yoghurt Crunch



NUTRITION INFORMATION		Servings per pack: 1	Serving size: 478g
		Avg Qty per serve	Avg Qty per 100g
Energy (kJ)		1490	312
Energy (Cal)		358	75
Protein (g)		28.1	5.9
Fat, -total (g)		5.8	1.2
-saturated (g)		3.2	0.7
-trans (g)		<0.1	<0.1
-polyunsaturated (g)		0.5	0.1
-monounsaturated (g)		1.5	0.3
Carbohydrate (g)		44.7	9.4
-sugars (g)		35.0	7.3
Sodium (mg)		507	106

## Meal 2 Lean Beef Burger, Garden Salad\* with Chilli & Lime Dressing



NUTRITION INFORMATION		Servings per pack: 1	Serving size: 308g
		Avg Qty per serve	Avg Qty per 100g
Energy (kJ)		1230	399
Energy (Cal)		293	95
Protein (g)		18.7	6.1
Fat, -total (g)		8.3	2.7
-saturated (g)		3.6	1.2
-trans (g)		0.3	<0.1
-polyunsaturated (g)		0.7	0.2
-monounsaturated (g)		2.6	0.8
Carbohydrate (g)		33.5	10.9
-sugars (g)		13.2	4.3
Sodium (mg)		869	282

## Meal 3 McNuggets® 3 pc with Sweet & Sour Sauce, Garden Salad\* with Chilli & Lime Dressing



NUTRITION INFORMATION		Servings per pack: 1	Serving size: 221g
		Avg Qty per serve	Avg Qty per 100g
Energy (kJ)		971	439
Energy (Cal)		232	105
Protein (g)		9.3	4.2
Fat, -total (g)		9.2	4.2
-saturated (g)		1.4	0.6
-trans (g)		<0.1	<0.1
-polyunsaturated (g)		1.9	0.8
-monounsaturated (g)		5.1	2.3
Carbohydrate (g)		26.7	12.1
-sugars (g)		15.2	6.9
Sodium (mg)		469	212

## Mount Franklin Water 600mL



NUTRITION INFORMATION		Servings per pack: 1	Serving size: 600mL
		Avg Qty per serve	Avg Qty per 100mL
Energy (kJ)		0	0
Energy (Cal)		0	0
Protein (g)		0.0	0.0
Fat, -total (g)		0.0	0.0
-saturated (g)		0.0	0.0
-trans (g)		0.0	0.0
-polyunsaturated (g)		0.0	0.0
-monounsaturated (g)		0.0	0.0
Carbohydrate (g)		0.0	0.0
-sugars (g)		0.0	0.0
Sodium (mg)		8	1

## Meal 4 McNuggets® 6 pc with Sweet & Sour Sauce, Garden Salad\* with Chilli & Lime Dressing



NUTRITION INFORMATION		Servings per pack: 1	Serving size: 271g
		Avg Qty per serve	Avg Qty per 100g
Energy (kJ)		1550	574
Energy (Cal)		371	137
Protein (g)		17.2	6.4
Fat, -total (g)		18.1	6.7
-saturated (g)		2.8	1.0
-trans (g)		<0.1	<0.1
-polyunsaturated (g)		3.7	1.4
-monounsaturated (g)		10.2	3.8
Carbohydrate (g)		33.5	12.4
-sugars (g)		15.4	5.7
Sodium (mg)		690	255

## Meal 5 Hamburger, Garden Salad\* with Chilli & Lime Dressing



NUTRITION INFORMATION		Servings per pack: 1	Serving size: 239g
		Avg Qty per serve	Avg Qty per 100g
Energy (kJ)		1160	486
Energy (Cal)		277	116
Protein (g)		13.4	5.6
Fat, -total (g)		9.1	3.8
-saturated (g)		3.7	1.6
-trans (g)		<0.1	<0.1
-polyunsaturated (g)		0.8	0.3
-monounsaturated (g)		4.3	1.8
Carbohydrate (g)		32.7	13.7
-sugars (g)		11.8	5.0
Sodium (mg)		524	220

## Meal 6 Chicken Tandoori Deli Choices® Roll & Berrynice Yoghurt Crunch

45% less sodium than the original meal combination.



NUTRITION INFORMATION		Servings per pack: 1	Serving size: 486g
		Avg Qty per serve	Avg Qty per 100g
Energy (kJ)		2690	553
Energy (Cal)		642	132
Protein (g)		35.3	7.3
Fat, -total (g)		12.9	2.7
-saturated (g)		4.6	1.0
-trans (g)		<0.1	<0.1
-polyunsaturated (g)		3.7	0.8
-monounsaturated (g)		4.2	0.9
Carbohydrate (g)		92.2	19.0
-sugars (g)		36.1	7.4
Sodium (mg)		714	147

Nutrition values for the drinks are listed separately and are not included in the meal nutrition information.

Each meal contains a minimum of 75g of vegetables. Nutrition values are based on average figures and on standard product formulation. Actual serving size and nutrient values may vary. Ingredients are subject to seasonal variation. The Heart Foundation has approved the meals with drinks as specified. This information is correct at the time of printing Jan 2007.

If you change a Tick Approved meal in any way (even by removing a pickle or changing a drink), you change the nutrition value and it won't qualify for the Tick or the 15% saving. Filet-O-Fish and McChicken Meals are not available in all Express Stores.

## Meal 7 Thai Chicken Deli Choices® Roll & Apple



NUTRITION INFORMATION		Servings per pack: 1	Serving size: 363g
		Avg Qty per serve	Avg Qty per 100g
Energy (kJ)		1870	514
Energy (Cal)		446	123
Protein (g)		22.9	6.3
Fat, -total (g)		6.9	1.9
-saturated (g)		1.3	0.4
-trans (g)		<0.1	<0.1
-polyunsaturated (g)		2.9	0.8
-monounsaturated (g)		2.5	0.7
Carbohydrate (g)		12.4	3.4
-sugars (g)		23.8	6.6
Sodium (mg)		721	198

## Meal 8 Filet-O-Fish®, Garden Salad\* with Chilli & Lime Dressing



NUTRITION INFORMATION		Servings per pack: 1	Serving size: 281g
		Avg Qty per serve	Avg Qty per 100g
Energy (kJ)		1570	560
Energy (Cal)		376	134
Protein (g)		16.4	5.8
Fat, -total (g)		16.6	5.9
-saturated (g)		3.1	1.1
-trans (g)		<0.1	<0.1
-polyunsaturated (g)		6.1	2.2
-monounsaturated (g)		6.3	2.2
Carbohydrate (g)		37.6	13.4
-sugars (g)		10.0	3.6
Sodium (mg)		774	276

## Meal 9 McChicken®, Garden Salad\* with Chilli & Lime Dressing

27% less sodium than the original meal combination when served with Italian Dressing.



NUTRITION INFORMATION		Servings per pack: 1	Serving size: 330g
		Avg Qty per serve	Avg Qty per 100g
Energy (kJ)		1920	583
Energy (Cal)		459	139
Protein (g)		21.6	6.6
Fat, -total (g)		18.9	5.7
-saturated (g)		3.1	0.9
-trans (g)		<0.1	<0.1
-polyunsaturated (g)		6.5	2.0
-monounsaturated (g)		8.3	2.5
Carbohydrate (g)		47.1	14.3
-sugars (g)		10.9	3.3
Sodium (mg)		797	242

## Orange Juice Medium



NUTRITION INFORMATION		Servings per pack: 1	Serving size: 300mL
		Avg Qty per serve	Avg Qty per 100mL
Energy (kJ)		605	202
Energy (Cal)		144	48
Protein (g)		1.2	0.4
Fat, -total (g)		0.3	0.1
-saturated (g)		0.0	0.0
-trans (g)		<0.1	<0.1
-polyunsaturated (g)		0.0	0.0
-monounsaturated (g)		0.0	0.0
Carbohydrate (g)		33.6	11.2
-sugars (g)		33.0	11.0
Sodium (mg)		9	3