

Subway® Nutrition Facts-US

Revised December 2006

	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 Sandwiches with 6 grams of Fat or Less Values include wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olive																	
Ham	224	290	45	5	1.5	0	25	1280	47	4	8	18	6	30	6	25	3 starch, 1 lean meat, 1 veg
Oven Roasted Chicken Breast	238	330	50	5	1.5	0	45	1020	48	5	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	6	30	6	35	3 starch, 1 lean meat, 1 veg
Subway Club®	257	320	50	6	2	0	35	1310	47	4	8	24	6	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	8	40	8	25	4 starch, 2 lean meat, 1 veg
Turkey Breast	224	280	40	4.5	1.5	0	20	1020	46	4	7	18	6	30	6	25	3 starch, 1 lean meat, 1 veg
Turkey Breast & Ham	234	290	45	5	1.5	0	25	1230	47	4	8	20	6	30	6	25	3 starch, 2 lean meat, 1 veg
Veggie Delite®	167	230	30	3	1.0	0	0	520	44	4	7	9	6	30	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	540	230	25	10	0.5	90	1400	47	5	7	36	15	35	25	25	3 starch, 4 lean meat, 1 veg, 2 fat
Chicken Parmesan	286	500	160	18	6	0	40	1280	61	5	8	26	10	35	25	25	4 starch, 2 med fat meat, 1 veg, 2 fat
Chipotle Southwest Steak & Cheese	299	500	200	22	7	0.5	65	1340	49	5	10	29	15	50	15	40	3 starch, 3 lean meat, 1 veg, 3 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
Italian BMT®	243	450	190	21	8	0	55	1790	47	4	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	1610	63	7	13	24	10	60	20	40	4 starch, 2 med fat meat, 1 veg, 3 fat
Spicy Italian	227	480	230	25	9	0	55	1670	45	4	8	21	6	35	6	25	3 starch, 2 med fat meat, 1 veg, 3 fat
Steak & Cheese	278	400	110	12	6	0.5	60	1130	48	5	9	29	15	50	15	40	3 starch, 3 lean meat, 1 veg, 1 fat
Subway Melt®	254	380	110	12	5	0	45	1620	48	4	8	25	10	30	15	25	3 starch, 2 lean meat, 1 veg, 1 fat
Tuna	250	530	280	31	7	0.5	45	1030	45	4	7	22	10	35	10	30	2 starch, 2 lean meat, 1 veg, 5 fat
Deli Style Sandwiches Values include deli roll, lettuce, tomatoes, onions, green peppers, pickles and olives.																	
Tuna (with cheese)	161	350	170	18	5	0	30	750	35	3	3	14	8	25	10	25	2 starch, 1 lean meat, 3 fat
Ham	142	210	35	4	1.5	0	10	770	36	3	4	11	4	20	8	25	2 starch, 1 lean meat
Roast Beef	152	220	40	4.5	2	0	15	660	35	3	4	13	4	20	8	25	2 starch, 1 lean meat
Turkey Breast	152	210	35	3.5	1.5	0	15	730	36	3	4	13	4	20	10	25	2 starch, 1 lean meat
Wraps																	
Chicken & Bacon Ranch (w/ cheese)	257	440	240	27	10	0.5	90	1680	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 Mel (w/ Chipotle Sauce)	228	380	220	24	7	0	50	1780	20	9	2	31	8	10	20	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
Salads (Values do not include dressing or croutons)																	
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.
Salad Dressing																	
Atkins Honey Mustard (1 net carb)	57	200	200	22	3	0	0	550	1	0	0	<1	0	0	0	0	4 fat
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

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6-inch Double Meat (DM)																	
DM Ham	281	350	60	7	2.5	0	50	2040	50	4	9	28	6	30	6	30	3 starch, 3 lean meat, 1 veg
DM Oven Roasted Chicken	309	400	70	8	2.5	0	45	1180	51	5	11	38	6	50	6	25	3 starch 4 lean meat, 1 veg
DM Roast Beef	281	360	70	7	3.5	0	40	1320	46	4	9	29	6	30	6	45	3 starch, 3 lean meat, 1 veg
DM Subway Club®	347	420	80	8	3.5	0	70	2100	50	4	10	39	6	30	8	40	3 starch, 4 lean meat, 1 veg
DM Sweet Onion Chick. Teriyaki	373	490	60	7	2	0	100	1840	65	5	23	43	8	50	10	30	4.5 starch, 5 lean meat, 1 veg
DM Turkey Breast	281	340	50	6	1.5	0	40	1520	48	4	8	28	6	30	6	30	3 starch, 3 lean meat, 1 veg
DM Turkey Breast & Ham	300	360	60	7	2	0	50	1950	50	4	9	31	6	30	6	30	3 starch, 3 lean meat, 1 veg
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 Cheese Steak	320	450	120	18	8	1	60	1514	46	4	7	46	10	30	12	60	3.5 starch, 4 lean meat, 1 veg, 0.5 fat
DM Chipotle Southwest Cheese Steak	342	540	210	28	10	1	70	1680	47	5	8	46	10	35	13	70	3.5 starch, 4 lean meat, 1 veg, 2 fat
DM Italian BMT®	306	630	210	35	14	0	100	2870	49	4	10	34	10	35	15	30	3 starch, 4 med fat meat, 1 veg, 3 fat
DM Meatball Marinara	575	860	380	42	18	2	80	2490	82	10	18	37	15	80	25	50	5.5 starch, 4 med fat meat, 1 veg, 4 fat
DM Turkey Breast, Ham & Bacon Melt	330	500	150	17	8	0	80	2520	51	4	9	40	10	30	15	30	3.5 starch, 4 lean meat, 1 veg, 1 fat
6" Limited Time Offer/Regional Subs**																	
Absolute Angus Steak	231	420	180	20	8	n/a	70	730	44	4	7	20	6	30	6	30	3 starch, 2 med fat meat, 2 fat
Barbecue Rib Patty	245	420	170	19	6	0	50	830	47	4	8	20	6	35	8	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	15	190	10	30	3 starch, 1 med fat meat, 1 veg
BBQ Steak & Monterey Cheddar Cheese	274	390	100	13	6	1	40	1290	51	5	12	30	10	35	15	39	3.5 starch, 2 lean meat, 1 veg , 1 fat
Bourbon Chicken	260	350	45	5	1.5	0	50	1020	54	4	16	25	6	40	8	25	3.5 starch, 2 lean meat
Buffalo Chicken	274	390	120	13	3	0	55	1510	46	5	8	26	6	35	8	25	3 starch, 2 lean meat, 1 veg, 1 fat
Cajun Steak	243	470	190	21	7	1	65	1200	46	5	6	30	15	20	15	40	3 starch, 3 med fat meat, 1 fat
Chicken Florentine	323	510	170	19	8	0	85	1400	50	4	3	35	20	37	30	20	3 starch, 3 lean meat, 1 veg, 2 fat
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	10	35	15	25	3 starch, 3 med fat meat, 3 fat, 1 veg
Roasted Garlic & Peppercorn Steak & Cheese	301	510	210	23	7	1	70	1630	50	5	10	29	15	50	15	40	3 starch, 3 med fat meat, 2 fat
Subway® Seafood Sensation	250	450	200	22	6	0.5	25	1150	51	5	8	16	10	30	15	25	3 starch, 1 lean meat, 1 veg, 4 fat
Sweet Onion Steak Teriyaki	281	420	82	9	3.5	0	50	1300	59	4	19	27	8	35	6	40	4 starch, 3 lean meat
Turkey Breast with Honey Mustard & Cuc	260	310	40	4.5	1.5	0	20	1130	53	5	13	19	6	35	8	25	3.5 starch, 1 lean meat, 1 veg
Turkey Pastrami	260	330	60	6	1.5	0	10	1500	45	5	7	26	8	35	10	30	3 starch, 2 lean meat, 1 veg.
Tuscan Chicken	268	390	80	8	4	0	60	1210	55	5	13	28	15	40	15	25	3.5 starch, 3 lean meat
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
Breakfast Sandwiches on Deli Round**																	
Cheese	147	310	110	12	6	0	25	870	35	3	2	19	6	6	15	21	2 starch, 2 med fat meat
Chipotle Steak & Cheese	239	490	230	25	9	0.5	60	1340	40	4	5	30	15	14	15	10	2.5 starch, 3 med fat meat, 2 fat
Double Bacon & Cheese	165	410	170	19	9	0.5	45	1250	36	3	3	26	6	6	15	23	2.5 starch, 3 med fat meat, 2 fat
Honey Mustard Ham & Egg	171	270	50	5	1.5	0	15	1080	42	3	9	18	0	6	0	23	3 starch, 1 lean meat
Western with Cheese	187	350	120	13	6	0	35	1260	38	3	3	23	15	8	15	23	2.5 starch, 3 med fat meat
Breakfast Sandwiches on 6-inch Bread**																	
Cheese	168	350	110	12	6	0	25	950	43	3	5	21	6	15	20	20	3 starch, 2 med fat meat
Chipotle Steak & Cheese	260	530	230	26	9	0.5	60	1410	48	4	8	32	15	20	20	30	3 starch, 3 med fat meat, 3 fat
Double Bacon & Cheese	186	440	170	19	9	0	45	1320	44	3	5	28	6	15	20	25	3 starch, 3 med fat meat, 1 fat

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Honey Mustard Ham & Egg	192	310	50	5	1.5	0	15	1150	50	3	11	20	0	15	6	25	3 starch, 2 lean meat
Western with Cheese	208	380	120	13	6	0	35	1330	46	4	6	26	8	20	20	25	3 starch, 3 med fat meat
Breakfast Wraps**																	
Cheese	160	270	120	14	5	0	25	1280	16	8	0	27	6	0	25	10	1 starch, 3 med fat meat
Chipotle Steak & Cheese	252	450	250	27	8	0.5	60	1740	21	9	3	37	15	8	25	20	1 starch, 4 med fat meat, 1.5 fat
Double Bacon & Cheese	178	360	190	21	9	0	45	1650	17	8	1	33	6	0	25	10	1 starch, 4 med fat meat
Honey Mustard Ham & Egg	184	230	60	7	1	0	15	1480	23	8	6	26	0	0	8	10	1.5 starch, 3 lean meat
Western with Cheese	200	300	130	15	6	0	1	1660	19	8	1	31	8	8	25	10	1 starch, 3 med fat meat
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	245	90	10	2	n/a	0	290	37	1	25	0	0	0	0	3	2.5 carbohydrate, 2 fat
Fruit Roll Up (1)	14	50	5	1	0	0	0	55	12	0	7	0	0	25	0	0	1 carbohydrate
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)																	
Brown and Wild Rice with Chicken	310	220	100	11	3.5	0	50	1170	26	1	3	6	10	50	15	2	2 starch, 1 lean meat, 2 fat
Chicken and Dumpling	310	140	30	3.5	1.5	0	5	1230	20	2	1	8	20	0	4	4	1 starch, 1 lean meat. 1 fat
Chili Con Carne	306	340	100	11	5	0	60	1100	35	10	7	20	20	0	6	15	2 starch, 3 lean meat, 1/2 fat
Cream of Broccoli	310	140	45	5	2	0	10	960	18	4	4	6	4	20	15	2	1 starch, 1 fat
Cream of Potato with Bacon	310	220	90	10	4	0	15	980	28	5	4	5	4	0	10	2	2 starch, 2 fat
Golden Broccoli & Cheese	310	180	100	11	5	0	25	990	16	4	4	5	4	0	8	2	1 starch, 2 fat
Minestrone	310	90	5	0.5	0	0	<5	910	17	4	4	4	30	4	4	6	1 starch
New England Style Clam Chowder	310	150	45	5	1	0	10	1400	20	2	2	5	2	2	10	4	1 starch, 1 fat
Roasted Chicken Noodle	310	90	15	1.5	0.5	0	20	1130	12	1	2	7	15	2	2	2	1 starch, 1 lean meat
Spanish Style Chicken with Rice	310	110	20	2	0.5	0	5	980	16	1	1	7	4	4	2	2	1 starch, 1 lean meat
Tomato Garden Vegetable w/ Rotini	310	100	5	0.5	0	0	40	1040	20	3	8	3	35	4	6	6	1 starch
Vegetable Beef	310	100	10	1	0.5	0	5	1060	17	3	5	5	30	15	4	4	1 starch, 1 lean meat
Breads																	
6" Ciabatta Bread	99	220	15	2	0	0	0	530	43	2	1	9	0	0	2	15	3 starch

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6" Italian (White) Bread	71	200	20	2	0.5	0	0	470	38	1	5	7	0	20	2	15	2.5 starch
6" Wheat Bread	78	200	25	2.5	1	0	0	360	40	3	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	4	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
Deli Style Roll	71	170	25	2.5	1	0	0	280	32	3	2	6	0	6	4	20	2 starch
Carb Conscious Wrap (5 net carbs)*	70	120	40	4.5	0.5	0	0	680	13	8	0	14	0	0	8	10	1 starch, 1 lean meat
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	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	70	70	8	1	0	5	210	0	0	0	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
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	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
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, Breaded	71	180	80	9	1.5	0	20	440	14	0	1	11	0	0	0	0	2 med fat meat, 1 starch
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

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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 (no cheese)	71	120	50	5	2.5	0	48	400	1	0	0	17	0	0	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
Veggy 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 #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.

**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.