

The Gestational Diabetic's Guide to Eating at



Items listed are those that fall within typical carb limits for the diet. Any item not listed is simply inappropriate for the diet.

**As a rule, always half the bun on any sandwich so you have more carbs left in your allowance to eat.

Item	Total Carbs	*Carbs w/Half Bun*	Carbs w/No Bun	Protein
<u>BREAKFAST</u>				
McMuffin Bun	27	14	-	5
Egg McMuffin	30	17	3	17
Sausage McMuffin	29	16	2	14
Sausage McMuffin w/Egg	30	17	3	21
Sausage Burrito	26	-	-	13
Hashbrown	16	-	-	1
<u>SANDWICHES</u>				
Artisan Bun	42	24	-	8
Artisan Grilled Chicken	44	26	2	36
Bic Mac Bun	39	20	-	7
Bic Mac	46	27	7	25
Quarter Pounder Bun	34	17	-	6
Quarter Pounder w/Cheese	42	26	9	31
Quarter Pounder w/Cheese & Bacon	44	27	10	39
Quarter Pounder w/Cheese Deluxe	44	27	10	26
Double Quarter Pounder w/Cheese	43	27	10	51
Regular Bun	28	14	-	5
Hamburger	31	17	3	13
Cheeseburger	33	19	5	15
McDouble	33	19	5	22
Double Cheeseburger	34	21	7	25
Filet-O-Fish	38	24	10	17
McChicken	39	25	11	15

Item	Total Carbs	Protein
<u>NUGGETS & TENDERS</u>		
4 Nuggets	11	10
6 Nuggets	16	15
2 Buttermilk Tenders	13	20
4 Buttermilk Tenders	25	39
10 Nuggets	26	24
<u>SALADS</u>		
Bacon Ranch Salad w/Grilled Chicken	8	42
Bacon Ranch Salad w/Crispy Chicken	27	33
Southwest Grilled Chicken Salad	27	37
<u>SIDES</u>		
Side Salad	3	1
Apple Slices	4	0
Yoplait Lowfat Strawberry Go-gurt	7	2
Kiddie Cone	8	1
Kids Fry	15	1
Small Fry	29	3
<u>DRINKS</u>		
Americano Coffee	0	0
Diet Soda (small)	0	0
Coffee	1	2
Diet Soda (med-large)	1	0
Honest Apple Juice	9	0
1% Milk	12	8

Salad counts do NOT include dressing, but their nutrition is listed on each package.

There is no nutritional information available for dipping sauces.