

Subway Nutrition Guide (Example Data)

(Please note: This is illustrative data and may not reflect current or exact Subway nutritional values. Always refer to official Subway nutrition information for accuracy.)

Introduction:

Welcome to our quick guide to Subway's menu items and their general nutritional overview. This document provides a snapshot of various items, helping you make informed choices.

1. Sandwiches (6-inch, standard preparation)

- **Italian B.M.T.®**
 - Calories: 380
 - Fat: 16g
 - Carbs: 37g
 - Protein: 20g
 - Sodium: 1190mg
 - Sugar: 5g
 - Allergens: Wheat, Soy, Milk
- **Veggie Delite® (Vegetarian, Heart Healthy)**
 - Calories: 230
 - Fat: 2.5g
 - Carbs: 44g
 - Protein: 9g
 - Sodium: 300mg
 - Sugar: 7g
 - Allergens: Wheat
- **Chicken Teriyaki**
 - Calories: 370
 - Fat: 4.5g
 - Carbs: 58g
 - Protein: 31g

- Sodium: 1200mg
 - Sugar: 21g
 - Allergens: Wheat, Soy
 - **Roast Beef (Heart Healthy)**
 - Calories: 320
 - Fat: 8g
 - Carbs: 39g
 - Protein: 26g
 - Sodium: 840mg
 - Sugar: 6g
 - Allergens: Wheat, Soy
 - **Turkey Breast (Heart Healthy)**
 - Calories: 280
 - Fat: 3.5g
 - Carbs: 39g
 - Protein: 23g
 - Sodium: 800mg
 - Sugar: 6g
 - Allergens: Wheat, Soy
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2. Breads (6-inch serving)

- **9-Grain Wheat Bread (Vegetarian, Heart Healthy)**
 - Calories: 210
 - Fat: 2.5g
 - Carbs: 40g
 - Protein: 8g
 - Sodium: 290mg
 - Sugar: 5g

- Allergens: Wheat, Soy
 - **White Bread** (Vegetarian)
 - Calories: 200
 - Fat: 2g
 - Carbs: 39g
 - Protein: 7g
 - Sodium: 310mg
 - Sugar: 4g
 - Allergens: Wheat
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3. Sauces (Standard serving)

- **Sweet Onion Sauce** (Vegetarian, Heart Healthy)
 - Calories: 40
 - Fat: 0g
 - Carbs: 10g
 - Protein: 0g
 - Sodium: 90mg
 - Sugar: 9g
 - Allergens: Soy
 - **Mayonnaise** (Vegetarian)
 - Calories: 100
 - Fat: 11g
 - Carbs: 0g
 - Protein: 0g
 - Sodium: 75mg
 - Sugar: 0g
 - Allergens: Egg
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4. Vegetables (Standard serving)

- **Lettuce** (Vegetarian, Heart Healthy)
 - Calories: 5
 - Fat: 0g
 - Carbs: 1g
 - Protein: 0g
 - Sodium: 5mg
 - Sugar: 0g
 - Allergens: None
 - **Olives** (Vegetarian, Heart Healthy)
 - Calories: 25
 - Fat: 2.5g
 - Carbs: 1g
 - Protein: 0g
 - Sodium: 120mg
 - Sugar: 0g
 - Allergens: None
 - **Pickles** (Vegetarian, Heart Healthy)
 - Calories: 5
 - Fat: 0g
 - Carbs: 1g
 - Protein: 0g
 - Sodium: 190mg
 - Sugar: 0g
 - Allergens: None
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5. Cheeses (Standard serving)

- **Cheddar Cheese** (Vegetarian)

- Calories: 60
 - Fat: 5g
 - Carbs: 0g
 - Protein: 4g
 - Sodium: 100mg
 - Sugar: 0g
 - Allergens: Milk
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6. Sides

- **Apple Slices** (Vegetarian, Heart Healthy)
 - Calories: 60
 - Fat: 0g
 - Carbs: 15g
 - Protein: 0g
 - Sodium: 0mg
 - Sugar: 12g
 - Allergens: None
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Disclaimer: This information is for general reference. Nutritional values can vary based on preparation, ingredients, and portion sizes. Always check Subway's official website or in-store nutritional guides for the most accurate and up-to-date information.