

SANDWICHES	CALORIES	PRICE
HAMBURGER	280	.89
CHEESEBURGER	330	.99
FILET-O-FISH®	470	1.99
CRISPY CHICKEN	550	2.79
QUARTER POUNDER®	430	2.29
BIG N' TASTY®	540	2.29
BIG MAC®	590	2.39
CHICKEN McGRILL®	450	2.89
DOUBLE QUARTER POUNDER®	760	2.99



Even at the largest chain restaurant in the country, nutrition information is often unavailable or difficult to find.

McDonald's, the largest fast-food chain in the United States, has prided itself on providing in-store nutrition information since 1986. To determine the availability of nutrition information at McDonald's restaurants, a research team visited 88% of McDonald's restaurants in Washington, DC. The research team visually inspected each restaurant to look for nutrition information and also asked cashiers or restaurant managers if nutrition information was available.

We found that 40% of the McDonald's outlets did not provide nutrition information for their standard menu items. In addition, at those restaurants that did provide nutrition information, it was necessary to ask two or more employees before obtaining the information. Of those outlets that did provide information, the information was listed on tray liners (43%), pamphlets (43%), posters (5%), or one-page charts (10%).

Without nutrition information, it is difficult to compare options and make informed decisions. As a result, people often consume more calories, fat, and salt at restaurants than they realize. **To be helpful, nutrition information at fast-food and other chain restaurants needs to be easy to find and in a format that is available prior to ordering and that does not easily get misplaced by restaurant employees.**

Reference: Wootan, M.G., Osborn, M., and Malloy, C.J. *Preventive Medicine*, Vol. 43 (2006), pp. 458-459.