



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 6" 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	580	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	1060	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	980	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	1180	45	3	5	23	10	20	40
Tuna on Flatbread	245	490	240	27	4.5	0	35	680	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

Nutrition Guide For Subway

David Zinczenko



Nutrition Guide For Subway:

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 **Digest Diet Dining Out Guide** Liz Vaccariello,2012-12-27 More information to be announced soon on this forthcoming title from Penguin USA [The Men's Health Big Book of Food & Nutrition](#) Editors of Men's Health Magazi,Joel Weber,2010-12-21 In the aisles of the grocery store the menus of chain restaurants even in one s own refrigerator confusion about how to eat right reigns Is low carb good or is carbo loading the better way to go Fat free or sugar free And when did those dreaded eggs become a health food Americans are hungrier than ever for clear cut answers to their most perplexing food questions but a private nutritionist or a membership in a diet club are expensive luxuries What you really need is an authoritative encyclopedic source at your fingertips The Men s Health Big Book of Nutrition is the ultimate guide to shopping dining and cooking for bigger flavor and a leaner body It answers the ongoing demand for definitive information about the food we eat and taps into a readership hungry for final word answers Filled with easy to swallow eating strategies and backed by groundbreaking studies and interviews with the world s most authoritative nutrition researchers The Men s Health Big Book of Food Nutrition will help you discover just how easy it is to unlock the power of food and stay healthy for life **The U.S. Navy Seal Guide to Fitness and Nutrition** Patricia A. Deuster,Pierre A. Pelletier,Anita Singh,2007-05-17 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance [L.E.A.N. Guide for the Business Traveler](#) Veronica Tomor,2011-04-30 There is no available information at this time *The Navy Seal Nutrition Guide* Patricia A. Deuster,1996-06 One factor they may contribute to a person s success in SEAL training is nutritional interventions Covers micronutrients vitamins carbohydrate fat vitamin fiber fluid replacement water healthy snacking restaurants fast foods nutritional considerations for endurance activities strength training mission performance mission recovery ergogenic agents Extensive appendices **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 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 *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 *Guide to Healthy Fast-Food Eating* Hope S. Warshaw,2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America This book contains Nutrition facts for calories carbohydrates fiber fat trans and saturated fats protein and moreExchange and serving sizes for every menu itemCommon pitfalls of fast food eating and how to avoid themTips for making healthier fast food choicesRealistic ways to deal with diabetes related dining dilemma **The Abs Diet Ultimate Nutrition Handbook** David Zinczenko,2009-12-22 Furnishes the latest information on smart nutritional and exercise choices to help readers lose weight stay fit and maintain a healthy lifestyle furnishing restaurant tips quick and easy recipes and an overview of the one hundred best foods *Dietitian's Pocket Guide to Nutrition* Nancie Harvey Herbold,Sari Edelstein,2010 Portable and concise the Dietitian s Pocket Guide to Nutrition serves as an easy reference for dieticians and other health care professionals who quickly need to access the recommended nutrition care for various medical conditions and problems Serving as a key healthcare the dietitian will be able to answer patients questions concerning their specific nutritional needs and make informed decisions about foods a patient may or may not consume The Dietitian s Pocket Guide to Nutrition allows easy access to essential nutrition information that is critical to patient care ADA Pocket Guide to Lipid Disorders, Hypertension, Diabetes, and Weight Management Marion J. Franz,Jackie Boucher,Raquel Franzini Pereira,2011 **Guide to Healthy Fast-Food Eating** Hope Warshaw,2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America *Journal of the American Dietetic Association* ,2002 *The Diet Docs' Guide to Permanent Weight Loss* Joe Klemczewski,J. Scott Uloth,2008-12-01 Diet books have become a genre unto themselves as people anxious to shed those extra pounds seek that one perfect plan Oh sure they ve found such a plan before in fact several times before as they shed unwanted weight only to

gain it back within a few months It s frustrating following a diet only to end up failing in the end losing that same twenty pounds over and over again But now Drs Scott Uloth and Joe Klemczewski put an end to yo yo dieting by giving their readers what they need most control The Diet Docs plan brings complex metabolic physiology within the grasp of the average reader A plan With over ten years of clinical success Field tested on everyone from housewives to professional athletes That s attainable and sustainable Easily implemented with no complicated formula to decrypt Combining the latest scientific information and how to apply it That encourages the reader to become their own nutritionist The last diet book anyone will need written by a family physician and a professional bodybuilder and nutritionist to the world s top bodybuilders and women s figure competitors **Dr. Paula's Good Nutrition Guide For Babies, Toddlers, And Preschoolers** Paula

Elbirt,2007-10-10 Children s eating habits change often between infancy and preschool Dr Paula s Good Nutrition Guide for Babies Toddlers and Preschoolers provides nutrition guidelines for young children and gives parents confidence in this confusing and important area Pediatrician Paula Elbirt discusses nutrition by age group Breastfeeding formula solids allergy issues gas and burping are issues for infants Topics for toddlers include creating a healthful diet snacks whole versus skim milk tantrums and food and eating styles Food issues change again for preschoolers and include friends influence on eating habits what to do when a child is cranky from hunger and much more Sample recipes and menus are provided for each group Dr Elbirt describes important differences between emerging eating disorders and odd but harmless food preferences kids embrace briefly and then discard Whether they have fussy eaters or are looking for better ways to provide their children with the best nutrition Dr Paula s Good Nutrition Guide for Babies Toddlers and Preschoolers has the information parents need

The Cosmo Bikini Diet Holly Corbett,The editors of Cosmopolitan,2013-12-31 The Cosmo Bikini Diet is a weight loss plan designed to get you slim and sexy all over without leaving you feeling unsatisfied moody and hungry for real In fact it makes eating well and working out actually feel well enjoyable This 12 week program gives you all the tools you need to drop pounds and get toned without cramping your lifestyle Monthly real world eating plans Hot ideas to up the feel good moments in your day so you don t use food as a quick fix and more You ll lose up to 15 pounds or more in 12 weeks without feeling deprived The meal plans were specially designed by Molly Morgan RD Board Certified Sports Specialist Dietitian the owner of Creative Nutrition Solutions and author of *The Skinny Rules* and includes dozens of easy recipes Each week the reader learns a new get skinny secret like how to fuel up on the right carbs slash sneaky sources of sugar choose foods that will flatten your tummy Then customized fitness plan from celebrity trainer Tracy Anderson and Barry s Bootcamp offers a mix of cardio and body sculpting moves to tone your butt arms belly and more The truth is that reaching your happy weight is not so much about hitting a number on the scale or size tag in your jeans but about feeling light and lean and strong It s about getting there without abusing your body with extreme dieting and exercise It s about eventually walking around whether in a bikini or not with confidence knowing that you are the healthiest you that you can be **Healthy Eating , A Truckers**

Guide to Weight Loss Edward Anderson, 2013-07-15 A Truckers Guide to Weight Loss This book was written by a veteran truck driver who understands the propensity of drivers to gain weight over several years of inactivity It was written with truckers in mind but will work for anyone with a weight problem

Nutrition Guide For Subway Book Review: Unveiling the Power of Words

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