

● CALORIES & CALORIES FROM FAT (w/PCT.)

● DIETARY FAT (g/m)

● CHOLESTEROL (mg)

● SODIUM (mg)

● CARBOHYDRATE (g/m)

● PROTEIN (g/m)

● CARB EXCHANGE

● DIETARY EXCHANGES

Subway®

Breakfast Flatbreads (w/American cheese)

| | | | | | | | | |
|---|-------------------|-------------------------|-----|--------------------------------|--------------------------|----|---|---------------------------------|
| Egg & Cheese* 6-inch flatbread | 360 110 30% | 12 Sat 4½ Trans 0 | 230 | 860 Daily 37% Parity 60 | 44 Fiber 5 Sugar 6 | 19 | 3 | 3 Starch 1½ MF Meat 1 Fat |
| Bacon, Egg & Cheese* 6-inch flatbread | 410 145 35% | 16 Sat 6 Trans 0 | 240 | 1050 Daily 46% Parity 64 | 45 Fiber 5 Sugar 6 | 23 | 3 | 3 Starch 2 MF Meat 1 Fat |
| Blk. Forest Ham, Egg & Cheese* 6-inch flatbread | 390 115 30% | 13 Sat 5 Trans 0 | 240 | 1120 Daily 49% Parity 72 | 45 Fiber 5 Sugar 7 | 24 | 3 | 3 Starch 2 MF Meat |
| Steak, Egg & Cheese* 6-inch flatbread | 430 135 30% | 15 Sat 5 Trans 0 | 255 | 1190 Daily 52% Parity 69 | 47 Fiber 5 Sugar 7 | 28 | 3 | 3 Starch 2½ MF Meat ½ Fat |

Subs (on 9-grain wheat w/American cheese unless noted)

| | | | | | | | | |
|---|-------------------|--------------------------|----|--------------------------------|--------------------------|----|----|---|
| Subway Club 6-inch sub w/o sauce or cheese | 310 40 15% | 4½ Sat 1½ Trans 0 | 40 | 800 Daily 35% Parity 65 | 46 Fiber 5 Sugar 7 | 23 | 2½ | 2½ Starch 1 Vegetable 2 L Meat |
| B.L.T. 6-inch sub w/o sauce or cheese | 320 80 25% | 9 Sat 4 Trans 0 | 20 | 650 Daily 28% Parity 51 | 43 Fiber 5 Sugar 6 | 15 | 2½ | 2½ Starch 1 Vegetable 1 HF Meat |
| Black Forest Ham 6-inch sub w/o sauce or cheese | 290 40 15% | 4½ Sat 1 Trans 0 | 20 | 800 Daily 35% Parity 69 | 46 Fiber 5 Sugar 8 | 18 | 2½ | 2½ Starch 1 Vegetable 1½ L Meat |
| Chicken & Bacon Ranch Melt* 6-inch sub w/o sauce | 570 250 45% | 28 Sat 10 Trans <1 | 95 | 1050 Daily 46% Parity 46 | 47 Fiber 5 Sugar 8 | 35 | 2½ | 2½ Starch 1 Vegetable 4 L Meat 4 Fat |
| Monterey Chicken Melt* 6-inch sub w/o sauce | 360 70 45% | 8 Sat 4 Trans 0 | 65 | 580 Daily 46% Parity 46 | 45 Fiber 5 Sugar 6 | 28 | 2½ | 2½ Starch 1 Vegetable 3 L Meat ½ Fat |
| Cold Cut Combo 6-inch sub w/o sauce or cheese | 360 110 30% | 12 Sat 3½ Trans 0 | 45 | 1030 Daily 45% Parity 72 | 46 Fiber 5 Sugar 7 | 17 | 2½ | 2½ Starch 1 Vegetable 1½ MF Meat ½ Fat |

*Though data for Breakfast Flatbreads are shown using American Cheese and Subs are shown afterwards using Cheddar, the data (except for sodium values) represents the use of either. For more information, see **Breads & Cheeses** directly following these two sections.

NOTE: Sub data is based on standard preparation which includes standard vegetables (lettuce, tomatoes, onions, green peppers, olives & pickles) as well as cheese, oil, vinegar, salt, pepper and select sauces when relevant. In standard amounts all vegetables contribute less than 5 calories each. **Avoid excessive use of olives.** Olives are high in fat and should be used as a garnish; 5 rings (1 whole olive) contain 1gm of fat with 2 calories being added per ring.