

**Comparison Shopping:
McDonald's for Four**

\$27.89



- 2 Big Macs
- 1 cheeseburger
- 1 6-pc. Chicken McNuggets
- 2 medium fries
- 2 small fries
- 2 medium Cokes
- 2 small Cokes

Nutrition facts per person

CALORIES	900 (average)
FAT	37 grams
CARBOHYDRATES	123 grams
PROTEIN	23 grams

Chicken, Potatoes and Salad for Four

\$13.78

A savings of \$14.11,
or 51%, over the
McDonald's meal.
Prices per item:



**Nutrition facts per person and
difference from McDonald's meal**



CALORIES 934

+4%

FAT 39 grams

+5%

CARBOHYDRATES 80 grams

-35%

PROTEIN 67 grams

+191%

Pinto Beans and Rice for Four

\$9.26

A savings of \$18.63,
or 67%, over the
McDonald's meal.
Prices per item:



CALORIES 571

-37%

FAT 15 grams

-59%

CARBOHYDRATES 83 grams

-33%

PROTEIN 26 grams

+13%

Sources: McDonald's; Key Food grocery; Sunset Park, Brooklyn (meal ingredients);
Self magazine and United States Department of Agriculture (nutricon analysis)

BILL AMESSE, THE NEW YORK TIMES;
PHOTOGRAPHS BY TONY UNICHA, THE NEW YORK TIMES