



RAPIDFITNESS

NUTRITION SURVIVAL GUIDE TO
SUBWAY

RESTAURANT SPECIFIC ADVICE

It is not just 12 inch or 6 inch, you have the option of a 3-inch!

Meals with chips and drinks stack on extra unneeded calories that don't fill you up. Go for a calorie-free drink and pass on the chips.

Load up on Veggies! Veggies are super awesome and can fill you up while being super nutritious!

Based on your calorie needs for the day, you are looking for reduced calorie intake. For some, that may be a 6 inch sub vs a 12 inch sub. For some, that may be a 3 inch sub vs a 6 inch sub. Know what energy balance looks like for you.

Sauces under 40 calories: Honey Mustard(20), Red Wine Vinegar(0), Spicy Brown Mustard(15), Subway Vinaigrette(35), Sweet Onion(30), Mustard(10)

Remember that ANY sub can become a salad. If you want a certain type of sub, but want to save on calories, just turn it into a salad and skip the bread.

Lastly, just like one meal doesn't make for a healthy diet, one meal doesn't make for an unhealthy diet. Your relationship with food is incredibly important, so I created these guides to help the general population make a bit healthier decisions without overcomplicating the process. If you find yourself enjoying more food than normal, wake up the next day and get back on track. Don't sweat it! Successful dieters don't let one bad meal destroy their diet. Unsuccessful dieters let one bad meal turn into a bad day or a bad week where they fall off track indefinitely.



SURVIVORS GUIDE OPTIONS

| | CALORIES | FATS | CARBS | PROTEINS |
|---|----------|------|-------|----------|
| Egg White w/ Avocado, Red Onion, Spinach on 3-inch Flatbread | 190 | 7 | 24 | 8 |
| Black Forest Ham, Egg & Swiss Cheese with Green Peppers, Tomatoes and Honey Mustard on 3-inch Flatbread | 220 | 9 | 23 | 14 |
| Double Chicken Chopped Salad with Honey Mustard Dressing | 300 | 5 | 28 | 36 |
| Cold Cut Combo Salad with Vinegar | 190 | 11 | 12 | 12 |
| Sweet Onion Chicken Teriyaki on 6-inch 9-Grain Wheat | 370 | 4.5 | 58 | 25 |
| Veggie Delite with Avocado and Mustard on 6-inch 9-grain Honey Oat | 310 | 9 | 50 | 10 |

SOUP: One 8 oz. cup.

| | CALORIES | FATS | CARBS | PROTEINS |
|-------------------------|----------|------|-------|----------|
| Broccoli Cheddar | 170 | 9 | 18 | 5 |
| Chicken Noodle | 110 | 3 | 14 | 8 |
| Mediterranean Vegetable | 110 | 3 | 14 | 8 |
| Spicy Chicken Tortilla | 110 | 4.5 | 11 | 6 |
| Tomato Basil | 130 | 6 | 15 | 4 |

SUBWAY FRESH FIT®

These subs refer to 6" subs prepared on 9-grain wheat bread with lettuce, spinach, tomatoes, onions, green peppers, and cucumbers with one of the low-cal sauces listed on Page 2 of this Guide.

| | CALORIES | FATS | CARBS | PROTEINS |
|--------------------------|----------|------|-------|----------|
| Black Forest Ham | 260 | 4 | 41 | 19 |
| Oven Roasted Chicken | 270 | 3.5 | 40 | 23 |
| Rotisserie Style Chicken | 310 | 6 | 40 | 29 |
| Subway Club | 290 | 4 | 41 | 24 |
| Turkey Breast | 250 | 3 | 40 | 18 |
| Veggie Delite | 200 | 2 | 39 | 9 |

| | |
|-------------|-------------|
| 1-200 CAL | 301-400 CAL |
| 201-300 CAL | 401+ CAL |