



healthier oils for healthier lifestyles

優質食油 食得安心

為緊貼顧客所需，我們自2016年起轉用來自馬來西亞、更健康的植物油(葵花籽及芥花籽油)。以麥當勞的中薯條為例，無論反式脂肪或飽和脂肪的含量均維持在較低水平。

To cater to the needs of our customers, we have started using a healthier vegetable oil (sunflower and canola oil) from Malaysia since 2016. Take our Fries (M) for instance, the amounts of trans fat and saturated fat are kept at a considerably low level.

薯條(中)營養資料 Nutrition Information of Fries (M)

	每食用分量 Per serving	每100克 Per 100g
能量 Energy	313千卡kcal	285千卡kcal
蛋白質 Protein	4.7克g	4.3克g
總脂肪 Total fat	16.7克g	15.2克g
飽和脂肪 Saturated fat	1.6克g	1.5克g
反式脂肪 Trans fat	0克g	0克g
碳水化合物 Carbohydrate	35.8克g	32.6克g
糖 Sugars	0克g	0克g
鈉 Sodium	198毫克mg	180毫克mg



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Craving a healthy meal? Download our McDonald's App now to get nutrition facts at your fingertips.