

# 10 Noteworthy Nutrition Facts about SUBWAY® Sandwiches

A 6-inch SUBWAY® sandwich made with the “veggie works” is...

- 1 Packed with Protein.** A Sub with meat, poultry or seafood provides at least 30% of daily protein needs. Protein helps maintain and build muscle and bone mass.
- 2 Fiber-Friendly.** When made on wheat bread a sub provides 5 g of fiber or 20% of your daily fiber needs. Fiber promotes regularity and overall bowel health.
- 3 Free of Artificial Trans Fat (partially hydrogenated oil).** Trans fat increases LDL cholesterol (the “bad” cholesterol).
- 4 A Source of Essential Vitamins and Minerals.** Every sandwich contains 1/3 of the daily value for vitamin C, 1/4 the daily value for iron and they also contain vitamin A and calcium.
- 5 Filled with a Rainbow of Nutrient-Packed Fresh Veggies.** A 6-inch sub provides about 1 cup or 1/3 of the recommended daily vegetable requirement. Veggies contain essential vitamins, minerals and health-promoting phytonutrients.
- 6 Rich in Energy Boosting Complex Carbs.** Carbohydrates provide the fuel that your body and brain needs to function throughout the day.
- 7 Better for the heart.** Our 8 sandwiches with 6 g of fat or less are also low in saturated fat and cholesterol and free of artificial trans fat. Diets low in saturated fat, cholesterol and trans fat can help reduce the risk of heart disease.
- 8 Easy on the calories.** Subway® offers 10 regular 6-inch subs with 400 calories or less. On a 1500- 2000 calorie diet—eat these subs and don’t worry about your waistline growing.
- 9 Great with our better-for-you sides and beverages.** Add baked chips, fresh apple slices or calcium-rich low fat yogurt and complete your meal with a nutritious, guilt-free, delicious side.
- 10 Great Tasting!**



**SUBWAY**