

# mcdonald's double filet o fish nutrition

**mcdonald's double filet o fish nutrition** information is essential for consumers who want to make informed dietary choices while enjoying this popular menu item. The Double Filet-O-Fish offers a unique combination of flavors and textures, featuring two fish fillets, cheese, and tartar sauce, all encased in a steamed bun. Understanding its nutritional profile can help individuals evaluate how it fits into their daily calorie and nutrient requirements. This article provides a detailed breakdown of the Double Filet-O-Fish's calories, macronutrients, vitamins, minerals, and potential dietary considerations. Additionally, comparisons with other McDonald's sandwiches and tips for healthier modifications will be discussed. Whether tracking calories or managing specific dietary goals, this comprehensive guide on McDonald's Double Filet-O-Fish nutrition delivers the necessary insights for conscious dining decisions.

- Caloric and Macronutrient Breakdown
- Vitamins and Minerals Content
- Ingredients and Allergen Information
- Comparison with Other McDonald's Menu Items
- Health Considerations and Dietary Tips

## Caloric and Macronutrient Breakdown

The caloric and macronutrient composition of the McDonald's Double Filet-O-Fish is a primary concern for those monitoring energy intake and macronutrient balance. This sandwich includes two breaded and fried fish fillets, processed cheese, tartar sauce, and a steamed bun, contributing to its overall nutritional profile.

### Calories

The Double Filet-O-Fish contains approximately 520 to 550 calories per serving. This calorie count reflects the added protein from the double fish fillets and the fats from both the frying process and tartar sauce. It is a moderate-calorie option within the McDonald's menu, suitable for many meal plans when consumed occasionally.

### Protein Content

With two fish patties, the sandwich delivers a substantial protein boost, providing about 28 to 30 grams of protein. Protein is essential for muscle repair and satiety, making this sandwich a viable source for those seeking higher protein intake from fast food options.

## Fat Composition

The total fat content ranges from 25 to 28 grams, including saturated fat around 5 to 6 grams. The fat derives largely from the frying oil used for the fish patties and the tartar sauce. Saturated fats should be consumed in moderation to maintain cardiovascular health.

## Carbohydrates and Fiber

The carbohydrate content is approximately 40 to 45 grams, primarily from the steamed bun and breading on the fish fillets. Dietary fiber is minimal, typically under 3 grams, which is common for this type of sandwich.

- Calories: 520-550 kcal
- Protein: 28-30 grams
- Total Fat: 25-28 grams
- Saturated Fat: 5-6 grams
- Carbohydrates: 40-45 grams
- Fiber: 2-3 grams

## Vitamins and Minerals Content

Beyond macronutrients, the Double Filet-O-Fish provides various essential vitamins and minerals, primarily due to the fish content and fortified bun ingredients. These micronutrients support overall health, including bone strength and immune function.

## Key Vitamins

The sandwich supplies moderate amounts of vitamin A and vitamin D, which are vital for vision, immune response, and bone health. Additionally, small quantities of B vitamins, such as B12 and niacin, are present due to the fish fillets, supporting energy metabolism and nervous system function.

## Mineral Profile

Important minerals include calcium, from the cheese, and selenium, naturally occurring in fish. Calcium is necessary for maintaining strong bones and teeth, while selenium acts as an antioxidant protecting cells from damage. Sodium content is notable, usually ranging

from 900 to 1,100 milligrams, reflecting added salt and processed components.

- Vitamin A: Moderate amount
- Vitamin D: Present in small quantity
- Vitamin B12 and Niacin: Support energy metabolism
- Calcium: From cheese and bun
- Selenium: Antioxidant properties from fish
- Sodium: 900-1,100 mg, high but typical for fast food

## **Ingredients and Allergen Information**

The Double Filet-O-Fish consists of multiple ingredients that contribute to its taste and nutrition but also raise allergen concerns. Understanding these components is crucial for individuals with dietary restrictions or allergies.

### **Main Ingredients**

The sandwich includes two breaded fish fillets, typically made from Alaskan Pollock, a steamed bun, processed pasteurized American cheese, tartar sauce comprising mayonnaise and pickles, and seasonings. The breading is fried in vegetable oil, adding to the flavor and texture.

### **Common Allergens**

This menu item contains several allergens, including fish, wheat (gluten), egg (in tartar sauce), and dairy (cheese). Cross-contamination risks may exist for individuals with severe allergies, so caution is advised.

- Fish (Alaskan Pollock)
- Wheat (gluten in bun and breading)
- Egg (in tartar sauce)
- Dairy (pasteurized American cheese)

# Comparison with Other McDonald's Menu Items

Comparing the Double Filet-O-Fish to other McDonald's sandwiches highlights its nutritional positioning relative to options like the Big Mac, McChicken, and classic Filet-O-Fish.

## Double Filet-O-Fish vs. Filet-O-Fish

The Double Filet-O-Fish roughly doubles the protein content compared to the single Filet-O-Fish while increasing calories and fat proportionally. The single version contains about 380 calories and 16 grams of protein, making the double a more substantial meal.

## Comparison with Big Mac and McChicken

The Big Mac has approximately 550 calories, similar to the Double Filet-O-Fish, but contains more fat and carbohydrates due to its multiple beef patties, special sauce, and sesame seed bun. The McChicken is lower in calories, around 400, with less protein and fat, making it a lighter option.

- Double Filet-O-Fish: ~520-550 calories, 28-30g protein
- Filet-O-Fish: ~380 calories, 16g protein
- Big Mac: ~550 calories, higher fat and carbs
- McChicken: ~400 calories, lower protein and fat

## Health Considerations and Dietary Tips

While the Double Filet-O-Fish provides a good source of protein and essential nutrients, certain aspects warrant attention for health-conscious consumers.

### Sodium and Fat Intake

The relatively high sodium and saturated fat content may not align with low-sodium or heart-healthy diets. It is advisable to balance this meal with lower-sodium and lower-fat foods throughout the day to maintain overall dietary goals.

### Healthier Modifications

To reduce calorie and fat intake, consumers may consider ordering a single Filet-O-Fish or

requesting less tartar sauce. Pairing the sandwich with a side salad or fruit instead of fries can improve the meal's nutritional quality.

- Monitor sodium intake when consuming high-sodium fast food
- Choose smaller portions or single sandwiches to reduce calories
- Substitute sides with healthier options like salads or fruit
- Limit additional sauces to cut down on fat and calories

## **Frequently Asked Questions**

### **How many calories are in a McDonald's Double Filet-O-Fish?**

A McDonald's Double Filet-O-Fish contains approximately 540 calories.

### **What is the protein content of the McDonald's Double Filet-O-Fish?**

The Double Filet-O-Fish provides about 36 grams of protein.

### **How much fat is in a McDonald's Double Filet-O-Fish?**

The sandwich has roughly 28 grams of total fat.

### **Is the Double Filet-O-Fish high in sodium?**

Yes, the Double Filet-O-Fish contains around 1,200 milligrams of sodium, which is considered high.

### **Does the McDonald's Double Filet-O-Fish contain any trans fats?**

The Double Filet-O-Fish contains 0 grams of trans fat per serving according to McDonald's nutrition information.

### **What are the main ingredients contributing to the calories in the Double Filet-O-Fish?**

The main calorie contributors are the two breaded fish fillets, mayonnaise-based tartar sauce, cheese, and the sandwich bun.

## **Is the Double Filet-O-Fish a good source of omega-3 fatty acids?**

While it contains fish fillets, the Double Filet-O-Fish is not considered a significant source of omega-3 fatty acids due to the type of fish and preparation method.

## **How does the carbohydrate content of the Double Filet-O-Fish compare to other McDonald's sandwiches?**

The Double Filet-O-Fish contains about 43 grams of carbohydrates, which is moderate compared to other sandwiches like the Big Mac or McChicken.

## **Can the Double Filet-O-Fish be considered a low-calorie option at McDonald's?**

No, with over 500 calories, the Double Filet-O-Fish is higher in calories compared to many other menu items and is not considered a low-calorie option.

## **Are there any allergens present in the McDonald's Double Filet-O-Fish?**

Yes, the Double Filet-O-Fish contains fish, wheat (gluten), egg (in the tartar sauce), and milk (in the cheese), which are common allergens.

## **Additional Resources**

### *1. The Nutritional Breakdown of McDonald's Double Filet-O-Fish*

This book offers a detailed analysis of the nutritional content found in McDonald's Double Filet-O-Fish sandwich. Readers will learn about calories, macronutrients, vitamins, and minerals in each serving. It also discusses the impact of this fast food choice on a balanced diet and overall health.

### *2. Fast Food Nutrition: Understanding McDonald's Menu Items*

Focusing on popular fast food items, this book dives into the nutritional profiles of McDonald's offerings, including the Double Filet-O-Fish. It helps readers make informed choices by comparing calorie counts, fat content, and sodium levels. The guide also provides healthier alternatives and tips for mindful eating.

### *3. Seafood Sandwiches at McDonald's: Health and Nutrition Insights*

This book explores the seafood options available at McDonald's, with a special focus on the Double Filet-O-Fish. It covers sourcing, preparation, and nutritional value, shedding light on omega-3 fatty acids and protein content. The author also addresses common health concerns related to fast food seafood.

### *4. Calorie Counting for Fast Food Lovers: The Double Filet-O-Fish Edition*

Designed for those who enjoy fast food but want to manage their calorie intake, this book breaks down the caloric content of the Double Filet-O-Fish sandwich. It includes tips on

balancing fast food meals with daily nutritional goals and how to customize orders for better health outcomes.

#### 5. *The Science Behind McDonald's Double Filet-O-Fish Nutrition*

This title delves into the scientific aspects of the Double Filet-O-Fish, explaining the nutritional components and how they affect the body. Topics include digestion, metabolism, and the role of specific nutrients found in the sandwich. The book also reviews the processing methods used by McDonald's.

#### 6. *Healthy Choices at McDonald's: Navigating the Menu with Nutrition in Mind*

A practical guide to making healthier decisions when eating at McDonald's, this book highlights the Double Filet-O-Fish as an option. It compares its nutritional content with other menu items and suggests complementary sides and drinks to maintain a balanced meal.

#### 7. *Fast Food and Heart Health: Analyzing McDonald's Double Filet-O-Fish*

This book addresses the relationship between fast food consumption and cardiovascular health, using the Double Filet-O-Fish as a case study. It reviews saturated fat, cholesterol, and sodium levels, offering advice on frequency and portion control to reduce heart disease risk.

#### 8. *Protein Power in Fast Food: The Double Filet-O-Fish Explained*

Focusing on protein intake, this book highlights how McDonald's Double Filet-O-Fish contributes to daily protein needs. It compares this sandwich to other protein sources and discusses the benefits and limitations of fast food protein in a healthy diet.

#### 9. *McDonald's Menu Makeover: Customizing the Double Filet-O-Fish for Better Nutrition*

This book provides creative ways to modify the Double Filet-O-Fish to enhance its nutritional profile. Suggestions include ingredient swaps, portion adjustments, and pairing ideas that reduce calories, fat, or sodium without sacrificing taste. Readers learn how to enjoy their favorite sandwich with a healthier twist.

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**mcdonald s double filet o fish nutrition:** Nutrition Decisions Carolyn Dunn (PhD.), 2013  
Nutrition Decisions: Eat Smart, Move More encourages personal health behavior change for a lifetime of good habits and good health among students. The text employs the Theory of Planned Behavior to empower students to make positive changes in their lives to improve their health. The most current research-based information on each concept is presented as well as specific strategies that can be employed for behavior change. Information is presented in modules that include one specific topic of instruction within the field of nutrition, physical activity or other aspect of health and wellness. The material is research-based and well referenced, but is presented in an applied and

consumer-oriented method that makes it easy for a non-science major to understand. Students are encouraged to check their own behavior based on the module content. Instructors will be given instructions on how to track a specific behavior (for example, record beverage consumption over 3 days). Suggestions will be given as to how students can make specific positive changes. Students will record their goal and how they intend to improve their overall health on their personal record sheet, which will be presented in the text as well as on the companion website. All chapters will include suggestions about how students can make incremental changes in their health behaviors. There will also be a myth versus fact section that will discuss the most common myths about foods and nutrition.

**mcdonald s double filet o fish nutrition:** *The Calorie, Carb and Fat Bible 2011* Juliette Kellow, Lyndel Costain, Laurence Beeken, 2011 This guide is designed for quick reference and ease of use. It contains full nutritional information, including individual serving sizes, for each food listed. It covers healthy diets, exercise, diet myths and advice for losing weight safely.

**mcdonald s double filet o fish nutrition: Elementary Physical Education: Student Assessment and Lesson Plan Workbook** Inez Rovegno, Professor Emeritus University of Alabama Tuscaloosa Inez Rovegno, Dianna Bandhauer, 2012-03 The Student Assessment and Lesson Plan Workbook includes additional resources to complement the contents of Elementary Physical Education: Curriculum and Instruction. Students will benefit from additional assessment tools to evaluate and improve their teaching. In addition, students are provided with over 30 lesson plans and learning experiences to build their teaching tool-box.

**mcdonald s double filet o fish nutrition:** *The New High Protein Healthy Fast Food Diet* Charles Clark, Maureen Clark, 2012-05-01 'We've all heard of Jen and Madonna using high-protein diets to lose weight. It's a tricky one to follow safely, but with Dr Clark's sensible approach us mere mortals can do it too.' New Woman Do you ever eat take-away Indian, Thai or Chinese food? Do you usually resort to sandwiches at lunchtime? Does your busy lifestyle mean you nip into M&S to buy ready-made meals? Well, if you do, you are like most people. But if you're used to living like this it can be difficult trying to follow a low-carb diet. Until now. In this brilliant book Dr Charles Clark provides not only the groundrules for his bestselling New High Protein Diet but, because he understands how busy people actually shop and eat, he incorporates convenience and fast foods into it. Analysing over 200 types of fast and convenience foods to help you choose the most suitable options, this is essential reading for everyone who wants to be slim, healthy, but realistic about their lifestyle.

**mcdonald s double filet o fish nutrition: Visualizing Nutrition** Mary B. Grosvenor, Lori A. Smolin, 2009-11-16 This comprehensive book provides nutritionists with an easy-to-understand overview of key concepts in the field. The material is presented along with vivid images from the National Geographic Society, illustrations, and diagrams. Numerous pedagogical features are integrated throughout the chapters, including Health and Disease, Wellness, and Making Sense of the Information that make the material easier to understand. By following a visual approach, nutritionists will quickly learn the material in an engaging way.

**mcdonald s double filet o fish nutrition:** Sustainable Financialization Jin Sun, 2025-04-30 This book offers a groundbreaking exploration of how FinTech, social innovation, and inclusive partnerships can drive sustainable development on a global scale. It delves into the transformative potential of Alipay, the world's largest FinTech platform, and its role in achieving the United Nations' Sustainable Development Goals (SDGs) through innovative fintech solutions.

**mcdonald s double filet o fish nutrition:** The Complete Idiot's Guide to Total Nutrition, 4th Edition Joy Bauer, 2005-11-01 Good health starts with good nutrition With all the constant debate over diet fads, proper nutrition is slipping through the cracks. This revised and updated guide places the emphasis on good health by informing families of everything they need to know to get the best nutrition—from daily vitamin and mineral intake and facts about fats and cholesterol, to advice on shopping for healthy foods, and much more. • Includes updates to the USDA's Food Guide Pyramid • New numbers for blood pressure and sodium intake • A section on helping overweight children •

New fiber recommendations for kids • A new section on macrobiotics and raw diets

**mcdonald s double filet o fish nutrition: We Will Lose Weight Together This Time! Diet Journal** Alex A. Lluch, 2011-08-16 Studies have consistently shown that both men and women gain weight in serious relationships, with married or cohabitating couples being more likely to be obese, inactive and sedentary than single people. Lluch has created a new journal, based on his best-selling I Will Lose Weight This Time Diet Journal, designed specifically for couples, to help them lose weight and get in shape together, quickly and effectively. We Will Lose Weight Together This Time Diet Journal provides space for both partners to document daily food and beverage intake, physical activity, weight, and energy levels, as well as his and hers health profile pages, monthly wrap-up pages with space for photos and measurements, fold-out progress chart, nutritional information, and motivational stickers. Keeping a record of daily diet and exercise, plus the accountability a partner provides, is the best way to lose weight. This book is a must-have for any couple trying to slim down together!

**mcdonald s double filet o fish nutrition: A Student Guide to Health** Yvette Malamud Ozer, 2012-09-07 This comprehensive, five-volume reference set is aligned with the National Health Education Standards, containing up-to-date, scientifically based information on a variety of health and wellness topics relevant to high school students. A Student Guide to Health: Understanding the Facts, Trends, and Challenges provides straightforward, factual, and accessible information about a multitude of health issues. It is an essential reference set that provides high school students, teachers, and administrators with a comprehensive health and wellness education resource that aligns with National Health Education Standards and common health curriculum. This expansive five-volume set is ideal for students' research projects; highly useful as a resource for community college and public library patrons, librarians, teens, and parents; and is a suitable supplement to any health education curriculum. Each chapter includes up-to-date, evidence-based information that provokes further examination and encourages critical thinking to evaluate the validity of information encountered about health and wellness topics. Each chapter provides an abundance of references and lists of resources for further information, including books, articles, websites, organizations, and hotlines. Special attention is paid to social trends that affect youth health and wellness, such as bullying, eating disorders, steroid abuse, sexting, and the peer pressure associated with drug use and abuse.

**mcdonald s double filet o fish nutrition: The Moms' Guide to Meal Makeovers** Janice Bissex, Liz Weiss, 2008-12-10 For the legions of harried moms who have tossed in the dishtowel on cooking healthy meals (or any meals!), the easiest-ever guide for bringing super nutrition back to the kitchen. Getting dinner on the table night after night can be a challenge. So it's no surprise that busy moms often rely on fast food, takeout, and convenience meals like macaroni & cheese, chicken nuggets, and fries. The kids love it but the drawback is that little twinge of guilt moms feel every time they feed their family another not-so-healthy meal. At the end of the day, many children end up with a poor diet high in sugar, saturated fat, and calories ... a major factor in the rising rates of obesity. Finally, here are realistic guidelines designed to give families a healthy meal makeover. The Moms lay out a 5-Step Meal Makeover Plan, explaining how to market good nutrition to kids, establish food rules, and make life easier in the kitchen. In The Best of the Bunch chapter they reveal which brands of kid convenience foods—hot dogs, frozen pizza, and more—are the best tasting and most nutritious ones out there. The Moms show how to stock a healthy pantry and whip up delicious anytime meals using pantry staples. They even serve up 120 reworked recipes for family favorites such as Fast-as-Boxed Macaroni & Cheese, Squishy Squash Lasagna, Cheesy Broccoli Soup, Sweet Potato Fries, and Chocolate Pudding with Toppers.

**mcdonald s double filet o fish nutrition: Do You Know What's in Your Food?** Neil Morris, 2006 What we eat and what our food is made of makes a difference in our lives. This book discusses some of the good, and not so good, things in our food. The book shows how sensible choices can make eating enjoyable and interesting.

**mcdonald s double filet o fish nutrition: Gold Medal Nutrition** Glenn Cardwell, 2012-05-01

Expanded and updated, the popular Gold Medal Nutrition is back and more relevant to athletes than ever. The fifth edition sports a new look, illustrations, and current discussions of key topics, like what nutrients are needed for peak performance, how best to plan food purchasing and how to control body fat stores and gain muscle. Clear and concise, it is a practical resource for recreational and elite athletes, coaches and health professionals. With the easy-to-follow format in Gold Medal Nutrition, readers can find the advice they need in a matter of seconds. Glenn Cardwell created a resource that contains universal principles that anyone will find useful. In a comprehensive—yet accessible—text, Cardwell explains how to • get enough protein, • find the best nutritional supplements, • eat to bulk up, • select the best pre-sport meals, • drink the best fluids for sports, and • travel well and avoid jet lag. The explanations of the physiology behind fuel intake and muscle contraction will be useful to athletes who want to gain a competitive edge in any sport. The book explains how to build endurance and energy with the right mix of protein, carbohydrate, vitamins and liquids. Particularly helpful are the tips for burning fat, building muscle and losing weight safely and sensibly. Readers will feel more confident eating out, reading food labels and even choosing supplements as they integrate these guidelines into their daily lives.

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**mcdonald s double file o fish nutrition: Clinical Nutrition** Keith B. Taylor, Luean E. Anthony, 1983 Abstract: A text designed to enhance medical students' and physicians' awareness of medical matters in clinical practice provides basic information concerning the biological aspects of nutrition for patient care. Topics include: nutritional assessment; nutrition counseling techniques; therapeutic nutrition modalities; nutritional needs of high risk groups (pregnancy, lactation, infancy to old age); nutrition controversies; the effects of drug-nutrient interactions; and the nutritional aspects of a variety of specific disease states (e.g., obesity, atherosclerosis, hypertension, diabetes, osteoporosis, renal dysfunction, rickets, osteomalacia, gastrointestinal disorders, liver and biliary diseases, alcoholism). The nutritional aspects of minerals also are discussed. Reference information and data on food energy values and on specific nutrients and their requirements are appended. (wz).

**mcdonald s double file o fish nutrition: Guidelines for Nutrition Care During Pregnancy** Irene R. Alton, 1990

**mcdonald s double file o fish nutrition: The Ultimate Pregnancy Guide for Expectant Mothers** Benito Villanueva, Elizabeth Lluch, Alex A. Lluch, 2009-02 Written in a clear, easy-to-read manner, this book helps readers understand exactly what to expect every day of the pregnancy. In-depth information lets couples prepare for every step involved when expecting a baby, from conception to delivery to bringing the baby home.

**mcdonald s double file o fish nutrition: Nutrition in Clinical Practice** Marion Nestle, 1985

**Abstract:** A book for medical students, residents, physicians, and other health profession students and practitioners who have not taken formal nutrition courses provides information on a wide range of basic and applied topics demonstrating the importance of nutrition in disease prevention and treatment. The text provides a rigorous scientific approach to the use of diet therapy, discusses key and sometimes controversial issues, and presents guidelines for patient care. The 56 text chapters are grouped among 6 specific areas: the basic characteristics and principles of nutrients and dietary recommendations; nutritional physiology (including digestion, absorption, metabolism, starvation, immunity, and illness-induced malnutrition); nutritional assessment and support strategies (including enteral and parenteral feeding); nutritional assessment and support in pregnancy, infancy, childhood, adolescence, and the elderly; the nutritional aspects of a wide variety of specific diseases; and various interactions between diet and lifestyle (including exercise, food additives, contaminants, and toxins, supplements, vegetarian diets, and nutrition policy and politics).

**mcdonald s double file o fish nutrition: Cases in Strategic Management and Business Policy** Lawrence R. Jauch, James B. Townsend, 1990

**mcdonald s double file o fish nutrition: Introduction** Earl Palan, 1983

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