



# Nutrition Facts-US

Revised September 2007

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans 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>6-inch Jared Sandwiches with 6 grams of Fat or Less</b> Values include wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives.																	
Ham	224	290	45	5	1.5	0	25	1260	47	5	8	18	8	35	6	25	3 starch, 1 lean meat, 1 veg
Oven Roasted Chicken Breast	238	310	50	5	1.5	0	25	830	48	6	9	24	8	45	6	25	3 starch, 2 lean meat, 1 veg
Roast Beef	224	290	45	5	2	0	20	900	45	5	8	19	8	35	6	35	3 starch, 1 lean meat, 1 veg
Subway Club®	257	320	50	6	2	0	35	1290	47	5	8	24	8	35	6	30	3 starch, 2 lean meat, 1 veg
Sweet Onion Chicken Teriyaki	281	370	45	5	1.5	0	50	1200	59	5	19	26	8	40	8	25	4 starch, 2 lean meat, 1 veg
Turkey Breast	224	280	40	4.5	1.5	0	20	1000	46	5	7	18	8	35	6	25	3 starch, 1 lean meat, 1 veg
Turkey Breast & Ham	234	290	45	5	1.5	0	25	1210	47	5	8	20	8	35	6	25	3 starch, 2 lean meat, 1 veg
Veggie Delite®	167	230	30	3	1	0	0	500	44	5	7	9	8	35	6	25	2.5 starch, 1 veg
<b>6-inch Sandwiches</b> Values include wheat bread, lettuce, tomatoes, onions, green peppers, pickles, olives and cheese.																	
Chicken & Bacon Ranch	297	580	270	30	11	1	99	1390	47	6	7	36	15	40	30	25	3 starch, 4 lean meat, 1 veg, 4 fat
Cold Cut Combo	249	410	150	17	7	0.5	60	1530	47	5	8	21	10	35	20	30	3 starch, 2 med fat, 1 veg, 1.5 fat
Italian BMT®	243	450	190	21	8	0	55	1770	47	5	8	23	10	35	15	25	3 starch, 2 med fat meat, 1 veg, 2 fat
Meatball Marinara	377	560	220	24	11	1	45	1590	63	8	13	24	15	60	20	40	4 starch, 2 med fat meat, 1 veg, 3 fat
Spicy Italian	227	480	230	25	9	0	55	1660	45	5	8	21	8	35	8	25	3 starch, 2 med fat meat, 1 veg, 3 fat
Steak & Cheese	278	400	110	12	6	0.5	60	1110	48	6	9	29	15	40	15	40	3 starch, 3 lean meat, 1 veg, 1 fat
Subway Melt®	254	380	110	12	5	0	45	1600	48	5	8	25	10	35	15	25	3 starch, 2 lean meat, 1 veg, 1 fat
Tuna	250	530	280	31	7	0.5	45	1010	44	5	7	22	10	35	15	30	2 starch, 2 lean meat, 1 veg, 5 fat
<b>Mini Subs</b>																	
Tuna (with cheese)	156	320	160	18	4.5	0	30	690	30	4	5	13	8	20	10	20	2 starch, 1 lean meat, 3 fat
Ham	137	180	25	3	1	0	10	710	30	4	5	11	6	20	6	15	2 starch, 1 lean meat
Roast Beef	147	190	30	3.5	1.5	0	15	600	30	4	5	13	6	20	6	15	2 starch, 1 lean meat
Turkey Breast	147	190	25	3	1	0	15	670	30	4	5	12	6	20	8	15	2 starch, 1 lean meat
<b>Footlong Low Fat Sandwiches</b> Values include wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives.																	
Footlong Ham	448	570	90	10	3.5	0	50	2520	93	9	16	37	15	70	15	50	6 starch, 3 lean meat, 2 veg
Footlong Oven Roasted Chicken Breast	477	630	100	11	3.5	0	45	1660	95	9	17	47	15	90	15	45	6 starch, 4 lean meat, 2 veg
Footlong Roast Beef	448	580	90	10	4.5	0	40	1800	90	9	16	38	15	70	15	70	6 starch, 3 lean meat, 2 veg
Footlong Subway Club®	514	640	100	12	4.5	0	65	2580	94	9	16	48	15	70	15	60	6 starch, 4 lean meat, 2 veg
Footlong Sweet Onion Chicken Teriyaki	562	750	90	10	3	0	100	2400	118	9	37	52	15	80	15	50	8 starch, 4 lean meat, 2 veg
Footlong Turkey Breast	448	560	80	9	2.5	0	40	2000	92	9	14	37	15	70	15	50	6 starch, 3 lean meat, 2 veg
Footlong Turkey Breast & Ham	467	580	90	10	3	0	50	2420	93	9	15	40	15	70	15	50	6 starch, 4 lean meat, 2 veg
Footlong Veggie Delite®	335	450	60	6	2	0	0	1000	88	9	13	18	15	70	15	45	6 starch, 2 veg
<b>Jared Salads with 6 g of fat or Less</b> Values include lettuce, tomatoes, onions, green peppers, olives, carrots and cucumbers. Values do not include dressing or croutons.																	
Ham	371	120	25	3	1	0	25	840	14	4	6	12	60	50	6	10	2 lean meat, 5 veg.
Oven Roasted Chicken Breast	385	140	25	2.5	0.5	0	50	390	11	4	5	19	60	50	8	10	2 lean meat, 5 veg.
Roast Beef	371	120	30	3	1.5	0	20	480	12	4	6	13	60	50	6	20	2 lean meat, 5 veg.
Subway Club®	404	150	35	4	1.5	0	35	870	14	4	7	18	60	50	6	15	2 lean meat, 5 veg.
Sweet Onion Chicken Teriyaki	427	210	30	3	1	0	50	780	26	4	17	20	60	60	8	10	2 lean meat, 5 veg.
Turkey Breast	371	110	20	2.5	0.5	0	20	580	13	4	6	12	60	50	6	10	2 lean meat, 5 veg.
Turkey Breast & Ham	380	120	25	3	0.5	0	25	790	14	4	6	14	60	50	6	10	2 lean meat, 5 veg.
Veggie Delite®	314	60	10	1	0	0	0	80	11	4	5	3	60	50	6	8	1 lean meat, 5 veg.



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**Salad Dressing**

Fat Free Italian	57	35	0	0	0	0	720	7	0	4	1	0	0	2	0	1/2 carbohydrate
Ranch	57	320	310	35	6	0.5	30	560	3	0	2	0	0.0	0	0.0	7 fat

**6-inch Double Subs (Double Meat)** Values include wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives.

Double Ham	281	350	60	7	2.5	0	50	2020	49	5	9	28	8	35	8	30	3 starch, 3 lean meat, 1 veg
Double Oven Roasted Chicken	309	400	70	8	2.5	0	45	1160	51	6	11	38	8	60	8	25	3 starch 4 lean meat, 1 veg
Double Roast Beef	281	360	70	7	3.5	0	40	1300	46	5	9	29	8	35	8	45	3 starch, 3 lean meat, 1 veg
Double Subway Club®	347	420	80	8	3.5	0	65	2080	50	5	10	39	8	35	8	40	3 starch, 4 lean meat, 1 veg
Double Sweet Onion Chick. Teriyaki	373	480	60	7	2	0	100	1820	65	6	23	43	10	50	10	30	4.5 starch, 5 lean meat, 1 veg
Double Turkey Breast	281	330	50	5	1.5	0	40	1500	48	5	8	28	8	35	8	30	3 starch, 3 lean meat, 1 veg
Double Turkey Breast & Ham	300	360	60	7	2	0	50	1930	50	5	9	31	8	35	8	30	3 starch, 3 lean meat, 1 veg
Double Chicken Bacon Ranch (includes cheese)	377	710	320	35	13	1	160	1890	48	6	8	55	15	45	30	30	3 starch, 4 med fat meat, 1 veg, 3 fat
Double Cold Cut Combo (includes cheese)	320	550	250	28	10	1	110	2360	49	5	8	31	15	40	25	35	3 starch, 3 med fat meat, 1 veg, 2.5 fat
Double Steak & Cheese	377	540	160	18	8	1	105	1510	52	7	12	46	20	50	15	50	3.5 starch, 4 lean meat, 1 veg, 0.5 fat
Double Italian BMT (includes cheese)	306	630	310	35	14	0	100	2850	49	5	10	34	10	35	15	30	3 starch, 4 med fat meat, 1 veg, 3 fat
Double Meatball Marinara (includes cheese)	575	860	380	42	18	2	85	2480	82	11	18	37	15	80	25	50	5.5 starch, 4 med fat meat, 1 veg, 4 fat
Double Subway Melt® (includes cheese)	330	490	150	17	8	0	80	2500	51	5	9	40	10	35	15	30	3.5 starch, 4 lean meat, 1 veg, 1 fat

**6" Limited Time Offer/Regional Subs\*\*** Values include wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives.

Barbecue Rib Patty	245	420	170	19	6	0	50	810	47	5	8	20	8	35	8	25	3 starch , 2 med fat meat, 1 veg, 2 fat
Barbecue Chicken	238	310	50	6	2	0	35	1090	52	6	15	16	15	200	10	30	3 starch, 1 med fat meat, 1 veg
Buffalo Chicken	274	380	120	18	4	0	55	1490	46	5	8	25	8	40	8	25	3 starch, 2 lean meat, 1 veg, 1 fat
Gardenburger®	255	390	60	7	2.5	0	5	950	66	10	8	19	15	35	10	30	4 starch, 1 lean meat, 1 veg
Subway® Seafood Sensation (includes cheese)	250	450	200	22	6	1	25	1130	51	6	8	16	10	35	20	25	3 starch, 1 lean meat, 1 veg, 4 fat
Veggy Patty	252	390	70	8	1.5	0	10	1080	56	8	9	24	15	35	8	25	3.5 starch, 2 lean meat, 1 veg

**8" Pizza\*\***

Cheese	293	680	200	22	9	0	40	1070	96	4	7	32	25	5	50	30	6 starch, 4 med fat meat
Cheese & Veggies	381	740	230	25	11	0	50	1210	100	5	9	36	35	30	60	30	6.5 starch, 5 med fat meat
Pepperoni	323	790	290	32	13	0	60	1350	96	4	8	38	30	4	60	30	6 starch, 4 med fat meat, 2 fat
Sausage	339	830	320	35	14	0	71	1450	97	4	8	40	30	4	60	30	6.5 starch, 5 med fat meat, 2 fat

**Breakfast Sandwiches on 6-inch Bread\*\***

Cheese	167	400	160	17	7	0	160	940	43	5	6	20	10	15	25	25	3 starch, 2 med fat meat, 1.5 fat
Chipotle Steak & Cheese	259	580	280	31	11	0.5	200	1400	48	6	9	30	15	25	26	35	3 starch, 3 med fat meat, 3 fat
Double Bacon & Cheese	185	500	220	25	11	0.5	180	1310	44	5	6	25	10	15	25	26	3 starch, 2 med fat meat, 3 fat
Honey Mustard Ham & Cheese	216	460	170	19	8	0	175	1430	51	5	12	25	10	15	26	27	3 starch, 2 med fat meat, 2 fat
Western with Cheese	207	440	170	18	8	0	175	1320	45	5	7	25	10	20	25	26	3 starch, 2 med fat meat, 2 fat

**Breakfast Wraps\*\***

Cheese	159	390	180	19	8	0	160	1050	37	2	2	20	10	0	25	15	2.5 starch, 2 med fat meat, 2 fat
Chipotle Steak & Cheese	251	570	300	33	11	0.5	200	1510	41	3	5	30	15	8	25	25	3 starch, 3 med fat meat, 3.5 fat
Double Bacon & Cheese	177	480	240	27	11	0	180	1420	38	2	3	25	10	0	25	15	2.5 starch, 3 med fat meat, 2 fat
Honey Mustard Ham & Cheese	208	450	190	21	8	0	175	1540	45	2	9	25	10	0	25	15	3 starch, 2 med fat meat, 2 fat
Western with Cheese	199	420	180	20	8	0	175	1430	39	2	3	25	10	8	25	15	3 starch, 2 med fat meat, 2 fat



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<b>Cookies &amp; Desserts</b>																	
Chocolate Chip	45	210	90	10	6	0	15	150	30	1	18	2	6	0	0	6	2 carbohydrate, 2 fat
Chocolate Chunk	45	220	90	10	5	0	10	100	30	<1	17	2	0	0	0	6	2 carbohydrate, 2 fat
Double Chocolate Chip	45	210	90	10	5	0	15	170	30	1	20	2	8	0	2	4	2 carbohydrate, 2 fat
M & M®	45	210	90	10	5	0	10	100	32	<1	18	2	0	0	2	6	2 carbohydrate, 2 fat
Oatmeal Raisin	45	200	70	8	4	0	15	170	30	1	17	3	0	0	2	6	2 carbohydrate, 1.5 fat
Peanut Butter	45	220	110	12	5	0	15	200	26	1	16	4	6	0	2	4	2 carbohydrate, 2 fat
Sugar	45	220	110	12	6	0	15	140	28	<1	14	2	0	0	0	4	2 carbohydrate, 2 fat
White Chip Macadamia Nut	45	220	100	11	5	0	15	160	29	<1	18	2	6	0	2	4	2 carbohydrate, 2 fat
Apple Pie**	71	250	90	10	2	n/a	0	290	37	1	25	0	0	0	0	3	2.5 carbohydrate, 2 fat
Apple Slices - 1 package	71	35	0	0	0	0	0	0	9	2	7	0	0	210	4	0	1 carbohydrate
Raisins - 1 package	43	140	0	0	0	0	0	0	33	2	30	2	0	0	0	6	2 carbohydrate
Yogurt - Dannon® AI Natural Strawberry	113	110	10	1	0.5	0	5	65	20	0	19	5	0	0	15	0	1 starch
<b>Fruitzle Express** (small)</b>																	
Berry Lishus	369	110	0	0	0	0	0	30	28	1	27	1	0	110	0	10	2 carbohydrate
Berry Lishus (with Banana)	396	140	0	0	0	0	0	30	35	2	27	1	2	120	0	10	2 carbohydrate
Pineapple Delight	369	130	0	0	0	0	0	25	33	1	33	1	0	150	0	0	2 carbohydrate
Pineapple Delight ( with banana)	396	160	0	0	0	0	0	25	40	2	33	1	0	150	0	0	2.5 carbohydrate
Peach Pizzazz	341	100	0	0	0	0	0	25	26	0	26	0	2	110	0	0	2 carbohydrate
Sunrise Refresher	341	120	0	0	0	0	0	20	29	1	28	1	4	210	2	0	2 carbohydrate
<b>Soup** (10 oz bowl)</b>																	
Chicken and Dumpling	310	170	45	5	2	0	35	1390	23	2	2	8	10	0	4	6	1.5 starch, 1 lean meat, 1 fat
Chili Con Carne	306	290	70	8	3.5	0	25	990	35	12	13	19	15	20	8	20	2 starch, 3 lean meat
Cream of Broccoli	310	160	60	7	2.5	0	10	1010	18	5	6	6	8	10	15	2	1 starch, 1 fat
Cream of Potato with Bacon	310	240	120	13	5	0	15	1050	26	3	3	5	4	0	10	2	2 starch, 2.5 fat
Golden Broccoli & Cheese	310	200	110	12	5	0	25	1180	17	3	3	5	4	0	10	2	1 starch, 2 fat
Minestrone	310	80	10	1	0.5	0	<5	1125	15	4	4	4	20	0	6	6	1 starch
New England Style Clam Chowder	310	150	45	5	1	0	10	990	20	4	2	6	0	0	4	6	1 starch, 1 fat
Roasted Chicken Noodle	310	80	20	2	0.5	0	15	1240	11	1	2	6	15	0	2	2	1 starch, 1 lean meat
Spanish Style Chicken with Rice	310	110	20	2	0.5	0	10	1300	17	1	3	6	0	0	2	0	1 starch, 1 lean meat
Tomato Garden Vegetable w/ Rotini	310	90	0	0	0	0	0	1140	20	2	8	3	30	0	4	4	1 starch
Vegetable Beef	310	100	20	2	0.5	0	10	1450	15	3	5	6	15	0	2	2	1 starch, 1 lean meat
Wild Rice with Chicken	310	210	100	11	4	0	25	1250	21	2	3	6	2	10	20	4	2 starch, 1 lean meat, 2 fat
<b>Breads</b>																	
6" Italian (White) Bread	71	200	20	2	0.5	0	0	470	38	1	5	7	0	15	2	15	2.5 starch
6" Wheat Bread	78	200	25	2.5	1	0	0	360	40	4	5	8	0	15	4	20	2.5 starch
6" Parmesan Oregano Bread	75	220	25	3	1	0	0	620	40	2	5	8	0	20	4	15	2.5 starch
6" Honey Oat	88	250	30	3.5	1	0	0	380	48	5	9	10	0	15	6	20	2.5 starch
6" Hearty Italian Bread	75	220	20	2	0.5	0	0	470	41	2	5	8	0	20	4	15	3 starch
6" Monterey Cheddar	82	240	50	5	3.0	0	10	540	39	1	5	10	2	20	10	15	2.5 starch, 1 fat
6" Italian Herbs & Cheese	82	250	50	5	2.5	0	10	670	40	2	5	10	2	20	10	15	2.5 starch, 1 fat



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Mini Italian (White) Bread	47	140	15	1.5	0.5	0	0	320	26	1	3	5	0	8	2	10	2 starch
Mini Wheat Bread	52	140	15	2	0.5	0	0	240	27	4	3	6	0	10	4	15	2 starch
Wrap	70	190	40	4.5	1	0	0	470	33	1	1	6	0	0	4	10	2 starch, 1 fat
<b>Sandwich Condiments (amount on 6-inch sub)</b>																	
Bacon (2 strips)	9	45	30	3.5	1.5	0	10	190	0	0	0	3	0	0	0	1	1 fat
Chipotle Southwest Sauce	21	96	91	10	2	0	8	215	1	0	1	0	1	0	0	0	2 fat
Honey Mustard Sauce, Fat Free	21	30	0	0	0	0	0	115	7	0	6	0	0	0	0	0	0.5 carbohydrate
Light Mayonnaise (1 T)	15	50	45	5	1	0	5	100	<1	0	0	0	0	0	0	0	1 fat
Mayonnaise (1 T)	15	110	110	12	2	0	10	80	0	0	0	0	0	0	0	0	2 fat
Mustard yellow or deli brown (2 tsp)	10	5	0	0	0	0	0	115	<1	0	0	0	0	0	0	0	free
Olive Oil Blend (1 tsp)	7	45	45	5	0	0	0	0	0	0	0	0	0	0	0	0	1 fat
Ranch Dressing	21	120	120	13	2	0	10	210	1	0	1	0	0	0	0	0	2 fat
Red Wine Vinaigrette, Fat Free	21	29	3	0	0	0	1	341	6	0	3	0	0	0	0	0	0.5 carbohydrate
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	85	9	0	8	0	0	0	0	0	0.5 carbohydrate
Vinegar (1 tsp)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	free
<b>Vegetables (amount on 6-inch sub)</b>																	
Banana Peppers (3 rings)	4	0	0	0	0	0	0	20	0	0	0	0	0	6	0	0	free
Cucumbers (3 slices)	17	<5	0	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	0	free
Jalapeno Peppers (3 rings)	4	<5	0	0	0	0	0	70	0	0	0	0	0	4	0	0	free
Lettuce	21	<5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	free
Onions	14	5	0	0	0	0	0	0	1	0	0	0	0	0	0	0	free
Pickles (3 chips)	9	0	0	0	0	0	0	115	0	0	0	0	0	0	0	0	free
Olives (3 rings)	3	<5	0	0	0	0	0	25	0	0	0	0	0	0	0	0	free
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0	free
<b>Cheese (amount on 6-inch sub, wrap or salad)</b>																	
American, Processed	11	40	30	3.5	2	0	10	200	1	0	0	2	2	0	8	0	1/2 med fat meat
Monterey Cheddar, Shredded	14	50	40	4.5	3	0	15	90	1	0	0	3	4	0	10	0	1 fat
Natural Cheddar	15	60	45	5	3	0	15	95	0	0	0	4	4	0	8	0	1 med fat meat
Pepperjack	14	50	35	4	2.5	0	15	140	0	0	0	3	4	4	10	0	1/2 med fat meat
Provolone	14	50	35	4	2	0	10	125	0	0	0	4	2	0	10	0	1 med fat meat
Swiss	14	50	35	4.5	2.5	0	15	30	0	0	0	4	2	0	15	0	1 med fat meat
<b>Individual Meats (amount on 6-inch sub or salad)</b>																	
Chicken Patty, Roasted	71	90	20	2.5	0.5	0	25	330	4	0	2	15	0	10	0	0	2 lean meat
Chicken Strips	71	80	15	1.5	0.5	0	50	320	0	0	0	16	0	4	0	0	2 lean meat
Cold Cut Combo Meats	71	140	90	11	3.5	0	50	830	2	0	1	10	0	2	4	6	1 med fat meat, 1 fat
Ham	57	60	15	2	1	0	25	760	3	0	1	9	0	0	0	2	1 lean meat
Italian BMT® Meats	64	180	130	14	5	0	45	1070	2	0	2	12	0	0	0	2	2 med fat meat, 1 fat
Meatballs	198	300	160	18	7	1	35	890	19	3	6	13	2	25	6	15	2 med fat meat, 1 starch, 2 fat
Roast Beef	57	70	20	2	1	0	20	400	1	0	1	10	0	0	0	10	1 lean meat
Seafood Sensation	71	190	140	16	2.5	0	15	430	7	0	1	5	0	0	6	2	1 lean meat, 1/2 starch, 2.5 fat
Steak with Peppers & Onions (no cheese)	99	140	50	6	2.5	0	50	410	4	1	2	18	6	8	0	15	2 lean meat



	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans 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>
Subway Club® Meats	90	100	25	3	1	0	35	790	3	0	2	15	0	0	0	8	2 lean meat
Tuna	71	260	220	24	4	0	35	310	0	0	0	10	0	0	0	4	1 lean meat, 3 fat
Turkey Breast	57	50	10	1	0	0	20	500	2	0	1	9	0	0	0	2	1 lean meat
Veggie Patty	85	160	45	5	0.5	0	11	520	12	3	2	15	6	0	2	0	1 med fat meat

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from Subway approved food manufacturers, an independent laboratory and the USDA National Nutrient Database for Standard Reference, Release #19. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

\*\*Regional and Limited Time Offer 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.

<sup>1</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.