



U.S. NUTRITION INFORMATION Updated November 2010

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	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
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SANDWICHES

6" Low Fat Sandwiches with 6 Grams of Fat or Less		Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.														
6" Black Forest Ham	219	290	40	4.5	1	0	25	1200	47	5	7	18	8	20	6	15
6" Oven Roasted Chicken	233	320	40	4.5	1	0	25	750	49	5	7	23	8	30	6	15
6" Roast Beef	233	310	40	4.5	1.5	0	25	800	45	5	6	26	8	20	6	25
6" Subway Club®	240	320	45	5	1.5	0	35	1140	47	5	6	26	8	20	6	20
6" Sweet Onion Chicken Teriyaki	276	380	40	4.5	1	0	50	1010	60	5	17	26	8	30	6	20
6" Turkey Breast	219	280	30	3.5	1	0	20	920	47	5	6	18	8	20	6	15
6" Turkey Breast & Black Forest Ham	228	300	35	4	1	0	25	1140	47	5	6	19	8	20	6	15
6" Veggie Delite®	162	230	20	2.5	0.5	0	0	410	45	5	5	8	8	20	4	15

6" Flatbread Sandwiches with 7 Grams of Fat or Less		Values include 6" flatbread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate footlong nutrition.														
Black Forest Ham on Flatbread	228	300	60	7	1.5	0	25	1240	43	3	4	18	8	20	2	15
Oven Roasted Chicken on Flatbread	242	330	60	7	1.5	0	25	780	45	3	4	23	8	30	2	15
Roast Beef on Flatbread	242	320	60	7	2	0	25	840	42	3	3	26	8	20	2	25
Subway Club® on Flatbread	258	330	70	7	1.5	0	35	1180	44	3	3	26	8	20	2	20
Sweet Onion Chicken Teriyaki on Flatbread	284	390	60	7	1.5	0	50	1050	56	3	14	26	8	30	4	20
Turkey Breast on Flatbread	228	300	50	6	1	0	20	950	43	3	3	18	8	20	2	15
Turkey Breast & Black Forest Ham on Flatbread	237	310	60	7	1.5	0	25	1180	44	3	4	19	8	20	2	15
Veggie Delite® on Flatbread	171	240	45	5	1	0	0	450	41	3	2	8	8	20	2	15

Low Fat Footlong™ Sandwiches		Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.														
Footlong Black Forest Ham	438	570	80	9	2.5	0	50	2400	94	10	13	35	15	40	10	30
Footlong Oven Roasted Chicken	466	640	80	9	2.5	0	45	1490	97	11	14	46	15	60	10	30
Footlong Roast Beef	466	630	80	9	3	0	55	1600	91	11	11	52	15	40	10	45
Footlong Subway Club®	481	640	90	10	3	0	65	2270	94	10	12	52	15	40	10	40
Footlong Sweet Onion Chicken Teriyaki	551	760	80	9	2.5	0	100	2020	120	10	34	51	20	60	15	35
Footlong Turkey Breast	438	570	60	7	1.5	0	40	1830	94	10	11	35	15	40	10	35
Footlong Turkey Breast & Black Forest Ham	457	590	70	8	2	0	50	2280	95	10	12	38	15	40	10	35
Footlong Veggie Delite®	325	460	40	5	1	0	0	830	90	10	10	17	15	40	10	30

6" Sandwiches		Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, cucumbers and cheese.														
6" Big Philly Cheesesteak	304	520	160	18	9	1	90	1570	53	6	7	39	15	20	25	25
6" BLT	164	360	120	13	6	0	30	990	45	5	5	17	10	8	10	15
6" Chicken & Bacon Ranch	292	570	250	28	10	0.5	95	1190	48	5	6	35	15	25	25	20
6" Cold Cut Combo	244	410	150	16	6	0.5	60	1450	48	5	6	21	10	20	15	20
6" Italian B.M.T.®	237	450	180	20	8	0.5	55	1730	48	5	7	22	10	20	10	15
6" Meatball Marinara	372	580	200	23	9	1	45	1530	70	9	16	24	40	45	20	25
6" Spicy Italian	233	520	250	28	11	0.5	65	1830	47	5	7	22	10	20	10	20
6" Steak & Cheese	245	380	90	10	4.5	0	50	1230	50	5	6	26	10	20	10	20
6" Subway Melt®	249	380	100	11	5	0	45	1530	48	5	7	25	10	20	10	20
6" Tuna	245	530	270	30	6	0.5	45	930	45	5	5	21	10	20	10	20

Kids Meal Sandwiches		Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.														
Veggie Delite®	108	150	15	1.5	0	0	0	280	30	3	3	6	6	15	4	10
Black Forest Ham	136	180	25	2.5	0.5	0	10	670	31	3	4	10	6	15	4	10
Roast Beef	146	200	25	3	1	0	15	480	30	4	4	15	6	15	4	10
Turkey Breast	146	190	20	2.5	0.5	0	15	610	31	3	4	12	6	15	4	10

6" Limited Time Offer/Regional Subs**		Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.														
6" Barbecue Rib Patty	240	430	160	18	6	0	50	730	48	5	7	19	8	20	6	20
6" Barbecue Chicken	233	310	45	5	1.5	0	35	1010	53	6	14	15	15	180	8	20
6" Buffalo Chicken (with regular Ranch dressing)	268	420	140	15	3	0	55	1290	47	5	7	25	8	25	6	15
6" The Feast	324	540	200	22	9	0.5	85	2450	50	5	8	39	10	20	15	25
6" LOW FAT Buffalo Chicken (with light Ranch)	268	370	60	6	1.5	0	55	1300	54	5	8	25	8	25	6	15
6" Chicken Pizziola (includes cheese)	291	450	140	15	6	0	75	1360	51	6	8	31	20	30	15	20
6" Pastrami, Big (includes cheese)	297	580	260	28	9	0	65	1810	50	5	5	31	10	20	10	15
6" Subway Seafood Sensation® (includes cheese)	245	460	200	22	5	0.5	25	1050	52	5	6	15	15	20	15	15
6" Turkey Bacon Avocado (includes cheese)	268	420	130	15	5	0	40	1310	51	7	6	24	10	25	10	20
6" Veggie Patty	247	390	70	7	1	0	10	930	57	8	7	23	15	20	6	15

SALADS

Salads with 6 g of fat or Less		Values include lettuce, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or croutons.														
Black Forest Ham	328	110	25	3	1	0	25	850	11	4	6	12	25	45	6	8
Oven Roasted Chicken Breast	342	130	25	2.5	0.5	0	50	270	9	4	4	19	25	50	6	10

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	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
Breakfast Sides																
Hash Browns (4 pc)**	74	150	80	9	1	0	0	440	17	2	0	1	0	8	0	2
8" Pizza**																
Cheese	293	680	200	22	9	0	40	1070	96	4	7	32	25	4	45	30
Cheese & Veggies	381	740	230	25	11	0	50	1270	100	5	9	36	35	30	60	30
Pepperoni	323	790	290	32	13	0	60	1350	96	4	8	38	30	4	60	30
Sausage	336	820	310	34	14	0	70	1420	97	4	8	39	30	4	60	30
BREADS & CONDIMENTS																
Breads																
6" Italian (White) Bread	71	200	20	2	0.5	0	0	390	38	1	5	7	0	0	2	15
6" 9-Grain Wheat Bread	78	210	20	2	0.5	0	0	410	41	4	3	8	0	0	4	15
6" Parmesan Oregano Bread	75	220	25	2.5	1	0	0	620	41	2	5	8	0	0	4	15
6" Honey Oat	89	260	25	3	0.5	0	0	430	49	5	8	9	0	0	4	15
6" Hearty Italian Bread**	75	220	20	2	1	0	0	390	41	2	5	8	0	0	2	15
6" Monterey Cheddar**	82	240	50	5	3	0	10	460	39	1	5	10	2	0	10	15
6" Italian Herbs & Cheese	82	250	45	5	2	0	10	590	41	2	5	10	2	0	10	15
6" Roasted Garlic**	82	230	25	2.5	0.5	0	0	1360	45	2	7	8	4	45	4	15
6" Flatbread	87	230	40	4.5	0.5	0	0	450	38	2	1	8	0	0	2	15
English Muffin	57	90	5	0.5	0	0	0	170	16	5	0	7	0	0	15	6
Mini Italian Bread	47	130	15	1.5	0	0	0	260	26	1	3	5	0	0	2	10
Mini Wheat Bread	52	140	15	1.5	0	0	0	270	28	3	2	5	0	0	2	8
Wrap**	103	310	70	8	2.5	0	0	610	51	1	0	8	0	0	6	15
Sandwich Condiments (amount on 6-inch sub or flatbread)																
Bacon (2 strips)	9	45	30	3.5	1.5	0	10	190	0	0	0	3	0	0	0	0
Chipotle Southwest Sauce	21	100	90	10	1.5	0	10	220	1	0	0	0	0	0	0	0
Honey Mustard Sauce, Fat Free	21	30	0	0	0	0	0	120	7	0	6	0	0	0	0	0
Light Mayonnaise (1 T)	15	50	45	5	1	0	5	100	<1	0	0	0	0	0	0	0
Mayonnaise (1 T)	15	110	110	12	2	0	10	80	0	0	0	0	0	0	0	0
Mustard yellow or deli brown (2 tsp)	10	5	0	0	0	0	0	115	<1	0	0	0	0	0	0	0
Olive Oil Blend (1 tsp)	5	45	45	5	0	0	0	0	0	0	0	0	0	0	0	0
Pepperoni, 3 slices	18	70	50	6	2	0	15	320	1	0	0	3	0	0	0	0
Ranch Dressing	21	110	100	11	1.5	0	5	200	1	0	1	0	0	0	0	0
Red Wine Vinaigrette, Fat Free**	21	30	3	0	0	0	0	340	6	0	3	0	0	0	0	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	85	9	0	8	0	0	0	0	0
Vinegar (1 tsp)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-inch sub or 6" flatbread)																
Banana Peppers (3 rings)	4	0	0	0	0	0	0	20	0	0	0	0	0	6	0	0
Cucumbers (3 slices)	17	<5	0	0	0	0	0	0	<1	0	0	0	0	0	0	0
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0
Jalapeno Peppers (3 rings)	4	<5	0	0	0	0	0	70	0	0	0	0	0	4	0	0
Lettuce	21	<5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	7	<5	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	9	0	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Olives (3 rings)	3	<5	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0
Cheese (amount on 6-inch sub, 6" flatbread or salad)																
American, Processed	11	40	30	3.5	2	0	10	200	1	0	0	2	2	0	8	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0	15	90	1	0	0	3	4	0	10	0
Mozzarella, Shredded	14	40	25	3	2	0	10	100	0	0	0	3	2	0	8	0
Natural Cheddar**	15	60	45	5	3	0	15	100	0	0	0	4	4	0	8	0
Pepperjack**	14	50	35	4	2.5	0	15	140	0	0	0	3	4	4	10	0
Provolone**	14	50	35	4	2	0	10	125	0	0	0	4	2	0	10	0
Swiss**	14	50	35	4.5	2.5	0	15	30	0	0	0	4	2	0	15	0
Individual Meats (amount on 6" sub or salad)																
Chicken Patty, Roasted	71	90	20	2.5	0.5	0	25	330	4	0	2	15	0	10	0	0
Chicken Strips	71	80	15	1.5	0.5	0	50	210	0	0	0	16	0	4	2	2
Cold Cut Combo Meats	71	140	100	11	3.5	0	50	830	2	0	1	10	2	2	4	6
Egg Patty (regular)	85	110	70	8	2	0	160	360	3	1	0	9	4	0	6	4
Egg White Patty	85	70	20	2	0	0	0	430	3	0	0	8	0	0	20	2
Ham	57	60	15	2	0.5	0	25	790	2	0	2	9	0	0	0	0
Italian B.M.T.® Meats	64	180	130	14	5	0	45	1120	2	0	2	11	0	0	0	2
Meatballs	198	310	150	17	6	0.5	30	910	25	4	11	13	30	25	8	10
Roast Beef	71	80	20	2.5	1	0	25	430	1	0	1	18	0	0	0	8
Sausage, Breakfast	57	240	210	24	9	0	35	520	1	0	0	7	0	2	0	4
Seafood Sensation**	71	190	150	16	2.5	0	15	430	7	0	1	5	2	0	6	2
Steak (no cheese)	71	110	50	4.0	2	0	35	560	4	0	1	15	0	1	2	8
Subway Club® Meats	78	90	20	2.5	1	0	35	750	2	0	1	17	0	0	0	6
Tuna	71	260	220	24	4	0	35	310	0	0	0	10	0	0	0	4
Turkey Breast	57	50	10	1	0	0	20	500	2	0	1	9	0	0	0	2
Veggie Patty**	85	160	45	5	0.5	0	10	520	12	3	2	15	6	0	2	0

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DESSERTS, SIDES & BEVERAGES																
Cookies & Desserts																
Chocolate Chip	45	210	90	10	6	0	15	150	30	1	18	2	6	0	0	6
Chocolate Chunk**	45	220	90	10	5	0	10	100	30	<1	17	2	0	0	0	6
Double Chocolate Chip**	45	210	90	10	6	0	15	170	30	1	20	2	8	0	2	4
M & M®**	45	210	90	10	5	0	10	100	32	<1	18	2	0	0	2	6
Oatmeal Raisin	45	200	70	8	4	0	15	170	30	1	17	3	0	0	2	6
Peanut Butter**	45	220	110	12	5	0	15	190	26	1	16	4	6	0	2	6
Sugar**	45	220	110	12	6	0	15	140	28	<1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5	0	15	160	29	<1	18	2	6	0	2	4
Apple Pie**	71	250	90	10	2	n/a	0	290	37	1	25	0	0	0	0	3
Apple Slices - 1 package	71	35	0	0	0	0	0	0	9	2	7	0	0	30	4	0
Yogurt Dannon Light & Fit®	170	80	0	0	0	0	<5	80	16	0	11	5	8	0	15	0
Chips																
Baked Lay's®	32	130	15	2	0	0	0	200	23	2	2	2	0	2	4	2
Baked Lay's®** Sour Cream & Onion	32	140	30	3.5	0.5	0	0	240	24	2	3	3	0	4	4	2
Doritos Nacho	50	250	120	13	2.5	0	<5	310	30	2	2	4	0	0	8	2
Lays® Classic	43	230	140	15	1.5	0	0	270	23	2	0	3	0	15	0	2
Sunchips Harvest Cheddar	43	210	80	9	1.5	0	0	240	29	3	3	4	0	0	2	2
Chips, 1 bag	25-57	75-340	0-220	0-22	0-4.5	0	0-35	150-940	13-36	0-3	0-9	0-7	0-20	0-20	0-15	0-10
Beverages* (OZ)																
Bottled Juice/Drink	15	0-300	0	0	0	0	0	40-160	54-68	0	48-64	0	0	0-200	0	0
Fountain Drink/Sweetened Tea, Regular - 16 oz, no ice	16	120-240	0	0	0	0	0	0-110	34-66	0	34-66	0	0	0-210	0	0
Fountain Drink, Diet/Unsweetened Tea - 16 oz, no ice	16	0-10	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 21 oz, no ice	21	160-320	0	0	0	0	0	0-140	45-87	0	45-87	0	0	0-270	0	0
Fountain Drink, Diet/Unsweetened Tea - 21 oz, no ice	21	0-15	0	0	0	0	0	0-80	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 32 oz, no ice	32	250-490	0	0	0	0	0	0-210	69-132	0	69-132	0	0	0-410	0	0
Fountain Drink, Diet/Unsweetened Tea - 32 oz, no ice	32	0-25	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 44 oz, no ice	44	340-680	0	0	0	0	0	0-290	95-182	0	95-182	0	0	0-560	0	0
Fountain Drink, Diet/Unsweetened Tea - 44 oz, no ice	44	0-35	0	0	0	0	0	0-110	0	0	0	0	0	0	0	0
Juice Box	6	100	0	0	0	0	0	15	24	0	21	0	0	100	10	2
Milk, Low Fat***	12	160	35	3.5	2.5	0	20	180	19	0	17	12	15	6	45	0
Milk, Chocolate Flavored Reduced Fat***	12	300	70	8	5	0	35	300	43	<1	43	15	15	6	45	4
Milk, Strawberry Flavored Reduced Fat**	12	300	70	7	4.5	0	35	220	44	0	42	15	15	6	50	0
Soup** (10 oz bowl) (OZ)																
Chicken Tortilla	10	110	20	1.5	0.5	0	10	440	11	3	4	6	20	25	4	8
Chipotle Chicken Corn Chowder	10	140	30	3	1.5	0	15	900	22	2	4	6	6	0	0	2
Chicken & Dumpling	10	170	45	5	2	0	35	810	23	2	2	8	10	0	4	6
Chili Con Carne	10	340	100	11	5	0	60	950	35	10	7	20	20	0	6	15
Cream of Potato with Bacon	10	240	120	13	5	0	15	870	26	3	3	5	4	0	10	2
Fire-Roasted Tomato Orzo	10	130	10	1	0.5	0	5	410	24	2	4	6	20	4	10	6
Golden Broccoli & Cheese	10	180	100	11	5	0	25	990	16	4	3	5	4	0	8	2
Minestrone	10	90	10	1	0	0	<5	910	17	3	4	4	25	0	4	4
New England Style Clam Chowder	10	150	45	5	1	0	10	990	20	4	2	6	0	0	4	6
Roasted Chicken Noodle	10	80	20	2	0.5	0	15	950	12	1	2	6	15	0	2	2
Rosemary Chicken and Dumpling	10	90	15	1.5	0.5	0	25	810	14	1	3	6	10	2	2	2
Spanish Style Chicken & Rice with Pork	10	110	25	2.5	1	0	5	980	16	1	1	6	2	0	2	2
Tomato Garden Vegetable w/ Rotini	10	90	5	0.5	0	0	0	820	20	3	8	3	35	4	6	6
Vegetable Beef	10	100	20	2	0.5	0	10	960	17	3	5	5	20	0	4	4
Wild Rice with Chicken	10	230	100	11	3.5	0	50	900	26	1	3	6	10	10	15	2

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

*Products contain no artificial trans fat (partially-hydrogenated oil). Some products contain naturally occurring trans fat.

**At participating locations. Nutrition information for these items are based on the most common formulas and ingredients.

***Nutrition information for fountain beverages do not include ice and is based on full cup size. Due to large variety of possible fountain beverage offerings nutrition ranges are provided in this brochure. Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed. Nutrition information for milk in California is different. Check milk container for exact nutrition information.