




## Subway Nutrition Guide


 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>6-inch Sandwiches</b> (Values include : Italian or wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives)									
Ham	290	5	1.5	25	1280	47	4	8	18
Oven Roasted Chicken Breast	330	5	1.5	45	1020	47	4	9	24
Roast Beef	290	5	2	20	920	45	4	8	19
Turkey Breast	280	4.5	1.5	20	1020	46	4	7	18
Turkey Breast and Ham	290	5	1.5	25	1230	47	4	8	20
Subway Club®	320	6	2	35	1310	47	4	8	24
Sweet Onion Chicken Teriyaki	370	5	1.5	50	1220	59	4	19	26
Veggie Delight®	230	3	1	0	520	44	4	7	9
Cheese Steak	360	10	4.5	35	1090	47	5	9	24
Chicken & Bacon Ranch	530	25	10	90	1400	47	5	7	36
Chipotle Southwest Cheese Steak	450	20	6	45	1310	48	6	10	24
Tuna	530	31	7	45	1030	45	4	7	22
Cold Cut Combo	410	17	7	60	1550	47	4	8	21
Italian BMT®	450	21	8	55	1790	47	4	8	23
Meatball Marinara	560	24	11	45	1610	63	7	13	24
Spicy Italian	480	25	9	55	1670	46	4	8	21
Subway Melt®	380	12	5	45	1610	48	4	8	25
<b>Deli Style Sandwiches</b> (Values include: deli roll, lettuce, tomatoes, onions, green peppers, pickles, and olives)									
Tuna (with cheese)	350	18	5	30	750	35	3	3	14
Ham	210	4	1.5	10	770	36	3	4	11
Roast Beef	220	4.5	2	15	660	35	3	4	13
Turkey Breast	210	3.5	1.5	15	730	36	3	4	13
<b>Wraps</b>									
Chicken & Bacon Ranch (with cheese)	440	27	10	90	1670	18	9	1	41
Tuna (with cheese)	440	32	6	45	1310	16	9	1	27
Turkey Breast & Bacon Melt (with Chipotle Sauce)	440	28	10	65	1870	20	9	2	34
Turkey Breast	190	6	1	20	1290	18	9	2	24
<b>Salads (Dressing and croutons not included)</b>									
Grilled Chicken & Baby Spinach	140	3	1	50	450	11	4	4	20
Subway Club®	160	4	1.5	35	880	15	4	7	18
Tuna (with cheese)	360	29	6	45	600	12	4	5	16
Veggie Delight	60	1	0	0	90	12	4	5	3

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 <b>Item</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fibers (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
<b>Salad Dressing</b>									
Atkins Honey Mustard (1 net carb)	200	22	3	0	510	1	0	0	1
Fat Free Italian	35	0	0	0	720	7	0	4	1
Ranch (.5 net carb)	200	22	3.5	10	550	1	0.5	0	1
<b>6-inch Double Meat (DM)</b>									
DM Turkey Breast	340	6	1.5	40	1520	48	4	8	28
DM Turkey Breast & Ham	360	7	2	50	1950	50	4	9	31
DM Ham	380	7	2.5	50	2180	57	4	16	28
DM Roast Beef	360	7	3.5	40	1320	46	4	9	29
DM Subway Club®	420	8	3.5	65	2100	50	4	10	39
DM Oven Roasted Chicken	430	8	2	90	1520	50	4	11	39
DM Classic Tuna	790	55	11	80	1340	45	4	7	32
DM Seafood Sensation	640	38	8	40	1580	58	5	10	20
DM Italian BMT®	630	35	14	100	2890	49	4	10	34
DM Cold Cut Combo	550	28	10	110	2380	49	4	8	31
DM Turkey Breast, Ham & Bacon Melt	450	14	6	70	2330	51	4	9	36
DM Cheese Steak	450	14	6	60	1470	50	6	11	37
DM Meatball Marinara	960	42	18	85	2490	82	10	18	37
DM Sweet Onion Chicken Teriyaki	490	7	2	100	1630	68	4	27	43
DM Chipotle Southwest Cheese Steak	540	24	7	70	1680	51	7	12	37
<b>Breakfast Sandwiches on Deli Round</b>									
Cheese	270	9	4	15	670	35	3	2	16
Chipotle Steak & Cheese	470	25	9	50	1200	38	4	4	28
Double Bacon & Cheese	460	23	12	60	1320	37	3	3	29
Honey Mustard Ham & Egg	270	5	1.5	15	1080	42	3	9	18
Western with Cheese	360	14	7	40	1140	38	3	3	25
<b>Breakfast Sandwiches on 6-inch Bread</b>									
Cheese	310	9	3.5	15	740	43	3	5	19
Chipotle Steak & Cheese	510	25	9	50	1270	46	4	7	30
Double Bacon & Cheese	500	23	12	60	1400	45	4	5	31
Honey Mustard Ham & Egg	310	5	1.5	15	1150	50	3	11	20
Western with Cheese	400	14	7	40	1210	46	4	6	27
<b>Cookies &amp; Desserts</b>									
Chocolate Chip	210	10	4	15	160	30	1	18	2
Chocolate Chunk	220	10	3.5	10	105	30	1	17	2
Double Chocolate Chip	210	10	4	15	170	30	1	20	2

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 <b>Item</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fibers (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
<b>Cookies &amp; Desserts</b>									
M & M®	210	10	3.5	15	105	30	1	17	2
Oatmeal Raisin	200	8	2.5	15	170	30	2	16	3
Peanut Butter	220	12	4	10	200	26	1	16	4
Sugar	230	12	3.5	15	135	28	0	14	2
White Chip Macadamia Nut	220	11	3.5	15	160	28	1	17	2
Apple Pie	245	10	2	0	290	37	1	25	0
Fruit Roll Up	50	1	0	0	55	12	0	7	0
<b>Fruizle Express (small)</b>									
Berry Lishus	110	0	0	0	30	28	1	27	1
Berry Lishus (with banana)	140	0	0	0	30	35	2	27	1
Pineapple Delight	130	0	0	0	25	33	1	33	1
Pineapple Delight (with banana)	160	0	0	0	25	40	2	33	1
Peach Pizzazz	100	0	0	0	25	26	0	26	0
Sunrise Refresher	120	0	0	0	20	29	1	28	1
<b>Soup (1 cup)</b>									
Brown and Wild Rice with Chicken	190	11	4.5	20	990	17	2	3	6
Cheese with Ham and Bacon	240	15	6	20	1160	17	1	5	8
Chicken and Dumpling	130	4.5	2.5	30	1030	16	1	2	7
Chili Con Carne	240	10	5	15	860	23	8	14	15
Cream of Broccoli	130	6	2	10	860	15	2	0	5
Cream of Potato with Bacon	200	11	4	15	840	21	2	3	4
Golden Broccoli & Cheese	180	11	4	15	1120	16	2	3	5
Minestrone	90	4	1	20	1180	7	1	1	7
New England Style Clam Chowder	110	3.5	0.5	10	990	16	1	1	5
Roasted Chicken Noodle	60	1.5	0.5	10	940	7	1	1	6
Spanish Style Chicken with Rice	90	2	0.5	5	800	13	1	1	5
Tomato Garden Vegetable with Rotini	100	0.5	0	0	2340	20	2	7	3
Vegetable Beef	90	1	0.5	5	1050	15	3	3	5
<b>Breads</b>									
6" Italian (White) Bread	200	2.5	1.5	0	340	38	3	5	7
6" Wheat Bread	200	2.5	1	0	360	40	3	5	8
6" Parmesan Oregano Bread	210	3.5	1.5	0	500	40	3	5	8
6" Honey Oat	250	3.5	1	0	380	48	4	9	10
6" Hearty Italian Bread	210	2.5	1.5	0	340	41	3	5	8
6" Monterey Cheddar	240	6	3.5	10	400	39	3	5	10
<b>Continued on the next page...</b>									

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<b>Breads</b>									
6" Italian Herbs & Cheese	240	6	3	8	540	40	3	5	10
Deli Style Roll	170	2.5	1	0	280	32	3	2	6
Carb Conscious Wrap	120	4.5	0.5	0	680	13	8	0	14
<b>Sandwich Condiments (amount on 6-inch sub)</b>									
Bacon (2 Strips)	45	3.5	1.5	10	180	0	0	0	3
Chipotle Southwest Sauce	100	10	1.5	10	220	1	0	1	0
Honey Mustard Sauce, Fat Free	30	0	0	0	140	7	0	6	0
Light Mayonnaise (1 T)	50	5	1	10	100	1	0	0	0
Mayonnaise (1 T)	110	12	3	10	80	0	0	0	0
Mustard Yellow or Deli Brown (2 tsp)	5	0	0	0	115	1	0	0	0
Olive Oil Blend (1 tsp)	45	5	1	0	0	0	0	0	0
Ranch Dressing	70	8	1	5	210	0	0	0	0
Red Vinaigrette, Fat Free	30	0	0	0	340	6	0	3	0
Sweet Onion Sauce, Fat Free	40	0	0	0	100	9	0	8	0
Vinegar (1 tsp)	0	0	0	0	0	0	0	0	0
<b>Vegetables (amount on 6-inch sub)</b>									
Banana Peppers (3 Rings)	0	0	0	0	20	0	0	0	0
Cucumbers (3 Slices)	0	0	0	0	0	0	0	0	0
Green Peppers (3 Strips)	0	0	0	0	0	0	0	0	0
Jalapeno Peppers (3 Rings)	0	0	0	0	70	0	0	0	0
Lettuce	<5	0	0	0	0	0	0	0	0
Onions	5	0	0	0	0	1	0	0	0
Pickles (3 Chips)	0	0	0	0	125	0	0	0	0
Olives (3 Rings)	<5	0	0	0	25	0	0	0	0
Tomatoes (3 Wheels)	5	0	0	0	0	2	0	0	0
<b>Cheese (amount on 6-inch sub, wrap or salad)</b>									
American, Processed	40	3.5	2	10	200	1	0	0	2
Monterey Cheddar, Shredded	110	9	6	30	180	1	0	0	7
Natural Cheddar	60	5	3	15	95	0	0	0	4
Pepperjack	50	4	2.5	15	140	0	0	0	3
Provolone	50	4	2	10	125	0	0	0	4
Swiss	50	4.5	2.5	15	30	0	0	0	4
<b>Individual Meats (amount on 6-inch sub or salad)</b>									
Turkey Breast	50	1	0	20	500	2	0	1	9
Ham	60	2	1	25	760	3	0	1	9

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<b>Individual Meats (amount on 6-inch sub or salad)</b>									
Roast Beef	70	2	1	20	400	1	0	1	10
Subway Club® Meats	100	3	1	35	790	3	0	2	15
Tuna	260	24	4	35	310	0	0	0	10
Seafood Sensation	190	16	2.5	15	430	7	0	1	5
Cold Cut Combo Meats	140	11	3.5	50	830	2	0	1	10
Italian BMT® Meats	180	14	5	45	1070	2	0	2	12
Meatball	300	18	7	35	890	19	3	6	13
Steak (with out cheese)	90	3.5	1	25	370	3	1	2	13
Roasted Chicken	100	2.5	0.5	45	500	3	0	2	15
Chicken Strips	80	1.5	0.5	50	320	0	0	0	16
<b>Soft Drinks</b>									
Pepsi® (Small)	140	0	0	0	35	37	0	37	0
Pepsi® (Medium)	180	0	0	0	45	47	0	47	0
Pepsi® (Large)	280	0	0	0	70	74	0	74	0
Diet Pepsi® (Small)	0	0	0	0	35	0	0	0	0
Diet Pepsi® (Medium)	0	0	0	0	45	0	0	0	0
Diet Pepsi® (Large)	0	0	0	0	70	0	0	0	0
Mt. Dew® (Small)	150	0	0	0	50	43	0	43	0
Mt. Dew® (Medium)	190	0	0	0	60	54	0	54	0
Mt. Dew® (Large)	300	0	0	0	95	85	0	85	0

The following information was collected from: <http://subway.com/subwayroot/MenuNutrition/Nutrition/pdf/NutritionValues.pdf>