







# NUTRITIONAL COMPARISON

My Customers.  
My Business.



They fit.

	<b>Macaroni &amp; Cheese</b>	6 oz. 255 (95) 10.5g (5g) 23mg 1g	SERVING SIZE CALORIES (Cal from Fat) TOTAL FAT (Sat Fat) CHOLESTEROL DIETARY FIBER	4 oz. 270 (110) 12g (1g) 0mg 3g	<b>My Fries®</b>
	<b>Broccoli/ Cheese Sauce</b>	8 oz. 214 (121) 13.5g (6.5g) 27mg 5g	SERVING SIZE CALORIES (Cal from Fat) TOTAL FAT (Sat Fat) CHOLESTEROL DIETARY FIBER	4 oz. 270 (110) 12g (1g) 0mg 3g	<b>My Fries®</b>
	<b>Cole Slaw</b>	4.4 oz. 220 (170) 19g (3g) 20mg 2g	SERVING SIZE CALORIES (Cal from Fat) TOTAL FAT (Sat Fat) CHOLESTEROL DIETARY FIBER	4 oz. 270 (110) 12g (1g) 0mg 3g	<b>My Fries®</b>
	<b>Baked Potato/ Butter</b>	10.5 oz. 380 (110) 12g (7g) 30mg 6g	SERVING SIZE CALORIES (Cal from Fat) TOTAL FAT (Sat Fat) CHOLESTEROL DIETARY FIBER	4 oz. 270 (110) 12g (1g) 0mg 3g	<b>My Fries®</b>
	<b>Caesar Salad</b>	6 oz. 362 (234) 26g (7g) 23mg 3g	SERVING SIZE CALORIES (Cal from Fat) TOTAL FAT (Sat Fat) CHOLESTEROL DIETARY FIBER	4 oz. 270 (110) 12g (1g) 0mg 3g	<b>My Fries®</b>
	<b>Potato Chips</b>	1 oz. 150 (45) 10g (3g) 0mg 1g	SERVING SIZE CALORIES (Cal from Fat) TOTAL FAT (Sat Fat) CHOLESTEROL DIETARY FIBER	4 oz. 270 (110) 12g (1g) 0mg 3g	<b>My Fries®</b>

With 25% less fat on average\* and zero gram trans fat, My Fries® are a great tasting option compared to other side items.

For more information: [myfriesadvantage.com](http://myfriesadvantage.com)  
1-877.lw.my.fries  
(1.877.596.9374)

ConAgra Foods®

Lamb Weston®

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\*Average reduction in fat versus same cut style of conventional fry, following recommended re-heat and handling directions.