

ONTARIO RESTAURANT 1991  
383 DUNDAS ST E  
TORONTO, ON, M5A 2A6  
416-366-0539

Visa MID: 16533340014  
Term ID: 200  
099

Ref #

### Sale

xxxxxxxZZZ4

VISA Entry  
Method:CHIP

10/26/12  
15:42:37  
Inv #: 00096 Appr  
Code:099929  
Apprvd Batch#: 000116

Amount: \$ 6.50  
Tip: \$ 1.00  
Total: \$ 7.50

By entering a verified PIN, cardholder agrees to pay issuer such total in accordance with issuer's agreement with cardholder (Merchant agreement if credit voucher).  
Retain this copy for statement verification.

Application Label: VISA  
AID: A0000000031010  
TVR: 00 00 00 00 10 00  
TSI: F8 00

Customer Copy

McDONALD'S RESTAURANT  
127 CHURCH St. , TORONTO, ON. ,  
M5C2G5  
PHONE #416-368-1562  
GST No. 857081889  
YOUR ORDER #24606  
2012-10-30 8:42 AM  
29121 14 24606

1 Big Breakfast w/ HB	3.39
1 S Coffee	1.29
Cream	
Cream	
Splenda	
Splenda	
100% ITEM PROMO	(1.29)
Subtotal	3.39
Tax	0.17
Take-Out Total	\$3.56
CREDIT `	\$3.56
Amount Due	\$0.00

Thank you. Come again!! 24 hrs open now.  
You have a smile we want!  
Apply today @ [www.WorksForMe.ca](http://www.WorksForMe.ca)



Photo-02 McDonald's "Big Breakfast (R)" size=241g  
{Samsung C414M Photo0063}

"McDonald's Big Breakfast(R)"  
{USDA NDB\_No=21341}

- Hash Brown 53 g {=21319}
- Sausage patty 43 g {=21323}
- Eggs scrambled 96 g {=21320}
- Biscuit (regular) 52 g {=21317}

Food Intake:  
Total weight = 332 g ~ Total ~ 577 calories  
Bacon 4 strips = 50 g = 260 calories  
Eggs fried 3 small + veg. Oil = 120 g = 220 calories  
Potato home fries 9 slices = 110 g = 0.67 cup = 97 calories  
Vegetable Tomato 1 slice = 52 g  
For COMPARISON with McDonald's "Big Breakfast(R)" see below...

Bacon 4 THICK slices = 50 g	Eggs fried 3 small+veg. oil = 120 g		
Citation: USDA SuperTracker Nutrition Facts < <a href="https://www.supertracker.usda.gov/foodtracker.aspx">https://www.supertracker.usda.gov/foodtracker.aspx</a> > [Accessed 2012-Oct-26 t 20:00]	Citation: USDA SuperTracker Nutrition Facts < <a href="https://www.supertracker.usda.gov/foodtracker.aspx">https://www.supertracker.usda.gov/foodtracker.aspx</a> > [Accessed 2012-Oct-26 t 20:00]		
<b>Nutrient</b>	<b>Amount</b>	<b>Nutrient</b>	<b>Amount</b>
Total Calories	260	Total Calories	220
Protein	18 g	Protein	14 g
Carbohydrate	1 g	Carbohydrate	1 g
Dietary Fiber	0 g	Dietary Fiber	0 g
Total Fat	20 g	Total Fat	18 g
Saturated Fat	7 g	Saturated Fat	4 g
Monounsaturated Fat	9 g	Monounsaturated Fat	7 g
Polyunsaturated Fat	2 g	Polyunsaturated Fat	4 g
Cholesterol	53 mg	Cholesterol	474 mg
<b>SODIUM</b>		<b>SODIUM**</b>	
My Limit=1500mg/day	<b>1109 mg</b>		<b>331 mg</b>

Home fries 3/4 portion med. 110 g	McDonald's "Big Breakfast(R)" 250 g		
Citation: USDA SuperTracker Nutrition Facts < <a href="https://www.supertracker.usda.gov/foodtracker.aspx">https://www.supertracker.usda.gov/foodtracker.aspx</a> > [Accessed 2012-Oct-27 t 18:00]	Citation: McDonald's Nutrition Facts 2012-Oct-26 < <a href="http://www1.mcdonalds.ca/NutritionCalculator/NutritionFactsEN.pdf">http://www1.mcdonalds.ca/NutritionCalculator/NutritionFactsEN.pdf</a> > [Accessed 2012-Oct-27 t 18:00]		
<b>Nutrient</b>	<b>Amount</b>	<b>Nutrient</b>	<b>Amount</b>
Total Calories	97	Total Calories	650
Protein	1 g	Protein	24 g
Carbohydrate	12 g	Carbohydrate	50 g
Dietary Fiber	1 g	Dietary Fibre	3 g
Total Fat	5 g	Total Fat	39 g
Saturated Fat	1 g	Saturated Fat	0.4 g
Monounsaturated Fat	2 g	Monounsaturated Fat	N.A. g
Polyunsaturated Fat	2 g	Polyunsaturated Fat	N.A. g
Cholesterol	0 mg	Cholesterol	435 mg
<b>Sodium**</b>	<b>163 mg</b>	<b>SODIUM**</b>	
		My LIMIT=1500mg/day	<b>1140 mg</b>

COMPARISON



Photo-01 of "All Day Breakfast" bacon, eggs over easy & home fries 332 g ...  
{I took photo with my Samsung C414M mobile phone}

**CITATION:**  
U.S. Department of Agriculture, Agricultural Research Service. 2012. USDA National Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory.  
Note: I searched this database using the NDB\_No's & applying changes using the weights from my electronic scale...  
<<http://ndb.nal.usda.gov/ndb/foods/list>> [Accessed 2012-Oct-30 t 21:30]