

Welcome, Guest

[Personalize News Home Page](#) - [Sign In](#)

Yahoo! News Thu, Mar 11, 2004

Search for Advanced

McDonald's Salad Has More Fat Than Cheeseburger



Tue Mar 9, 11:02 AM ET

 [Add Oddly Enough - Reuters](#) to My Yahoo!

LONDON (Reuters) - Global hamburger giant McDonald's latest line in healthy looking salads may contain more fat than its hamburgers, according to the company's Web Site.



[Reuters Photo](#)

McDonald's, plagued by health critics and flattening sales, has launched the biggest change to its menu in 30 years with its plans to get into the multi-million pound prepared salad market.

"You can choose your salad, topping and dressing. You can mix and match to suit your diet and lifestyle," said a McDonald's spokeswoman.

However, consumers hoping to lose weight by switching from burgers to salads may be disappointed, according to the Interactive Nutrition Counter on the McDonald's Web site.

For example, on the new menu to be launched at the end of this month, a "Caesar salad with Chicken Premiere" contains 18.4 grams of fat compared with 11.5 grams of fat in a standard cheeseburger.

The British Nutrition Foundation (BNF) told Reuters it welcomed the salad menu but warned that salad dressings bought in fast-food outlets or supermarkets could be very high in fat and calories.

BNF said the recommended daily fat intake for men is 95 grams per day and for women 70 grams per day.

McDonald's has 1,235 restaurants in the UK and serves three million customers per day.

 [Email Story](#)

 [Post/Read Msgs \(1399\)](#)

 [Formatted Story](#)

Ratings: Would you recommend this story?

Not at all **1 - 2 - 3 - 4 - 5** Highly

Avg Rating: 3.53, 983 votes

Next Story: [Princess Diana Confronted Parker Bowles - Tapes](#) (Reuters)

More [Oddly Enough](#) Stories

- [Sea Lion Grabs Fisherman Off Boat](#) (AP)
 - ["Cotswold Olimpicks" alive and kicking](#) (Reuters)
 - [Germans to Bush: keep off our moon rock](#) (AFP)
 - [Drunken Dad Asks 11-Year-Old Son to Drive](#) (Reuters)
 - [Wrong Patient Gets Heart Procedure](#) (AP)
-

Copyright © 2004 Reuters Limited. All rights reserved. Republication or redistribution of Reuters content is expressly prohibited without the prior written consent of Reuters. Reuters shall not be liable for any errors or delays in the content, or for any actions taken in reliance thereon.

Copyright © 2004 Yahoo! Inc. All rights reserved.

[Questions or Comments](#)

[Privacy Policy](#) - [Terms of Service](#) - [Copyright Policy](#) - [Ad Feedback](#)