



SUBWAY® U.S. NUTRITION INFORMATION

Nov. 2013

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

SANDWICHES

Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
6" Low Fat Sandwiches with 6 Grams of Fat or Less															
Values include 8-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate looking nutrition values.															
6" Black Forest Ham	219	290	40	4.5	1	0	25	800	44	5	8	18	8	20	15
6" Oven Roasted Chicken	233	320	45	5	1.5	0	45	610	47	5	8	23	8	30	15
6" Roast Beef	233	320	40	5	1.5	0	45	660	45	5	7	24	8	30	25
6" Subway Club®	240	310	40	4.5	1.5	0	40	860	46	5	7	23	8	20	20
6" Sweet Onion Chicken Teriyaki	269	310	40	4.5	1	0	50	770	57	5	18	25	10	25	20
6" Turkey Breast	219	280	30	3.5	1	0	20	670	46	5	7	18	8	20	15
6" Turkey Breast & Black Forest Ham	219	280	35	4	1	0	20	730	46	5	8	18	8	20	15
6" Veggie Delite®	162	230	20	2.5	0.5	0	0	280	44	5	8	8	8	20	15
6" Flatbread Sandwiches with 7 Grams of Fat or Less															
Values include 6" flatbread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate looking nutrition values.															
Black Forest Ham on Flatbread	226	300	60	7	1.5	0	25	870	44	3	5	17	8	20	15
Oven Roasted Chicken on Flatbread	242	330	60	7	1.5	0	45	680	45	3	6	23	8	30	15
Roast Beef on Flatbread	242	330	60	7	2	0	45	730	43	3	4	23	8	20	25
Subway Club® on Flatbread	249	320	60	7	2	0	40	860	44	3	5	23	8	20	20
Sweet Onion Chicken Teriyaki on Flatbread	264	350	60	7	1.5	0	50	900	57	3	13	25	10	30	20
Turkey Breast on Flatbread	226	290	50	6	1.5	0	20	730	44	3	4	17	8	20	15
Turkey Breast & Black Forest Ham on Flatbread	226	290	60	6	1.5	0	25	800	44	3	5	17	8	20	15
Veggie Delite® on Flatbread	171	240	40	4.5	1	0	0	340	42	3	4	8	8	20	15
6" Sandwiches															
Values include 8-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.															
6" Big Philly Cheesesteak	297	600	150	17	9	1	65	1260	51	6	8	38	15	20	25
6" B.L.T.	153	320	80	9	4	0	20	650	43	5	6	15	8	30	15
6" Buffalo Chicken (with regular Ranch dressing)	269	420	140	16	3	0	55	1100	46	6	8	25	10	25	20
6" Chicken & Bacon Ranch Melt	292	570	250	28	10	0.5	95	1050	47	5	8	35	15	25	20
6" Cold Cut Combo	226	360	110	12	4	0	45	1030	46	5	7	17	8	20	20
6" Italian B.M.T.®	226	410	150	16	8	0	45	1260	46	5	8	20	8	20	15
6" Meatball Marinara	301	480	180	18	7	0.5	30	900	59	6	13	21	20	35	25
6" Spicy Italian	222	490	220	24	9	0.5	50	1490	46	5	8	20	8	20	20
6" Steak & Cheese	245	380	90	10	4.5	0	50	1030	48	5	8	25	10	20	40
6" Subway Melt®	240	370	100	11	5	0	45	1120	47	5	8	23	10	20	40
6" Tuna	237	480	220	25	4	0	35	600	44	5	8	20	8	20	20
Flatbread Sandwiches															
Values include flatbread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate looking nutrition values.															
Big Philly Cheesesteak on Flatbread	305	610	170	19	9	1	65	1350	49	4	5	37	15	20	25
B.L.T. on Flatbread	161	320	110	12	4.5	0	20	720	41	2	3	15	8	10	15
Buffalo Chicken on Flatbread	277	430	160	18	3	0	55	1160	44	3	5	24	12	25	20
Chicken & Bacon Ranch on Flatbread	301	590	270	30	10	0.5	95	1120	45	3	5	35	15	25	20
Cold Cut Combo on Flatbread	235	360	130	14	4.5	0	45	1090	44	3	4	17	10	20	20
Italian B.M.T.® on Flatbread	235	420	170	19	8	0	45	1330	44	3	5	19	8	20	15
Meatball Marinara on Flatbread	310	480	180	20	7	0.5	30	990	57	5	9	20	25	35	25
Spicy Italian on Flatbread	230	490	240	27	9	0.5	55	1550	43	3	5	19	8	20	20
Steak & Cheese	253	390	110	12	4.5	0	50	1100	48	3	5	25	10	20	40
Subway Melt® on Flatbread	248	380	120	13	5	0	45	1190	45	3	5	23	10	20	40
Tuna on Flatbread	245	490	240	27	4.5	0	35	690	42	3	4	20	8	20	20
Kids Mini Sandwiches															
Values include 8-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.															
Veggie Delite®	108	150	15	1.5	0.5	0	0	180	25	3	4	6	6	15	10
Black Forest Ham	136	180	25	2.5	0.5	0	10	450	30	3	5	10	6	15	10
Roast Beef	146	200	25	3.0	1.0	0	25	380	30	4	5	14	6	15	10
Turkey Breast	136	180	20	2.0	0.5	0	10	380	30	3	5	10	6	15	10
6" Limited Time Offer/Regional Sub®**															
Values include 8-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.															
6" Barbecue Rib Patty	163	430	160	16	6	0	50	590	47	5	8	16	8	20	20
6" Chicken Pizzeria Melt	293	490	140	16	6	0	80	1140	49	6	9	30	15	30	45
6" Pizzeria Melt, Big Hot	285	580	280	31	10	0	60	1330	48	5	7	27	15	20	30
6" Subway Seafood Sensation™	233	410	170	19	3	0	15	710	50	5	8	13	10	20	15
6" Turkey & Bacon Avocado	264	390	110	13	3.5	0	30	850	49	7	7	22	8	20	20
6" Veggie Patty	247	390	70	7	1	0	10	800	56	6	8	23	15	20	15
Limited Time Offer/Regional Sub®** on 6" Flatbread															
Values include 6" flatbread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate looking nutrition values.															
Barbecue Rib Patty on Flatbread	172	440	180	20	6	0	50	760	44	3	5	16	8	20	20
Chicken Pizzeria Melt on Flatbread	302	490	160	18	6	0	75	1390	47	3	7	30	20	30	20
Pizzeria Melt (Big) on Flatbread	293	590	280	34	10	0	65	1640	46	3	4	26	10	20	15
Subway Seafood Sensation® on Flatbread	242	420	190	20	3.5	0	17	660	48	3	5	12	10	20	15

Subways Nutrition Guide

Philip Bowring, Robert Cottrell

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Subways Nutrition Guide:

List Maker's Get-Healthy Guide Prevention,2010-08-17 A collection of accessible lists from the premier health magazine counsels readers on topics ranging from the best organic foods and the biggest source of germs in public places to effective fitness exercises and essential first aid supplies Original *Guide to Healthy Restaurant Eating* Hope S. Warshaw,2002 If you have diabetes here is the information you need to make healthy food choices when you go out to eat Now you can dine at fast food chains and stay on your meal plan Inside this handy guide is complete at a glance nutrition information for more than 55 fast food chains including Burger King Wendy s McDonald s Baskin Robbins TCBY and other favorites *Getting Healthy with the Devip System* Dr. Marilyn P. Shieh,Marilyn P. Shieh,Michelle Shieh,2012-04 We are all born with Six pack abs but it is covered with fat We as individuals and as parents or guardians of our children should take a major step in our lifestyle and change our diets if we want to see ourselves and our children succeed in the fight with obesity There is a saying that the only person who can take care of you is you the only person who will live with you to the rest of your life is you and the only person who will know how you suffer when you suffer is also you This said please take care of you and yourself Live and prosper in health **Marketing Nutrition** Brian Wansink,2010-10-01 Although encouraging people to eat more nutritiously can promote better health most efforts by companies health professionals and even parents are disappointingly ineffective Consumer confusion has lead to floundering sales for soy foods embarrassing results for expensive Five a Day for Better Health programs and uneaten mountains of vegetables at homes and in school cafeterias Brian Wansink s Marketing Nutrition focuses on why people eat the foods they do and what can be done to improve their nutrition Wansink argues that the true challenge in marketing nutrition lies in leveraging new tools of consumer psychology which he specifically demonstrates and by applying lessons from other products failures and successes The same tools and insights that have helped make less nutritious products popular also offer the best opportunity to reintroduce a nutritious lifestyle The key problem with marketing nutrition remains after all marketing *Encyclopedia of Diet Fads* Marjolijn Bijlefeld,Sharon K. Zoumbaris,2014-11-25 This updated encyclopedia examines the basics of nutrition and dieting presenting the important people concepts and criticisms involved and examining the pros and cons of different plans This A to Z reference describes many of the health fads and fashions of the past as well as current trends in weight loss to help people understand the principles of weight loss and the benefits of healthy choices The authors help to identity effective means of losing weight and maintaining a healthy lifestyle placing particular emphasis on weight loss programs aimed at young people who struggle most with obesity eating disorders and body image The book explores what works what is potentially dangerous and what scientists are discovering about nutrition while also offering sustainable advice for keeping fit The second edition of *Encyclopedia of Diet Fads* includes many updated expanded and completely new entries as well as the latest information on diets and reviews many popular diet trends like the Atkins Diet the Zone Diet Weight Watchers and Medifast The book is

organized by alphabetical entries regarding nutrition exercise and famous and infamous diet promoters Readers can learn more about an area that interests them through cross referenced sections and a prolific list of additional resources A selection of appendixes contains practical information such as how to evaluate diets and recipes

A Woman's Guide to Saving Her Own Life Mellanie True Hills,2005 Two silent stalkers heart diseases and stroke kill two of every five women largely due to our speed obsessed stressed unhealthy lifestyles With the five steps detailed in the book you can evade these silent killers Page 4 of cover

Nutrition Dorothy J. Klimis-Zacas,2001 This reader of public press articles contains timely selection from such sources as Harvard Health Letter Mayo Clinic Health Letter Healthy Weight Journal and The New England Journal of Medicine The topics discussed include eating patterns of people today the importance of nutrients and fibre the affect of diet on health weight management food safety and the world s food supply

Subway Menu and Nutrition Guide ; Sub of the Day, [2009]. ,2009

Dining Lean Joanne V. Lichten,2001-04

Journal of the American Dietetic Association ,2003

Readers' Guide to Periodical Literature ,1914

Fats, Sugars, and Empty Calories Autumn Libal,2006 This book explores fast food s role in the American obesity crisis and discusses things we can do to recognize health risks in our lives and combat the fast food industry s power over American mealtime

An Introductory Guide to EC Competition Law and Practice Valentine Korah,1994

Global Update on Nutrition Labelling ,2015 This report has been compiled by the European Food Information Council based on input from the China Food Information Centre Cisan Consejo para la informacion sobre la seguridad de los alimentos y nutricion Food Industry Asia the International Food Information Council New Zealand Nutrition Foundation and South African association of Food Science and Technology and past input from the Asian Food Information Centre and Canadian Council on Food and Nutrition

Nutrition Perspectives ,2001

The Alli Diet Plan Caroline M. Apovian,2007 Introduces a weight loss program featuring the over the counter drug alli that includes meal plans recipes a long term strategy for keeping the weight off and a fitness program designed to maximize the results

Nutrition in the Fast Lane ,2003

Boomer's Guide to Getting the Weight Off... for Good! Roberta Schwartz Wennik,2003 A nutrition consultant and bestselling health and fitness author shares time tested advice with baby boomers on how to shed pounds and achieve a healthy weight for mid life and beyond

All-Asia Guide Philip Bowring,Robert Cottrell,1984

CQ Guide to Current American Government 2006 Fall CQ Press,2006-07-15 The Guide to Current American Government is a collection of the best of recent Congressional Quarterly reporting as published in the highly acclaimed and newly expanded CQ Weekly magazine Arranged in four sections Foundations of American Government Political Participation Government Institutions and Politics and Public Policy the Guide complements introductory American government textbooks and is ideal for research or general reading The selections in this volume present balanced nonpartisan reporting and analyses of many of the most important current political issues Topics include the struggle for leadership of Congress in the 2006 midterm elections the Bush administration s scaled down second term agenda lingering

questions raised by recent judicial confirmation battles in the Senate the new era for the Republican Party following the departure of former House majority leader Tom DeLay issues surrounding the Jack Abramoff lobbying scandal and warrantless surveillance of Americans by the National Security Agency Also included in this Guide are indepth reports on a wide range of timely subjects among them the immigration reform debate attempts to overhaul the tax code a Bush administration plan for consumer driven health care and litigation over obesity brought against the food industry An appendix offers useful accessible explanations of the legislative and budgetary processes a reader friendly description of how a bill becomes a law a glossary of legislative terms and a section on Internet resources for congressional information The Guide also includes a detailed index Whether searching for answers to specific questions or browsing for pleasure students scholars researchers and general readers will find the Guide to Current American Government an indispensable resource

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web it involves preparing for the task determining the service and repair requirements carrying out the service and repair performing post repair testing and completing workplace

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web 2 2 follow safety procedures including personal protection needs for handling chainsaws 2 3 remove chain and guide bar and inspect for wear and damage 2 4 plan and cost

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