



Calories and Fat Content in Fast Food Restaurant Foods

Subway

	Calories	Fat (grams)
Subway Seafood Sensation (6 inch)	380	13
Steak & Cheese (6 inch)	362	13
Subway Melt (6 inch)	384	15
Tuna (6 inch)	430	19
Asiago Caesar Chicken (6 inch)	391	15
Honey Mustard Turkey w/Cucumber (6 inch)	275	3.5
Southwest Chicken (6 inch)	362	13
Turkey Breast, Ham & Bacon Melt (6 inch)	380	12
Cheese Steak (6 inch)	360	10
Ham (6 inch)	290	5
Roast Beef (6 inch)	290	5
Roasted Chicken Breast (6 inch)	330	5
Honey Mustard Ham (6 inch)	310	5
Sweet Onion Teriyaki (6 inch)	370	5
Subway Club (6 inch)	296	5
Turkey Breast (6 inch)	280	4.5
Turkey Breast & Ham (6 inch)	290	5
Turkey Breast, Ham & Roast Beef (6 inch)	320	6
Veggie Delite (6 inch)	230	3
Ham Deli Sandwich	210	4
Roast Beef Deli Sandwich	223	4.5
Turkey Breast Deli Sandwich	215	3.5
Lloyd's Barbecue Chicken (6 inch)	310	6
Veggi-Max (6 inch)	390	8
Gardenburger (6 inch)	390	7
Buffalo Chicken (6 inch)	400	15
Barbecue Pulled Pork (6 inch)	440	13
Baja Chicken (6 inch)	350	9
Carne Asada (6 inch)	420	11
Atkins-Friendly Wrap	120	4.5
Garden Fresh Salad	60	1
Mediterranean Chicken Salad	170	4.5
Kraft Fat Free Italian	35	0
Kraft Ranch	200	22
Red Wine Vinaigrette	80	1
Fat Free Honey Mustard	30	0

Chipotle Southwest Sauce	90	9
Fat Free Red Wine Vinaigrette	30	0
Fat Free Sweet Onion	40	0
Dijon Horseradish	90	0
Western Egg Breakfast Sandwich	300	12
French Toast w/Syrup	350	8
Atkins-Friendly Double-Chocolate	100	6
Fruit Roll-Up	50	1
Roasted Chicken Noodle	60	1.5
Vegetable Beef	90	1
Minestrone	90	4
New England Style Clam Chowder	110	3.5
Chili Con Carne	240	10
Tomato Garden Vegetable with Rotini	100	0.5
Brown and Wild Rice with Chicken	190	11
Hearty Chili Beef	250	7
Cream of Broccoli	130	6
Vinegar (1 Tsp.)	0	0
Yellow or Deli Brown Mustard (2 Tsp.)	5	0
Light Mayonnaise (1 Tbsp.)	45	5
Lettuce	5	0
Tomato (3 Wheels)	5	0
Onions	5	0
Green Peppers (3 Strips)	0	0
Pickles (3 Chips)	0	0
Olives (3 Rings)	5	0
Cucumbers (3 Slices)	0	0
Jalapeno Peppers (3 Rings)	0	0
Banana Peppers (3 Rings)	0	0

Nutrition information for Subway is © 2005 Doctor's Associates Inc. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.subway.com/applications/NutritionInfo/index.aspx>.