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Meal Choices! Under 500
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Stoppani's Shortcut to
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~~2020: What You Need to Know~~

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Explained - A Quick Look at

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10 Cleanest Fast Food Keto

Options The Secrets of Sugar

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Look up nutritional
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counts for all our Subway®
sandwiches, salads, and

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sides to help you make smart choices.

~~Sandwich Calories &
Nutritional Information Menu
| SUBWAY ...~~

Subway ®: Leaders in
nutrition from the beginning

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The Subway ® brand has earned a worldwide reputation for offering a nutritious alternative to traditional fast foods. All Subway ® Subs, wraps and salads are made to order, right in front of you, to

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your specification, using the ingredients you select from a wide variety of meats, vegetables, baked breads, flavourful condiments and final ...

~~Allergen and Nutritional~~

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~~Information | SUBWAY.com
United ...~~

Subway Fresh Fit® refers to subs prepared to standard recipe on 9-grain wheat bread with lettuce, tomatoes, onions, green peppers and

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cucumbers. Nutrition information for all other subs are based on chef recommended recipes. Click an item to calculate yours and see the recipe.

~~Nutrition Information~~ |

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~~SUBWAY.com — United States
(English)~~

Subway Menu Nutrition Subway
Sandwiches. Italian B.M.T.
Salads. Wraps. Breads.
Breakfast Egg White Omelet
Sandwich. Breakfast Omelet
Sandwiches. Chips and Sides.

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Didn't find what you're looking for? Try checking our list of discontinued Subway items. Which Subway...

~~Subway Nutrition Facts~~
~~FastFoodNutrition.org~~

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Subs - Depending on the ingredients selected or types of subs ordered, diners may ingest anywhere from 160 calories to 500 calories for six-inch sandwiches. Customers should also take into consideration

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the carbohydrate profiles of Subway sandwiches. As six-inch subs, the sandwiches still boast around 50 grams of carbs.

~~Subway Nutrition Facts &
Calorie Information: Carbs~~

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The Subway menu nutrition for its breakfast sandwiches vary in calorie content from 380 to 680 calories: Bacon, Egg & Cheese on flatbread (460 calories, 21 grams of fat, 43 grams of

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carbohydrates, 25 grams of protein) Black Forest Ham, Egg & Cheese on flatbread (410 calories, 16 grams of fat, 44 grams of carbohydrates, 23 grams of protein)

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~~Subway Menu With Calories |~~

~~Our Everyday Life~~

Nutrition Facts. 40

calories. Subway 6" Sub -

Ultimate Veggie w/ Avocado

Standard sub recipe. 1

sandwich (227g) Nutrition

Facts. 330 calories. Subway

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12" Sub - Veggie Delite
Standard sub recipe. 1
sandwich (328g) Nutrition
Facts.

~~Subway Nutrition Facts.~~
~~Calories, carbs, fat, sodium~~
~~...~~

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The Subway® brand has earned a worldwide reputation for offering a nutritious alternative to traditional fast foods. All Subway® sandwiches and salads are made to order, right in front of you, to your

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specifications, using the ingredients you select from a wide variety of meats, vegetables, fresh baked breads and flavorful condiments and Sauces. In many countries, the Subway® brand offers a menu that

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highlights a selection of products that you can incorporate into your diet and exercise ...

~~Nutrition — SUBWAY~~

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The Subway® menu offers a
wide range of sub
sandwiches, salads and

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breakfast ideas for every taste. View the abundant options on the Subway® menu and discover better-for-you meals!

~~Menu | SUBWAY.com — United
Kingdom (English)~~

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Sandwich nutrition values include 9-Grain Wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers. Values do not include cheese unless noted. Salads contain meat/poultry, standard vegetables and do not

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include salad-dressing or croutons.

~~Nutrition Information |
SUBWAY.com — Canada
(English)~~

The SUBWAY® menu offers a wide range of sub

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sandwiches, salads and breakfast ideas for every taste. View the abundant options on the SUBWAY® menu and discover better-for-you meals!

~~Our Menu — Sub Sandwiches,~~

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~~Salads & More | SUBWAY ...~~

Serving Size (g) Calories
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

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Iron % DV

~~U.S. NUTRITION INFORMATION~~

~~January 2020 — Subway~~

The Subway® menu offers a wide range of sub sandwiches, salads and breakfast ideas for every

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taste. View the abundant options on the Subway® menu and discover better-for-you meals! ... PRODUCT INGREDIENTS GUIDE. Menu & Nutrition FAQs. SUBWAY® Catering. With piled-high sandwich platters, hunger-

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busting Giant Subs and sweet-
tooth satisfying ...

~~Full Menu | SUBWAY.com~~

~~Canada (English)~~

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subway menu nutrition guide

U.S. NUTRITION INFORMATION

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January 2020 - Subway 6"

Subway Club® 240 290 4 1 0

40 780 41 5 6 25 35 20 2 20

6" Sweet Onion Chicken

Teriyaki 265 330 4 1 0 50

750 52 5 14 25 40 20 4 20

nutrition information (one

footlong=two 6" servings) US

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NUTRITION INFORMATION

January 2020 2,000 calories

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Nutrition Guide~~

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Subway reminds you to "eat
fresh," but their popular

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tagline doesn't exactly tell the entire nutritional story. Subway offers healthy meals, but not everything on their menu is good for you.

~~Subway Nutrition: Which
Options Are Actually~~

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~~Healthy?~~

Menu Choose here your favorite style of Subs.

Looking for indulgence, go for Classic or Toasted Subs or do you want a more healthy alternative, choose Subs under 6 gr of fat or

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