

SUBWAY MENU NUTRITION

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SUBWAY SERIES SANDWICHES

NUTRITION FOR FOOTLONG (CUT ALL VALUES IN HALF FOR 6")



The Philly
1,000 Calories
50g Fat
82g Carbs
56g Protein



The Outlaw
980 Calories
44g Fat
80g Carbs
60g Protein



The Monster
1,160 Calories
60g Fat
84g Carbs
72g Protein



Supreme Meats
1,180 Calories
64g Fat
88g Carbs
60g Protein



Bella Mozza
950 Calories
44g Fat
89g Carbs
60g Protein



The Boss
1,300 Calories
68g Fat
108g Carbs
64g Protein



The MexiCali
1,100 Calories
54g Fat
86g Carbs
58g Protein



The Great Garlic
1,140 Calories
58g Fat
86g Carbs
68g Protein



The Champ
980 Calories
46g Fat
75g Carbs
66g Protein



All-American Club
1,060 Calories
56g Fat
86g Carbs
54g Protein



Subway Club
1,000 Calories
48g Fat
86g Carbs
64g Protein



Turkey Cali Club
1,200 Calories
68g Fat
86g Carbs
66g Protein



Titan Turkey
980 Calories
46g Fat
80g Carbs
60g Protein



Chicken Teriyaki
860 Calories
22g Fat
110g Carbs
60g Protein



Garlic Roast Beef
960 Calories
42g Fat
86g Carbs
60g Protein



The Ultimate B.M.T.
1,120 Calories
60g Fat
86g Carbs
54g Protein



Pickleball Club
1,000 Calories
44g Fat
94g Carbs
54g Protein



Chicken Bacon Ranch
1,140 Calories
58g Fat
86g Carbs
68g Protein



Hotshot Italiano
1,240 Calories
76g Fat
86g Carbs
52g Protein



The Beast
1,460 Calories
88g Fat
90g Carbs
80g Protein



Grand Slam Ham
1,000 Calories
48g Fat
86g Carbs
56g Protein

Subway Sandwich Calorie Guide

Barbara Kraus



Subway Sandwich Calorie Guide:

Carbohydrate, Fat & Calorie Guide Stephenson Jane, 2004 **List Maker's Get-Healthy Guide** Editors Of Prevention Magazine, 2010-08-17 A healthy lifestyle is as easy as 1 2 3 with this ultra practical collection of lists from the editors of America's premier health magazine The beauty of a list is that it makes even daunting tasks seem downright doable Every item checked off is an accomplishment in itself as well as another step closer to success So what better format is there for delivering need to know information and advice to people who want to change their health for the better List Maker's Get Healthy Guide deftly distills the most relevant medical science and cogent expert opinion into a series of easy to understand easy to use lists covering all kinds of health topics including the best and worst organic foods the germiest public places the most effective belly flattening moves the must haves for any medicine chest There's something for everyone in List Maker's no matter if their goal is to lose weight get in shape reduce stress or otherwise create a healthier lifestyle There's even room for you to write and refine your own lists as you wish And because it's from Prevention the brand synonymous with healthy living List Maker's is guaranteed to inform entertain and inspire **The Pocket Calorie Counter, 2016 Edition** Suzanne Beilenson, 2016-07-12 2016 edition The new digital version of the Pocket Calorie Counter is fully searchable and text in all nutritional information charts is scalable and easy to read A speedy discreet way to stay informed about the content of your meals and snacks wherever you are Count on it More than 8 000 entries Provides calorie counts for most foods and beverages as well as protein carbs fiber sodium fats and other essentials Includes menu items from popular restaurants too With the digital edition look up information in seconds Tables are fully visible at most font sizes no need to squint **The Biggest Loser Complete Calorie Counter** Cheryl Forberg, Biggest Loser Experts and Cast, 2006-10-03 Based on the New York Times bestseller with calorie counts for more than 5 000 foods Millions of inspired viewers have seen overweight contestants shape up and slim down on The Biggest Loser NBC's hit unscripted show Amazingly their striking health makeovers were based on a simple calories in calories out weight loss strategy This user friendly guide is the perfect resource for anyone whether you're looking to follow The Biggest Loser Weight Loss Plan or trying to stay informed about the foods you eat each day With full nutritional analysis of thousands of foods and dining out information ranging from fast food favorites to sushi and other ethnic cuisines The Biggest Loser Complete Calorie Counter has all you need to know to become the next Biggest Loser **Too Busy to Diet** Jacqueline King, Monica Joyce, MS, RDN, CDCES, 2021-05-28 Are you interested in adopting a healthier lifestyle reaching a healthy weight or seeking answers for a physician prescribed diet Or perhaps you are interested in scientific based nutrition advice Do you find your busy lifestyle makes it difficult to eat healthy and exercise If the answer to these questions is yes then this book is for you Putting healthy meals together with busy lifestyles can be tough and for many of us the Covid pandemic has made it even more difficult Research has shown some Americans have gained an average of 20 pounds during Covid Yet finding quick easy solutions for meal planning shopping

and preparation to stay healthy is a priority Too Busy to Diet includes recipes easy meal ideas and sample menus It is based on the fundamentals of good nutrition based on current research Whether you want to learn about the health benefits of a plant based diet Mediterranean diet or need some tips to help you lose or maintain weight our book can guide and support your efforts and help you feel your best Too Busy to Diet is like having your own personal dietitian nutritionist **The Unofficial Guide to Dieting Safely** Janis Jibrin,1998-09-25 Gives consumers a foolproof appraisal of what works and what doesn't with unbiased recommendations that are not influenced by any company product or organization *The Rough Guide to Men's Health (2nd edition)* Rough Guides,2013-01-17 Spiralling work stress junk food overload and makeover madness all make staying healthy seem a taller order than ever before The Rough Guide to Men's Health provides you with everything you need to know to ensure your lifestyle isn't at war with your health Avoiding flabby waffle and well being puritanism features include Wherever whenever down to earth health advice whether you are in the kitchen the bedroom the gym out on the town or simply looking in the mirror How to improve performance life coach strategies aimed at optimizing your outlook so you can feel your best every day Wear and tear identifying the causes of health problems and what to do about them with how it works features on key problem areas like the back and gut and how to cope with sports injuries and Tooling up getting back into shape sex and relationships returning to work and staying sane plus the low down on supplements Now available in ePub format *Barbara Kraus Calorie Guide to Brand Names and Basic Foods, 1996* Barbara Kraus,1996 Now completely revised the bestselling guide that lists calories for thousands of brand name foods

HealthCheques Jane Stephenson,Jane Stephenson, R.D., C.D.E.,Bridgett Wagener,1999-10 First Edition is out of print 2004 Replaced by Second Edition ISBN 1 891011 06 5 Second edition replaced by Third Edition ISBN 978 1 891011 07 8 c 2008 updated in 2010 The Smart-carb Guide to Eating Out Tracy Jones,2004-01-12 Offers advice on keeping to a low carb diet while eating at a fast food restaurant providing the caloric and carb content of actual menu items and suggestions on how to combine these items into a low carb meal Guide to Healthy Restaurant Eating Hope S. Warshaw,2006 This bestselling and indispensable guide contains the most complete and user friendly restaurant nutrition facts for people living with diabetes Reflecting the most recent additions and deletions to the restaurant industry's ever changing menus this revised and expanded edition covers more than 5 000 menu items from more than 60 chain restaurants The Wellness Nutrition Counter Sheldon Margen,1997 From the editors of the UC Berkeley Wellness Letter comes a comprehensive easy to use reference that takes the guesswork out of maintaining a healthy diet The guide provides full per portion nutritional information on 6 000 foods and a section on the basics of a healthy diet **The Doctor's Pocket Calorie, Fat and Carbohydrate Counter 1999** Allan Borushek,1998-12 User friendly directory of nutritional information for all the major food groups plus objective data on commercial food products and fast food A must for anyone trying to lose weight or adopt a healthier lifestyle *The Doctor's Pocket Calorie, Fat & Carbohydrate Counter* Allan Borushek,1999-11 Color edition

updated for 2000 A user friendly directory of nutritional information for calories fat carbohydrates sodium cholesterol calcium protein iron alcohol and caffeine plus up to the minute objective data on commercial food products and fast food A must for anyone trying to lose weight or adopt a healthier lifestyle One reviewer said It s definitely America s best calorie counter Nutrition in the Fast Lane ,2003 **Nutrition and the Pregnant Adolescent** Mary Story,Jamie Stang,2000 A resource for health professionals on nutrition and adolescent pregnancy The overall goal of this book is to promote the health and nutritional status of pregnant adolescents and to achieve optimal pregnancy and infant outcomes Focuses on clinical application of current knowledge on adolescent pregnancy emphasizing assessment management counseling approaches and strategies to promote dietary change and adequate weight gain **The Stop & Go Fast Food Nutrition Guide** Steven G. Aldana,2007 The Stop Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you The guide uses the colors of the stop light red yellow and green to help individuals choose foods that lead toward or away from good health The Stop Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you With the help of a nationally recognized panel of nutrition experts Dr Aldana has color coded almost 3 500 fast foods from 68 different restaurants Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones Keep the guide in your glove box for easy access **Time: A to Z Health Guide** Editors of Time Magazine,2005-01-03 A to Z guide *Guide to the Foods You Eat* Pamela Horn,1999-04-30 A comprehensive easy to use encyclopedia of nutritional values for generic brand name and fast foods including information about cholesterol calories vitamins minerals and more Comb binding with section dividers

Men's Health ,2008-10 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

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