

SUBWAY MENU NUTRITION

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SUBWAY SERIES SANDWICHES

NUTRITION FOR FOOTLONG (CUT ALL VALUES IN HALF FOR 6")



The Philly
1,000 Calories
50g Fat
82g Carbs
56g Protein



The Outlaw
980 Calories
44g Fat
80g Carbs
60g Protein



The Monster
1,160 Calories
60g Fat
84g Carbs
72g Protein



Supreme Meats
1,180 Calories
64g Fat
88g Carbs
60g Protein



Bella Mozza
950 Calories
44g Fat
89g Carbs
60g Protein



The Boss
1,300 Calories
68g Fat
108g Carbs
64g Protein



The MexiCali
1,100 Calories
54g Fat
86g Carbs
58g Protein



The Great Garlic
1,140 Calories
58g Fat
86g Carbs
68g Protein



The Champ
980 Calories
46g Fat
75g Carbs
66g Protein



All-American Club
1,060 Calories
56g Fat
86g Carbs
54g Protein



Subway Club
1,000 Calories
48g Fat
86g Carbs
64g Protein



Turkey Cali Club
1,200 Calories
68g Fat
86g Carbs
66g Protein



Titan Turkey
980 Calories
46g Fat
80g Carbs
60g Protein



Chicken Teriyaki
860 Calories
22g Fat
110g Carbs
60g Protein



Garlic Roast Beef
960 Calories
42g Fat
86g Carbs
60g Protein



The Ultimate B.M.T.
1,120 Calories
60g Fat
86g Carbs
54g Protein



Pickleball Club
1,000 Calories
44g Fat
94g Carbs
54g Protein



Chicken Bacon Ranch
1,140 Calories
58g Fat
86g Carbs
68g Protein



Hotshot Italiano
1,240 Calories
76g Fat
86g Carbs
52g Protein



The Beast
1,460 Calories
88g Fat
90g Carbs
80g Protein



Grand Slam Ham
1,000 Calories
48g Fat
86g Carbs
56g Protein

Subway Sandwich Calorie Guide

Suzanne Beilenson



Subway Sandwhich Calorie Guide:

The 400 Calorie Fix Dining Guide Liz Vaccariello, Editors Of Prevention Magazine, 2015-01-30 The latest scientific research shows that the most straightforward way to lose weight controlling calories is consistently the most successful The 400 Calorie Fix Dining Guide makes it easy Take control wherever you go with this dining companion Chock full of easy and insightful tips this guide keeps you on track while you browse your options at a restaurant buffet bar or other fun locale In The 400 Calorie Fix Dining Guide you ll find Best 400 Calorie Meals at the diner movies ballpark and more At a glance portion guides using the 400 Calorie Lens Mix and match foods to build your own 400 calorie meals No matter where you go there s a 400 Calorie Fix to slim and satisfy you

The U.S. Navy Seal Guide to Fitness and Nutrition Patricia A. Deuster, Pierre A. Pelletier, Anita Singh, 2007-05-17 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance

Carbohydrate, Fat & Calorie Guide Stephenson Jane, 2004

List Maker's Get-Healthy Guide Editors Of Prevention Magazine, 2010-08-17 A healthy lifestyle is as easy as 1 2 3 with this ultra practical collection of lists from the editors of America s premier health magazine The beauty of a list is that it makes even daunting tasks seem downright doable Every item checked off is an accomplishment in itself as well as another step closer to success So what better format is there for delivering need to know information and advice to people who want to change their health for the better List Maker s Get Healthy Guide deftly distills the most relevant medical science and cogent expert opinion into a series of easy to understand easy to use lists covering all kinds of health topics including the best and worst organic foods the germiest public places the most effective belly flattening moves the must haves for any medicine chest There s something for everyone in List Maker s no matter if their goal is to lose weight get in shape reduce stress or otherwise create a healthier lifestyle There s even room for you to write and refine your own lists as you wish And because it s from Prevention the brand synonymous with healthy living List Maker s is guaranteed to inform entertain and inspire

Insiders' Guide® to Indianapolis Jackie Sheckler Finch, 2010-03-23 A first edition Insiders Guide to Indianapolis is the essential source for in depth travel and relocation information to Indiana s capital city Written by a local and true insider this guide offers a personal and practical perspective of Indianapolis and its surrounding environs

The NutriBase Guide to Fast-Food Nutrition 2nd ed. NutriBase, 2001-11-12 This handy pocket reference fits nicely into a

briefcase or purse and will help anyone make smart choices while eating on the run Includes more than sixty five chains in alphabetical order **A Young Person'S Guide to Healthy Eating & Longevity** Dr. Vincent N. Cefalu,2016-03-02 This book renders advice to overweight youngsters who would like to hopefully increase their longevity and have as much enjoyment and fulfillment out of life as possible Young people arent aware of the serious mental and physical impact of obesity as it is not just an adult problem I present an honest and commonsense approach on how to eat healthy while keeping some satisfaction in life I provide many recommendations that deal with real life situations and truths instead of phony imaginations present conclusions based on my having personally performed over 1 500 autopsies and relate my own disgusting consequences of having developed atherosclerotic disease from being over four hundred pounds for over thirty years In this book I detail a very strict but ideal diet program that even a child can follow that resulted in my losing 272 pounds over a ten month period and whereby my continued adherence has allowed me to be able to maintain this weight I offer advice on how to prevent some of the problems that I encountered by following such a rigorous diet I also provide some very inexpensive and easy to prepare low calorie recipes that I concocted that are good appetizers and filler uppers While writing in my usual witty satire manner I discuss some potentially dangerous situations that exist explain why certain drugs should be avoided at all costs and mention several foods that should be eliminated from a young persons diet I provide some of my own little homemade poems along the way so that I can keep the youngsters mind occupied and interested in what I have to say Through my experiences as having served as coroner I disclose many hazards that exist all around us and mention some simple things that young people tend to forget that too often result in unnecessary deaths Also by making overweight and diabetic adolescents aware of certain chemical reactions that are continuously occurring inside our bodies hopefully they would be in a better position to understand and interpret my suggestions So in brief I have something to offer all my young readers from the most extrememy diet planto the most realistic and conservative In a nutshell I lived through what I now warn others about since I found out too late what obesity could do to our body Also I explain why obesity is not just an adult problem and discuss both the teenage drug problem and the scare involving sexual diseases among our youths

The NutriBase Guide to Carbohydrates, Calories, and Fat NutriBase,2001-11-12 Dieters everywhere are reducing carbohydrate consumption and this book is the perfect tool to accompany any low carb plan Also useful for diabetics *The Powerfood Nutrition Plan* Susan Kleiner,Jeff O'Connell,2006-05-30 Geared specifically to men s nutritional needs this comprehensive guide will show you how choosing the right foods can enhance every aspect of your life With chapters on everything from food s effect on mood sex and brainpower to the role food plays in weight loss muscle gain and athletic performance you ll have all the information you ll need to see remarkable results within weeks Always on the cutting edge nutritionist Susan Kleiner uses the latest nutritional research to provide innovative recipes and meal plans to ensure maximum results The Powerfood Nutrition Plan includes Vital tips for using food to increase longevity and improve physical

appearance More than 20 detailed meal plans designed to address a variety of fitness and nutrition goals Quick easy and delicious recipes to keep you going The Powerfood Nutrition Plan is the guidebook to help you break out of your routine and become more powerful in every area of your life So pick up that fork It s time to get started on the body and life you ve always wanted

The Navy Seal Nutrition Guide Patricia A. Deuster,1996-06 One factor they may contribute to a person s success in SEAL training is nutritional interventions Covers micronutrients vitamins carbohydrate fat vitamin fiber fluid replacement water healthy snacking restaurants fast foods nutritional considerations for endurance activities strength training mission performance mission recovery ergogenic agents Extensive appendices

L.E.A.N. Guide for the Business Traveler Veronica Tomor,2011-04-30 There is no available information at this time

Dietitian's Pocket Guide to Nutrition Nancie Harvey Herbold,Sari Edelstein,2010 Portable and concise the Dietitian s Pocket Guide to Nutrition serves as an easy reference for dietitians and other health care professionals who quickly need to access the recommended nutrition care for various medical conditions and problems Serving as a key healthcare the dietitian will be able to answer patients questions concerning their specific nutritional needs and make informed decisions about foods a patient may or may not consume The Dietitian s Pocket Guide to Nutrition allows easy access to essential nutrition information that is critical to patient care

Dr. Paula's Good Nutrition Guide For Babies, Toddlers, And Preschoolers Paula Elbirt,2007-10-10 Children s eating habits change often between infancy and preschool Dr Paula s Good Nutrition Guide for Babies Toddlers and Preschoolers provides nutrition guidelines for young children and gives parents confidence in this confusing and important area Pediatrician Paula Elbirt discusses nutrition by age group Breastfeeding formula solids allergy issues gas and burping are issues for infants Topics for toddlers include creating a healthful diet snacks whole versus skim milk tantrums and food and eating styles Food issues change again for preschoolers and include friends influence on eating habits what to do when a child is cranky from hunger and much more Sample recipes and menus are provided for each group Dr Elbirt describes important differences between emerging eating disorders and odd but harmless food preferences kids embrace briefly and then discard Whether they have fussy eaters or are looking for better ways to provide their children with the best nutrition Dr Paula s Good Nutrition Guide for Babies Toddlers and Preschoolers has the information parents need

The Pocket Calorie Counter, 2016 Edition Suzanne Beilenson,2016-07-12 2016 edition The new digital version of the Pocket Calorie Counter is fully searchable and text in all nutritional information charts is scalable and easy to read A speedy discreet way to stay informed about the content of your meals and snacks wherever you are Count on it More than 8 000 entries Provides calorie counts for most foods and beverages as well as protein carbs fiber sodium fats and other essentials Includes menu items from popular restaurants too With the digital edition look up information in seconds Tables are fully visible at most font sizes no need to squint

The Biggest Loser Complete Calorie Counter Cheryl Forberg,Biggest Loser Experts and Cast,2006-10-03 Based on the New York Times bestseller with calorie counts for more than 5 000 foods Millions of inspired

viewers have seen overweight contestants shape up and slim down on The Biggest Loser NBC's hit unscripted show. Amazingly, their striking health makeovers were based on a simple calories in, calories out weight loss strategy. This user-friendly guide is the perfect resource for anyone whether you're looking to follow The Biggest Loser Weight Loss Plan or trying to stay informed about the foods you eat each day. With full nutritional analysis of thousands of foods and dining out information ranging from fast food favorites to sushi and other ethnic cuisines, The Biggest Loser Complete Calorie Counter has all you need to know to become the next Biggest Loser. *Guide to Healthy Fast-Food Eating* Hope S.

Warshaw, 2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes, heart disease, and weight challenges. Along with nutrition information, this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America. This book contains Nutrition facts for calories, carbohydrates, fiber, fat, trans and saturated fats, protein, and more. Exchange and serving sizes for every menu item. Common pitfalls of fast food eating and how to avoid them. Tips for making healthier fast food choices. Realistic ways to deal with diabetes-related dining dilemma. *The Official Guide to Zapping the Freshman 15* Marsha Irving; Mariel M.

Chua, 2011-05-02 Fight the flab with this simple, easy-to-read guide to keeping those extra 15 pounds off during Freshman year and beyond. With helpful tips, tricks, and shortcuts to staying lean and eating healthy, this little handbook is your one-stop shop to all things fit and fab. Navigate the tricky world of fast-food restaurants with a straightforward listing of belly-friendly options and give yourself a body makeover with a custom eating and exercise plan, all within your busy college schedule. Not the exercising type? The Freshman 15 lists gym-free moves to get you going in or out of the locker room, on and off campus. You'll be hopping from class to class, party to party, armed with stress-busting moves and smart snacking strategies to help you make the most of what could be the most amazing time of your life. **Food on the Go Pocket Guide** First Place 4

Health, 2008-07-01 The Food on the Go Pocket Guide is a quick and easy reference for on-the-go meals when members need to access health and nutrition information. *The Complete and Up-to-Date Fat Book* Karen J. Bellerson, 2001 Lists the fat

content, total calories, and percentage of fat calories for over 30,000 food products, brand names, and fast food chains. **The Fat-Gram Guide to Restaurant Food** Joseph C. Piscatella, 1998-01-01 A unique guide lists the fat grams, calories, and percentage of calories from fat of more than 3,500 of the most commonly ordered restaurant dishes, including fast foods, along with suggestions on making smarter choices in restaurants. Original 40,000 first printing.

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