

Subway® Nutrition Facts-US

Revised January 2005

	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 Sandwiches with 6 grams of Fat or Less</b> Values include Italian or wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives.																	
Honey Mustard Ham	245	320	50	5	1.5	0	25	1420	53	4	14	18	4	30	6	25	3 starch, 1 lean meat, 1 veg
Oven Roasted Chicken Breast	238	330	50	5	1.5	0	45	1020	47	4	9	24	4	30	6	25	3 starch, 2 lean meat, 1 veg
Roast Beef	224	290	45	5	2	0	20	920	45	4	8	19	4	30	6	30	3 starch, 1 lean meat, 1 veg
Savory Turkey Breast	224	280	40	4.5	1.5	0	20	1020	46	4	7	18	4	30	6	25	3 starch, 1 lean meat, 1 veg
Savory Turkey Breast & Ham	234	290	45	5	1.5	0	25	1230	47	4	8	20	4	30	6	25	3 starch, 2 lean meat, 1 veg
Subway Club®	257	320	50	6	2	0	35	1310	47	4	8	24	4	30	6	30	3 starch, 2 lean meat, 1 veg
Sweet Onion Chicken Teriyaki	281	370	45	5	1.5	0	50	1220	59	4	19	26	6	40	8	25	4 starch, 2 lean meat, 1 veg
Veggie Delite®	167	230	30	3	1	0	0	520	44	4	7	9	4	30	6	25	2.5 starch, 1 veg
<b>6-inch Hot Sandwiches</b> Values include Italian or wheat bread, lettuce, tomatoes, onions, green peppers, pickles, olives and cheese.																	
Cheese Steak	250	360	90	10	4.5	0	35	1090	47	5	9	24	8	30	15	45	3 starch, 2 lean meat, 1 veg, 1 fat
Chicken & Bacon Ranch	297	530	230	25	10	0	90	1400	47	5	7	36	12	36	27	26	3 starch, 4 lean meat, 1 veg, 2 fat
Chipotle Southwest Cheese Steak	271	450	180	20	6.0	0	45	1310	48	6	10	24	10	30	15	45	3 starch, 2 lean meat, 1 veg, 3 fat
Italian BMT®	243	450	190	21	8	0	55	1790	47	4	8	23	8	30	15	25	3 starch, 2 med fat meat, 1 veg, 2 fat
Meatball Marinara	377	560	220	24	11.0	1	45	1610	63	7	13	24	15	50	20	40	4 starch, 2 med fat meat, 1 veg, 3 fat
Turkey Breast, Ham & Bacon Melt	254	380	110	12	5.0	0	45	1610	48	4	8	25	8	30	10	25	3 starch, 2 lean meat, 1 veg, 1 fat
<b>6-inch Cold Sandwiches</b> Values include Italian or wheat bread, lettuce, tomatoes, onions, green peppers, olives, pickles and cheese.																	
Classic Tuna	250	530	280	31	7	1	45	1030	45	4	7	22	8	30	10	30	2 starch, 2 lean meat, 1 veg, 5 fat
Cold Cut Combo	249	410	150	17	7	0.5	60	1550	47	4	8	21	10	35	15	30	3 starch, 2 med fat, 1 veg, 1.5 fat
Subway® Seafood Sensation	250	450	200	22	6	0.5	25	1150	51	5	8	16	8	30	15	25	3 starch, 1 lean meat, 1 veg, 4 fat
<b>Deli Style Sandwiches</b> Values include deli roll, lettuce, tomatoes, onions, green peppers, pickles and olives.																	
Classic Tuna	161	350	170	18	5.0	0.5	30	750	35	3	3	14	8	20	10	25	2 starch, 1 lean meat, 3 fat
Ham	142	210	35	4	1.5	0	10	770	36	3	4	11	4	15	8	25	2 starch, 1 lean meat
Roast Beef	152	220	40	4.5	2.0	0	15	660	35	3	4	13	4	15	8	25	2 starch, 1 lean meat
Savory Turkey Breast	152	210	35	3.5	1.5	0	15	730	36	3	4	13	4	15	10	25	2 starch, 1 lean meat
<b>Wraps</b>																	
Chicken & Bacon Ranch (with cheese)	256	440	240	27	10	0	90	1670	18	9	1	41	10	15	30	15	1 starch, 5 lean meat, 2 fat
Tuna (with cheese)	209	440	290	32	6	0.5	45	1310	16	9	1	27	8	10	15	15	1 starch, 3 lean meat, 4 fat
Turkey Breast & Bacon Melt (w/ Chipotle Sauce)	242	440	260	28	10	0	65	1870	20	9	2	34	10	10	30	15	1.5 starch, 4 lean meat, 3 fat
Turkey Breast	184	190	50	6	1	0	20	1290	18	9	2	24	4	10	10	15	1 starch, 2 lean meat
<b>Salads (Dressing and croutons not included)</b>																	
Grilled Chicken & Baby Spinach	300	140	25	3	1	0	50	450	11	4	4	20	200	80	10	20	2 lean meat, 5 veg.
Subway Club®	412	160	35	4	1.5	0	35	880	15	4	7	18	70	50	6	20	2 lean meat, 5 veg.
Tuna (with cheese)	404	360	260	29	6	0.5	45	600	12	4	5	16	70	50	15	15	1 lean meat, 5 veg., 5 fat
Veggie Delite®	322	60	10	1	0	0	0	90	12	4	5	3	70	50	6	10	1 lean meat, 5 veg.
<b>6-inch Double Meat (DM)</b>																	
DM Turkey Breast	281	340	50	6	1.5	0	40	1520	48	4	8	28	4	30	6	25	3 starch, 3 lean meat, 1 veg
DM Turkey Breast & Ham	300	360	60	7	2	0	50	1950	50	4	9	31	4	30	6	30	3 starch, 3 lean meat, 1 veg
DM Ham	302	380	70	7	2.5	0	50	2180	57	4	16	28	4	30	6	30	3 starch, 3 lean meat, 1 veg
DM Roast Beef	281	360	70	7	3.5	0	40	1320	46	4	9	29	4	30	6	40	3 starch, 3 lean meat, 1 veg
DM Subway Club®	347	420	80	8	3.5	0	65	2100	50	4	10	39	4	30	6	40	3 starch, 4 lean meat, 1 veg
DM Oven Roasted Chicken	309	430	70	8	2	0	90	1520	50	4	11	39	4	30	6	25	3 starch 4 lean meat, 1 veg
DM Classic Tuna	320	790	490	55	11	1	80	1340	45	4	7	32	10	30	10	30	3 starch, 3 lean meat, 1 veg, 9 fat
DM Seafood Sensation	320	640	350	38	8.0	1	40	1580	58	5	10	20	8	30	20	25	4 starch, 2 lean meat, 1 veg, 6 fat
DM Italian BMT®	306	630	310	35	14	0	100	2890	49	4	10	34	8	30	15	30	3 starch, 4 med fat meat, 1 veg, 3 fat

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DM Cold Cut Combo	320	550	250	28	10	1	110	2380	49	4	8	31	10	35	20	35	3 starch, 3 med fat meat, 1 veg, 2.5 fat
DM Turkey Breast, Ham & Bacon Melt	320	450	120	14	6	0	70	2330	51	4	9	36	8	30	15	30	3 starch, 4 lean meat, 1 veg, 0.5 fat
DM Cheese Steak	320	450	120	14	6	0	60	1470	50	6	11	37	8	30	15	60	3.5 starch, 4 lean meat, 1 veg, 0.5 fat
DM Meatball Marinara	575	960	380	42	18	2	85	2490	82	10	18	37	15	75	25	50	5.5 starch, 4 med fat meat, 1 veg, 4 fat
DM Sweet Onion Chick. Teriyaki	373	490	60	7	2	0	100	1630	68	4	27	43	6	45	10	30	4.5 starch, 5 lean meat, 1 veg
DM Chipotle Southwest Cheese Steak	342	540	210	24	7	0	70	1680	51	7	12	37	10	30	15	60	3.5 starch, 4 lean meat, 1 veg, 2 fat
<b>6" Limited Time Offer/Regional Subs**</b>																	
Barbecue Rib Patty	245	420	170	19	6	n/a	50	830	47	4	8	20	6	30	6	25	3 starch , 2 med fat meat, 1 veg, 2 fat
Barbecue Chicken	238	310	50	6	2	0	35	1110	52	5	15	16	10	190	8	25	3 starch, 1 med fat meat, 1 veg
Chipotle Chick & Bacon Double Cheese Melt	297	560	240	27	10	0	95	1410	47	5	7	36	10	35	25	25	3 starch, 4 lean meat, 1 veg, 3 fat
Veggi-Max	252	390	70	8	1.5	0	10	1040	56	7	9	24	10	30	8	25	3.5 starch, 2 lean meat, 1 veg
Gardenburger®	255	390	60	7	2.5	0	5	970	66	9	8	19	10	30	10	30	4 starch, 1 lean meat, 1 veg
Pastrami	301	570	260	29	9	0	10	1890	49	5	7	32	8.0	30	10	25	3 starch, 3 med fat meat, 3 fat, 1 veg
Buffalo Chicken	274	390	120	13	3	0	55	1510	46	5	8	26	4	35	6	25	3 starch, 2 lean meat, 1 veg, 1 fat
Spicy Italian	227	480	230	25	9	0	55	1670	46	4	8	21	4	30	6	25	3 starch, 2 med fat meat, 1 veg, 3 fat
<b>Salad Dressing</b>																	
Atkins Honey Mustard (1 net carb)	57	200	200	22	3	0	0	510	1	0	0	1	0	0	0	0	4 fat
Greek Vinaigrette	57	200	190	21	3	0	0	590	3	0	2	1	0	0	0	0	4 fat
Kraft Fat Free Italian	57	35	0	0	0	0	0	720	7	0	4	1	0	0	2	0	1/2 carbohydrate
Ranch (.5 net carb)	57	200	200	22	3.5	0	10	550	1	0.5	0	1	0	0	0	0	5 fat
<b>Breakfast Sandwiches on Deli Round</b>																	
Bacon & Egg	123	320	140	15	4.5	0	190	520	34	3	3	15	6	6	8	25	2 starch, 1 med fat meat, 2 fat
Cheese & Egg	125	320	140	15	5.0	0	190	550	34	3	3	14	8	6	15	25	2 starch, 1 med fat meat, 2 fat
Ham & Egg	142	310	110	13	3.5	0	190	720	35	3	4	16	6	6	8	25	2 starch, 1 med fat meat, 1.5 fat
Steak & Egg	156	330	120	14	4.0	0	190	570	35	3	4	19	6	6	8	35	2 starch, 2 med fat meat, 1 fat
Vegetable & Egg	153	290	110	12	3.0	0	180	410	36	3	4	12	8	20	8	25	2 starch, 1 med fat meat, 1 fat
Western Egg	162	300	110	12	3.5	0	180	530.0	36	3	4	14	8	20	8	25	2 starch, 1 med fat meat, 1 fat
<b>Breakfast Sandwiches on 6" Italian or Wheat Bread</b>																	
Bacon & Egg	144	360	140	15	4.5	0	190	600	42	3	6	17	6	15	8	25	3 starch, 1 med fat meat, 2 fat
Cheese & Egg	146	360	140	15	5	0	190	620	42	3	6	16	8	15	15	25	3 starch, 1 med fat meat, 2 fat
Ham & Egg	163	350	110	13	3.5	0	190	790	43	3	6	18	6	15	8	25	3 starch, 1 med fat meat, 1.5 fat
Steak & Egg	177	370	120	14	3.5	0	190	640	43	4	7	22	6	15	8	35	3 starch, 2 med fat meat, 1 fat
Vegetable & Egg	174	330	110	12	3	0	180	480	44	4	7	14	8	25	8	25	3 starch, 1 med fat meat, 1 veg, 1.5 fat
Western & Egg	183	340	110	12	3	0	180	610	44	4	7	16	8	30	8	25	3 starch, 1 med fat meat, 1 veg, 1.5 fat
<b>Omelets &amp; French Toast</b>																	
Bacon & Egg	141	240	150	17	6	0	570	350	2	0	0	20	15	0	6	10	3 med fat meat
Cheese & Egg	143	240	150	17	6	0	570	370	2	0	0	19	20	0	15	10	3 med fat meat
Ham & Egg	160	230	130	14	4.5	0	575	550	2	0	1	21	15	0	6	10	3 med fat meat
Steak & Egg	175	250	140	15	5	0	580	390	3	1	1	24	15	0	8	20	3 med fat meat
Vegetable & Egg	174	210	120	14	4	0	560	250	4	1	1	17	20	20	8	10	3 med fat meat
Western & Egg	183	220	120	14	4.5	0	565	360	4	1	0	19	20	15	6	10	3 med fat meat, 0.5 veg
French Toast w/ Syrup	170	350	80	8	2.5	0	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	1	15	160	30	1	18	2	4	0	0	6	2 carbohydrate, 2 fat
Chocolate Chunk	45	220	90	10	3.5	2.5	10	105	30	1	17	2	0	0	0	6	2 carbohydrate, 2 fat
Double Chocolate Chip	45	210	90	10	4	1	15	170	30	1	20	2	6	0	0	6	2 carbohydrate, 2 fat



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Mayonnaise (1 T)	15	110	110	12	3	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	1	0	0	0	0	0	0	0	0	0	0	0	1 fat
Ranch Dressing	21	70	70	8	1	0	4	205	0	0	0	0	0	0	0	0	2 fat
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	0	0	0	0	0	0	0	0	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	0	0	0	0	0	0	70	0	0	0	0	4	0	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	125	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	28	110	80	9	6	0	30	180	1	0	0	7	6	0	20	0	2 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" sub or salad)</b>																	
Turkey Breast	57	50	10	1	0	0	20	500	2	0	1	9	0	0	0	2	1 lean meat
Ham	57	60	15	2	1	0	25	760	3	0	1	9	0	0	0	2	1 lean meat
Roast Beef	57	70	20	2	1	0	20	400	1	0	1	10	0	0	0	10	1 lean meat
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
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
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
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
Meatball	198	300	160	18	7	1	35	890	19	3	6	13	2	25	6	15	2 med fat meat, 1 starch, 2 fat
Steak (no cheese)	71	90	30	3.5	1	0	25	370	3	1	2	13	0	0	0	20	2 lean meat
Roasted Chicken	71	100	20	2.5	0.5	0	45	500	3	0	2	15	0	0	0	0	2 lean meat
Chicken Strips	71	80	15	1.5	0.5	0	50	320	0	0	0	16	0	4	0	2	2 lean 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 #17. 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.

\*Net Carbohydrate=Total Carbohydrate-Dietary Fiber

\*\*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.