

Subway® Nutrition Facts-US

Revised August 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>6-inch Sandwiches with 6 grams of Fat or Less</b> Values include Italian or wheat bread, lettuce, tomatoes, onions, green peppers, olives, and pickles.																
Veggie Delite®	166	230	30	3	1	0	510	44	4	7	9	8	35	6	25	2.5 starch, 1 veg
Savory Turkey Breast	223	280	40	4.5	1.5	20	1010	46	4	7	18	8	35	6	25	3 starch, 1.5 lean meat, 1 veg
Savory Turkey Breast & Ham	232	290	45	5	1.5	25	1220	46	4	8	20	8	35	6	25	3 starch, 1.5 lean meat, 1 veg
Ham	223	290	45	5	1.5	25	1270	46	4	8	18	8	35	6	25	3 starch, 1.5 lean meat, 1 veg
Roast Beef	223	290	45	5	2	20	910	45	4	8	19	8	35	6	35	3 starch, 1.5 lean meat, 1 veg
Turkey Breast, Ham and Roast Beef	256	320	50	6	2	35	1300	47	4	8	24	8	35	6	30	3 starch, 2 lean meat, 1 veg
Oven Roasted Chicken Breast	237	330	50	5	1.5	45	1010	47	5	9	24	8	35	6	25	3 starch, 2 lean meat, 1 veg
Sweet Onion Chicken Teriyaki	271	370	45	5	1.5	50	1090	59	5	19	26	8	40	8	25	4 starch, 2 lean meat, 1 veg
Honey Mustard Ham	244	310	45	5	1.5	25	1410	54	5	14	19	8	35	6	25	3 starch, 1.5 lean meat, 1 veg
<b>6-inch Hot Sandwiches</b> Values based on standard formula and includes selected vegetables and cheese.																
Turkey Breast, Ham & Bacon Melt	253	380	110	12	5	45	1610	47	4	8	25	10	35	15	25	3 starch, 2 med fat meat, 1 veg, 0.5 fat
Cheese Steak	248	360	90	10	4.5	35	1090	47	5	9	24	10	35	15	45	3 starch, 2 lean meat, 1 veg, 1 fat
Chipotle Southwest Cheese Steak	258	440	170	19	6	45	1160	49	5	10	24	10	35	15	45	3 starch, 2 lean meat, 1 veg, 3 fat
Dijon Turkey Breast, Ham & Bacon Melt	262	470	190	21	7	55	1620	48	5	8	26	10	35	15	25	3 starch, 2 med fat meat, 1 veg, 2 fat
Meatball Marinara	288	500	200	22	11	45	1180	52	5	9	23	10	40	15	35	3 starch, 2 med fat, meat, 1 veg, 3 fat
<b>6-inch Cold Sandwiches</b> Values based on standard formula and includes selected vegetables and cheese.																
Classic Tuna	248	430	170	19	5	45	1070	46	4	7	20	10	35	15	25	2 starch, 2 lean meat, 1 veg, 2.5 fat
Cold Cut Combo	248	410	160	17	7	55	1570	46	4	7	21	10	35	15	30	3 starch, 2 med fat, 1 veg, 1.5 fat
Italian BMT®	241	450	190	21	8	55	1790	47	4	8	23	10	35	15	25	3 starch, 2 med fat meat, 1 veg, 2 fat
Subway® Seafood Sensation	248	380	120	13	4.5	25	1170	52	5	8	16	10	35	15	25	3 starch, 2 lean meat, 1 veg, 1.5 fat
<b>Deli Style Sandwiches</b>																
Savory Turkey Breast	152	210	35	3.5	1.5	15	730	36	3	4	13	4	20	6	25	2 starch, 1 lean meat, 0.5 veg
Ham	142	210	35	4	1.5	10	770	35	3	4	11	4	20	6	25	2 starch, 1 lean meat, 0.5 veg
Roast Beef	152	220	40	4.5	2	15	660	35	3	4	13	4	20	6	30	2 starch, 1 lean meat, 0.5 veg
Classic Tuna	161	300	110	13	4.5	25	770	36	3	3	13	8	20	10	25	2 starch, 1 lean meat, 0.5 veg, 2 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	15	35	15	1 starch, 4 med fat meat, 1.5 fat
Mediterranean Chicken (8 net carbs)*	253	350	160	18	5	60	1490	17	9	2	36	10	20	15	15	1 starch, 3.5 med fat meat
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
Turkey Breast and Ham (10 net carbs)*	260	390	210	23	8	60	1890	19	9	3	32	10	15	30	15	1 starch, 3 med fat meat, 1.5 fat, 1 veg
<b>6-inch Double Meat (DM)</b>																
DM Turkey Breast	280	330	50	5	1.5	40	1510	48	4	8	28	8	35	8	25	3 starch, 3 lean meat, 1 veg
DM Turkey Breast & Ham	298	360	60	7	2	45	1930	48	4	9	30	8	35	6	25	3 starch, 3 lean meat, 1 veg
DM Ham	280	350	60	7	2.5	50	2030	49	4	9	28	8	35	6	30	3 starch, 3 lean meat, 1 veg
DM Roast Beef	280	360	70	7	3.5	40	1310	46	4	9	29	8	35	6	40	3 starch, 3 lean meat, 1 veg
DM Turkey Breast, Ham & Roast Beef	345	410	70	8	2.5	60	2010	49	4	10	39	8	35	8	35	3 starch, 3 lean meat, 1 veg
DM Chicken	308	430	70	8	2.5	90	1510	50	5	11	38	8	35	6	25	3 starch 4 lean meat, 1 veg
DM Classic Tuna	319	580	290	32	7	75	1430	48	4	7	29	10	35	15	30	3 starch, 4 lean meat, 1 veg, 4 fat
DM Seafood Sensation	319	490	180	20	5	35	1620	60	5	10	20	10	35	25	25	4 starch, 3 lean meat, 1 veg, 2 fat
Double Meat Italian BMT®	305	630	310	35	14	100	2860	49	4	10	34	10	35	15	30	3 starch, 4 med fat meat, 1 veg, 3 fat
Double Meat Cold Cut Combo	319	550	250	28	10	105	2420	48	4	8	31	15	35	20	35	3 starch, 4 med fat meats, 1 veg, 2 fat
DM Turkey Breast, Ham & Bacon Mel	308	490	150	17	8	80	2500	51	4	9	39	10	35	15	30	3 starch, 4 med fat meats, 1 veg
DM Cheese Steak	319	450	120	14	6	65	1460	50	6	11	37	10	35	15	60	3.5 starch, 4 lean meat, 1 veg, 0.5 fat
DM Meatball Marinara	382	740	340	38	18	85	1640	61	5	10	35	15	45	20	45	4 starch, 4 med fat meats, 1 veg, 4 fat
DM 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
DM Chipotle Southwest Cheese Steak	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
<b>6" Promotional/Regional Subs**</b> Values include Italian or wheat bread, lettuce, tomatoes, onions, green peppers, olives, and pickles.																
BBQ Rib Patty	244	420	170	19	7	50	820	47	4	8	20	8	35	8	30	3 starch, 3 med fat meat, 1 veg, 1 fat
Lloyd's BBQ Chicken	237	310	30	6	2	35	1100	52	5	15	16	15	200	10	30	3 starch, 2 lean meat, 1 veg
Veggi-Max	251	390	70	8	1.5	10	1030	56	7	9	24	15	35	8	20	4 starch, 3 lean meat, 1 veg
Gardenburger®	254	390	60	7	2.5	5	960	66	10	8	19	15	35	10	30	4 starch, 3 lean meat, 1 veg
Pastrami	300	570	260	29	9	50	1890	49	5	7	32	10	35	15	25	3 starch, 4 med fat meat, 2 fat
Buffalo Chicken	265	400	130	15	3.5	50	1420	45	4	9	25	20	60	8	30	3 starch, 3 lean meat, 1 veg, 1 fat
Spicy Italian	225	480	230	25	9	55	1660	45	4	8	21	8	35	6	25	3 starch, 3 med fat meats, 1 veg, 2 fats
Mediterranean Chicken	292	440	150	16	5	60	1170	46	5	6	30	10	40	15	25	3 starch, 3 med fat meat, 1 veg, 1 fat
Barbecue Pulled Pork	246	440	120	13	5	70	1300	53	4	15	31	10	35	6	25	3 starch, 3 med fat meat, 1 veg.
Baja Chicken	240	350	80	9	2	50	850	45	5	7	26	8	30	8	30	3 starch, 3 lean meat, 1 veg
Baja Pork	280	530	190	21	7	95	1210	50	5	11	38	8	25	6	35	3 starch, 4 med fat meat, 1 veg
Chicken Fajita	255	510	190	21	8	85	1070	49	6	10	32	6	15	25	20	3 starch, 3 lean meat, 1 veg, 2 fat
Steak Fajita	255	500	190	21	8	55	1070	52	7	11	29	6	15	25	45	3.5 starch, 3 lean meat, 1 veg, 2 fat
Carne Asada	257	420	100	11	1	80	1400	45	4	7	36	6	25	6	40	3 starch, 4 lean meat, 1 veg

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<b>Salads</b> Values do NOT include salad dressing.																
Garden Fresh	300	60	10	1	0	0	80	11	5	5	3	160	80	8	10	1 starch, 2 veg
Mediterranean Chicken	385	170	40	4.5	2	55	520	11	5	5	22	160	80	10	10	1 starch, 3 lean meat, 2 veg
Grilled Chick. & Spinach (5 net carbs)	284	420	240	26	10	215	970	10	5	2	38	220	60	40	35	.5 starch, 5 lean meat, 2 veg, 2 fat
Classic Club (9 net carbs)	430	390	190	21	10	210	1820	13	4	5	37	130	70	30	20	1 starch, 5 lean meat, 2 veg, 1 fat
<b>Salad Dressing (1 packet) and Salad Toppings</b>																
Atkins Honey Mustard (1 net carb)	57	200	200	22	3	0	510	1	0	0	1	0	0	0	0	4 fats
Greek Vinaigrette	57	200	190	21	3	0	590	3	0	2	1	0	0	0	0	4 fats
Kraft Fat Free Italian	57	35	0	0	0	0	720	7	0	4	1	0	0	2	0	1/2 carbohydrate
Kraft Ranch (.5 net carb)	57	200	200	22	3.5	10	550	1	0.5	0	1	0	0	0	0	5 fats
Red Wine Vinaigrette	57	80	10	1	0	0	910	17	0	7	1	0	0	0	0	1 carbohydrate
Bacon Bits	14	60	40	4.5	1.5	20	260	0	0	0	5	0	0	0	0	1 fat
Croutons	14	70	30	3	0	0	200	8	0	0	1	0	0	0	0	1/2 starch
Diced Eggs	28	45	30	3	1	120	35	0	0	0	4	2	0	0	6	1/2 med fat meat
Garlic Almonds	14	80	70	7	0.5	0	65	3	2	1	3	0	0	4	6	1.5 fats
<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	45	210	90	10	4	15	160	30	1	18	2	4	0	0	6	2 carbohydrates, 2 fat
Oatmeal Raisin	45	200	70	8	2.5	15	170	30	2	16	3	0	0	0	6	2 carbohydrates, 1.5 fat
Peanut Butter	45	220	110	12	4	10	200	26	1	16	4	4	0	0	6	2 carbohydrates, 2 fat
M & M®	45	210	90	10	3.5	15	105	30	1	17	2	0	0	0	6	2 carbohydrates, 2 fat
White Macadamia Nut	45	220	100	11	3.5	15	160	28	1	17	2	6	0	0	6	2 carbohydrates, 2 fat
Sugar	45	230	110	12	3.5	15	135	28	0	14	2	0	0	0	6	2 carbohydrates, 2 fat
Chocolate Chunk	45	220	90	10	3.5	10	105	30	1	17	2	0	0	0	6	2 carbohydrates, 2 fat
Double Chocolate Chip	45	210	90	10	4	15	170	30	1	20	2	6	0	0	6	2 carbohydrates, 2 fat
Atkins-Friendly Double Choc. <sup>2</sup>	30	100	50	6	3	10	135	17	5	0	2	6	0	0	4	1 carbohydrate, 1 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>Fruitle 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 Pizzazz	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	60	15	1.5	0.5	10	940	7	1	1	6	15	2	0	0	0.5 starch, 1 lean meat
Vegetable Beef	240	90	10	1	0.5	5	1050	15	3	3	5	15	0	2	4	1 starch, 1 lean meat
Golden Broccoli & Cheese	240	180	100	11	4	15	1120	16	2	3	5	4	0	15	2	1 starch, 2 fat
Cream of Broccoli	240	130	50	6	2	10	860	15	2	0	5	4	20	15	0	1 starch, 1 fat
Cream of Potato with Bacon	240	200	100	11	4	15	840	21	2	3	4	6	0	8	2	1 starch, 2 fat
Cheese with Ham and Bacon	240	240	140	15	6	20	1160	17	1	5	8	2	0	15	2	1 starch, 1 med fat meat, 2 fats

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<b>Soups con't</b>																
New England Style Clam Chowder	240	110	30	3.5	0.5	10	990	16	1	1	5	2	2	10	4	1 starch, 1 fat
Minestrone	240	90	35	4	1	20	1180	7	1	1	7	40	6	2	4	1/2 starch, 1 lean meat
Chicken and Dumpling	240	130	40	4.5	2.5	30	1030	16	1	2	7	20	0	2	4	1 starch, 1 lean meat
Spanish Style Chicken with Rice	240	90	20	2	0.5	5	800	13	1	1	5	2	0	0	0	1 starch, 1 lean meat
Brown and Wild Rice with Chicken	240	190	100	11	4.5	20	990	17	2	3	6	10	40	30	2	1 starch, 1 lean meat, 11/2 fat
Chili Con Carne	240	240	90	10	5	15	860	23	8	14	15	15	0	6	10	1.5 starch, 2 med fat meat
Tomato Garden Vegetable w/ Rotini	240	100	5	0.5	0	0	2340	20	2	7	3	80	2	4	2	1 starch
<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	120	40	4.5	0	0	680	13	5	0	14	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	50	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 (amount on 6-inch sub, wrap or salad)</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 (sliced)	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
Feta	14	30	15	2	1.5	5	120	0	0	0	2	2	0	2	0	1/2 fat
Shredded Monterey Cheddar	28	110	80	9	6	30	180	1	0	0	7	6	0	20	0	2 fats
Shredded Swiss	28	110	70	8	4.5	25	60	1	0	0	8	4	0	30	0	2 fats
<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>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
Turkey Breast, Ham & Roast Beef	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
Seafood Sensation	71	110	60	7	1	15	450	8	<1	1	5	0	0	0	0	2 lean meat, 1 fat
Cold Cut Combo 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

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 #16. 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.

<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.

2. Atkins Friendly Double Chocolate Chip Cookie contains 5 g sugar alcohol.

\*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.