

Fun  
Social  
Easy  
+

---

Engagement





6%

Median  
Residential  
Savings



**Teams**  
**Daily Credit**  
**Rewarding**  
**Visible**







## McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Sandwiches																						
Hamburger	3.5 oz (100 g)	250	80	9	13	3.5	16	0.5	25	9	520	22	31	10	2	6	6	12	0	2	10	15
Cheeseburger	4 oz (114 g)	300	110	12	19	6	28	0.5	40	13	750	31	33	11	2	7	6	15	6	2	20	15
Double Cheeseburger	5.8 oz (165 g)	440	210	23	35	11	54	1.5	80	26	1150	48	34	11	2	8	7	25	10	2	25	20
McDouble	5.3 oz (151 g)	390	170	19	29	8	42	1	65	22	920	38	33	11	2	7	7	22	6	2	20	20
Quarter Pounder®+	6 oz (169 g)	410	170	19	29	7	37	1	65	22	730	30	37	12	2	10	8	24	2	4	15	20
Quarter Pounder® with Cheese+	7 oz (198 g)	510	230	26	40	12	61	1.5	90	31	1190	50	40	13	3	11	9	29	10	4	30	25
Double Quarter Pounder® with Cheese++	9.8 oz (279 g)	740	380	42	65	19	95	2.5	155	52	1380	57	40	13	3	11	9	48	10	4	30	35
Big Mac®	7.5 oz (214 g)	540	260	29	45	10	50	1.5	75	25	1040	43	45	15	3	13	9	25	6	2	25	25
Big N' Tasty®	7.2 oz (206 g)	460	220	24	37	8	42	1.5	70	23	720	30	37	12	3	11	8	24	6	8	15	25
Big N' Tasty® with Cheese	7.7 oz (220 g)	510	250	28	43	11	54	1.5	85	28	960	40	38	13	3	12	8	27	10	8	20	25
Angus Bacon & Cheese	10.2 oz (291 g)	790	350	39	60	17	87	2	145	49	2070	86	63	21	4	14	13	45	10	4	25	35
Angus Deluxe	11.1 oz (314 g)	750	350	39	60	16	82	2	135	45	1700	71	61	20	4	16	10	40	15	8	25	35
Angus Mushroom & Swiss	10 oz (283 g)	770	360	40	61	17	85	2	135	46	1170	49	59	20	4	16	8	44	8	0	40	35
Filet-O-Fish®	5 oz (142 g)	380	170	18	28	3.5	18	0	40	14	640	27	38	13	2	7	5	15	2	0	15	10
McChicken ®	5 oz (143 g)	360	150	16	25	3	15	0	35	11	830	34	40	13	2	7	5	14	0	2	10	15
McRib ®†	7.4 oz (209 g)	500	240	26	40	10	48	0	70	23	980	41	44	15	3	10	11	22	2	2	15	20
Premium Grilled Chicken Classic Sandwich	8 oz (226 g)	420	90	10	15	2	10	0	70	23	1190	50	51	17	3	13	11	32	4	10	8	20
Premium Crispy Chicken Classic Sandwich	8.1 oz (230 g)	530	180	20	31	3.5	17	0	50	17	1150	48	59	20	3	13	12	28	4	8	8	20
Premium Grilled Chicken Club Sandwich	8.8 oz (250 g)	530	160	17	27	6	29	0	95	31	1410	59	52	17	4	14	12	39	8	10	20	20
Premium Crispy Chicken Club Sandwich	9 oz (254 g)	630	250	28	43	7	36	0	75	25	1360	57	60	20	4	14	13	35	8	8	20	20





cool  
choices



Mayra Medrano

Oct 12, 2015 at 11:23am



21  
CHOICES

590  
POINTS



Raj @

“Share a healthy recipe”





The simple choice for energy efficiency.

ENERGY EFFICIENT  
products

ENERGY SAVINGS  
at home

ENERGY EFFICIENT  
new homes

ENERGY STRATEGIES FOR  
buildings & plants

#### Products

Find ENERGY STAR  
Products

Product Finder

How a Product Earns  
the Label

Save Energy at Home

Join Our Movement

Home > Products > ENERGY STAR @ home > ENERGY STAR @ home tips

## ENERGY STAR @ home tips

### Outside House

#### A/C Unit

When buying new heating and cooling equipment such as a central air conditioning unit, proper sizing and quality installation are critical to your home's energy efficiency and comfort. Remember: Bigger doesn't always mean better. Oversized equipment can cause reduced comfort and excessive noise. Oversizing also can shorten the life of the equipment by causing it to cycle on and off more frequently than a properly sized unit. However, undersized equipment can reduce the efficiency and accelerate wear on system components, leading to early failure. Learn more about [Quality Installation of heating and air conditioning equipment](#).

[Pledge to have your cooling equipment tuned up by a professional.](#)

#### Porch Light

The outdoor porch or post lamp is one of the highest used light fixtures in a home, and is the perfect place to install ENERGY STAR Certified lighting products. Many compact fluorescent light bulbs (CFLs) will fit easily into existing porch lights. Or install a new ENERGY STAR Certified outdoor fixture that saves energy through advanced CFL technology, a motion sensor and/or a photocell that turns the light on only when someone is present or on at night and off in the morning.

[Pledge to replace light fixtures and bulbs with ENERGY STAR Certified lighting products.](#)

#### Car/Garage

Give your car a break. Combine trips whenever possible. Use mass transit, walk or bike whenever possible. Leaving your car at home just 2 days a week will save 1,590 lbs. of greenhouse gas emissions each year! Keep your car well-maintained to maximize its fuel efficiency, safety, and reliability. Check your tire pressure regularly to avoid the wear and tear and decreased gas mileage that can result from under-inflated tires.

#### Door Sweep

Air leaks are a large source of heat loss in the home during winter. A common place where air leaks occur is under the door leading from the house to the garage because they are often not as well sealed as doors leading directly to the outside. Install a door sweep to seal the gap between the bottom of your door and the threshold to prevent cold air from coming in and warm air from escaping from your home. Stopping this air flow will keep heated indoor living space more comfortable and prevent increased energy bills.

[Learn More.](#)

#### Thermal Boundary

- [Outside House](#)
- [Attic](#)
- [Bedroom](#)
- [Bathroom](#)
- [Home Office](#)
- [Living Room](#)
- [Kitchen](#)
- [Dining Room](#)
- [Basement](#)



cool  
choices



Mario Garcia Sierra

Oct 07, 2015 at 9:49am



21  
CHOICES

590  
POINTS



Raj @



“Watch 2 hours less TV today”

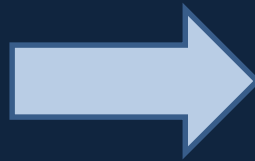




“Every time there was something I had done where **I could** click on and get the points for that card it was like YESSS”



**Individual  
Habits**



**Systemic  
Changes**









cool  
choices



“...**I can do more** to make a  
bigger difference.”



# Connected

- Organize Leaders
- Guide Plans
- Coordinate Messaging





**Teams**  
**Daily Credit**  
**Rewarding**  
**Visible**





**Flexible**  
**Deep Dive**  
**Reputation**  
**Crowd-Sourced**





**Creativity drives  
persistent, consistent  
engagement**

