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Calculating calories in a meal

by **Angela Sargunan**
newsdesk@thesundaily.com

ARE you aware of the amount of calories you consume at each meal? On average, a woman should have a daily intake of 1,940 calories while a man should take around 2,550 calories.

To help its customers to know the calorie content of foods and beverages they consume so that they can maintain a healthy lifestyle, McDonald's has provided a Nutritional Calculator on its website to let its customers make informed choices when selecting their meals.

This is also a part of its efforts to remain transparent and educate consumers on their daily nutrition intake. The Nutrition Calculator featured on the bottom panel of its home page at www.McDonald's.com.my, provides a user-friendly and fun method of discovering the calorie and fat content of each item on McDonald's menu.

Users merely need to drag the different products onto the virtual tray on the website, and the calories and fat amounts will be calculated accordingly.

"We believe in providing these information, as it helps our customers to be proactive about choosing a balanced diet," said McDonald's Malaysia general manager Stephen Chew.

"We hope more people will use the Nutrition Calculator which has been on the website for about three years now, to plan their McD meals," he said.

Chew added that the company has also been providing nutritional information through its nutrition information leaflets with detailed breakdown of the nutrition content of the McDonald's menu offerings placed at its outlets.

"McDonald's will also continue to expand its menu choices to provide its customers with a wide



range of options to suit individual dietary needs and circumstances," he added.

Meanwhile, he gave an assurance that McDonald's will continue to use high quality ingredients for its products.

"McDonald's is committed to using only high-quality ingredients that meet our stringent requirements and standards, in all of the products that we serve to our customers.

Besides offering great-tasting and nutritious meals, he said, McDonald's breakfast is also the perfect way to enjoy quality time with the family, as it provides a convenient alternative to preparing breakfast in the mornings.

"It's undeniable that most people are pressed for time these days, and are not able to prepare elaborate breakfast meals at home. At McDonald's, we provide a hassle-free breakfast experience that allows you to enjoy the most important meal of the day with your family, which should lead to strengthening the bond between family members as well," Chew said.

The breakfast menu is served at 115 McDonald's restaurants nationwide, and is available from 4am to 11am daily at 24-hour restaurants. Besides dine-in services, the McDonald's breakfast can also be enjoyed through McDelivery by calling 1300-13-1300 or by using the Drive-Thru facilities at selected McDonald's restaurants.