



SUBWAY® U.S. NUTRITION INFORMATION March 2012

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
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SANDWICHES

6" Low Fat Sandwiches with 6 Grams of Fat or Less Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate footlong nutrition values.

6" Black Forest Ham	219	290	40	4.5	1	0	25	830	46	5	8	18	8	20	30	15
6" Oven Roasted Chicken	233	320	45	5	1.5	0	25	640	47	5	8	23	8	30	30	15
6" Roast Beef	233	320	40	5	1.5	0	45	700	45	5	7	24	8	20	30	25
6" Subway Club®	240	310	40	4.5	1.5	0	40	880	46	5	7	23	8	20	30	20
6" Sweet Onion Chicken Teriyaki	276	380	40	4.5	1	0	50	900	59	5	18	26	8	30	35	20
6" Turkey Breast	219	280	30	3.5	1	0	20	810	46	5	7	18	8	20	30	15
6" Turkey Breast & Black Forest Ham	219	280	35	4	1	0	20	820	46	5	8	18	8	20	30	15
6" Veggie Delite®	162	230	20	2.5	0.5	0	0	310	44	5	6	8	8	20	30	15

6" Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

6" Big Philly Cheesesteak	297	500	150	17	9	1	85	1310	51	6	8	38	15	20	50	25
6" B.L.T.	153	320	80	9	4	0	20	680	43	5	6	15	8	8	30	15
6" Buffalo Chicken (with regular Ranch dressing)	269	420	140	16	3	0	55	1130	46	6	8	25	12	25	30	20
6" Chicken & Bacon Ranch Melt	292	570	250	28	10	0.5	95	1080	47	5	8	35	15	25	50	20
6" Cold Cut Combo	233	370	120	13	4	0	50	1140	46	5	7	18	10	20	35	20
6" Italian B.M.T.®	226	410	150	16	6	0	45	1300	46	5	8	20	8	20	30	15
6" Meatball Marinara	301	480	160	18	7	0.5	30	950	59	8	12	21	25	35	35	25
6" Spicy Italian	222	480	220	24	9	0.5	50	1520	46	5	8	20	8	20	30	20
6" Steak & Cheese	245	380	90	10	4.5	0	50	1060	48	5	8	26	10	20	40	20
6" Subway Melt®	240	370	100	11	5	0	45	1210	47	5	8	23	10	20	40	15
6" Tuna	233	470	210	24	4	0	35	620	44	5	6	20	8	20	30	20

Kids Meal Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Veggie Delite®	108	150	15	1.5	0	0	0	210	29	3	4	6	6	15	20	10
Black Forest Ham	136	180	25	2.5	0.5	0	10	470	30	3	5	10	6	15	20	10
Roast Beef	146	200	25	3	1	0	25	410	30	4	5	14	6	15	20	10
Turkey Breast	136	180	20	2	0.5	0	10	460	30	3	5	10	6	15	20	10

6" Limited Time Offer/Regional Subs** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

6" Barbecue Rib Patty	163	430	160	18	6	0	50	620	47	5	8	19	8	20	30	20
6" Barbecue Chicken	233	310	45	5	1.5	0	35	900	52	6	15	15	15	180	35	20
6" Chicken Parmesan	281	510	150	17	6	0	40	1080	62	6	9	26	20	25	50	15
6" Chicken Pizziola Melt	291	450	140	15	6	0	75	1250	50	6	10	31	20	30	40	20
6" Jalapeno Tuna Melt	241	470	210	24	4	0	35	750	44	5	7	20	8	25	30	20
6" Meatball Pepperoni Melt	339	610	280	31	12	1	60	1700	58	5	10	26	25	35	20	25
6" Pastram Melt, Big Hot	297	580	260	28	9	0	65	1700	49	5	7	31	10	20	40	15
6" Subway Seafood Sensation™	233	410	170	19	3	0	17	740	50	5	8	13	10	20	35	15
6" Turkey & Bacon Avocado	264	400	130	14	3.5	0	30	1000	49	7	7	22	9	20	30	20
6" Veggie Patty	247	390	70	7	1	0	10	830	56	8	8	23	15	20	35	15

SALADS

Salads with 6 g of fat or Less Values include lettuce, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or croutons.

Black Forest Ham	328	110	25	3	1	0	25	590	11	4	6	12	25	45	6	8
Oven Roasted Chicken Breast	342	130	25	2.5	0.5	0	50	270	9	4	4	19	25	50	6	10
Roast Beef	342	140	30	3.5	1	0	45	450	10	4	5	18	25	45	6	15
Subway Club®	349	140	30	3.5	1	0	40	640	11	4	5	17	25	45	6	15
Sweet Onion Chicken Teriyaki	385	200	25	3	1	0	50	660	24	4	16	20	25	50	6	10
Turkey Breast	328	110	20	2	0.5	0	20	570	11	4	5	12	25	45	6	10
Turkey Breast & Ham	328	110	25	2.5	0.5	0	20	580	11	4	5	12	25	45	6	8
Veggie Delite®	271	50	10	1	0	0	0	65	9	4	4	3	25	45	4	6
Grilled Chicken & Baby Spinach	286	130	25	2.5	0.5	0	50	330	10	3	4	20	170	80	10	20

Salad Dressing																
Fat Free Italian	57	35	0	0	0	0	0	720	7	0	4	1	0	0	2	0
Chipotle Southwest	57	260	240	27	4.5	0	20	580	2	1	1	1	2	2	0	0
Honey Mustard	57	80	5	1	0	0	0	320	18	0	15	1	0	2	0	0

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	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Oil and Vinegar	42.53	190	190	21	1.5	0	0	0	0	0	0	0	0	0	0	0
Ranch	56.7	290	270	30	4.5	1	15	540	3	0	3	1	0	0	0	0
Sweet Onion	56.7	100	5	0	0	0	0	230	24	0	21	0	0	2	0	0

BREAKFAST & PIZZA

Egg Muffin Melts (with Egg White) Values include light wheat English muffin, egg white and cheese.																
Egg White & Cheese	105	150	30	3.5	1.5	0	5	480	24	5	1	12	2	0	25	6
Egg White & Cheese (with ham)	119	170	34	4	1.5	0	10	610	24	5	1	14	2	0	25	6
Breakfast B.M.T.® Melt	142	220	70	8	3	0	20	860	25	5	2	16	4	2	25	6
Bacon, Egg (White) & Cheese	110	180	45	5	2	0	10	580	24	5	1	13	2	0	25	6
Mega Melt**	138	300	150	17	7	0	30	840	24	5	1	17	2	0	25	8
Sausage, Egg (White) & Cheese**	133	270	140	15	6	0	25	740	24	5	1	15	2	0	25	8
Steak, Egg (White) & Cheese	122	180	40	4	1.5	0	15	620	25	5	1	15	2	0	25	8
Sunrise Subway Melt®	149	210	50	6	2.5	0	20	830	26	5	2	18	4	2	25	8
Egg Muffin Melts (with Regular Egg) Values include light wheat English muffin, regular egg and cheese.																
Egg & Cheese	105	170	50	6	2	0	115	460	24	6	1	12	4	0	20	8
Egg & Cheese (with ham)	119	190	50	6	2	0	120	590	24	6	2	14	4	0	20	8
Breakfast B.M.T.® Melt	142	240	90	10	4	0	130	830	25	6	2	16	6	2	20	8
Bacon, Egg & Cheese	110	200	70	7	3	0	120	550	24	6	1	13	4	0	20	8
Mega Melt**	138	320	170	19	7	0	140	810	24	6	2	17	4	0	20	10
Sausage, Egg & Cheese**	133	290	160	17	7	0	130	720	24	6	1	15	4	0	20	10
Steak, Egg & Cheese	122	200	60	6	2.5	0	125	610	25	6	2	15	4	0	20	10
Sunrise Subway Melt®	149	230	70	8	3	0	130	810	26	6	2	18	6	2	20	8
Egg Whites on Mornin' Flatbreads Values include mornin' flatbread, egg white and cheese.																
Egg White & Cheese	91	170	45	5	1.5	0	5	540	21	1	1	9	2	0	20	8
Egg White & Cheese (with ham)	106	180	49	5	2	0	10	670	22	1	1	12	2	0	20	8
Breakfast B.M.T.® Melt	129	230	90	10	3.5	0	20	910	22	1	2	14	4	2	20	8
Bacon, Egg White & Cheese	96	190	60	7	2.5	0	10	630	21	1	1	11	2	0	20	8
Mega Melt**	124	310	170	19	7	0	30	830	22	1	1	15	2	0	20	10
Sausage, Egg White & Cheese**	120	290	150	17	6	0	25	800	21	1	1	13	2	0	20	10
Steak, Egg White & Cheese	108	190	50	6	2	0	15	670	22	1	1	13	2	0	20	10
Sunrise Subway Melt®	136	220	70	8	3	0	20	890	23	1	2	16	4	2	20	8
Regular Egg on Mornin' Flatbreads Values include mornin' flatbread, regular egg and cheese.																
Egg & Cheese	91	190	60	7	2.5	0	115	520	21	1	2	9	4	0	10	10
Egg & Cheese (with ham)	106	200	70	8	2.5	0	120	650	22	1	2	12	4	0	10	10
Breakfast B.M.T.® Melt	129	250	110	12	4	0	130	890	22	1	3	14	6	2	10	10
Bacon, Egg & Cheese	96	210	80	9	3.5	0	120	610	21	1	2	11	4	0	10	10
Mega Melt**	124	330	190	21	8	0	140	870	22	1	2	15	4	0	10	12
Sausage, Egg & Cheese**	120	310	170	19	7	0	135	770	21	1	2	13	4	0	10	10
Steak, Egg & Cheese	108	210	70	8	3	0	125	650	22	1	2	13	4	0	10	10
Sunrise Subway Melt®	136	240	90	10	3.5	0	130	870	23	1	3	16	6	2	10	10
6" Omelet Sandwich (with Egg White) Values include 9-grain wheat bread, egg white and cheese.																
6" Egg White & Cheese	174	320	69	8	3	0	10	940	44	4	5	19	4	0	60	15
6" Egg White & Cheese (with Ham)	203	350	80	9	3.5	0	25	1200	45	4	6	24	4	0	60	15
6" Breakfast B.M.T.® Melt	261	460	160	17	7	0	45	1680	48	5	7	29	10	8	60	15
6" Bacon, Egg White & Cheese	184	370	100	11	4.5	0	20	1120	45	4	5	23	4	0	60	15
6" Mega Melt**	240	610	310	35	14	0	55	1640	45	4	5	30	4	2	60	20
6" Sausage, Egg White & Cheese**	231	570	280	31	12	0	45	1460	45	4	5	26	4	2	60	20
6" Steak, Egg White & Cheese	217	390	90	10	4	0	35	1270	47	4	6	28	4	0	60	20
6" Sunrise Subway Melt	275	430	120	13	5	0	45	1640	48	4	7	32	10	8	60	20
6" Omelet Sandwiches (with Regular Egg) Values include 9-grain wheat bread, regular egg and cheese.																
6" Egg & Cheese	174	360	110	12	4.5	0	230	890	44	5	6	19	8	0	40	20
6" Egg & Cheese (with Ham)	202.7	390	120	13	5	0	240	1150	45	5	7	24	8	0	40	20
6" Breakfast B.M.T.® Melt	261	500	200	21.95	8	0	265	1640	47	5	9	29	15	8	45	20
6" Bacon, Egg & Cheese	184	410	140	16	6	0	240	1080	45	5	6	23	8	0	40	20
6" Mega Melt**	240	650	350	39	15	0	275	1600	45	5	7	30	8	2	45	25
6" Sausage, Egg & Cheese**	231	610	320	36	14	0	265	1410	45	5	6	26	8	2	40	20
6" Steak, Egg & Cheese	217	430	130	15	5	0	255	1220	47	5	7	28	8	0	40	20
6" Sunrise Subway Melt®	275	470	160	17	7	0	260	1590	48	5	8	32	15	8	45	20
Omelet on 6" Flatbread (with Egg White) Values include 6" flatbread, egg white and cheese.																
Egg White & Cheese on 6" Flatbread	183	330	90	10	3.5	0	10	1080	42	2	2	19	4	0	35	15
Egg White & Cheese (with ham) on 6" Flatbread	211	360	100	11	3.5	0	25	1340	43	2	3	23	4	0	35	15
Breakfast B.M.T.® Melt on 6" Flatbread	270	470	180	20	7	0	45	1830	45	2	4	28	10	8	35	15

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Mustard yellow or deli brown (2 tsp)	10	5	0	0	0	0	0	115	<1	0	0	0	0	0	0	0
Olive Oil Blend (1 tsp)	5.0	45	45	5	0	0	0	0	0	0	0	0	0	0	0	0
Pepperoni, 3 slices	17.7	80	60	7	2.5	0	15	400	1	0	1	4	0	0	0	0
Ranch Dressing	21	110	100	11	1.5	0	5	200	1	0	1	0	0	0	0	0
Red Wine Vinaigrette, Fat Free**	21	30	3	0	0	0	0	340	6	0	3	0	0	0	0	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	85	9	0	8	0	0	0	0	0
Vinegar (1 tsp)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-inch sandwich)																
Avocado**	35	70	60	7	1	0	0	0	3	2	0	1	0	4	0	0
Banana Peppers (3 rings)	4	<5	0	0	0.002	0	0	60	0	0	0	0	0	6	0	0
Cucumbers (3 slices)	17	<5	0	0	0	0	0	0	<1	0	0	0	0	0	0	0
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0
Jalapeno Peppers (3 rings)	4	<5	0	0	0	0	0	70	0	0	0	0	0	4	0	0
Lettuce	21	<5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	7	<5	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	9	0	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Olives (3 rings)	3	<5	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Spinach**	21	5	0	0	0	0	0	15	1	0	0	1	40	10	2	4
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0
Cheese (amount on 6-inch sandwich)																
American, Processed	11	40	30	3.5	2	0	10	200	1	0	0	2	2	0	8	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0	15	90	1	0	0	3	4	0	10	0
Mozzarella, Shredded**	14	40	25	3	2	0	10	100	0	0	0	3	2	0	8	0
Natural Cheddar**	15	60	45	5	3	0	15	100	0	0	0	4	4	0	8	0
Pepperjack**	14	50	35	4	2.5	0	15	140	0	0	0	3	4	4	10	0
Provolone**	14	50	35	4	2	0	10	125	0	0	0	4	2	0	10	0
Swiss**	14	50	35	4.5	2.5	0	15	30	0	0	0	4	2	0	15	0
Individual Meats (amount on 6" sub or salad)																
Chicken Patty, Roasted	71	90	20	2.5	0.5	0	25	330	4	0	2	15	0	10	0	0
Chicken Strips	71	80	15	1.5	0.5	0	50	210	0	0	0	16	0	4	2	2
Cold Cut Combo Meats	71	140	100	11	3.5	0	50	830	2	0	1	10	2	2	4	6
Egg Patty (regular)	85	110	60	7	2	0	220	380	3	1	1	9	4	0	6	4
Egg White Patty	85	70	20	2	0	0	0	430	3	0	0	9	0	0	20	2
Ham	57	60	15	2	0.5	0	25	520	2	0	2	9	0	0	0	0
Italian B.M.T.® Meats	64	180	130	14	5	0	45	990	2	0	2	11	0	0	0	2
Meatballs	139	260	141	16	6	0.5	32	640	16	3	6	13	15	15	6	8
Roast Beef	71	90	20	2.5	1	0	45	390	1	0	1	16	0	0	0	8
Sausage, Breakfast	57	240	210	24	9	0	35	520	1	0	0	7	0	2	0	4
Seafood Sensation**	71	190	150	16	2.5	0	15	430	7	0	1	5	2	0	6	2
Steak (no cheese)	71	110	40	4	1.5	0	40	550	4	0	1	15	0	2	0	8
Subway Club® Meats	78	90	20	2.5	1	0	39	570	2	0	1	15	0	0	0	6
Tuna	71	260	220	24	4	0	35	310	0	0	0	10	0	0	0	4
Turkey Breast	57	50	10	1	0	0	20	500	2	0	1	9	0	0	0	2
Veggie Patty**	85	160	45	5	0.5	0	10	520	12	3	2	15	6	0	2	0
DESSERTS, SIDES & BEVERAGES																
Cookies & Desserts																
Chocolate Chip	45	220	90	10	5	0	15	130	30	1	18	2	6	0	0	6
Chocolate Chunk**	45	220	90	10	5	0	10	100	30	<1	17	2	0	0	0	6
Double Chocolate Chip**	45	210	80	9	5	0	15	130	30	1	20	2	6	0	2	4
M & M®**	45	210	90	10	5	0	15	100	32	<1	18	2	0	0	2	6
Oatmeal Raisin	45	200	70	8	4	0	15	130	30	1	16	3	0	0	2	6
Peanut Butter**	45	220	110	12	5	0	10	130	26	1	16	4	4	0	2	6
Raspberry Cheesecake	45	200	80	9	4.5	0	15	120	29	0	16	2	6	0	2	4
Sugar**	45	220	110	12	6	0	15	130	28	<1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5	0	15	130	29	<1	18	2	6	0	2	4
Apple Pie**	71	250	90	10	2	n/a	0	290	37	1	25	0	0	0	0	2
Apple Slices - 1 package	71	35	0	0	0	0	0	0	9	2	7	0	0	30	4	0
Yogurt Dannon Light & Fit®	170	80	0	0	0	0	<5	80	16	0	11	5	8	0	15	0
Yogurt Parfait (with granola)	164	160	20	2	1.004	0	10	75	30	2	24	6	2	20	15	2
Yogurt Parfait (without granola)	156	130	10	1.5	1	0	10	70	24	1	23	5	2	20	15	0
Chips																
Baked Lay's®	32	130	15	2	0	0	0	200	23	2	2	2	0	2	4	2

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Baked Lay's®** Sour Cream & Onion	32	140	30	3.5	0.5	0	0	240	24	2	3	3	0	4	4	2
Doritos Nacho	50	250	120	13	2.5	0	<5	310	30	2	2	4	0	0	8	2
Lays® Classic	43	230	140	15	1.5	0	0	270	23	2	0	3	0	15	0	2
Sunchips Harvest Cheddar	43	210	80	9	1.5	0	0	240	29	3	3	4	0	0	2	2
Chips, 1 bag	25-57	75-340	0-220	0-22	0-4.5	0	0-35	150-940	13-36	0-3	0-9	0-7	0-20	0-20	0-15	0-10
Beverages***	(oz)															
Bottled Juice/Drink	15	0-300	0	0	0	0	0	40-160	54-68	0	48-64	0	0	0-200	0	0
Fountain Drink/Sweetened Tea, Regular - 16 oz, no ice	16	120-240	0	0	0	0	0	0-110	34-66	0	34-66	0	0	0-210	0	0
Fountain Drink, Diet/Unsweetened Tea - 16 oz, no ice	16	0-10	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 21 oz, no ice	21	160-320	0	0	0	0	0	0-140	45-87	0	45-87	0	0	0-270	0	0
Fountain Drink, Diet/Unsweetened Tea - 21 oz, no ice	21	0-15	0	0	0	0	0	0-80	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 30 oz, no ice	30	230-460	0	0	0	0	0	0-200	65-120	0	65-120	0	0	0-380	0	0
Fountain Drink, Diet/Unsweetened Tea - 30 oz, no ice	30	0-25	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 40 oz, no ice	40	310-620	0	0	0	0	0	0-260	90-160	0	90-160	0	0	0-500	0	0
Fountain Drink, Diet/Unsweetened Tea - 40 oz, no ice	40	0-30	0	0	0	0	0	0-100	0	0	0	0	0	0	0	0
Juice Box	6	100	0	0	0	0	0	15	24	0	21	0	0	100	10	2
Milk, Low Fat	12	160	35	3.5	2.5	0	20	180	19	0	17	12	15	6	45	0
Milk, Chocolate Flavored Reduced Fat	12	300	70	8	5	0	35	300	43	<1	43	15	15	6	45	4
Milk, Strawberry Flavored Reduced Fat	12	300	70	7	4.5	0	35	220	44	0	42	15	15	6	50	0
Soup** (10 oz bowl)	(oz)															
Chipotle Chicken Corn Chowder	10	130	25	2.5	1	0	15	870	22	2	4	5	6	0	0	2
Southern Style Chicken & Dumpling	10	170	45	5	2	0	50	870	22	2	3	8	10	0	4	6
Chili Con Carne	10	280	70	8	3.5	0	25	860	35	9	13	17	15	6	8	20
Creamy Potato with Bacon	10	250	120	14	5	0	25	940	26	3	4	6	8	2	10	4
Creamy Garden Broccoli & Cheese	10	200	130	14	6	0	30	870	14	2	5	4	4	0	8	2
Minestrone	10	90	10	1	0.5	0	5	800	15	3	5	4	20	0	6	6
New England Style Clam Chowder	10	150	45	5	1	0	10	970	20	3	2	5	0	0	4	6
Roasted Chicken Noodle	10	110	20	2	0.5	0	20	860	15	1	2	7	15	0	2	2
Spanish Style Chicken & Rice with Pork	10	110	25	2.5	1	0	5	980	16	1	1	6	2	0	2	2
Tomato Garden Vegetable w/ Rotini	10	90	0	0	0	0	0	860	20	2	8	3	30	0	4	4
Vegetable Beef	10	100	20	2	0.5	0	10	950	15	3	5	6	20	0	4	4
Creamy Brown and Wild Rice with Chicken	10	220	110	12	4	0	25	810	22	2	4	5	2	10	20	4

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from Subway® approved food manufacturers, independent laboratories and the USDA Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

*Products contain no artificial trans fat (partially-hydrogenated oil). Some products contain naturally occurring trans fat.

**At participating locations. Nutrition information for these items are based on the most common formulas and ingredients.

brochure. Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed. Nutrition information for