

fast-food nutrition story

McDonald's Menu in 10 Graphs

Based on the U.S. McDonald's nutrition dataset:

<https://www.kaggle.com/datasets/tan5577/nutritonal-fast-food-dataset>

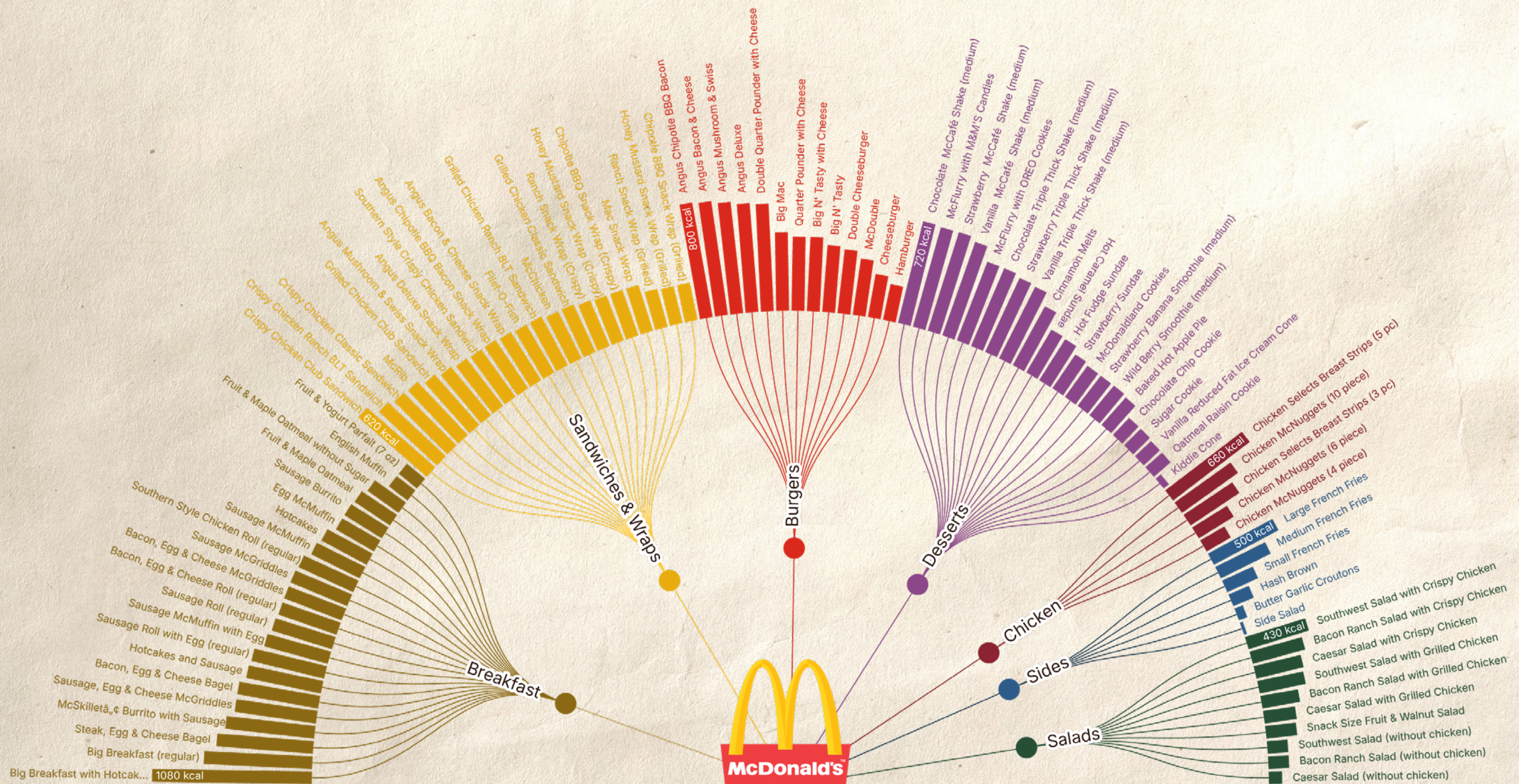
Daily nutrition benchmarks are drawn from WHO (World Health Organization) recommended norms



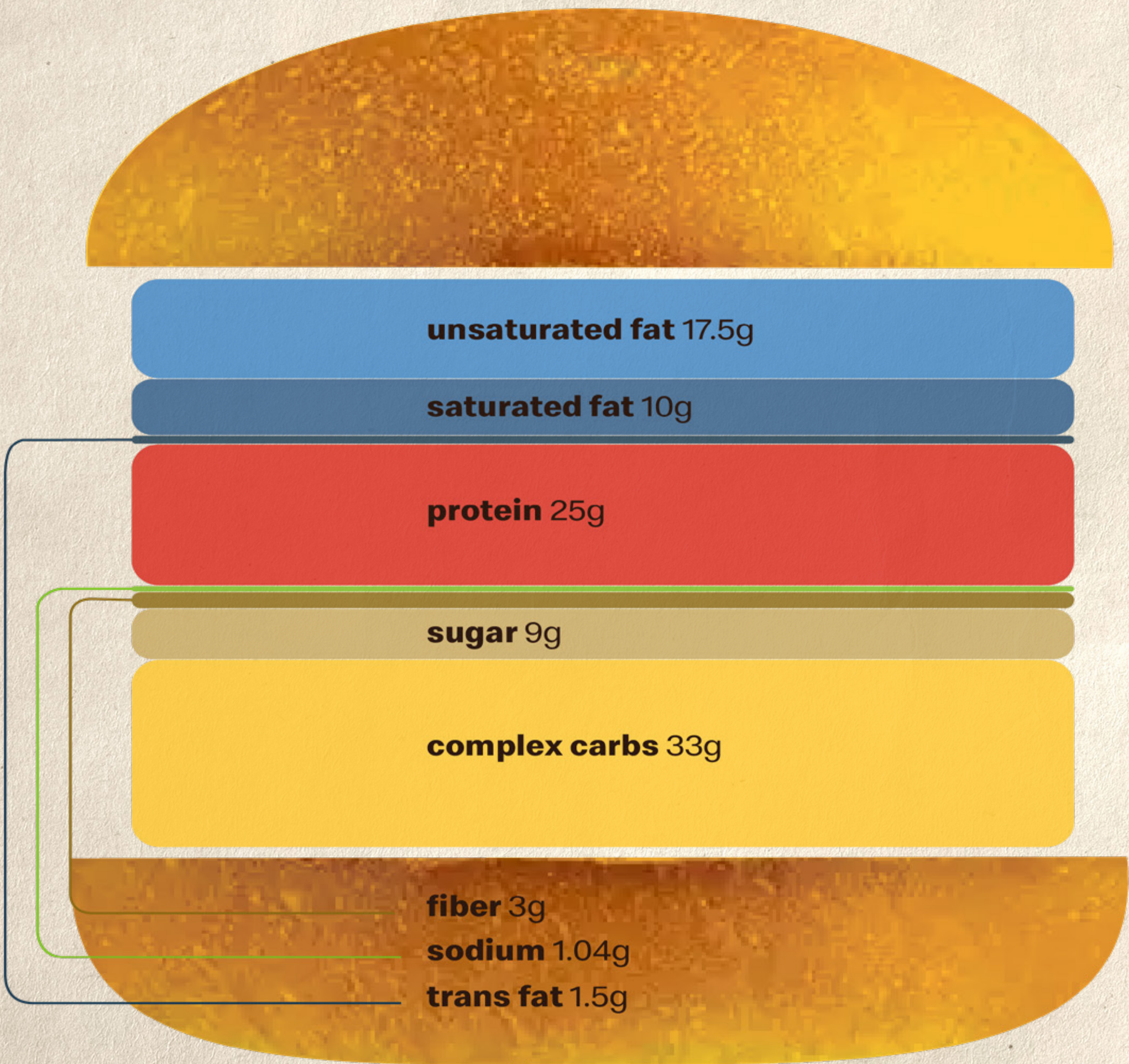
McDonald's Menu in 10 Graphs

What's on the Menu?

A radial map of McDonald's menu shows calorie levels across all categories. Breakfasts, burgers and desserts run heavy — but each section still has some lighter choices.



What's Inside your Burger?



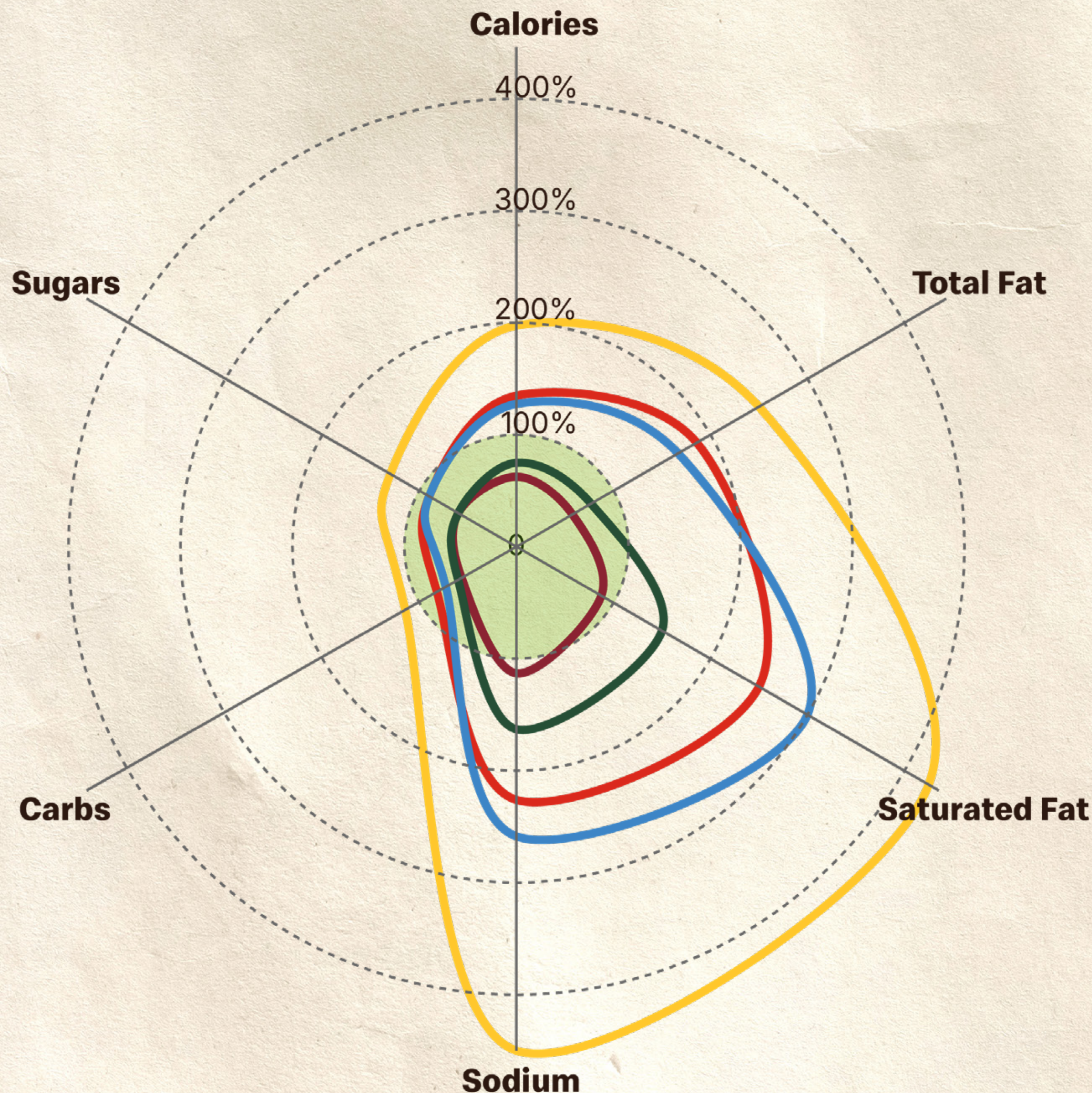
A visual slice through the burger:

Plenty of protein — and just as much fat stacked right beside it.

See that thin sodium layer? Small on the chart, big in your day.

Carbs are fine... but fiber barely makes a dent.

How Big Do McDonald's Burgers Go?



- Hamburger
- Cheeseburger
- Quarter Pounder
- Big Mac
- Angus Bacon & Cheese
- 1/5 of Daily Values*

*The green zone marks 1/5 of daily nutrition limits — a reasonable share for a single burger.

Only the classic **Hamburger** stays close to recommended levels.

As soon as toppings and size increase, **fat and sodium** soar past healthy limits.

The Premium **Angus Bacon & Cheese** nearly fills your daily allowance in a single sandwich.

Fat Bubbles: Meet the Greasiest



Bubble size : Total Fat (0–56 g)

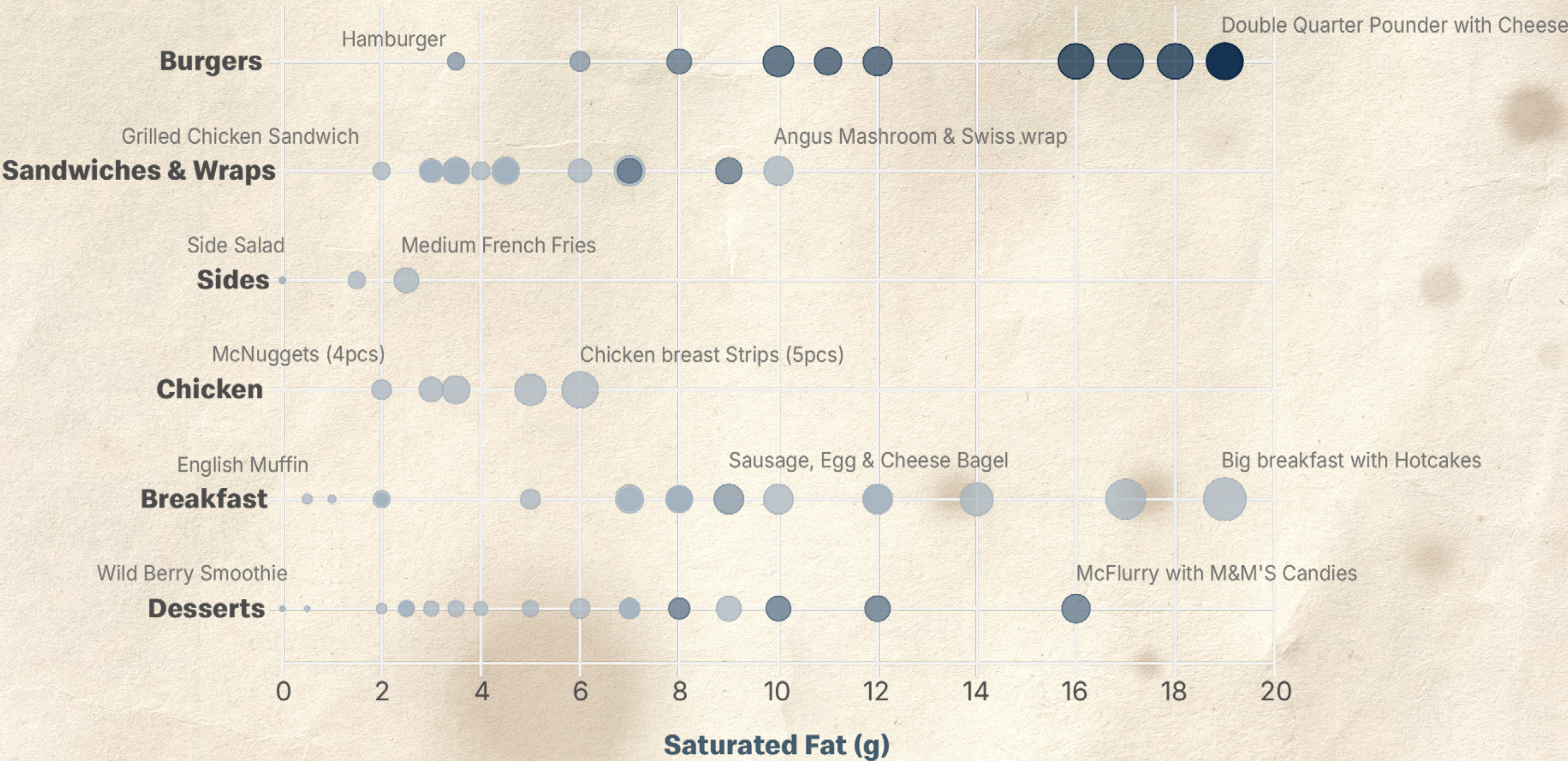
Color : Trans Fat (g) 0 2.5

X-axis: Saturated Fat (g)

Bigger bubbles drift right: that's where burgers, breakfasts and desserts pile up saturated fat.

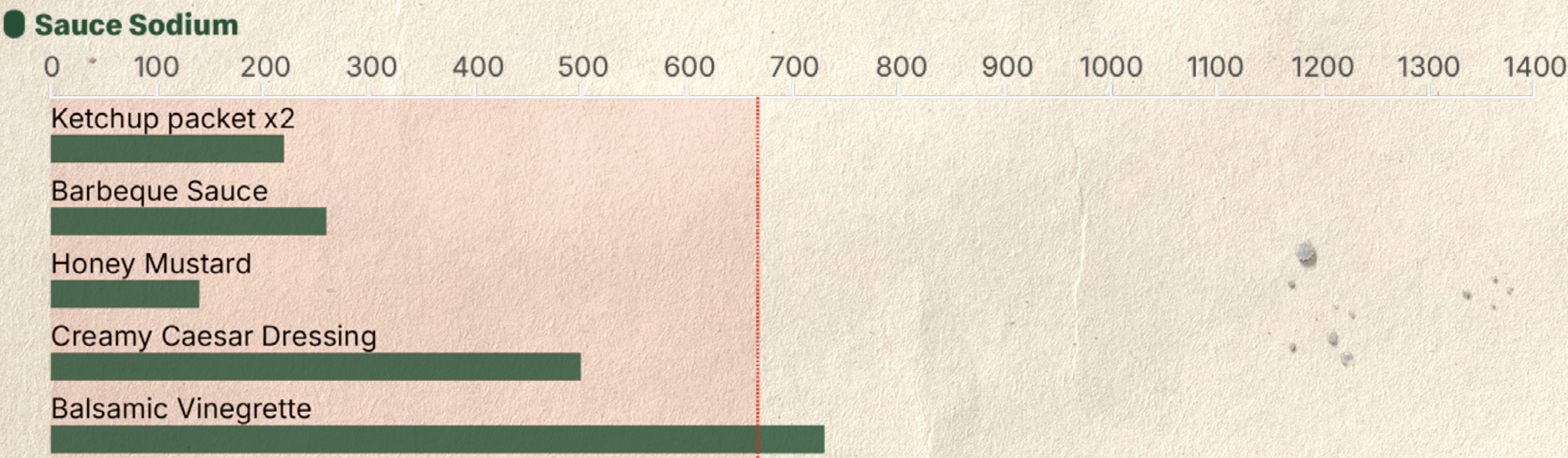
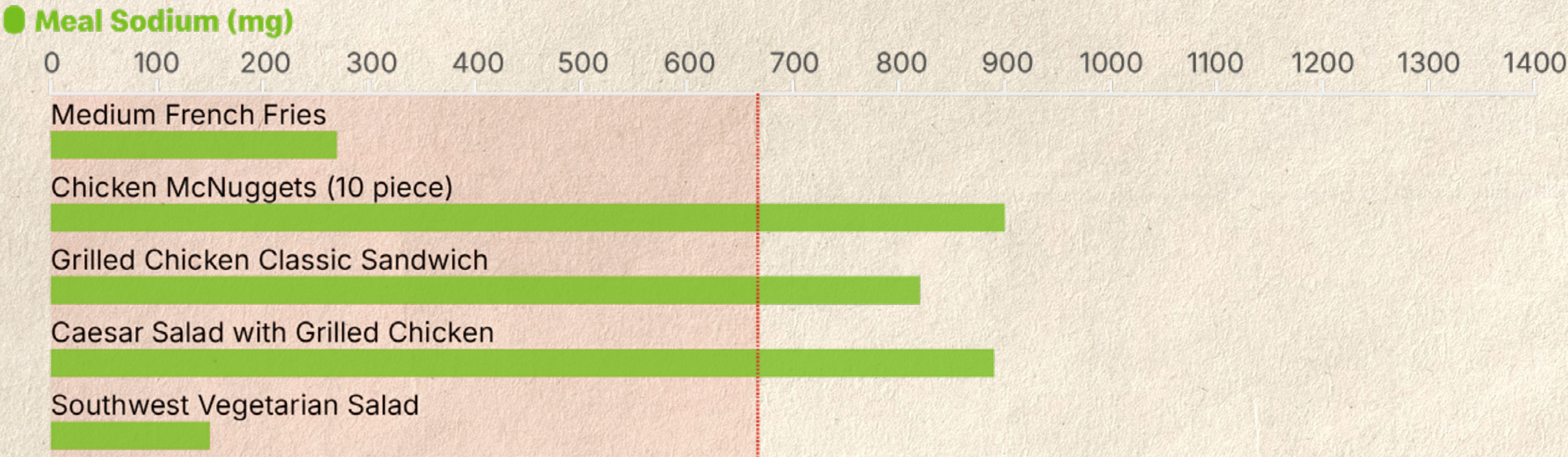
Burgers also host the highest of the worst kind — trans fat.

Chicken sits higher on total fat, but is more moderate on saturates.



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Small Sauces, Big Salt



1/3 Daily Sodium Limit

Think the meal is high on salt?
Wait until the sauce shows up.

Some meals already cross the healthy meal sodium target, but a sauce can even break it on its own!

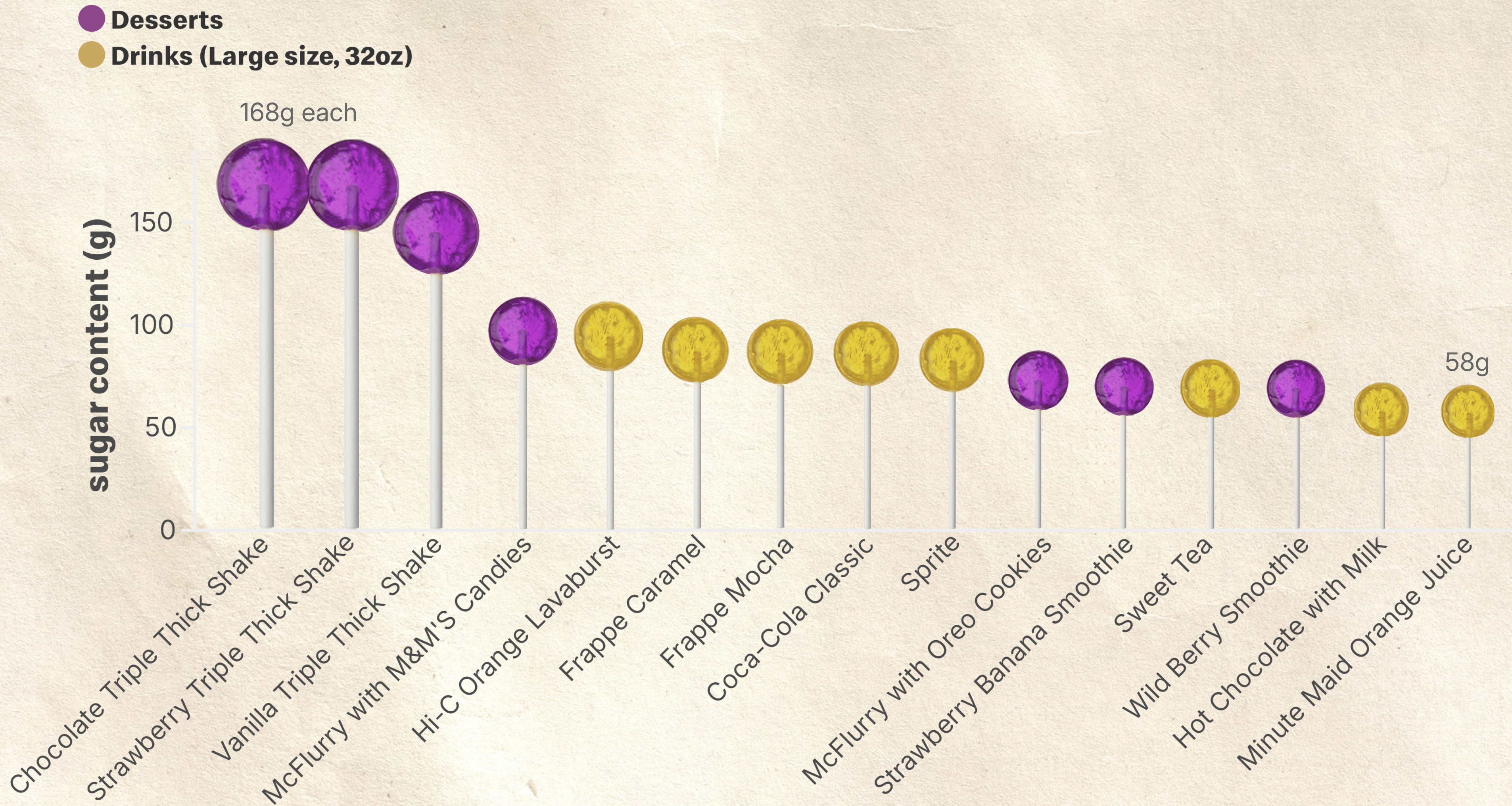
Caesar salad with Caesar dressing hits 1,400 mg, almost 70% of your daily allowance.





The Sugariest 15 Things You Can Order

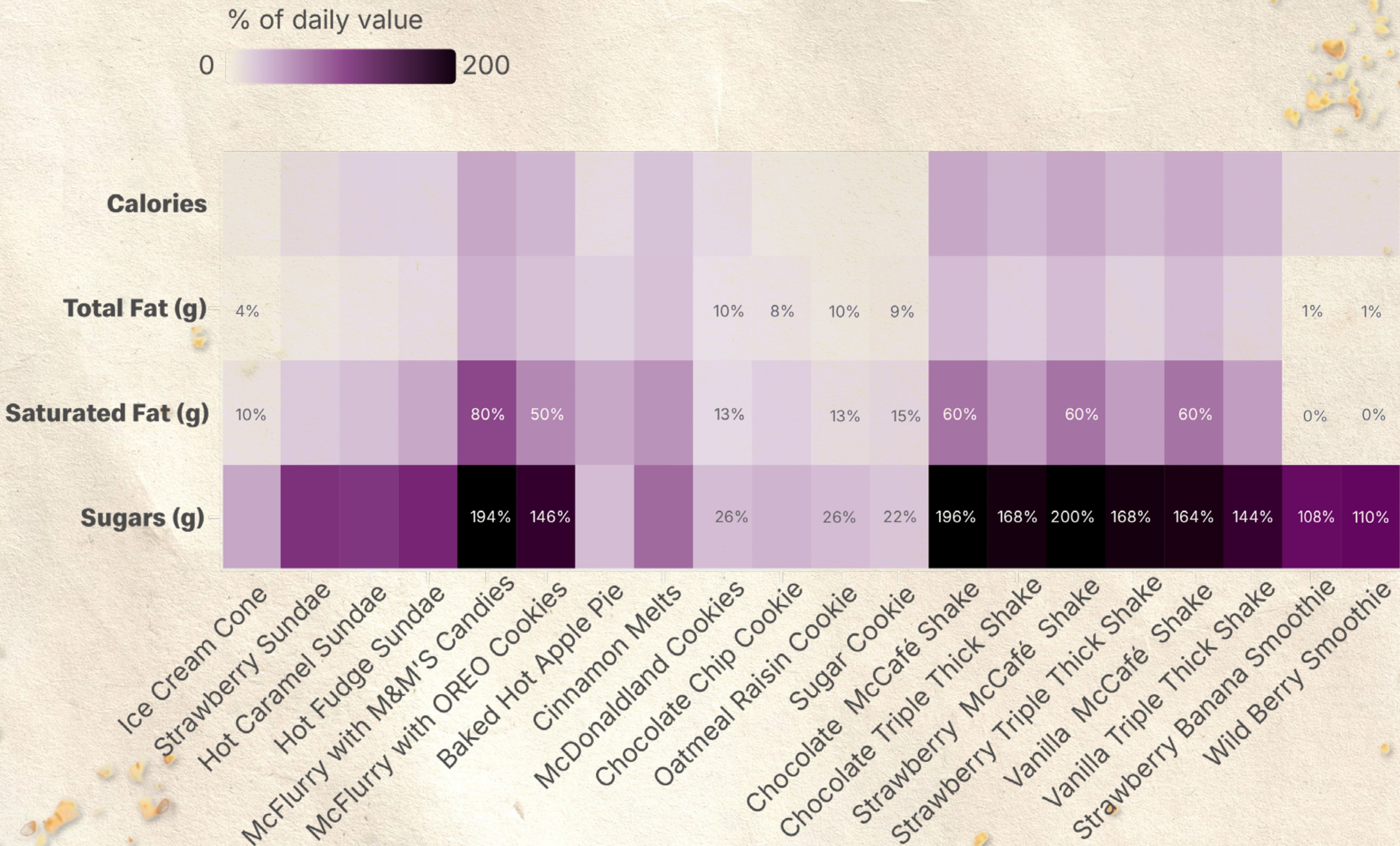
Drinks and desserts battling for the top sugar spot.





Dessert Heat Map: Sweet, Sweeter, Sweetest

Shakes and McFlurries darken up the chart with up to 200% of the daily sugar limit, plus hefty saturated fat. If you're looking for lighter options, ice-cream, cookies or smoothies stay softer... though smoothies still tip over the sugar line.



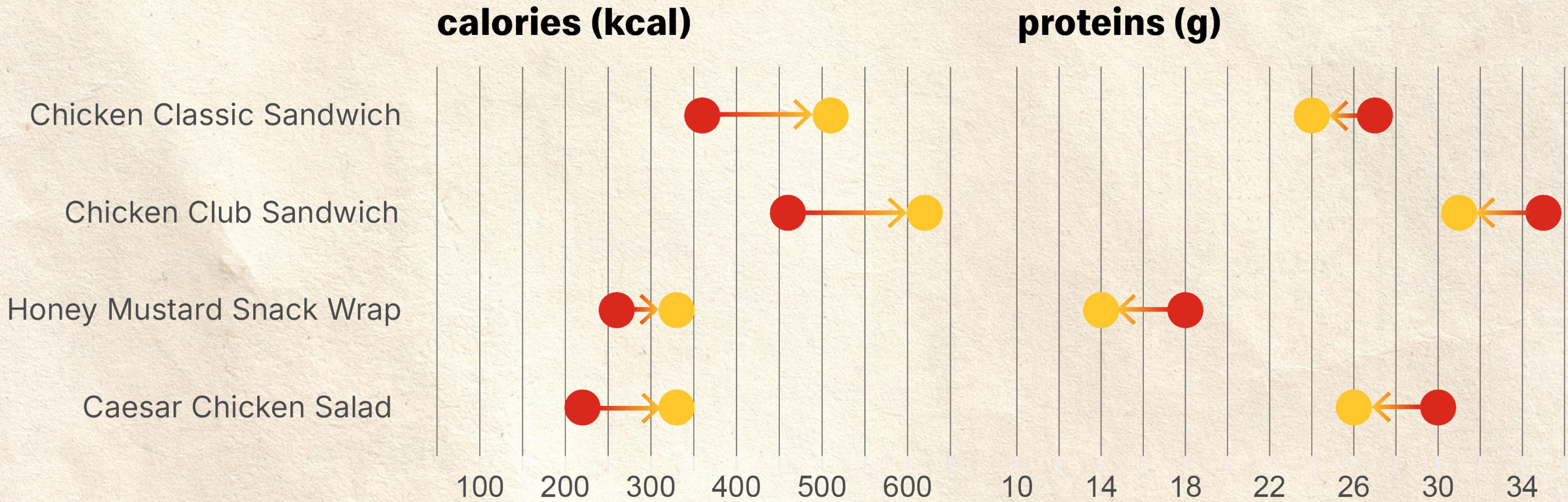
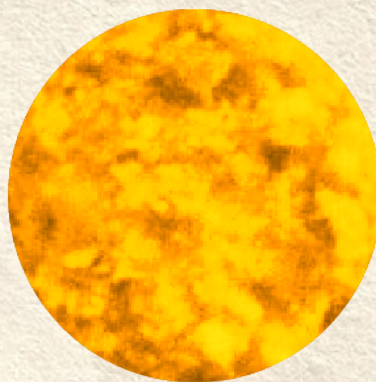


Grilled vs Crispy: the Clear Winner

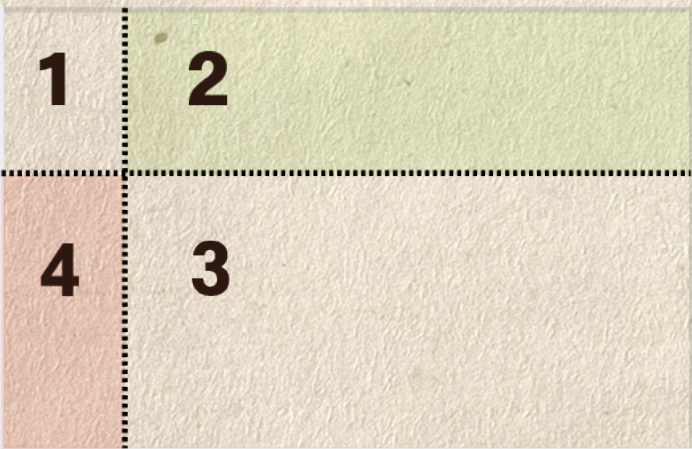
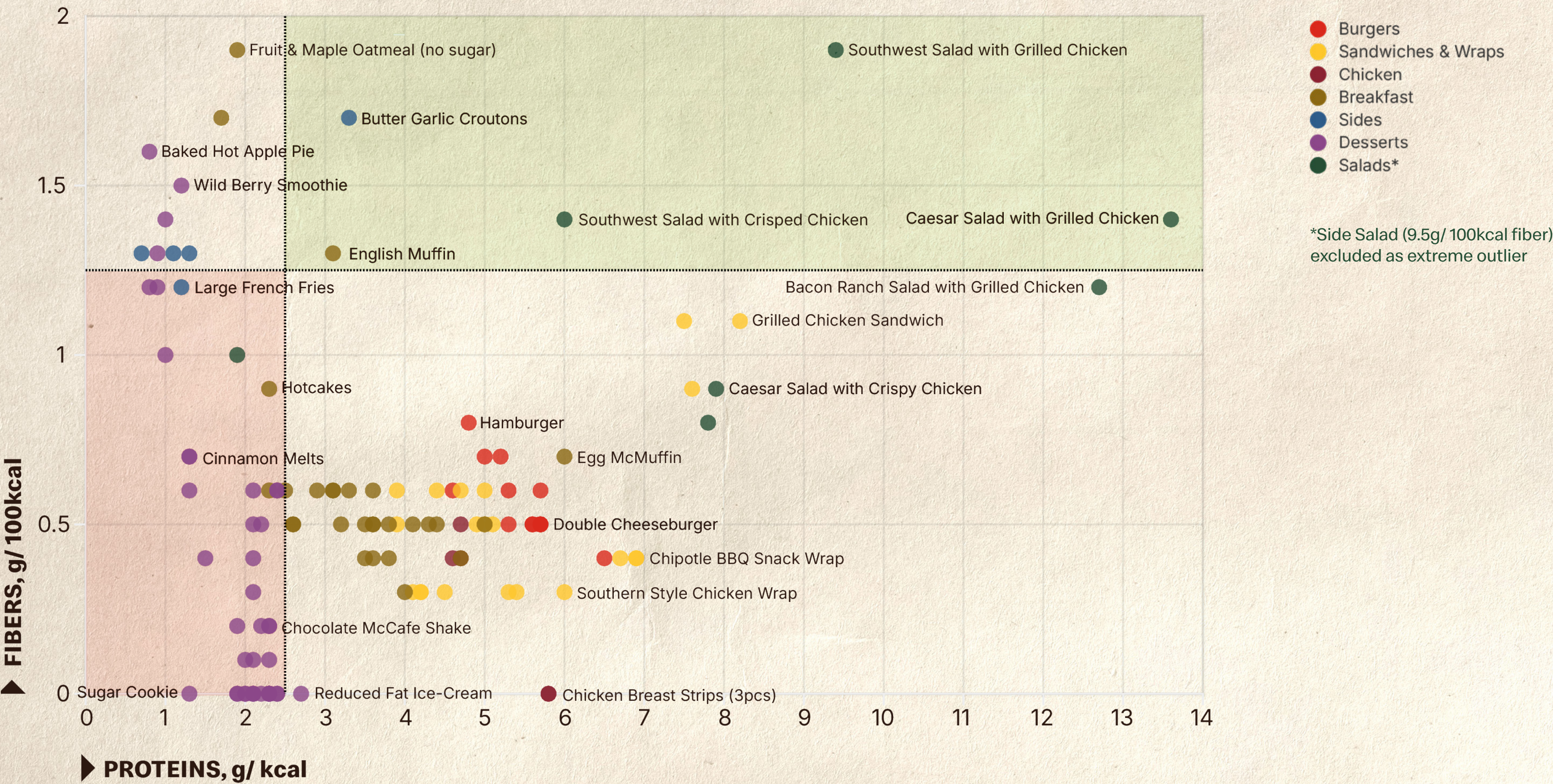
Every crispy option packs in more calories and less protein.
Across the board, grilled is the lighter, better-balanced choice.

Grilled

Crispy



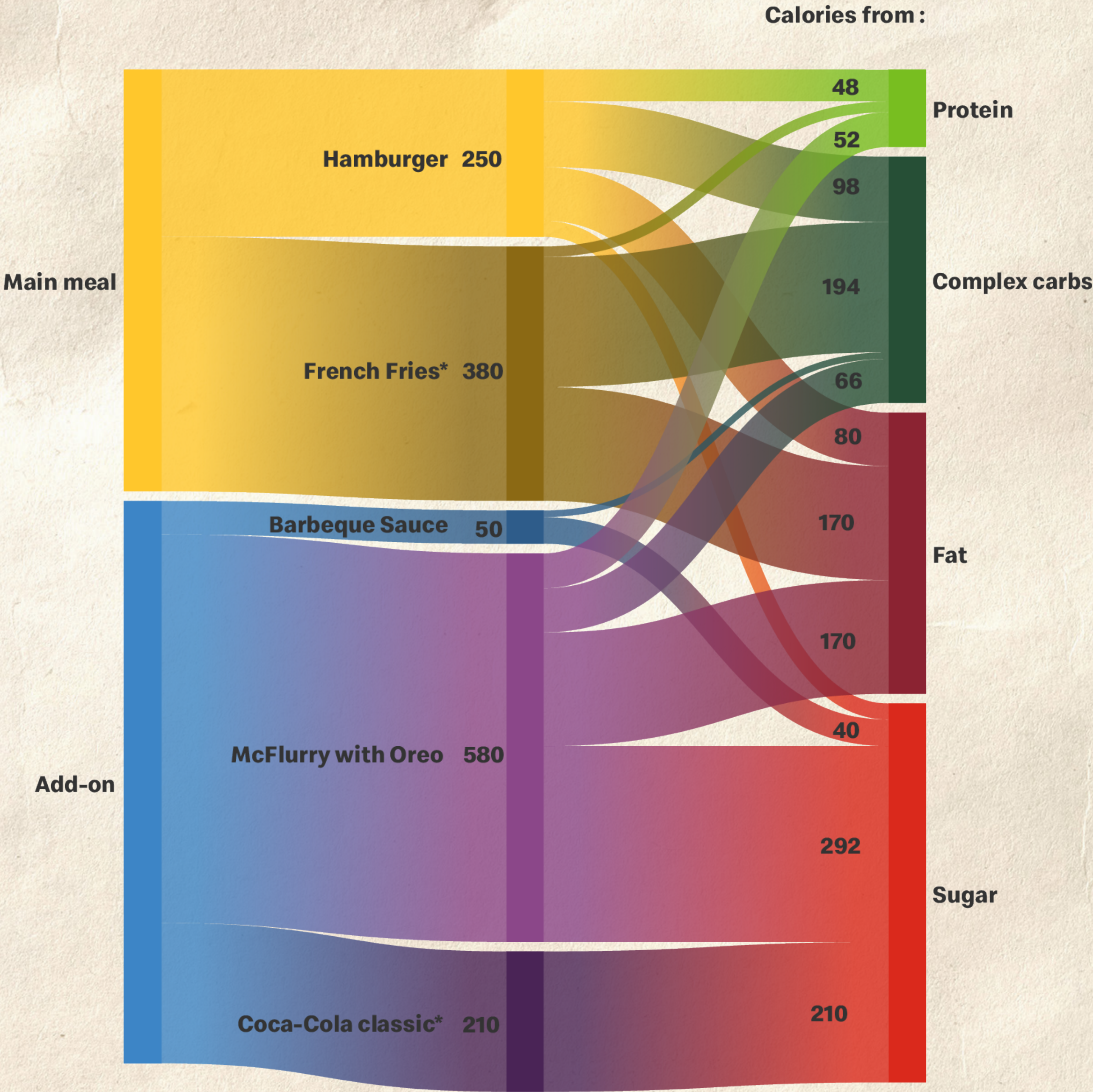
Protein & Fiber: Where is the Good Stuff?



Quadrant based on minimum daily ratios for protein ($\geq 2.5\text{g}/100\text{kcal}$) and fiber ($\geq 1.25\text{g}/100\text{kcal}$). Fast food offers protein, but almost no fiber. Only a small corner of the menu delivers on both.

- 1 : Fiber Efficient.** A few decent fiber sources include fruit-based desserts and breakfast oatmeal.
- 2 : Best choices.** A small cluster of salads offer balanced nutrition for their calories.
- 3 : Protein Efficient.** Most burgers, sandwiches and breakfast meals are good sources of protein.
- 4 : Empty Calories.** Most desserts are nutritionally limited.

Calories: Wrapping Up the Meal



This final chart sums it up: the classic meal lands at 1470 kcal (three quarters of recommended daily intake), and the heaviest hitters aren't the burger and fries.

Two-thirds of the calories come from fat and sugar — the sweet extras quietly end up running the show.