

Subway Nutritional Information

6" Ham, Cheese, Lettuce, Pickles, on White Bread

SERVING SIZE (g)	163
CALORIES	290
TOTAL FAT (g)	8
Saturated Fat (g)	3.5
Trans Fat* (g)	0
CHOLESTEROL (mg)	40
SODIUM (mg)	1110
CARBOHYDRATES (g)	38
Dietary Fiber (g)	2
Sugars (g)	5
PROTEIN (g)	18
VITAMIN A % DV	8
VITAMIN C % DV	0
CALCIUM % DV	6
IRON % DV	15

6" Spicy Italian, Cheese, Lettuce, Pickles on White Bread

SERVING SIZE (g)	165
CALORIES	480
TOTAL FAT (g)	28
Saturated Fat (g)	11
Trans Fat* (g)	0.5
CHOLESTEROL (mg)	75
SODIUM (mg)	1560
CARBOHYDRATES (g)	38
Dietary Fiber (g)	2
Sugars (g)	4
PROTEIN (g)	19
VITAMIN A % DV	8
VITAMIN C % DV	15
CALCIUM % DV	8
IRON % DV	20

6" Turkey, Cheese, Lettuce, Pickles on White Bread

SERVING SIZE (g)	163
CALORIES	290
TOTAL FAT (g)	7
Saturated Fat (g)	2.5
Trans Fat* (g)	0
CHOLESTEROL (mg)	40
SODIUM (mg)	1080
CARBOHYDRATES (g)	38
Dietary Fiber (g)	2
Sugars (g)	3
PROTEIN (g)	20
VITAMIN A % DV	8
VITAMIN C % DV	0
CALCIUM % DV	6
IRON % DV	15

Chocolate Chip Cookie

SERVING SIZE (g)	45
CALORIES	210
TOTAL FAT (g)	10
Saturated Fat (g)	5
Trans Fat* (g)	0
CHOLESTEROL (mg)	10
SODIUM (mg)	120
CARBOHYDRATES (g)	29
Dietary Fiber (g)	1
Sugars (g)	18
PROTEIN (g)	2
VITAMIN A % DV	10
VITAMIN C % DV	0
CALCIUM % DV	0
IRON % DV	10

Lays Potato Chips (snack size)

SERVING SIZE (g)	28
CALORIES	160
TOTAL FAT (g)	10
Saturated Fat (g)	1.5
Trans Fat* (g)	0
CHOLESTEROL (mg)	0
SODIUM (mg)	170
CARBOHYDRATES (g)	15
Dietary Fiber (g)	1
Sugars (g)	1
PROTEIN (g)	2
VITAMIN A % DV	0
VITAMIN C % DV	10
CALCIUM % DV	0
IRON % DV	2