

Big Mac hits the big 4-0

First thought up in 1967, the Big Mac is four decades old. The Big Mac's ingredients follow its catchy jingle around the globe – *two all-beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame-seed bun* – except in India where, called the *Maharaja Mac*, it is made with chicken

■ Territories selling Big Mac: **120**

■ Restaurants worldwide: **31,000**

■ Big Mac sales per year: **1.5 billion**
If lined up side by side they would stretch more than 1 million km – three times distance from Earth to Moon

■ **Biggest appetites:** Americans eat 550 million Big Macs each year followed by Japanese with 150 million

■ **What's in a standard Big Mac?**

Calories:	540
Total fat:	29 grams
Saturated fat:	10 grams
Sodium:	1,040 milligrams
Carbohydrates:	45 grams
Protein	25 grams

Sources: McDonald's, wire agencies

Crown: Top part of bun has 178 sesame seeds



Bottom part of bun is called the **heel**

Super-size Mac: Double quarter pounder with cheese has 740 calories and 42 grams of fat



© GRAPHIC NEWS