



SUBWAY® U.S. NUTRITION INFORMATION

Nov. 2013

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.

SANDWICHES

Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
6" Low Fat Sandwiches with 6 Grams of Fat or Less															
Values include 8-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate looking nutrition values.															
6" Black Forest Ham	219	290	40	4.5	1	0	25	800	44	5	8	18	8	20	15
6" Oven Roasted Chicken	233	320	45	5	1.5	0	45	610	47	5	8	23	8	30	15
6" Roast Beef	233	320	40	5	1.5	0	45	660	45	5	7	24	8	30	25
6" Subway Club®	240	310	40	4.5	1.5	0	40	860	46	5	7	23	8	20	20
6" Sweet Onion Chicken Teriyaki	269	310	40	4.5	1	0	50	770	57	5	18	25	10	25	20
6" Turkey Breast	219	280	30	3.5	1	0	20	670	46	5	7	18	8	20	15
6" Turkey Breast & Black Forest Ham	219	280	35	4	1	0	20	730	46	5	8	18	8	20	15
6" Veggie Delite®	162	230	20	2.5	0.5	0	0	280	44	5	8	8	8	20	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 looking nutrition values.															
Black Forest Ham on Flatbread	226	300	60	7	1.5	0	25	870	44	3	5	17	8	20	15
Oven Roasted Chicken on Flatbread	242	330	60	7	1.5	0	45	680	45	3	6	23	8	30	15
Roast Beef on Flatbread	242	330	60	7	2	0	45	730	43	3	4	23	8	20	25
Subway Club® on Flatbread	249	320	60	7	2	0	40	860	44	3	5	23	8	20	20
Sweet Onion Chicken Teriyaki on Flatbread	264	350	60	7	1.5	0	50	900	57	3	13	25	10	30	20
Turkey Breast on Flatbread	226	290	50	6	1.5	0	20	730	44	3	4	17	8	20	15
Turkey Breast & Black Forest Ham on Flatbread	226	290	60	6	1.5	0	25	800	44	3	5	17	8	20	15
Veggie Delite® on Flatbread	171	240	40	4.5	1	0	0	340	42	3	4	8	8	20	15
6" Sandwiches															
Values include 8-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.															
6" Big Philly Cheesesteak	297	500	150	17	9	1	65	1260	51	6	8	38	15	20	25
6" B.L.T.	153	320	80	9	4	0	20	650	43	5	6	15	8	30	15
6" Buffalo Chicken (with regular Ranch dressing)	269	420	140	16	3	0	55	1100	46	6	8	25	10	25	20
6" Chicken & Bacon Ranch Melt	292	570	250	28	10	0.5	95	1050	47	5	8	35	15	25	20
6" Cold Cut Combo	226	360	110	12	4	0	45	1030	46	5	7	17	8	20	20
6" Italian B.M.T.®	226	410	150	16	8	0	45	1260	46	5	8	20	8	20	15
6" Meatball Marinara	301	480	180	18	7	0.5	30	900	59	6	13	21	20	35	25
6" Spicy Italian	222	490	220	24	9	0.5	50	1490	46	5	8	20	8	20	20
6" Steak & Cheese	245	380	90	10	4.5	0	50	1030	48	5	8	25	10	20	20
6" Subway Melt®	240	370	100	11	5	0	45	1120	47	5	8	23	10	20	15
6" Tuna	237	480	220	25	4	0	35	600	44	5	8	20	8	20	20
Flatbread Sandwiches															
Values include flatbread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate looking nutrition values.															
Big Philly Cheesesteak on Flatbread	305	510	170	19	9	1	65	1350	49	4	5	37	15	20	25
B.L.T. on Flatbread	161	320	110	12	4.5	0	20	720	41	2	3	15	8	10	15
Buffalo Chicken on Flatbread	277	430	160	18	3	0	55	1160	44	3	5	24	12	25	20
Chicken & Bacon Ranch on Flatbread	301	590	270	30	10	0.5	95	1120	45	3	5	35	15	25	20
Cold Cut Combo on Flatbread	235	360	130	14	4.5	0	45	1090	44	3	4	17	10	20	20
Italian B.M.T.® on Flatbread	235	420	170	19	8	0	45	1330	44	3	5	19	8	20	15
Meatball Marinara on Flatbread	310	480	180	20	7	0.5	30	990	57	5	9	20	25	35	25
Spicy Italian on Flatbread	230	490	240	27	9	0.5	55	1550	43	3	5	19	8	20	20
Steak & Cheese	253	390	110	12	4.5	0	50	1100	48	3	5	25	10	20	20
Subway Melt® on Flatbread	248	380	120	13	5	0	45	1190	45	3	5	23	10	20	20
Tuna on Flatbread	245	490	240	27	4.5	0	35	690	42	3	4	20	8	20	20
Kids Meal Sandwiches															
Values include 8-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.															
Veggie Delite®	108	150	15	1.5	0.5	0	0	180	25	3	4	6	6	15	10
Black Forest Ham	136	180	25	2.5	0.5	0	10	450	30	3	5	10	6	15	10
Roast Beef	146	200	25	3.0	1.0	0	25	380	30	4	5	14	6	15	10
Turkey Breast	136	180	20	2.0	0.5	0	10	380	30	3	5	10	6	15	10
6" Limited Time Offer/Regional Sub®**															
Values include 8-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.															
6" Barbecue Rib Patty	163	430	160	16	6	0	50	590	47	5	8	15	8	20	20
6" Chicken Pizzeria Melt	293	490	140	16	6	0	80	1140	49	6	9	30	15	30	45
6" Pizzeria Melt, Big Hot	285	580	280	31	10	0	60	1330	48	5	7	27	15	20	30
6" Subway Seafood Sensation™	233	410	170	19	3	0	15	710	50	5	8	13	10	20	15
6" Turkey & Bacon Avocado	264	390	110	13	3.5	0	30	850	49	7	7	22	8	20	20
6" Veggie Patty	247	390	70	7	1	0	10	800	56	6	8	23	15	20	15
Limited Time Offer/Regional Sub®** on 6" Flatbread															
Values include 6" flatbread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate looking nutrition values.															
Barbecue Rib Patty on Flatbread	172	440	180	20	6	0	50	760	44	3	5	19	8	20	20
Chicken Pizzeria Melt on Flatbread	302	490	180	18	8	0	75	1390	47	3	7	30	20	30	20
Pizzeria Melt (Big) on Flatbread	293	590	280	34	10	0	65	1840	46	3	4	26	10	20	15
Subway Seafood Sensation® on Flatbread	242	420	190	20	3.5	0	17	860	48	3	5	12	10	20	15

Subways Nutrition Guide

Hope S. Warshaw

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Subways Nutrition Guide:

List Maker's Get-Healthy Guide Prevention,2010-08-17 A collection of accessible lists from the premier health magazine counsels readers on topics ranging from the best organic foods and the biggest source of germs in public places to effective fitness exercises and essential first aid supplies Original **Digest Diet Dining Out Guide** Liz Vaccariello,2012-12-27

More information to be announced soon on this forthcoming title from Penguin USA Nutrition Barbara A.

Brehm,2015-06-10 This thorough one stop resource draws on solid science and the latest research to play a dual educational role providing background for students while answering general readers questions about a wide range of nutrition related topics Nutrition is a popular but often misunderstood topic one about which there is a great deal of interest as evidenced by the plethora of available advice Because nutrition is a key factor in health it is important that the public have a source of information they can trust This is that source a comprehensive overview that will help readers make sense of conflicting information they find in the media regarding what is healthy and what is not Organized alphabetically the two volume work covers the most important topics in human nutrition including nutrients nutrition related health concerns aging and nutrition eating disorders and the value of dietary supplements The digestive system and its organs are discussed with particular attention to health issues such as irritable bowel syndrome and the role of helpful bacteria The physiology of hunger and the psychology of appetite and eating behaviors are explained The work also delves into data on foods that have been featured in recent research such as garlic ginger and turmeric and it offers consumers a clearer understanding of nutrition related practices such as organic farming genetically modified foods and the use of food additives **The Prediabetes Diet Plan**

Hillary Wright, M.Ed., RDN,2013-11-05 A practical empowering guide to managing and reversing prediabetes through diet and exercise from a registered dietitian now revised and updated for 2024 Affecting 96 million Americans prediabetes often develops into full blown type 2 diabetes one of the leading causes of death in the United States Increasingly diagnosed by doctors prediabetes is a condition in which blood sugar levels are elevated but not yet high enough to be labeled diabetes While diabetes cannot be cured prediabetes can be reversed so it is critical to take action at an early stage In straightforward jargon free language The Prediabetes Diet Plan explains insulin resistance the underlying cause of prediabetes and type 2 diabetes and offers a comprehensive strategy of diet and lifestyle change which has been proven more effective than medication With sections on meal planning grocery shopping dining out supplements and exercise this book empowers you to make healthier everyday choices that can effect real change on your insulin levels and overall well being **Marketing**

Nutrition Brian Wansink,2010-10-01 Although encouraging people to eat more nutritiously can promote better health most efforts by companies health professionals and even parents are disappointingly ineffective Consumer confusion has lead to floundering sales for soy foods embarrassing results for expensive Five a Day for Better Health programs and uneaten mountains of vegetables at homes and in school cafeterias Brian Wansink s Marketing Nutrition focuses on why people eat

the foods they do and what can be done to improve their nutrition Wansink argues that the true challenge in marketing nutrition lies in leveraging new tools of consumer psychology which he specifically demonstrates and by applying lessons from other products failures and successes The same tools and insights that have helped make less nutritious products popular also offer the best opportunity to reintroduce a nutritious lifestyle The key problem with marketing nutrition remains after all marketing 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

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

Guide to Healthy Restaurant Eating Hope S. Warshaw,2002 If you have diabetes here is the information you need to make healthy food choices when you go out to eat Now you can dine at fast food chains and stay on your meal plan Inside this handy guide is complete at a glance nutrition information for more than 55 fast food chains including Burger King Wendy s McDonald s Baskin Robbins TCBY and other favorites *Getting Healthy with the Devip System* Dr. Marilyn P.

Shieh,Marilyn P. Shieh,Michelle Shieh,2012-04 We are all born with Six pack abs but it is covered with fat We as individuals and as parents or guardians of our children should take a major step in our lifestyle and change our diets if we want to see ourselves and our children succeed in the fight with obesity There is a saying that the only person who can take care of you is you the only person who will live with you to the rest of your life is you and the only person who will know how you suffer when you suffer is also you This said please take care of you and yourself Live and prosper in health **A Woman's Guide**

to Saving Her Own Life Mellanie True Hills,2005 Two silent stalkers heart diseases and stroke kill two of every five women largely due to our speed obsessed stressed unhealthy lifestyles With the five steps detailed in the book you can evade these silent killers Page 4 of cover *The Vegetarian Sports Nutrition Guide* Lisa Dorfman,2008-04-21 Exercise train and compete at your best on a vegetarian diet Few segments of the population are more mindful of their food intake than athletes and vegetarians This book combines the unique demands of sports with a healthy vegetarian diet that can help you build energy and endurance and reduce body fat Whether you are carbo loading before a marathon or fine tuning nutrition to get the most out of your workout registered dietitian and elite vegetarian athlete Lisa Dorfman provides step by step information on how to customize your own sport specific nutrition program and calculate a personal dietary plan for training The Vegetarian Sports Nutrition Guide includes personal stories of athletes who have made the switch to vegetarian diets from football players and wrestlers to ice skaters and marathoners some of whom have beaten life threatening illnesses with the help of this lifestyle Lisa Dorfman provides a rich array of tasty and diverse vegetarian recipes menus easy to use charts and food guides for vegetarians of all types from the semi vegetarian to the fruitarian She also shares the training secrets of seventeen Olympic and world class athletes who have used their vegetarian diets to achieve peak performance in their careers and

optimum health in their lives *Jared, the Subway Guy* Jared Fogle, 2007-04-01 Jared Fogle was is and will continue to be America's weight loss icon. As an obese college student in Indiana, he lost 245 pounds on a self-devised diet of Subway sandwiches. Since 2000, he has appeared thousands of times on national television as the spokesperson for Subway's Eat healthy Platform and he's slated to continue in this role indefinitely. In fact, Subway worried that he might be getting overexposed and decided to discontinue him. Sales fell off. Jared was quickly rehired. But to keep him from being overexposed, Subway's program runs Jared for six or eight weeks every three months. His book is not so much a diet book; his diet was pretty simple: to grasp, eat Subway sandwiches, but it's more a motivational self-help book which offers hope to people who want to change their lives. Jared has also appeared on Oprah, Larry King Live, the Today Show, Good Morning America, the Jane Pauly Show, and has made hundreds of speaking appearances and public appearances at sports and civic events. Jared's lessons include: Find Your Own Personal Spark, One Size Doesn't Fit All, Change Your Mind to Change Your Life, See the Big Picture, Change is for Life, The Harder You Work, the Luckier You Get. **Consumers' Guide**, 1941 **Introduction to Jared Fogle** Gilad James, PhD, 2018-01-18 Jared Fogle, born in 1977, is a former spokesperson for Subway, a fast food chain known for its healthy sandwich options. Fogle gained popularity after losing over 200 pounds while eating Subway sandwiches as part of his daily diet. His weight loss journey caught the attention of Subway executives, who eventually featured him in a national advertising campaign. Fogle became known as "The Subway Guy" and his success story was a powerful marketing tool that helped the chain grow its customer base. Fogle's celebrity status also allowed him to launch a successful career as a motivational speaker. He visited schools across the United States, sharing his inspiring story and encouraging young people to follow a healthy diet and exercise routine. However, Fogle's reputation took a sour turn when he was arrested in 2015 on charges of possession of child pornography and paying for sex with minors. Fogle pleaded guilty and was sentenced to 15 years in prison. His story serves as a cautionary tale about the importance of being mindful of one's actions, even when in the public eye. Healthy Eating, **The Oxford Handbook of the Economics of Food Consumption and Policy** Jayson L. Lusk, Jutta Roosen, Jason Shogren, 2013-08-15 First reference on food consumption and policy The Rough Guide to China (Travel Guide eBook) Rough Guides, 2017-06-01 The new fully updated The Rough Guide to China is the definitive guide to this enchanting country, one of the world's oldest civilisations. From the high-tech cities of Hong Kong and Shanghai to minority villages in Yunnan and Buddhist temples of Tibet, China's mixture of modernity and ancient traditions never fails to impress. With stunning new photography and all the best places to eat, sleep, party, and shop, The Rough Guide to China has everything you need to ensure you don't miss a thing in this fast-changing nation. Detailed full-colour maps help you find the best spot for Peking duck or navigate Beijing's backstreets. Itineraries make planning easy, and a Contexts section gives in-depth background on China's history and culture, as well as language tips with handy words and phrases to ease your journey. All this combined with detailed coverage of the country's best attractions from voyages down

the Yangzi River to hiking the infamous Great Wall makes *The Rough Guide to China* the essential companion to delve into China's greatest treasures

The 500 Eating Plan Robert Langford, 2013 There are thousands of diet books published and yet the statistics tell us that we are all getting fatter The conclusion can only be that diets do not work or this would not be the case *The 500 Eating Plan* is not a diet but more a radical rethink that looks at weight management in the 21st century It accepts that we eat the foods we do through choice and so phony contrived diets that require us to eat differently are unsustainable as perversely we all return to our foods of choice even though they are the foods that made us overweight in the first place Just wanting to be slimmer is not enough You need a Plan not a diet A Plan that allows you to eat the foods you like and yet still lose weight Trials have proven that the 500 Eating Plan does just that This unique self help guide will enable you to understand the simple science of becoming overweight and also how to reverse it It will empower you to successfully take control of your weight once and for all Welcome to the 500 Eating Plan and to a slimmer healthier you

The Cosmo Bikini Diet Holly Corbett, The editors of Cosmopolitan, 2013-12-31 *The Cosmo Bikini Diet* is a weight loss plan designed to get you slim and sexy all over without leaving you feeling unsatisfied moody and hungry for real In fact it makes eating well and working out actually feel well enjoyable This 12 week program gives you all the tools you need to drop pounds and get toned without cramping your lifestyle Monthly real world eating plans Hot ideas to up the feel good moments in your day so you don't use food as a quick fix and more You'll lose up to 15 pounds or more in 12 weeks without feeling deprived The meal plans were specially designed by Molly Morgan RD Board Certified Sports Specialist Dietitian the owner of Creative Nutrition Solutions and author of *The Skinny Rules* and includes dozens of easy recipes Each week the reader learns a new get skinny secret like how to fuel up on the right carbs slash sneaky sources of sugar choose foods that will flatten your tummy Then customized fitness plan from celebrity trainer Tracy Anderson and Barry's Bootcamp offers a mix of cardio and body sculpting moves to tone your butt arms belly and more The truth is that reaching your happy weight is not so much about hitting a number on the scale or size tag in your jeans but about feeling light and lean and strong It's about getting there without abusing your body with extreme dieting and exercise It's about eventually walking around whether in a bikini or not with confidence knowing that you are the healthiest you that you can be

Nutrition Decisions Carolyn Dunn (PhD.), 2013 *Nutrition Decisions Eat Smart Move More* encourages personal health behavior change for a lifetime of good habits and good health among students The text employs the Theory of Planned Behavior to empower students to make positive changes in their lives to improve their health The most current research based information on each concept is presented as well as specific strategies that can be employed for behavior change Information is presented in modules that include one specific topic of instruction within the field of nutrition physical activity or other aspect of health and wellness The material is research based and well referenced but is presented in an applied and consumer oriented method that makes it easy for a non science major to understand Students are encouraged to check their own behavior based on the module

content Instructors will be given instructions on how to track a specific behavior for example record beverage consumption over 3 days Suggestions will be given as to how students can make specific positive changes Students will record their goal and how they intend to improve their overall health on their personal record sheet which will be presented in the text as well as on the companion website All chapters will include suggestions about how students can make incremental changes in their health behaviors There will also be a myth versus fact section that will discuss the most common myths about foods and nutrition

The Top Books of the Year Subways Nutrition Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. Subways Nutrition Guide : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Subways Nutrition Guide : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Subways Nutrition Guide : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

<http://www.frostbox.com/data/book-search/HomePages/the%20matchbox%20diary.pdf>

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