



A Teaspoon Guide to Subway®

Subway market themselves as the healthy alternative to Burger joints. But how bad are they from a fructose perspective? Remember that a good rule of thumb for fructose content is to see how much sugar is in the food and halve it.

The following lists set out the items on the 2010 Subway Australian menus analyzed and ranked according to sugar content. Unfortunately for someone avoiding sugar, there are quite a few sugar landmines hiding on that 'healthy' menu.



Chicken Strips

6-inch® Subs

Considering that the numbers below do not include an allowance for any sauces (see later), these subs are really pretty high in sugar. The best choice is the light (Less than 6 grams of fat) Chicken Strips sandwich. But even that will feed you one and a quarter teaspoons of sugar.

The worst (Chicken Teriyaki) is more of a dessert than a main course, serving up four and a half teaspoons of sugar in every sandwich. By way of comparison, the highest sugar item on the McDonalds menu the Mighty Angus (2 and one quarter teaspoons of sugar).



Chicken Teriyaki

The low fat range is no guarantee of low sugar with the highest sugar sandwich being one of the ones with less than 6g of fat.

The table below lists each sandwich and ranks them by sugar content per sandwich. Low fat sandwiches are highlighted in red.

These sugar calculations are based on you choosing a Wheat Bread sub. And the good news is the sugar doesn't change significantly regardless of which bread you choose, except if you choose Honey Oat Bread. You can add three quarters of a teaspoon of sugar to the values shown below if Honey Oat is your bread of choice. For most sandwiches that will tip them just over the two teaspoon mark. And if Chicken Teriyaki is your poison, then you probably don't care.

<i>Teaspoons of sugar per Sub¹</i>	<i>Sub</i>	<i>Percentage Sugar</i>
●●	Chicken Strips*	2.4%
●●	Veggie Delite*	3.3%
●●	Steak & Cheese (with diced steak)	2.3%
●●	Tuna	2.2%
●●	Turkey*	2.8%
●●	Chicken Fillet (breaded chicken)	2.6%
●●	Shaved Steak	2.5%
●●	Turkey & Ham*	2.9%
●●	Chicken & Bacon Ranch	2.3%
●●	Roasted Chicken*	2.9%
●●	Italian BMT	2.8%
●●	Subway Club*	3.1%
●●	Ham*	3.3%
●●	Pizza Sub	3.0%
●●	Subway Melt	2.9%
●●	Chicken Parmigiana	2.9%
●●	Roast Beef*	3.6%
●●	Seafood Sensation	3.4%
●●●	Veggy Patty	3.9%
●●●	Meatball	3.5%
●●●●	Sweet Onion Chicken Teriyaki*	7.2%

Mini-Subs

The mini-sub's are a better option with the worst being the Roast Beef (1.1 teaspoons sugar per serve). But you might leave the restaurant feeling a little hungry if that's all you eat.

¹ Values include wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.

<i>Teaspoons of sugar per Mini- Sub²</i>	<i>Mini-Sub</i>	<i>Percentage Sugar</i>
●	Chicken Strips	2.1%
●	Tuna (and cheese)	2.3%
●	Turkey	2.7%
●	Ham	3.2%
●	Roast Beef	3.6%

Wraps

Most of the Wraps are a good choice (with the obvious exception of the Sweet Onion Chicken Teriyaki). But since most weigh in somewhere around the 200 gram mark, they (like the mini-sub) may leave you looking for more.

<i>Teaspoons of sugar per Wrap³</i>	<i>Wrap</i>	<i>Percentage Sugar</i>
●	Veggie Delite	2.1%
●	Turkey	1.8%
●	Roasted Chicken	1.9%
●	Turkey & Ham	2.0%
●	Subway Club	2.1%
●	Ham	2.3%
●●	Roast Beef	2.6%
●●●●	Sweet Onion Chicken Teriyaki	6.3%

Drinks

Getting a low sugar drink at Subway is a little tricky, but now that they sell water, it's no longer as hard. Most of the rest of the drink menu leaves a lot to be desired if you don't like artificial sweeteners. Since the drinks are the standard fare of bottled softdrinks and juices, I haven't included a breakdown. As a general rule all of the (non-diet) drinks (including the juices) are around the 11g of sugar per 100ml. This means that a 600ml Coke Buddy commonly sold in Subway chains contains around 66g of sugar (15.7 teaspoons).

Desserts

² Values include mini wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.

³ Values include wrap, lettuce, tomatoes, onions, capsicum and cucumbers.

And don't even think about desert. But just in case you're curious, here they are (adjusted for lactose⁴). If you can't get through a meal without pudding, then I recommend you stick to the yoghurt.

<i>Teaspoons of sugar per Dessert (after removing lactose)</i>	<i>Dessert</i>	<i>Percentage Sugar (after removing lactose)</i>
●●●●	Yoghurt, Vaalia Luscious Berries	10.2%
○●●●●	Yoghurt, Vaalia French Vanilla	11.6%
○●●●●	M & M Cookie	39.1%
○●●●●	White Chip Macadamia Nut Cookie	39.3%
○●●●●	Chocolate Chip Cookie	40.4%
●●●●●	Double Chocolate Chip Cookie	44.9%

Subway Six-Inch® Breakfast Sandwiches

If breakfast is your thing, then there are some very low sugar options at Subway. But remember these numbers do not include whatever condiment you choose to add (see 'Condiments' below).

<i>Teaspoons of sugar per item⁵</i>	<i>Meal Item</i>	<i>Percentage Sugar</i>
●	Cheese & Egg	3.3%
●	Sausage & Egg	2.3%
●	Steak & Cheese	2.3%
○●	Bacon & Egg	3.4%
○●	Mega	2.4%
●●	Ham & Egg	3.3%
●●	Western & Egg (includes cheese)	3.2%

Salads with 6 g of Fat or Less

These menu options are perceived as 'healthier' because they are low fat but in many cases sugar makes an unwelcome appearance. Once again, you need to add the condiment values if you plan on eating anything other than raw salad vegies and bits of meat.

⁴ This means I have reduced the sugar content on the label by 4.7% to allow for the lactose in milk (which of course does not contain fructose – confused yet? Read *Sweet Poison*).

⁵ Values on wheat bread and include cheese

<i>Teaspoons of sugar per Salad</i>	<i>Salad</i>	<i>Percentage Sugar</i>
●●	Roasted Chicken	1.3%
●●	Veggie Delite	1.6%
●●	Turkey	1.5%
●●	Turkey & Ham	1.6%
●●	Subway Club	1.7%
●●	Ham	1.8%
●●	Roast Beef	2.0%
●●●●	Sweet Onion Chicken Teriyaki	4.4%

Condiments & Sauces

While some of the items above are quite low in sugar, a sugar avoider can come undone in the condiment department. A low sugar lifestyle means learning to eat a Subway sandwich without smothering it in any of the following (except perhaps the Mayonnaise or the Ranch Dressing). If you can stop at one serve (the equivalent of one little packet in Macca's for example) you might not do too much harm but remember each serve contains the number of teaspoons of sugar you see in this table:

<i>Teaspoons of sugar per serve⁶</i>	<i>Condiment</i>	<i>Percentage Sugar</i>
○	Mayonnaise (15 ml)	0.0%
○	Ranch Dressing	1.0%
○	Bacon (2 strips)	3.5%
○	Chipotle Southwest Sauce 21ml	4.3%
○	Marinara Sauce	5.7%
●	Thousand Island 21ml	21.9%
●●	Tomato Sauce	24.8%
●●	Honey Mustard Sauce 21 ml	28.6%
●●	BBQ Sauce	31.9%
●●	Sweet Onion Sauce 21 ml	37.6%
●●●	Sweet Chili Sauce	43.8%

⁶ amount on Subway 6-Inch® sub