



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	500	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	510	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 Meal 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	15	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	19	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

E Durkheim

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

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