

Subway® Nutrition Facts-US

Revised January 2004

Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV	Suggested Exchange Values <sup>1</sup>	
<b>Sandwiches with 6 grams of Fat or Less</b> Values include Italian or wheat bread, lettuce, tomatoes, onions, green peppers, olives, and pickles.																
6" Veggie Delite®	166	230	30	3	1	0	510	44	4	6	9	6	40	6	25	2.5 starch, 1 veg
6" Turkey Breast	222	280	40	4.5	1.5	20	1010	46	4	6	18	6	40	6	25	3 starch, 1.5 lean meat, 1 veg
6" Turkey Breast & Ham	232	290	45	5	1.5	25	1220	46	4	7	20	6	40	6	25	3 starch, 1.5 lean meat, 1 veg
6" Ham	222	290	45	5	1.5	25	1270	46	4	7	18	6	40	6	25	3 starch, 1.5 lean meat, 1 veg
6" Roast Beef	222	290	45	5	2	20	910	45	4	7	19	6	40	6	35	3 starch, 1.5 lean meat, 1 veg
6" Subway Club®	255	320	50	6	2	35	1300	46	4	7	24	6	40	6	35	3 starch, 2 lean meat, 1 veg
6" Roasted Chicken Breast	236	330	50	5	1.5	45	1010	47	4	8	24	6	40	6	25	3 starch, 2 lean meat, 1 veg
Turkey Breast on Deli Round	151	220	35	3.5	1.5	15	730	36	3	3	13	4	20	6	25	2 starch, 1 lean meat, 0.5 veg
Ham on Deli Round	142	210	35	4	1.5	10	770	35	3	3	11	4	20	6	25	2 starch, 1 lean meat, 0.5 veg
Roast Beef on Deli Round	151	220	40	4.5	2	15	660	35	3	4	13	4	20	6	30	2 starch, 1 lean meat, 0.5 veg
<b>Classic Sandwiches</b> Values include Italian or wheat bread, lettuce, tomatoes, onions, green peppers, olives, pickles, cheese, oil, salt and pepper.																
6" Tuna	255	460	210	23	6	45	1190	47	4	6	20	10	40	15	30	2 starch, 2 lean meat, 1 veg, 3 fat
6" Subway Seafood & Crab®	255	410	150	17	4.5	25	1280	53	5	7	16	10	40	15	25	3 starch, 2 lean meat, 1 veg, 2 fat
6" Italian BMT®	248	480	220	24	9	55	1900	47	4	8	23	10	40	15	25	3 starch, 2 med fat meat, 1 veg, 3 fat
6" Cold Cut Trio™	257	440	190	21	7	55	1680	47	4	7	21	10	40	15	30	3 starch, 2 med fat, 1 veg, 2 fat
6" Subway Melt®	260	410	140	15	6	45	1720	47	4	7	25	10	40	15	30	3 starch, 2 med fat meat, 1 veg, 1 fat
6" Steak & Cheese	256	390	120	14	5	35	1200	48	5	8	24	10	40	15	45	3 starch, 2 lean meat, 1 veg, 1 fat
6" Meatball	287	540	230	26	11	45	1290	53	5	8	23	10	45	15	35	3 starch, 2 med fat, meat, 1 veg, 3 fat
Tuna on Deli Round	168	330	150	16	5	25	830	36	3	3	13	8	20	15	25	2 starch, 1 lean meat, 0.5 veg, 2 fat
<b>6" Select Sandwiches</b> Values include Italian or wheat bread, selected vegetables, and select sauce.																
Sweet Onion Chicken Teriyaki	269	370	45	5	1.5	50	1090	59	4	18	26	8	45	8	25	4 starch, 2 lean meat, 1 veg
Red Wine Vinaigrette Club	267	350	50	6	2.5	35	1520	53	4	10	24	8	40	6	35	3 starch, 2 lean meat, 1 veg
Honey Mustard Ham	232	310	45	5	1.5	25	1260	51	4	13	18	6	40	6	25	3 starch, 1.5 lean meat, 1 veg
Chipotle Southwest Steak&Cheese	272	440	170	19	6	45	1160	49	5	9	24	10	40	15	45	3 starch, 2 lean meat, 1 veg, 3 fat
Dijon Horseradish Melt	262	470	190	21	7	55	1620	48	5	7	26	10	40	15	25	3 starch, 2 med fat meat, 1 veg, 2 fat
Chicken Pizziola	320	450	140	16	6	80	1530	48	5	8	31	10	45	15	30	3 starch, 3 lean meat, 1 veg, 1.5 fat
<b>Atkins®-Friendly Wraps</b> Values include wrap, meat, cheese, bacon, green peppers, onions and olives.																
Chicken Bacon Ranch (8 net carbs)*	213	480	240	27	9	90	1340	19	11	2	40	6	12	35	15	1 starch, 3 med fat meat, 3 fat
Turkey Bacon Melt (10 net carbs)*	199	430	220	25	9	65	1650	22	12	4	32	8	8	30	15	1.5 starch, 3 med fat meat, 2 fat
<b>6" Double Meat and Extreme Subs</b>																
Double Meat Turkey Breast	294	340	50	6	1.5	40	1510	48	4	7	28	6	40	8	30	3 starch, 3 lean meat, 1 veg
Double Meat Turkey Breast & Ham	312	360	60	7	2	45	1930	48	4	8	30	6	40	6	30	3 starch, 3 lean meat, 1 veg
Double Meat Ham	294	350	60	7	2.5	50	2030	47	4	9	28	6	40	6	30	3 starch, 3 lean meat, 1 veg
Double Meat Roast Beef	294	360	70	7	3.5	40	1310	46	4	8	29	6	40	6	45	3 starch, 3 lean meat, 1 veg
Double Meat Subway Club®	359	410	70	8	2.5	60	2010	50	4	9	39	6	40	8	40	3 starch, 3 lean meat, 1 veg
Double Meat Chicken	322	430	70	8	2.5	90	1500	50	5	10	38	6	40	6	20	3 starch 4 lean meat, 1 veg
Double Meat Tuna	341	620	320	35	8	75	1540	49	5	6	29	10	40	15	30	3 starch, 3 lean meat, 1 veg, 3 fat
Double Meat Subway Seafood & Crab®	341	520	220	24	6	35	1730	60	5	9	20	10	40	20	30	4 starch, 3 lean meat, 1 veg, 2 fat
Double Meat Italian BMT®	327	670	350	38	14	100	2980	49	4	9	34	10	40	15	30	3 starch, 4 med fat meat, 1 veg, 3.5 fat
Double Meat Cold Cut Trio™	341	580	290	32	11	100	2540	49	4	7	31	10	45	20	40	3 starch, 4 med fat meats, 1 veg, 1 fat
Double Meat Subway Melt®	350	520	180	20	8	80	2620	50	4	9	39	10	40	15	30	3 starch, 4 med fat meats, 1 veg, 1 fat
Double Meat Steak & Cheese	341	480	150	17	6	65	1580	51	6	11	37	10	40	15	70	3.5 starch, 4 lean meat, 1 veg, 1 fat
Double Meat Meatball	403	780	370	41	18	85	1760	61	5	10	35	10	50	20	45	4 starch, 4 med fat meats, 1 veg, 4 fat
Extreme Sweet Onion Chick. Teriyaki	355	450	60	7	2	100	1400	59	4	18	43	8	50	10	30	4 starch, 5 lean meat, 1 veg
Extreme Red Wine Vinaigrette Club	372	450	80	9	3.5	70	2300	55	4	12	39	6	40	8	40	3.5 starch, 5 lean meat, 1 veg
Ext. Chipotle Southwest Steak & Cheese	343	530	200	22	7	70	1530	52	6	11	37	10	40	15	70	3.5 st., 3 med fat meats, 1 veg, 1.5 fat
Extreme Dijon Horseradish Melt	342	540	210	23	7	80	2330	50	5	8	36	10	40	15	30	3 starch, 3 med fat meats, 1 veg, 1 fat
<b>6" Promotional/Regional Subs**</b> Values include Italian or wheat bread, lettuce, tomatoes, onions, green peppers, olives, and pickles.																
BBQ Rib Patty	258	420	170	19	7	50	820	47	4	8	20	8	40	8	30	3 starch, 3 med fat meat, 1 veg, 1 fat
Lloyd's BBQ Chicken	251	330	30	6	2	25	1020	52	5	14	16	15	200	10	30	3 starch, 2 lean meat, 1 veg
Veggi-Max	265	390	70	8	1.5	10	1030	56	7	8	24	15	40	8	20	4 starch, 3 lean meat, 1 veg
Gardenburger®	268	390	60	7	2.5	5	960	66	9	7	19	10	40	10	30	4 starch, 3 lean meat, 1 veg
Pastrami	314	570	260	29	9	50	1890	49	5	6	32	10	40	15	20	3 starch, 4 med fat meat, 2 fat
Buffalo Chicken	279	400	130	15	3.5	50	1420	45	4	8	25	15	60	8	30	3 starch, 3 lean meat, 1 veg, 1 fat
Spicy Italian	239	480	230	25	9	55	1660	46	4	7	21	6	40	6	30	3 starch, 3 med fat meats, 1 veg, 2 fats
Mediterranean Chicken	306	470	170	19	7	70	1550	48	5	6	29	10	40	20	15	3 starch, 3 med fat meat, 1 veg, 1 fat
Barbecue Pulled Pork	261	440	120	13	5	70	1300	54	4	15	31	8	30	6	30	3 starch, 3 med fat meat, 1 veg.
Thai Sesame Chicken	261	370	90	10	2.5	55	1050	48	4	9	26	6	45	8	30	3 starch, 2 lean meat, 1 veg, 1 fat
Savory Chicken Caesar	271	490	200	23	6	70	1150	46	4	6	28	10	35	15	20	3 starch, 3 lean meat, 1 veg, 2 fat
Poblano Cheddar Turkey	255	310	60	7	1	30	850	46	4	6	22	6	30	6	20	3 starch, 2 lean meat, 1 veg
Hoison Chicken	254	340	40	5	1.5	50	1000	52	4	14	26	6	35	8	25	3.5 starch, 3 lean meat, 1 veg

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<b>Salads with 6 grams of fat or less</b> Values include meat/poultry and standard vegetables. Values do not include salad dressing.																
Veggie Delite®	233	50	10	1	0	0	310	9	3	2	2	15	50	4	8	1.5 lean meat, 2 veg
Turkey Breast	300	100	20	2	0.5	20	820	11	3	3	11	15	50	4	10	1.5 lean meat, 2 veg
Turkey Breast & Ham	299	120	25	3	0.5	25	1030	11	3	4	13	15	50	4	10	1.5 lean meat, 2 veg
Ham	289	110	25	3	1	25	1070	11	3	4	11	15	50	4	10	1.5 lean meat, 2 veg
Roast Beef	289	120	30	3	1.5	20	720	10	3	4	12	15	50	4	15	2 lean meat, 2 veg
Subway Club®	322	150	35	3.5	1.5	35	1110	12	3	4	17	15	50	4	15	2 lean meat, 2 veg
Roasted Chicken Breast	303	150	30	3	1	45	810	12	3	5	16	15	50	4	8	2 lean meat, 2 veg
<b>Classic Salads</b> Values include meat/poultry or seafood, standard vegetables and cheese. Values do not include salad dressing.																
Tuna	314	250	150	17	4.5	45	870	12	3	3	13	20	50	10	10	2 lean meat, 2 veg, 2 fat
Seafood & Crab®	314	200	100	11	3.5	25	970	17	4	4	9	20	50	10	8	0.5 starch, 2 lean meat, 2 veg, 1 fat
Italian BMT®	307	280	170	19	8	55	1590	12	3	4	16	20	50	10	10	2 med fat meat, 2 veg, 2 fat
Cold Cut Trio™	316	230	140	15	6	55	1370	12	3	3	14	20	50	15	15	2 med fat meat, 2 veg, 1 fat
Subway Melt®	319	200	90	10	4.5	45	1410	12	3	4	18	20	50	10	10	2 med fat meat, 2 veg
Steak & Cheese	315	180	70	8	3.5	35	890	13	4	5	17	20	50	10	30	2 lean meat, 2 veg
Meatball	346	330	180	20	10	45	980	18	3	5	16	25	60	10	20	0.5 starch, 2 med fat meat, 2 veg, 2 fat
<b>Breakfast Sandwiches on Deli Round</b>																
Cheese & Egg	139	320	140	15	5	185	550	34	3	3	14	8	0	15	20	2 starch, med fat meat, 1 fat
Bacon & Egg	137	320	140	15	4.5	185	520	34	3	3	15	6	0	8	30	2 starch, 2 med fat meat, 1 fat
Western & Egg	178	300	110	12	3.5	180	530	36	3	4	14	8	20	8	30	2 starch, 2 med fat meats, 1 veg
Steak & Egg	170	330	120	14	4	190	570	35	3	4	19	6	0	8	40	2 starch, 3 med fat meats
Ham & Egg	156	310	110	13	3.5	190	720	34	3	4	16	6	0	8	30	2 starch, 2 med fat meats, 0.5 fat
Vegetable & Egg	170	290	110	12	3	175	430	36	3	4	12	8	25	8	30	2 starch, 2 med fat meats, 1 veg
<b>Breakfast Sandwiches on 6" Italian or Wheat Bread</b>																
Cheese & Egg	235	440	170	19	7	570	730	42	3	5	27	20	15	15	35	3 starch, 3 med fat meats, 1 fat
Bacon & Egg	233	450	170	19	7	570	700	42	3	5	28	15	15	10	35	3 starch, 3 med fat meats, 1 fat
Western & Egg	275	430	150	17	5	565	710	44	4	6	27	20	30	10	35	3 starch, 3 med fat meats, 1 veg
Steak & Egg	267	460	160	18	6	575	750	43	4	6	33	15	15	10	45	3 starch, 3 med fat meats
Ham & Egg	252	430	150	17	5	575	900	42	3	5	29	15	15	10	35	3 starch, 3 med fat meats
Vegetable & Egg	266	410	150	16	5	560	610	44	4	5	25	20	30	10	35	3 starch, 3 med fat meats, 1 veg
<b>Omelets &amp; French Toast</b>																
Cheese & Egg	143	240	150	17	6	570	370	2	0	0	19	20	0	15	10	3 med fat meats
Bacon & Egg	141	240	150	17	6	570	350	2	0	0	20	15	0	6	10	3 med fat meats
Western & Egg	183	220	120	14	4.5	565	360	4	1	0	19	20	15	6	10	3 med fat meats, 0.5 veg
Steak & Egg	175	250	140	15	5	580	390	3	1	1	24	15	0	8	20	3 med fat meats
Ham & Egg	160	230	130	14	4.5	575	550	2	0	1	21	15	0	6	10	3 med fat meats
Vegetable & Egg	174	210	120	14	4	560	250	4	1	1	17	20	20	8	10	3 med fat meats
French Toast w/ Syrup	170	350	80	8	2.5	280	350	57	2	33	14	8	10	6	15	4 starch, 1.5 fat
<b>Cookies &amp; Desserts</b>																
Chocolate Chip Cookie	45	210	90	10	4	15	160	30	1	18	2	4	0	0	6	2 carbohydrates, 2 fat
Oatmeal Raisin Cookie	45	200	70	8	2.5	15	170	30	2	16	3	0	0	0	6	2 carbohydrates, 1.5 fat
Peanut Butter Cookie	45	220	110	12	4	10	200	26	1	16	4	4	0	0	6	2 carbohydrates, 2 fat
M & M® Cookie	45	210	90	10	3.5	15	105	30	1	17	2	0	0	0	6	2 carbohydrates, 2 fat
White Macadamia Nut Cookie	45	220	100	11	3.5	15	160	28	1	17	2	6	0	0	6	2 carbohydrates, 2 fat
Sugar Cookie	45	230	110	12	3.5	15	135	28	0	14	2	0	0	0	6	2 carbohydrates, 2 fat
Chocolate Chunk Cookie	45	220	90	10	3.5	10	105	30	1	17	2	0	0	0	6	2 carbohydrates, 2 fat
Double Chocolate Chip Cookie	45	210	90	10	4	15	170	30	1	20	2	6	0	0	6	2 carbohydrates, 2 fat
Apple Pie**	71	245	90	10	2	0	290	37	1	25	0	0	0	0	3	2.5 carbohydrates, 2 fat
Fruit Roll Up (1)	14	50	5	1	0	0	55	12	0	7	0	0	25	0	0	1 carbohydrate
<b>Fruitz Express (small)</b>																
Berry Lishus	369	110	0	0	0	0	30	28	1	27	1	0	110	0	10	2 carbohydrate
Sunrise Refresher	341	120	0	0	0	0	20	29	1	28	1	4	210	2	0	2 carbohydrate
Pineapple Delight	369	130	0	0	0	0	25	33	1	33	1	0	150	0	0	2 carbohydrate
Peach Pizazz	341	100	0	0	0	0	25	26	0	26	0	2	110	0	0	2 carbohydrate
Berry Lishus (with Banana)	396	140	0	0	0	0	30	35	2	27	1	2	120	0	10	2 carbohydrate
Pineapple Delight ( with banana)	396	160	0	0	0	0	25	40	2	33	1	0	150	0	0	2.5 carbohydrate
<b>Soup (1 cup)</b>																
Roasted Chicken Noodle	240	90	35	4	1	20	1180	7	1	1	7	40	6	2	0	0.5 starch, 1 lean meat
Vegetable Beef	240	90	15	1.5	0.5	10	1340	14	2	4	5	40	6	2	0	1 starch
Golden Broccoli & Cheese	240	180	110	12	4	10	910	12	9	4	6	2	15	15	10	1 starch, 2 fat
Cream of Potato with Bacon	240	210	110	12	4	20	970	20	4	3	5	15	10	10	10	1 starch, 2 fat
Cheese with Ham and Bacon	240	230	140	16	6	20	1270	13	2	4	8	2	0	20	0	1 starch, 1 med fat meat, 2 fats
Minestrone	240	70	10	1	0	5	1080	11	2	0	3	8	15	4	0	1 starch

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<b>(Soups con't)</b>																
New England Style Clam Chowder	240	140	40	4.5	1	15	900	19	7	2	5	15	0	6	10	1 starch, 1 fat
Chicken and Dumpling	240	130	40	4.5	2.5	30	1030	16	1	2	7	20	0	2	0	1 starch, 1 lean meat
Vegetarian Vegetable	240	80	5	0.5	0	0	1130	17	3	0	2	20	15	4	0	1 starch
Brown and Wild Rice with Chicken	240	190	100	11	4.5	20	990	17	2	3	6	10	40	30	0	1 starch, 1 lean meat, 1 1/2 fat
Chili Con Carne	240	310	130	14	5	35	900	28	9	5	17	15	20	6	10	2 starch, 2 med fat meat, 1 fat
Cream of Broccoli	240	130	50	6	0	10	860	15	2	0	5	4	20	15	0	1 starch, 1 fat
<b>Breads</b>																
6" Italian (White) Bread	71	200	25	2.5	1.5	0	340	38	3	5	7	0	8	4	10	2.5 starch
6" Wheat Bread	78	200	25	2.5	1	0	360	40	3	5	8	0	15	4	20	2.5 starch
6" Parmesan Oregano Bread	79	210	30	3.5	1.5	0	500	40	3	5	8	0	8	4	15	2.5 starch
6" Honey Oat	88	250	30	3.5	1	0	380	48	4	9	10	0	15	6	20	2.5 starch
6" Hearty Italian Bread	78	210	25	2.5	1.5	0	340	41	3	5	8	0	8	4	10	3 starch
6" Monterey Cheddar	85	240	50	6	3.5	10	400	39	3	5	10	2	8	10	10	2.5 starch, 1 fat
6" Italian Herbs & Cheese	96	240	45	6	3	10	490	40	3	5	10	2	8	10	15	2.5 starch, 1 fat
Deli Style Roll	71	170	25	2.5	1	0	280	32	3	2	6	0	6	4	20	2 starch
Atkins®-Friendly Wrap (5 net carbs)*	70	130	16	2.5	0	0	500	16	11	1	12	0	0	8	10	1 starch
<b>Condiments &amp; Vegetables</b>																
Vinegar (1 tsp)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	free
Mustard yellow or deli brown (2 tsp)	10	5	0	0	0	0	115	1	0	0	0	0	0	0	0	free
Light Mayonnaise (1 T)	15	45	45	5	1	10	100	1	0	0	0	0	0	0	0	1 fat
Mayonnaise (1 T)	15	110	110	12	3	10	80	0	0	0	0	0	0	0	0	2 fat
Bacon (2 strips)	9	45	30	3.5	1.5	10	180	0	0	0	3	0	0	0	0	1 fat
Olive Oil Blend (1 tsp)	7	45	45	5	1	0	0	0	0	0	0	0	0	0	0	1 fat
Lettuce	21	<5	0	0	0	0	0	0	0	0	0	0	0	0	0	free
Tomato (3 wheels)	34	5	0	0	0	0	0	2	0	0	0	4	10	0	0	free
Onions	14	5	0	0	0	0	0	1	0	0	0	0	0	0	0	free
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0	0	10	0	0	free
Pickles (3 chips)	9	0	0	0	0	0	125	0	0	0	0	0	0	0	0	free
Olives (3 rings)	3	<5	0	0	0	0	25	0	0	0	0	0	0	0	0	free
Cucumbers (3 slices)	17	0	0	0	0	0	0	0	0	0	0	0	0	0	0	free
Jalapeno Peppers (3 rings)	4	0	0	0	0	0	70	0	0	0	0	0	4	0	0	free
Banana Peppers (3 rings)	4	0	0	0	0	0	20	0	0	0	0	0	6	0	0	free
<b>Cheese (2 slices - amount on 6-inch sub)</b>																
Processed American	11	40	30	3.5	2	10	200	1	0	0	2	2	0	8	0	1/2 med fat meat
Provolone	14	50	35	4	2	10	125	0	0	0	4	2	0	10	0	1 med fat meat
Swiss	14	50	35	4.5	2.5	15	30	0	0	0	4	2	0	15	0	1 med fat meat
Pepperjack	14	50	35	4	2.5	15	140	0	0	0	3	4	4	10	0	1/2 med fat meat
Cheddar	15	60	45	5	3	15	95	0	0	0	4	4	0	8	0	1 med fat meat
<b>Select Sauce (1.5 Tbsp - amount on 6" sub)</b>																
Fat Free Honey Mustard	21	30	0	0	0	0	140	7	0	6	0	0	0	0	0	0.5 carbohydrate
Chipotle Southwest	21	90	80	9	1.5	10	220	2	0	1	0	0	0	0	0	2 fat
Fat Free Red Wine Vinaigrette	21	30	0	0	0	0	340	6	0	3	0	0	0	0	0	0.5 carbohydrate
Fat Free Sweet Onion	21	40	0	0	0	0	100	9	0	8	0	0	0	0	0	0.5 carbohydrate
Dijon Horseradish	21	90	90	10	1.5	10	160	1	0	0	0	0	0	0	0	2 fats
<b>Salad Dressing (2 oz packet)</b>																
Fat Free French	57	70	0	0	0	0	390	17	0	12	0	0	0	0	0	1 carbohydrate
Fat Free Italian	57	20	0	0	0	0	610	4	0	3	0	0	0	0	0	free
Fat Free Ranch	57	60	0	0	0	0	530	14	0	6	0	0	0	0	0	1 carbohydrate
<b>Individual Meats (amount on 6" sub or salad)</b>																
Turkey Breast	57	50	10	1	0	20	500	2	0	<1	9	0	0	0	2	2 lean meats
Ham	57	60	15	2	0.5	25	760	2	0	1	9	0	0	0	2	2 lean meats
Roast Beef	57	70	20	2	1	20	400	1	0	1	10	0	0	0	10	2 lean meats
Subway Club® Meats	90	100	25	2.5	1	35	800	3	0	2	15	0	0	0	8	2.5 lean meats
Tuna	71	160	110	13	2	235	360	2	0	0	9	0	0	0	4	2 lean meat, 2 fat
Subway Seafood & Crab®	71	110	60	7	1	15	450	8	<1	1	5	0	0	0	0	2 lean meat, 1 fat
Cold Cut Trio™ Meats	71	140	100	11	3.5	45	850	2	0	<1	10	0	2	6	6	2 med fat meats
Italian BMT® Meats	64	180	130	14	5	45	1070	2	0	2	12	0	0	0	2	2 med fat meats, 1 fat
Meatball	102	240	140	16	7	35	460	8	0	2	12	0	6	4	10	2 med fat meats, 1 fat
Steak (no cheese)	71	90	30	3.5	1	30	380	3	1	2	13	0	0	0	20	2 lean meats
Roasted Chicken	71	100	20	2.5	0.5	45	500	3	0	2	15	0	0	0	0	2 lean meats
Chicken Strips	71	80	15	1.5	0.5	50	320	0	0	0	16	0	4	0	2	2 lean meats

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<sup>†</sup>The Exchange Lists are the basis of a meal planning system designed by a committee of the American Diabetes Association and the American Dietetic Association. While designed primarily for people with diabetes and others who must follow special diets, the Exchange Lists are based on principles of good nutrition that apply to everyone.

\*Net Carbohydrate=Total Carbohydrate-Dietary Fiber

\*\*Regional and promotional subs and menu items are only available in certain regions or at certain times of the year and ingredients and formulas may vary between restaurants. Nutritional information for these sandwiches is based on the most common formulas and ingredients.