

*peso,*  
uma questão de peso

*Paula Veloso e Teresa Maia*

## MacDonald's

Produto	Porção (g)	VE	Prot	H Carbono		Gordura		Fibras	Sal
		(kcal)	(g)	Total (g)	Açúc. (g)	Total (g)	Sat. (g)	(g)	(g)
<b>Menu Principal</b>									
Big Mac	221	510	27,0	41,0	8,0	26,0	10,0	3,0	2,2
Big Tasty	345	850	44,0	50,0	11,0	52,0	21,0	4,0	3,2
CBO	247	665	27,0	56,0	7,0	36,0	8,0	4,0	2,9
Cheeseburger	120	305	16,0	30,0	7,0	13,0	6,0	2,0	1,6
Chicken Burger	132	320	12,0	43,0	8,0	11,0	2,0	2,0	1,8
Chicken McNuggets (4)	72	175	11,0	12,0	0,0	9,0	1,0	1,0	0,8
Chicken McNuggets (6)	108	270	17,0	19,0	0,0	14,0	2,0	1,0	1,2
Double Cheeseburger	173	450	27,0	31,0	8,0	24,0	12,0	2,0	2,2
Douradinhos (3)	90	190	12,0	17,0	0,0	8,0	1,0	1,0	0,8
Fillet-o-Fish	136	320	14,0	36,0	5,0	13,0	3,0	2,0	1,5
Hamburger	106	255	13,0	30,0	7,0	9,0	4,0	2,0	1,3
McBifana à Cervejeira	171	535	21,0	41,0	4,0	31,0	9,0	3,0	2,2
McBifana à Chefe	185	575	24,0	42,0	4,0	34,0	12,0	3,0	2,5
McBifana Mostarda	176	500	21,0	42,0	5,0	27,0	9,0	3,0	2,5
McBifana Sem Mostarda	171	495	21,0	41,0	4,0	27,0	9,0	3,0	2,3
McBites	69	165	13,0	12,0	0,0	7,0	1,0	1,0	0,7

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		(kcal)	(g)	Total (g)	Açúc. (g)	Total (g)	Sat. (g)	(g)	(g)
McChicken	178	410	18,0	40,0	7,0	19,0	4,0	3,0	2,2
McRoyal Bacon	181	555	30,0	33,0	8,0	33,0	13,0	2,0	2,1
McRoyal Cheese	207	530	32,0	36,0	9,0	28,0	14,0	3,0	2,3
McRoyal Deluxe	241	530	29,0	34,0	9,0	30,0	12,0	3,0	2,0
McWrap Beef Mediterrâneo	215	570	21,0	41,0	2,0	35,0	9,0	3,0	2,3
McWrap Chicken Bacon Crispy	249	565	25,0	54,0	5,0	27,0	5,0	3,0	2,3
McWrap Chicken Bacon Grilled	235	440	28,0	42,0	5,0	17,0	4,0	3,0	2,2
RoadHouse Classic	295	715	41,0	53,0	14,0	37,0	16,0	2,0	2,9
RoadHouse Classic Bacon	301	740	43,0	53,0	14,0	39,0	17,0	2,0	3,1
Snack Wrap Ranch	119	315	12,0	33,0	2,0	15,0	3,0	2,0	1,3
Acompanhamentos									
Batatas Fritas (pequena)	80	240	3,0	29,0	0,0	12,0	1,0	3,0	0,6
Batatas Fritas (médias)	114	340	4,0	41,0	0,0	17,0	2,0	4,0	0,8
Batatas Fritas (grandes)	160	475	6,0	58,0	0,0	23,0	2,0	6,0	1,1
Batatas Rodelas (médias)	134	205	3,0	28,0	24,0	8,0	1,0	4,0	1,7
Batatas Rodelas (grande)	178	275	3,0	37,0	32,0	11,0	1,0	6,0	2,3
Palitos de Cenoura	70	18	1,0	3,0	2,0	0,0	0,0	2,0	0,1

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		(kcal)	(g)	Total (g)	Açúc. (g)	Total (g)	Sat. (g)	(g)	(g)
<b>Molhos</b>									
Molho Barbecue	30	40	0,0	10,0	9,0	0,0	0,0	0,0	0,7
Molho de Caril	29	45	0,0	10,0	9,0	0,0	0,0	0,0	0,5
Molho de Mostarda	28	60	1,0	7,0	6,0	3,0	0,0	0,0	0,6
Molho Agridoce	30	50	0,0	12,0	10,0	0,0	0,0	0,0	0,4
Molho para Batatas	26	46	0,0	3,0	2,0	4,0	1,0	0,0	0,5
Ketchup para Batatas	12	12	0,0	3,0	0,0	0,0	0,0	0,0	0,4
Azeite virgem	23	207	0,0	0,0	0,0	23,0	4,0	0,0	0,0
Molho vinagrete	23	155	0,0	0,0	0,0	17,0	3,0	0,0	0,0
<b>Saladas</b>									
Salada Ceasar Grilled Chicken S/Molho S/ Croutons	243	150	23,0	4,0	3,0	4,0	2,0	3,0	1,0
Salada Ceasar Grilled Chicken S/Molho S/ Croutons	336	260	26,0	22,0	8,0	7,0	3,0	3,0	2,3
Salada Ceasar Crispy Chicken S/Molho S/ Croutons	248	260	17,0	12,0	5,0	15,0	4,0	5,0	1,3
Salada CeasarCrispy Chicken S/Molho S/ Croutons	341	380	20,0	31,0	10,0	18,0	5,0	6,0	2,6
Salada Tropical S/ Molho	220	120	10,0	5,0	4,0	6,0	1,0	3,0	1,0
Mista S/ Molho	60	12	1,0	1,0	1,0	0,0	0,0	2,0	0,0

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		(kcal)	(g)	Total (g)	Açúc. (g)	Total (g)	Sat. (g)	(g)	(g)
<b>Sopas</b>									
Lavrador - Adulto	300	120	6,0	15,0	2,4	3,0	0,6	6,0	1,5
Lavrador - Criança	150	60	3,0	8,0	1,2	1,5	0,3	3,0	0,8
Caldo Verde - Adulto	300	106	5,0	11,0	3,0	4,0	0,9	4,0	1,4
Caldo Verde - Criança	150	53	2,5	5,5	1,5	2,0	0,5	2,0	0,7
Creme de Legumes - Adulto	300	170	2,4	29,0	4,0	4,2	1,0	4,0	1,5
Creme de Legumes - Criança	150	85	1,2	10,0	2,0	2,1	0,5	2,0	0,8
Sopa de Grão com Espinafres - Adulto	300	145	6,0	17,0	1,4	5,7	0,8	4,0	1,9
Sopa de Grão com Espinafres - Criança	150	75	3,0	9,0	0,7	2,9	0,4	2,0	0,9
<b>Sobremesas</b>									
Abacaxi Adulto	60	33	1,0	7,0	7,0	1,0	0,0	1,0	0,0
Bolo Aniversário Chocolate (1 fatia)	53	224	3,0	24,0	19,0	12,0	3,0	2,0	0,1
Bolo Aniversário Gelado (1 fatia)	89	77	1,0	13,0	10,0	2,0	2,0	0,0	0,0
MacFlurry Cornetto Morango	258	430	7,0	75,0	61,0	11,0	9,0	1,0	0,7
MacFlurry M&M	225	390	8,0	60,0	52,0	13,0	7,0	1,0	0,6
MacFlurry Kit Kat	218	340	7,0	56,0	48,0	10,0	7,0	0,0	0,6
MacFlurry Oreo	218	345	7,0	56,0	46,0	10,0	6,0	1,0	0,8

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		(kcal)	(g)	Total (g)	Açúc. (g)	Total (g)	Sat. (g)	(g)	(g)
Mini MacFlurry M&M	95	175	4,0	26,0	23,0	6,0	3,0	0,0	0,1
Mini MacFlurry Oreo	91	155	3,0	24,0	20,0	5,0	3,0	0,0	0,2
Mini MacFlurry Kit Kat	91	155	3,0	24,0	21,0	5,0	3,0	0,0	0,1
Polpa de Fruta	90	77	0,0	17,0	16,0	0,0	0,0	1,0	0,0
Saco de Maçã	70	45	0,0	10,0	9,0	0,0	0,0	2,0	0,0
Sundae Caramelo	184	325	5,0	61,0	47,0	7,0	5,0	0,0	0,6
Sundae Chocolate	184	325	6,0	54,0	49,0	9,0	7,0	1,0	0,6
Sundae Lemon Pie	183	280	5,0	47,0	41,0	8,0	5,0	0,0	0,4
Sundae Morango	184	275	5,0	52,0	45,0	5,0	3,0	1,0	0,5
Tarte de Maçã	84	245	2,0	29,0	11,0	13,0	3,0	1,0	0,5
Wafer Caramelo e amêndas	184	410	7,0	68,0	48,0	12,0	5,0	2,0	0,5
Wafer Chocolate e amêndas	184	410	8,0	62,0	49,0	14,0	7,0	3,0	0,6
Wafer Lemon Pie	180	320	5,0	57,0	43,0	8,0	5,0	1,0	0,4
Wafer Morango e amêndoas	184	365	7,0	60,0	45,0	10,0	3,0	3,0	0,4
Saco de Maçã	70	45	0,0	10,0	9,0	0,0	0,0	2,0	0,0

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<b>Pequeno-Almoço</b>									
MacMuffin Bacon & Egg	130	310	17,0	27,0	2,0	14,0	7,0	3,0	1,3
MacMuffin Sausage & Egg	174	435	24,0	27,0	2,0	25,0	11,0	3,0	1,7
Panquecas com Xarope	173	430	9,0	79,0	31,0	8,0	2,0	3,0	1,5
Croissant Queijo	54	206	6,0	19,0	3,0	18,0	12,0	NV	0,5
Croissant Fiambre	59	178	6,0	19,0	2,0	9,0	8,0	NV	0,5
Croissant Misto	73	224	9,0	19,0	3,0	17,0	12,0	NV	0,5
<b>Bebidas Quentes</b>									
Café Expresso	70ml	17	1,0	0,0	0,0	1,0	0,0	2,0	0,0
Descafeinado	70ml	17	1,0	0,0	0,0	1,0	0,0	2,0	0,0
Chocolate Quente (com leite)	250ml	178	8,0	24,0	11,0	5,0	3,0	2,0	0,5

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<b>Bebidas</b>									
Água Luso de Fruta - Limão	300	124	0,0	30,0	28,0	0,0	0,0	0,0	0,0
Água Luso de Fruta - Frutos Vermelhos	300	118	0,0	29,0	27,0	0,0	0,0	0,0	0,0
Compal Fresh laranja	330	150	2,0	35,0	28,0	0,0	0,0	0,0	0,0
Compal Pêssego	330	155	1,0	36,0	33,0	0,0	0,0	2,0	0,0
Compal Light Manga Laranja	330	65	1,0	15,0	13,0	0,0	0,0	1,0	0,0
Um Bongo Pêssego	200	104	1,0	24,0	24,0	0,0	0,0	3,0	0,0
Um Bongo Tropical	200	95	1,0	22,0	22,0	0,0	0,0	0,0	0,0
Coca-Cola	250	110	0,0	28,0	28,0	0,0	0,0	0,0	0,0
Coca-Cola	400	178	0,0	44,0	44,0	0,0	0,0	0,0	0,0
Coca-Cola	500	220	0,0	55,0	55,0	0,0	0,0	0,0	0,0
Coca-Cola Zero	250	1	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Coca-Cola Zero	400	1	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Coca-Cola Zero	500	1	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Sprite	250	100	0,0	25,0	25,0	0,0	0,0	0,0	0,0
Sprite	400	160	0,0	40,0	40,0	0,0	0,0	0,0	0,0
Sprite	500	200	0,0	50,0	50,0	0,0	0,0	0,0	0,0

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Fanta Ananás	250	113	0,0	28,0	28,0	0,0	0,0	0,0	0,0
Fanta Ananás	400	180	0,0	44,0	44,0	0,0	0,0	0,0	0,0
Fanta Ananás	500	225	0,0	56,0	56,0	0,0	0,0	0,0	0,0
Fanta Laranja	250	130	0,0	33,0	33,0	0,0	0,0	0,0	0,0
Fanta Laranja	400	208	0,0	52,0	52,0	0,0	0,0	0,0	0,0
Fanta Laranja	500	260	0,0	65,0	65,0	0,0	0,0	0,0	0,0
Lipton Pêssego	250	68	0,0	16,0	16,0	0,0	0,0	0,0	0,0
Lipton Pêssego	400	108	0,0	26,0	26,0	0,0	0,0	0,0	0,0
Lipton Pêssego	500	135	0,0	33,0	33,0	0,0	0,0	0,0	0,0
Cerveja	300	123	1,0	9,0	2,0	0,0	0,0	0,0	0,8
Cerveja	400	164	1,0	12,0	2,0	0,0	0,0	0,0	1,0
Cerveja S/ Alcool	330	73	1,0	16,0	8,0	0,0	0,0	0,0	0,5