



Subway® Nutrition Facts-US

Revised August 2008

	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 ¹
6-inch Jared Sandwiches with 6 grams of Fat or Less 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
6-inch Sandwiches 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
Prime Rib	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
4-inch Sandwiches (Subway® Minis) Values include wheat bread, lettuce, tomatoes, onions, green peppers, pickles, olives and cheese.																	
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
Jared Low Fat Footlong Sandwiches Values include wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives.																	
Footlong Ham	448	570	90	10	3.5	0	50	2520	93	11	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	11	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	11	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	11	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	11	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	11	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	11	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	11	13	18	15	70	15	45	6 starch, 2 veg
Jared Salads with 6 g of fat or Less 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	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	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	318	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	632	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
Double Tuna	320	790	490	55	11	1	80	1330	45	5	7	32	10	35	15	35	
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
Big Philly Cheesesteak (double meat)	309	520	170	19	10	0	100	1390	50	6	9	40	15	35	45	25	3 starch, 4 med fat meat, 1 veg
BLT (includes cheese)	164	350	120	13	6	0	30	940	43	5	6	18	10	25	10	25	3 starch, 1 med fat meat, 1 fat
Buffalo Chicken	274	430	160	18	3.5	0	60	1490	46	5	8	25	8	40	8	25	3 starch, 2 lean meat, 1 veg, 1 fat
Pastrami (double meat)	270	580	270	30	10	0	14	1860	48	5	6	33	10	20	15	25	3 starch, 3 med fat meat, 1 veg, 3 fat
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
The Feast (includes cheese)	372	590	220	25	10	0	105	3120	52	5	11	44	10	35	15	35	3 starch, 4 med fat meat, 1 veg, 1 fat
Veggie 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	4	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	336	820	310	34	14	0	68	1420	97	4	8	39	30	4	60	30	6.5 starch, 5 med fat meat, 2 fat
Breakfast Sandwiches on 6-inch Bread**																	
Cheese	189	420	160	18	8	0	190	1010	44	5	5	23	10	15	25	25	3 starch, 2 med fat meat, 2 fat
Chipotle Steak & Cheese	281	600	290	32	11	0.5	220	1470	49	6	8	34	15	25	25	35	3 starch, 3 med fat meat, 3 fat
Double Bacon & Cheese	207	510	230	25	11	0.5	210	1380	45	5	6	30	10	15	25	25	3 starch, 3 med fat meat, 2 fat
Honey Mustard Ham & Cheese	238	470	180	19	8	0	200	1500	52	5	12	28	10	15	25	25	3 starch, 3 med fat meat, 1 fat
Western with Cheese	229	450	170	19	8	0	200	1390	46	5	6	28	10	22	25	25	3 starch, 3 med fat meat, 1 fat
Breakfast Wraps**																	
Cheese	214	520	210	23	9	1	190	1260	55	2	1	25	10	0	30	20	3.5 starch, 2 med fat meat, 3 fat
Chipotle Steak & Cheese	306	700	330	37	12	1	220	1720	60	3	4	35	15	8	30	30	4 starch, 4 med fat meat, 3.5 fat
Double Bacon & Cheese	232	610	270	30	13	1	210	1630	56	2	1	30	10	0	30	20	4 starch, 3 med fat meat, 3 fat



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Honey Mustard Ham & Cheese	263	580	220	25	10	1	200	1750	64	2	7	30	10	0	30	20	4 starch, 3 med fat meat, 2 fat
Western with Cheese	254	550	220	24	10	1	200	1640	58	2	2	30	10	8	30	20	4 starch, 3 med fat meat, 2 fat
Cookies & Desserts																	
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	0	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® All Natural Strawberry	113	110	10	1	0.5	0	5	65	20	0	19	5	0	0	15	0	1 starch
Fruizle Express** (small)																	
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
Soup** (10 oz bowl)																	
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
Breads																	
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	23	2.5	1	0	0	620	41	2	5	8	0	15	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



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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	45	5	2.5	0	8	670	41	2	5	10	2	15	10	15	2.5 starch, 1 fat
Flatbread**	94	250	46	5	0	0	0	520	43	2	1	8	0.0	0	10	15	3 starch, 1 fat
Deli Style Roll	71	170	25	2.5	1	0	0	280	32	3	2	6	0	6	4	20	2 starch
Wrap	103	310	70	8	2.5	0	0	610	51	1	0	8	0	0	8	15	3 starch, 2 fat
Sandwich Condiments (amount on 6-inch sub)																	
Bacon (2 strips)	9	45	30	3.5	1.5	0	10	190	0	0	0	3	0	0	0	0	1 fat
Chipotle Southwest Sauce	21	100	90	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	340	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
Vegetables (amount on 6-inch Sub)																	
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	0	10	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
Cheese (amount on 6-inch sub, wrap or salad)																	
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
Individual Meats (amount on 6-inch sub or salad)																	
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	2	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
Egg Patty**	85	110	70	8	2	0	160	360	3	1	0	9	4	0	6	4	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



	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 ¹
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
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	10	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.

¹The 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.