

Subway

Healthy NPI score	Exceeds calorie limits	Exceeds sodium limits	>15% Calories from saturated fat	Contains trans fat	Type of food	Individual item	Serving size (g)	Serving size (oz)	Calories (Kcal)	Energy density (kcal/g)	Energy density beverages (% sugar by weight)	Total fat (g)	Saturated fat (g)	% Calories from saturated fat	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)	NPI score
Breakfast Items																				
		•			Breakfast Main Dishes	Black forest ham and cheese on 9-grain bread	217	-	450	2.1	-	19.0	7.0	14%	0.0	5	1,450	5	27	50
		•	•		Breakfast Main Dishes	Black forest ham and cheese on 9-grain bread with egg whites	217	-	360	1.7	-	9.0	7.0	18%	0.0	5	1,450	5	27	50
•		•			Breakfast Main Dishes	Black forest ham and cheese on an english muffin	119	-	180	1.5	-	7.0	2.0	10%	0.0	1	650	5	15	72
		•	•		Breakfast Main Dishes	Black forest ham and cheese on flatbread	233	-	480	2.1	-	22.0	8.0	15%	0.0	2	1,530	3	27	48
		•	•		Breakfast Main Dishes	Black forest ham and cheese on flatbread with egg whites	233	-	390	1.7	-	12.0	8.0	18%	0.0	2	1,530	3	27	48
•		•			Breakfast Main Dishes	Black forest ham and cheese with egg whites on an english muffin	119	-	160	1.3	-	5.0	2.0	11%	0.0	1	650	5	15	72
		•	•		Breakfast Main Dishes	Cheese on 9-grain bread	189	-	420	2.2	-	18.0	7.0	15%	0.0	4	1,060	5	22	52
		•	•		Breakfast Main Dishes	Cheese on 9-grain bread with egg whites	189	-	330	1.7	-	8.0	7.0	19%	0.0	4	1,060	5	22	52
•					Breakfast Main Dishes	Cheese on an english muffin	105	-	170	1.6	-	6.0	2.0	11%	0.0	0	450	5	13	76
		•			Breakfast Main Dishes	Cheese on flatbread	204	-	460	2.3	-	21.0	7.0	14%	0.0	1	1,170	3	23	50
		•	•		Breakfast Main Dishes	Cheese on flatbread with egg whites	204	-	370	1.8	-	11.0	7.0	17%	0.0	1	1,170	3	23	50
•					Breakfast Main Dishes	Cheese with egg whites on an english muffin	105	-	150	1.4	-	4.0	2.0	12%	0.0	0	450	5	13	78
	•	•	•		Breakfast Main Dishes	Double bacon and cheese on 9-grain bread	207	-	520	2.5	-	25.0	11.0	19%	0.0	4	1,440	5	29	44
		•	•		Breakfast Main Dishes	Double bacon and cheese on 9-grain bread with egg whites	207	-	430	2.1	-	15.0	11.0	23%	0.0	4	1,440	5	29	46
		•	•		Breakfast Main Dishes	Double bacon and cheese on an english muffin	120	-	240	2.0	-	11.0	4.5	17%	0.0	1	740	5	17	56
	•	•	•		Breakfast Main Dishes	Double bacon and cheese on flatbread	223	-	560	2.5	-	28.0	11.0	18%	0.0	2	1,540	3	30	44
		•	•		Breakfast Main Dishes	Double bacon and cheese on flatbread with egg whites	223	-	470	2.1	-	18.0	11.0	21%	0.0	2	1,540	3	30	46
		•	•		Breakfast Main Dishes	Double bacon and cheese with egg whites on an english muffin	120	-	220	1.8	-	9.0	4.5	18%	0.0	1	740	5	17	56
		•	•		Breakfast Main Dishes	Mega english muffin	138	-	310	2.2	-	20.0	7.0	20%	0.0	0	710	5	18	52
	•	•	•		Breakfast Main Dishes	Mega on 9-grain bread	255	-	720	2.8	-	45.0	18.0	23%	0.0	4	1,580	5	33	42
	•	•	•		Breakfast Main Dishes	Mega on 9-grain bread with egg whites	255	-	630	2.5	-	25.0	18.0	26%	0.0	4	1,580	5	33	42

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	•	•	•		Breakfast Main Dishes	Mega on flatbread	270	-	750	2.8	-	48.0	18.0	22%	0.0	2	1,650	3	34	42
	•	•	•		Breakfast Main Dishes	Mega on flatbread with egg whites	270	-	660	2.4	-	38.0	18.0	25%	0.0	2	1,650	3	34	42
		•	•		Breakfast Main Dishes	Mega with egg whites on an english muffin	138	-	290	2.1	-	18.0	7.0	22%	0.0	0	710	5	18	52
	•	•	•		Breakfast Main Dishes	Sausage and cheese on 9-grain bread	245	-	670	2.7	-	41.0	16.0	21%	0.0	4	1,390	5	30	44
	•	•	•		Breakfast Main Dishes	Sausage and cheese on 9-grain bread with egg whites	245	-	580	2.4	-	31.0	16.0	25%	0.0	4	1,390	5	30	46
	•	•	•		Breakfast Main Dishes	Sausage and cheese on flatbread	261	-	700	2.7	-	44.0	17.0	22%	0.0	1	1,460	3	30	42
	•	•	•		Breakfast Main Dishes	Sausage and cheese on flatbread with egg whites	261	-	610	2.3	-	34.0	17.0	25%	0.0	1	1,460	3	30	44
		•	•		Breakfast Main Dishes	Sausage on an english muffin	134	-	290	2.2	-	18.0	7.0	22%	0.0	0	620	5	16	54
		•	•		Breakfast Main Dishes	Sausage with egg whites on an english muffin	134	-	270	2.0	-	16.0	7.0	23%	0.0	0	620	5	16	54
		•		•	Breakfast Main Dishes	Steak and cheese on 9-grain bread	231	-	490	2.1	-	20.0	8.0	15%	0.5	5	1,400	5	31	52
		•	•	•	Breakfast Main Dishes	Steak and cheese on 9-grain bread with egg whites	231	-	400	1.7	-	10.0	8.0	18%	0.5	5	1,400	5	31	52
•		•			Breakfast Main Dishes	Steak and cheese on an english muffin	122	-	190	1.6	-	7.0	2.5	12%	0.0	1	600	6	16	74
	•	•		•	Breakfast Main Dishes	Steak and cheese on flatbread	247	-	521	2.1	-	23.0	8.0	14%	1.0	2	1,470	3	32	50
		•	•	•	Breakfast Main Dishes	Steak and cheese on flatbread with egg whites	247	-	431	1.7	-	13.0	8.0	17%	1.0	2	1,470	3	32	50
•		•			Breakfast Main Dishes	Steak and cheese with egg whites on an english muffin	122	-	170	1.4	-	5.0	2.5	13%	0.0	1	600	6	16	74
•		•			Breakfast Main Dishes	Western with cheese and egg whites on an english muffin	125	-	160	1.3	-	5.0	2.0	11%	0.0	1	650	6	15	76
		•			Breakfast Main Dishes	Western with cheese on 9-grain bread	229	-	450	2.0	-	19.0	7.0	14%	0.0	5	1,460	5	27	50
		•	•		Breakfast Main Dishes	Western with cheese on 9-grain bread with egg whites	229	-	360	1.6	-	9.0	7.0	18%	0.0	5	1,460	5	27	52
•		•			Breakfast Main Dishes	Western with cheese on an english muffin	125	-	180	1.4	-	7.0	2.0	10%	0.0	1	650	6	15	76
		•			Breakfast Main Dishes	Western with cheese on flatbread	244	-	490	2.0	-	22.0	8.0	15%	0.0	2	1,560	3	28	48
		•	•		Breakfast Main Dishes	Western with cheese on flatbread egg whites	244	-	400	1.6	-	11.0	8.0	18%	0.0	2	1,560	3	28	48
				•	Breakfast Sides	Hash browns (4 piece)	74	-	150	2.0	-	9.0	1.0	6%	1.0	0	440	2	1	56

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Lunch/Dinner Items																				
•	•	•			Lunch/Dinner Main Dishes	12" barbecue chicken on 9-grain bread (without cheese or condiments)	522	-	1220	2.3	-	68.0	34.0	25%	0.0	2	2,920	6	60	68
	•	•			Lunch/Dinner Main Dishes	12" barbecue chicken on parmesan bread with american cheese and mayonnaise	526	-	940	1.8	-	42.0	12.0	11%	0.0	32	3,000	8	34	50
•	•	•	•	•	Lunch/Dinner Main Dishes	12" Big Philly Cheesesteak on 9-grain bread with cheese (no condiments)	622	-	1040	1.7	-	36.0	18.0	16%	1.0	14	3,140	12	78	66
	•	•	•	•	Lunch/Dinner Main Dishes	12" Big Philly Cheesesteak on parmesan bread with cheese and mayonnaise	646	-	1280	2.0	-	61.0	23.0	16%	1.0	14	3,720	8	78	50
•		•			Lunch/Dinner Main Dishes	12" black forest ham on 9-grain bread (without cheese or condiments)	452	-	570	1.3	-	9.0	2.5	4%	0.0	14	2,400	10	35	70
	•	•			Lunch/Dinner Main Dishes	12" black forest ham on parmesan bread with american cheese and mayonnaise	498	-	890	1.8	-	41.0	11.5	12%	0.0	18	3,380	6	39	50
		•			Lunch/Dinner Main Dishes	12" BLT on 9-grain bread with cheese (no condiments)	148	-	420	2.8	-	22.0	7.0	15%	0.0	8	1,060	4	12	56
		•	•		Lunch/Dinner Main Dishes	12" BLT on parmesan bread with cheese and mayonnaise	352	-	960	2.7	-	51.0	17.0	16%	0.0	16	2,560	6	34	42
•	•	•			Lunch/Dinner Main Dishes	12" buffalo chicken on 9-grain bread with ranch dressing (without cheese)	244	-	340	1.4	-	10.0	5.0	13%	0.0	2	1,200	12	32	68
•	•	•			Lunch/Dinner Main Dishes	12" buffalo chicken on parmesan bread with american cheese and ranch dressing	568	-	940	1.7	-	38.0	11.0	11%	0.0	18	3,400	6	54	64
•	•	•			Lunch/Dinner Main Dishes	12" chicken and bacon ranch on 9-grain bread with cheese and ranch dressing	494	-	1042	2.1	-	46.0	16.0	14%	2.0	4	2,940	6	64	66
	•	•		•	Lunch/Dinner Main Dishes	12" chicken and bacon ranch on parmesan bread with cheese and ranch dressing	592	-	1150	1.9	-	57.0	21.0	16%	1.0	16	2,800	8	70	62
•	•	•		•	Lunch/Dinner Main Dishes	12" Chicken Pizziola on 9-grain bread with cheese (without condiments)	250	-	360	1.4	-	14.0	4.0	10%	0.0	2	1,300	12	30	68
	•	•			Lunch/Dinner Main Dishes	12" Chicken Pizziola on parmesan bread with cheese and mayonnaise	620	-	1160	1.9	-	55.0	17.0	13%	0.0	20	3,300	8	62	64
	•	•		•	Lunch/Dinner Main Dishes	12" cold cut combo on parmesan bread with cheese and mayonnaise	528	-	1060	2.0	-	57.0	17.0	14%	1.0	18	3,480	6	42	48
	•	•		•	Lunch/Dinner Main Dishes	12" cold cut combo on parmesan bread with cheese and mayonnaise	528	-	1060	2.0	-	57.0	17.0	14%	1.0	18	3,480	6	42	48
	•	•			Lunch/Dinner Main Dishes	12" italian b.m.t. on 9-grain bread with cheese (no condiments)	250	-	360	1.4	-	14.0	4.0	10%	0.0	2	1,300	12	30	50
	•	•	•	•	Lunch/Dinner Main Dishes	12" italian b.m.t. on parmesan bread with cheese and mayonnaise	514	-	1140	2.2	-	65.0	21.0	17%	1.0	18	4,040	6	44	44
•	•	•			Lunch/Dinner Main Dishes	12" low fat buffalo chicken on 9-grain bread with light ranch dressing (without cheese)	1245	-	2080	1.7	-	72.0	36.0	16%	2.0	28	6,280	24	156	70
•	•	•			Lunch/Dinner Main Dishes	12" low fat buffalo chicken on parmesan bread with american cheese and light ranch dressing	568	-	840	1.5	-	22.0	8.0	9%	0.0	20	3,420	6	54	66
•	•	•			Lunch/Dinner Main Dishes	12" meatball marinara on 9-grain bread with cheese (no condiments)	1044	-	2440	2.3	-	136.0	68.0	25%	0.0	4	5,840	12	120	66

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														saturated fat	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)		
	•	•		•	Lunch/Dinner Main Dishes	12" meatball marinara on parmesan bread with cheese and mayonnaise	782	-	1400	1.8	-	71.0	23.0	15%	2.0	36	3,640	14	48	58
•	•	•			Lunch/Dinner Main Dishes	12" orchard chicken salad on 9-grain bread (without cheese or condiments)	296	-	840	2.8	-	44.0	14.0	15%	0.0	16	2,120	8	24	74
	•	•			Lunch/Dinner Main Dishes	12" orchard chicken salad on parmesan bread with american cheese and mayonnaise	704	-	1920	2.7	-	102.0	12.0	6%	0.0	28	5,120	12	68	62
		•			Lunch/Dinner Main Dishes	12" pastrami, big on 9-grain bread with cheese (without condiments)	488	-	680	1.4	-	20.0	10.0	13%	0.0	4	2,400	24	64	48
	•	•			Lunch/Dinner Main Dishes	12" pastrami, big on parmesan bread with cheese and mayonnaise	564	-	1420	2.5	-	83.0	23.0	15%	0.0	12	4,420	6	64	42
•		•			Lunch/Dinner Main Dishes	12" roast beef on 9-grain bread (without cheese or condiments)	481	-	630	1.3	-	9.0	3.0	4%	0.0	12	1,690	11	52	76
•	•	•			Lunch/Dinner Main Dishes	12" roast beef on parmesan bread with american cheese and mayonnaise	527	-	950	1.8	-	41.0	12.0	11%	0.0	16	2,670	7	56	64
	•	•	•		Lunch/Dinner Main Dishes	12" spicy italian on 9-grain bread with cheese (no condiments)	488	-	680	1.4	-	20.0	10.0	13%	0.0	4	2,400	24	64	46
	•	•	•	•	Lunch/Dinner Main Dishes	12" spicy italian on parmesan bread with cheese and mayonnaise	504	-	1280	2.5	-	81.0	27.0	19%	1.0	18	4,240	6	44	38
•		•			Lunch/Dinner Main Dishes	12" Subway Club on 9-grain bread (without cheese or condiments)	495	-	640	1.3	-	10.0	3.0	4%	0.0	12	2,320	11	52	72
	•	•			Lunch/Dinner Main Dishes	12" Subway Club on parmesan bread with american cheese and mayonnaise	541	-	960	1.8	-	42.0	12.0	11%	0.0	16	3,300	7	56	62
•		•			Lunch/Dinner Main Dishes	12" subway melt on 9-grain bread with cheese (no condiments)	500	-	720	1.4	-	28.0	8.0	10%	0.0	4	2,600	24	60	68
	•	•			Lunch/Dinner Main Dishes	12" subway melt on parmesan bread with cheese and mayonnaise	536	-	1000	1.9	-	47.0	15.0	14%	0.0	18	3,640	6	50	50
•		•			Lunch/Dinner Main Dishes	12" Subway Seafood Sensation on 9-grain bread with cheese (without condiments)	306	-	780	2.5	-	46.0	8.0	9%	0.0	8	1,520	6	32	66
	•	•			Lunch/Dinner Main Dishes	12" Subway Seafood Sensation on parmesan bread with cheese and mayonnaise	528	-	1160	2.2	-	69.0	15.0	12%	0.0	18	2,680	8	30	60
	•	•			Lunch/Dinner Main Dishes	12" The Feast on 9-grain bread with cheese (no condiments)	500	-	720	1.4	-	28.0	8.0	10%	0.0	4	2,600	24	60	48
	•	•	•	•	Lunch/Dinner Main Dishes	12" The Feast on parmesan bread with cheese and mayonnaise	686	-	1320	1.9	-	69.0	23.0	16%	1.0	20	5,520	6	78	44
•					Lunch/Dinner Main Dishes	12" tuna on 9-grain bread with cheese (no condiments)	184	-	300	1.6	-	14.0	5.0	15%	0.0	2	700	6	14	68
	•	•		•	Lunch/Dinner Main Dishes	12" tuna on parmesan bread with cheese and mayonnaise	528	-	1300	2.5	-	85.0	17.0	12%	1.0	14	2,440	6	42	50
•		•			Lunch/Dinner Main Dishes	12" turkey breast and black forest ham on 9-grain bread (without cheese or condiments)	471	-	590	1.3	-	8.0	2.0	3%	0.0	13	2,280	10	38	72
	•	•			Lunch/Dinner Main Dishes	parmesan bread with american cheese and mayonnaise	517	-	910	1.8	-	40.0	11.0	11%	0.0	17	3,260	6	42	50
•		•			Lunch/Dinner Main Dishes	12" turkey breast on 9-grain bread (without cheese or condiments)	452	-	570	1.3	-	7.0	1.5	2%	0.0	11	1,830	10	35	72
	•	•			Lunch/Dinner Main Dishes	12" turkey breast on parmesan bread with american cheese and mayonnaise	498	-	890	1.8	-	39.0	10.5	11%	0.0	15	2,810	6	39	60

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														saturated fat	Trans fat (g)	saturated fat					
•	•	•		•	Lunch/Dinner Main Dishes	12" tuscan chicken on 9-grain bread (without cheese or condiments)	976	-	1360	1.4	-	40.0	20.0	13%	0.0	8	4,800	48	128	72	
	•	•			Lunch/Dinner Main Dishes	12" tuscan chicken on parmesan bread with american cheese and mayonnaise	596	-	1100	1.8	-	50.0	16.0	13%	0.0	18	3,360	8	58	62	
•		•			Lunch/Dinner Main Dishes	12" Veggie Delite on 9-grain bread (without cheese or condiments)	339	-	460	1.4	-	4.5	1.0	2%	0.0	17	830	10	17	76	
	•	•			Lunch/Dinner Main Dishes	12" Veggie Delite on parmesan bread with american cheese and mayonnaise	385	-	780	2.0	-	36.5	10.0	12%	0.0	21	1,810	6	21	60	
•		•			Lunch/Dinner Main Dishes	6" barbecue chicken on 9-grain bread (without cheese or condiments)	240	-	310	1.3	-	5.0	1.5	4%	0.0	14	1,010	6	15	68	
		•			Lunch/Dinner Main Dishes	6" barbecue chicken on parmesan bread with american cheese and mayonnaise	263	-	470	1.8	-	21.0	6.0	11%	0.0	16	1,500	4	17	50	
•		•	•	•	Lunch/Dinner Main Dishes	6" Big Philly Cheesesteak on 9-grain bread with cheese (no condiments)	311	-	520	1.7	-	18.0	9.0	16%	0.5	7	1,570	6	39	66	
		•	•	•	Lunch/Dinner Main Dishes	6" Big Philly Cheesesteak on parmesan bread with cheese and mayonnaise	323	-	640	2.0	-	30.5	11.5	16%	0.5	9	1,860	4	39	50	
•		•			Lunch/Dinner Main Dishes	6" black forest ham on 9-grain bread (without cheese or condiments)	226	-	290	1.3	-	4.5	1.0	3%	0.0	7	1,200	5	18	70	
		•			Lunch/Dinner Main Dishes	6" black forest ham on parmesan bread with american cheese and mayonnaise	249	-	450	1.8	-	20.5	5.5	11%	0.0	9	1,690	3	20	50	
		•			Lunch/Dinner Main Dishes	6" BLT on 9-grain bread with cheese (no condiments)	164	-	360	2.2	-	13.0	6.0	15%	0.0	5	990	5	17	56	
		•	•		Lunch/Dinner Main Dishes	6" BLT on parmesan bread with cheese and mayonnaise	176	-	480	2.7	-	25.5	8.5	16%	0.0	7	1,280	3	17	44	
•		•			Lunch/Dinner Main Dishes	6" buffalo chicken on 9-grain bread with ranch dressing (without cheese)	276	-	420	1.5	-	15.0	3.0	6%	0.0	7	1,290	5	25	68	
•		•			Lunch/Dinner Main Dishes	6" buffalo chicken on parmesan bread with american cheese and ranch dressing	284	-	470	1.7	-	19.0	5.5	11%	0.0	9	1,700	3	27	64	
•		•	•	•	Lunch/Dinner Main Dishes	6" chicken and bacon ranch on 9-grain bread with cheese and ranch dressing	299	-	570	1.9	-	28.0	10.0	16%	0.5	6	1,190	6	35	66	
		•	•	•	Lunch/Dinner Main Dishes	6" chicken and bacon ranch on parmesan bread with cheese and ranch dressing	296	-	580	2.0	-	28.5	10.5	16%	0.5	8	1,400	4	35	62	
•		•			Lunch/Dinner Main Dishes	6" Chicken Pizziola on 9-grain bread with cheese (without condiments)	298	-	460	1.5	-	15.0	6.0	12%	0.0	8	1,360	6	31	68	
		•			Lunch/Dinner Main Dishes	6" Chicken Pizziola on parmesan bread with cheese and mayonnaise	310	-	580	1.9	-	27.5	8.5	13%	0.0	10	1,650	4	31	64	
•		•		•	Lunch/Dinner Main Dishes	6" cold cut combo on 9-grain bread with cheese (no condiments)	252	-	410	1.6	-	16.0	6.0	13%	0.5	6	1,450	5	21	64	
		•		•	Lunch/Dinner Main Dishes	6" cold cut combo on parmesan bread with cheese and mayonnaise	264	-	530	2.0	-	28.5	8.5	14%	0.5	8	1,740	3	21	48	
		•	•	•	Lunch/Dinner Main Dishes	6" italian b.m.t. on 9-grain bread with cheese (no condiments)	245	-	450	1.8	-	20.0	8.0	16%	0.5	7	1,730	5	22	50	
		•	•	•	Lunch/Dinner Main Dishes	6" italian b.m.t. on parmesan bread with cheese and mayonnaise	257	-	570	2.2	-	32.5	10.5	17%	0.5	9	2,020	3	22	44	
•		•			Lunch/Dinner Main Dishes	6" low fat buffalo chicken on 9-grain bread with light ranch dressing (without cheese)	276	-	370	1.3	-	7.0	1.5	4%	0.0	8	1,300	5	25	70	

Healthy NPI score	Exceeds calorie limits	Exceeds sodium limits	>15% Calories from saturated fat	Contains trans fat	Type of food	Individual item	Serving size (g)	Serving size (oz)	Calories (Kcal)	Energy density (kcal/g)	Energy density beverages (% sugar by weight)	Total fat (g)	Saturated fat (g)	% Calories from					Protein (g)	NPI score
														saturated fat	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)		
●		●			Lunch/Dinner Main Dishes	6" low fat buffalo chicken on parmesan bread with american cheese and light ranch dressing	284	-	420	1.5	-	11.0	4.0	9%	0.0	10	1,710	3	27	66
●		●		●	Lunch/Dinner Main Dishes	6" meatball marinara on 9-grain bread with cheese (no condiments)	379	-	580	1.5	-	23.0	9.0	14%	1.0	16	1,530	9	24	66
		●		●	Lunch/Dinner Main Dishes	6" meatball marinara on parmesan bread with cheese and mayonnaise	391	-	700	1.8	-	35.5	11.5	15%	1.0	18	1,820	7	24	58
●					Lunch/Dinner Main Dishes	6" orchard chicken salad 9-grain bread (without cheese or condiments)	240	-	340	1.4	-	7.0	1.5	4%	0.0	12	620	6	18	74
●		●			Lunch/Dinner Main Dishes	6" orchard chicken salad on parmesan bread with american cheese and mayonnaise	287	-	690	2.4	-	44.5	5.0	7%	0.0	8	2,230	1	23	64
●		●			Lunch/Dinner Main Dishes	6" oven roasted chicken breast on 9-grain bread (without cheese or condiments)	240	-	320	1.3	-	4.5	1.0	3%	0.0	7	750	5	23	76
●		●			Lunch/Dinner Main Dishes	6" oven roasted chicken breast on parmesan bread with american cheese and mayonnaise	263	-	480	1.8	-	20.5	5.5	10%	0.5	9	1,240	3	25	64
	●	●			Lunch/Dinner Main Dishes	6" pastrami- big on parmesan bread with cheese and mayonnaise	282	-	710	2.5	-	41.5	11.5	15%	0.0	6	2,210	3	32	42
		●			Lunch/Dinner Main Dishes	6" pastrami, big on 9-grain bread with cheese (without condiments)	270	-	590	2.2	-	29.0	9.0	14%	0.0	4	1,920	5	32	48
●		●			Lunch/Dinner Main Dishes	6" roast beef on 9-grain bread (without cheese or condiments)	240	-	310	1.3	-	4.5	1.5	4%	0.0	6	880	5	26	76
●		●			Lunch/Dinner Main Dishes	6" roast beef on parmesan bread with american cheese and mayonnaise	263	-	470	1.8	-	20.5	6.0	11%	0.0	8	1,330	3	28	64
		●	●	●	Lunch/Dinner Main Dishes	6" spicy italian on 9-grain bread with cheese (no condiments)	240	-	520	2.2	-	28.0	11.0	19%	0.5	7	1,830	5	22	46
		●	●	●	Lunch/Dinner Main Dishes	6" spicy italian on parmesan bread with cheese and mayonnaise	252	-	640	2.5	-	40.5	13.5	19%	0.5	9	2,120	3	22	38
●		●			Lunch/Dinner Main Dishes	6" Subway Club 9-grain bread (without cheese or condiments)	247	-	320	1.3	-	5.0	1.5	4%	0.0	6	1,160	5	26	72
		●			Lunch/Dinner Main Dishes	6" Subway Club on parmesan bread with american cheese and mayonnaise	270	-	480	1.8	-	21.0	6.0	11%	0.0	8	1,650	3	28	62
●		●			Lunch/Dinner Main Dishes	6" subway melt on 9-grain bread with cheese (no condiments)	256	-	380	1.5	-	11.0	5.0	12%	0.0	7	1,530	5	25	68
		●			Lunch/Dinner Main Dishes	6" subway melt® on parmesan bread with cheese and mayonnaise	268	-	500	1.9	-	23.5	7.5	14%	0.0	9	1,820	3	25	50
●		●			Lunch/Dinner Main Dishes	6" Subway Seafood Sensation on 9-grain bread with cheese (without condiments)	252	-	460	1.8	-	22.0	5.0	10%	0.0	7	1,050	6	15	66
		●			Lunch/Dinner Main Dishes	6" Subway Seafood Sensation on parmesan bread with cheese and mayonnaise	264	-	580	2.2	-	34.5	7.5	12%	0.0	9	1,340	4	15	60
●		●			Lunch/Dinner Main Dishes	6" sweet onion chicken teriyaki on 9-grain bread (without cheese or condiments)	283	-	380	1.3	-	4.5	1.0	2%	0.0	17	1,010	5	26	72
●		●			Lunch/Dinner Main Dishes	6" sweet onion chicken teriyaki on parmesan bread with american cheese and mayonnaise	306	-	540	1.8	-	20.5	5.5	9%	0.0	19	1,500	3	28	64
		●		●	Lunch/Dinner Main Dishes	6" The Feast on 9-grain bread with cheese (no condiments)	331	-	540	1.6	-	22.0	9.0	15%	0.5	8	2,470	5	39	48
		●	●	●	Lunch/Dinner Main Dishes	6" The Feast on parmesan bread with cheese and mayonnaise	343	-	660	1.9	-	34.5	11.5	16%	0.5	10	2,760	3	39	44

Healthy NPI score	Exceeds calorie limits	Exceeds sodium limits	>15% Calories from saturated fat	Contains trans fat	Type of food	Individual item	Serving size (g)	Serving size (oz)	Calories (Kcal)	Energy density (kcal/g)	Energy density beverages (% sugar by weight)	Total fat (g)	Saturated fat (g)	% Calories from			Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)	NPI score
														saturated fat	Trans fat (g)	saturated fat					
•		•		•	Lunch/Dinner Main Dishes	6" tuna on 9-grain bread with cheese (no condiments)	252	-	530	2.1	-	30.0	6.0	10%	0.5	5	930	5	21	68	
		•		•	Lunch/Dinner Main Dishes	6" tuna on parmesan bread with cheese and mayonnaise	264	-	650	2.5	-	42.5	8.5	12%	0.5	7	1,220	3	21	50	
•		•			Lunch/Dinner Main Dishes	6" turkey breast & black forest ham on 9-grain bread (without cheese or condiments)	236	-	300	1.3	-	4.0	1.0	3%	0.0	6	1,140	5	19	72	
•		•			Lunch/Dinner Main Dishes	parmesan bread with american cheese and mayonnaise	259	-	460	1.8	-	20.5	5.0	10%	0.0	8	1,630	3	21	64	
•		•			Lunch/Dinner Main Dishes	6" turkey breast on 9-grain bread (without cheese or condiments)	226	-	280	1.2	-	3.5	1.0	3%	0.0	6	920	5	18	72	
		•			Lunch/Dinner Main Dishes	6" turkey breast on parmesan bread with american cheese and mayonnaise	249	-	440	1.8	-	19.5	5.5	11%	0.0	8	1,410	3	20	62	
•		•			Lunch/Dinner Main Dishes	6" tuscan chicken on 9-grain bread (without cheese or condiments)	275	-	390	1.4	-	9.0	3.5	8%	0.0	7	1,190	6	27	72	
		•			Lunch/Dinner Main Dishes	6" tuscan chicken on parmesan bread with american cheese and mayonnaise	298	-	550	1.8	-	25.0	8.0	13%	0.0	9	1,680	4	29	62	
•					Lunch/Dinner Main Dishes	6" Veggie Delite on 9-grain bread (without cheese or condiments)	169	-	230	1.4	-	2.5	0.5	2%	0.0	5	410	5	8	76	
		•			Lunch/Dinner Main Dishes	6" Veggie Delite on parmesan bread with american cheese and mayonnaise	192	-	390	2.0	-	18.5	4.5	10%	0.0	7	900	3	10	62	
•		•			Lunch/Dinner Main Dishes	Black forest ham lo-fat italian dressing, no cheese	413	-	145	0.4	-	3.0	1.0	6%	0.0	10	1,570	4	13	70	
•		•			Lunch/Dinner Main Dishes	Black forest ham on flatbread (without cheese or condiments)	242	-	320	1.3	-	7.0	1.5	4%	0.0	4	1,270	3	18	68	
	•	•		•	Lunch/Dinner Main Dishes	Black forest ham on flatbread with american cheese and mayonnaise	252	-	430	1.7	-	19.0	5.0	10%	0.0	6	1,200	5	20	60	
•		•	•	•	Lunch/Dinner Main Dishes	Black forest ham with ranch dressing and american cheese	424	-	440	1.0	-	37.0	7.5	15%	0.5	9	1,590	4	15	68	
	•	•			Lunch/Dinner Main Dishes	Cheese and veggies pizza	381	-	740	1.9	-	25.0	11.0	13%	0.0	9	1,270	5	36	N/A	
•		•			Lunch/Dinner Main Dishes	Cheese pizza	293	-	680	2.3	-	22.0	9.0	12%	0.0	7	1,070	4	32	64	
•		•			Lunch/Dinner Main Dishes	Footlong oven roasted chicken breast on 9-grain bread (without cheese or condiments)	481	-	640	1.3	-	9.0	2.5	4%	0.0	14	1,490	11	46	76	
•	•	•			Lunch/Dinner Main Dishes	parmesan bread with american cheese and mayonnaise	527	-	960	1.8	-	41.0	11.5	11%	0.0	18	2,470	7	50	64	
•	•	•			Lunch/Dinner Main Dishes	Footlong sweet onion chicken teriyaki on 9-grain bread (without cheese or condiments)	566	-	760	1.3	-	9.0	2.0	2%	0.0	34	2,020	10	51	72	
•	•	•			Lunch/Dinner Main Dishes	parmesan bread with american cheese and mayonnaise	612	-	1080	1.8	-	41.0	11.0	9%	0.0	38	3,000	6	55	64	
•		•			Lunch/Dinner Main Dishes	Oven roasted chicken breast - lo-fat italian dressing, no cheese	428	-	165	0.4	-	2.5	0.5	3%	0.0	8	1,000	4	21	78	
•		•			Lunch/Dinner Main Dishes	Oven roasted chicken breast on flatbread (without cheese or condiments)	256	-	350	1.4	-	7.0	1.5	4%	0.0	4	820	3	24	74	
•		•			Lunch/Dinner Main Dishes	Oven roasted chicken breast on flatbread with american cheese and mayonnaise	407	-	890	2.2	-	40.5	15.0	15%	0.0	9	1,550	5	38	68	

Healthy NPI score	Exceeds calorie limits	Exceeds sodium limits	>15% Calories from saturated fat	Contains trans fat	Type of food	Individual item	Serving size (g)	Serving size (oz)	Calories (Kcal)	Energy density (kcal/g)	Energy density beverages (% sugar by weight)	Total fat (g)	Saturated fat (g)	% Calories from				Fiber (g)	Protein (g)	NPI score
														saturated fat	Trans fat (g)	Sugar (g)	Sodium (mg)			
●		●		●	Lunch/Dinner Main Dishes	Oven roasted chicken breast with ranch dressing and american cheese	439	-	460	1.0	-	36.0	7.0	14%	0.5	7	1,020	4	23	74
	●	●			Lunch/Dinner Main Dishes	Pepperoni pizza	323	-	790	2.4	-	32.0	13.0	15%	0.0	8	1,350	4	38	50
●		●			Lunch/Dinner Main Dishes	Roast beef - lo-fat italian dressing, no cheese	428	-	175	0.4	-	3.5	1.0	5%	0.0	9	1,220	4	22	76
●		●			Lunch/Dinner Main Dishes	Roast beef on flatbread (without cheese or condiments)	256	-	340	1.3	-	8.0	2.0	5%	0.0	3	920	3	27	74
●	●	●			Lunch/Dinner Main Dishes	Roast beef on flatbread with american cheese and mayonnaise	638	-	1230	1.9	-	56.5	15.0	11%	0.0	38	3,280	6	57	66
●		●		●	Lunch/Dinner Main Dishes	Roast beef with ranch dressing and american cheese	439	-	470	1.1	-	37.0	7.5	14%	0.5	8	1,240	4	24	72
	●	●	●		Lunch/Dinner Main Dishes	Sausage pizza	336	-	820	2.4	-	34.0	14.0	15%	0.0	8	1,420	4	39	50
●		●			Lunch/Dinner Main Dishes	Subway Club on flatbread (without cheese or condiments)	272	-	350	1.3	-	8.0	1.5	4%	0.0	4	1,230	3	26	70
●	●	●			Lunch/Dinner Main Dishes	Subway Club on flatbread with american cheese and mayonnaise	465	-	610	1.3	-	51.5	11.0	16%	0.5	7	1,300	4	25	66
●		●			Lunch/Dinner Main Dishes	Subway Club with low-fat italian dressing (without cheese)	444	-	175	0.4	-	3.5	1.0	5%	0.0	10	1,530	4	21	74
●		●		●	Lunch/Dinner Main Dishes	Subway Club with ranch dressing and american cheese	455	-	470	1.0	-	37.0	7.5	14%	0.5	9	1,550	4	23	70
●		●			Lunch/Dinner Main Dishes	Sweet onion chicken teriyaki on flatbread (without cheese or condiments)	298	-	410	1.4	-	7.0	1.5	3%	0.0	14	1,080	3	26	70
●		●	●		Lunch/Dinner Main Dishes	Sweet onion chicken teriyaki on flatbread with american cheese and mayonnaise	664	-	1380	2.1	-	72.0	19.0	12%	0.0	38	3,560	6	59	68
●		●			Lunch/Dinner Main Dishes	Sweet onion chicken teriyaki with low-fat italian dressing (without cheese)	470	-	235	0.5	-	3.0	1.0	4%	0.0	20	1,380	4	21	72
●		●		●	Lunch/Dinner Main Dishes	Sweet onion chicken teriyaki with ranch dressing and american cheese	481	-	530	1.1	-	37.0	7.5	13%	0.5	19	1,400	4	23	68
	●	●			Lunch/Dinner Main Dishes	Turkey breast & black forest ham on flatbread with american cheese and mayonnaise	298	-	500	1.7	-	23.5	5.5	10%	0.0	4	1,510	3	28	62
●		●			Lunch/Dinner Main Dishes	Turkey breast and black forest ham on flatbread (without cheese or condiments)	251	-	330	1.3	-	7.0	1.5	4%	0.0	4	1,220	3	20	68
●		●			Lunch/Dinner Main Dishes	Turkey breast and ham with low-fat italian dressing (without cheese)	423	-	155	0.4	-	3.0	0.5	3%	0.0	10	1,510	4	15	74
●		●		●	Lunch/Dinner Main Dishes	Turkey breast and ham with ranch dressing and american cheese	434	-	450	1.0	-	37.0	7.0	14%	0.5	9	1,530	4	20	70
●		●			Lunch/Dinner Main Dishes	Turkey breast on flatbread (without cheese or condiments)	242	-	310	1.3	-	6.0	1.0	3%	0.0	3	990	3	18	70
●		●	●		Lunch/Dinner Main Dishes	Turkey breast on flatbread with american cheese and mayonnaise	210	-	450	2.1	-	29.5	9.0	18%	0.0	2	980	6	16	64
●		●			Lunch/Dinner Main Dishes	Turkey breast with low-fat italian dressing (without cheese)	413	-	145	0.4	-	2.0	0.5	3%	0.0	9	1,290	4	13	72
●		●		●	Lunch/Dinner Main Dishes	Turkey breast with ranch dressing with american cheese	424	-	440	1.0	-	36.0	7.0	14%	0.5	8	1,310	4	15	70

Healthy NPI score	Exceeds calorie limits	Exceeds sodium limits	>15% Calories from saturated fat	Contains trans fat	Type of food	Individual item	Serving size (g)	Serving size (oz)	Calories (Kcal)	Energy density (kcal/g)	Energy density beverages (% sugar by weight)	Total fat (g)	Saturated fat (g)	% Calories from				Fiber (g)	Protein (g)	NPI score
														saturated fat	Trans fat (g)	Sugar (g)	Sodium (mg)			
●					Lunch/Dinner Main Dishes	Veggie Delite on flatbread (without cheese or condiments)	185	-	260	1.4	-	5.0	1.0	3%	0.0	2	490	3	9	74
●		●	●		Lunch/Dinner Main Dishes	Veggie Delite on flatbread with american cheese and mayonnaise	175	-	540	3.1	-	34.5	11.0	18%	0.0	2	1,370	1	23	64
●		●			Lunch/Dinner Main Dishes	Veggie Delite with low-fat italian dressing (without cheese)	357	-	85	0.2	-	1.0	0.0	0%	0.0	8	785	4	4	78
●		●	●	●	Lunch/Dinner Main Dishes	Veggie Delite with ranch dressing and american cheese	368	-	380	1.0	-	35.0	6.5	15%	0.5	7	805	4	6	70
●					Lunch/Dinner Side Dishes	Apple slices	71	-	35	0.5	-	0.0	0.0	0%	0.0	7	-	2	0	72
					Lunch/Dinner Side Dishes	Baked Lay's	32	-	130	4.1	-	2.0	0.0	0%	0.0	2	200	2	2	56
					Lunch/Dinner Side Dishes	Baked Lay's sour cream & onion	32	-	140	4.4	-	3.5	0.5	3%	0.0	3	240	2	3	48
●		●			Lunch/Dinner Side Dishes	Chicken and dumpling	284	-	170	0.6	-	5.0	2.0	11%	0.0	2	810	2	8	66
●		●			Lunch/Dinner Side Dishes	Chicken tortilla	284	-	110	0.4	-	1.5	0.5	4%	0.0	4	440	3	6	74
●		●			Lunch/Dinner Side Dishes	Chili con carne	284	-	340	1.2	-	11.0	5.0	13%	0.0	7	950	10	20	78
●		●			Lunch/Dinner Side Dishes	Chipotle chicken corn chowder	284	-	140	0.5	-	3.0	1.5	10%	0.0	4	900	2	6	68
●		●	●		Lunch/Dinner Side Dishes	Cream of potato with bacon	284	-	240	0.8	-	13.0	5.0	19%	0.0	3	870	3	5	64
					Lunch/Dinner Side Dishes	Dorito's nacho	50	-	250	5.0	-	13.0	2.5	9%	0.0	2	310	2	4	46
					Lunch/Dinner Side Dishes	Dorito's spicy sweet chili chips	28	-	140	5.0	-	7.0	1.0	6%	0.0	1	270	1	2	38
●		●			Lunch/Dinner Side Dishes	Fire-roasted tomato orzo	284	-	130	0.5	-	1.0	0.5	3%	0.0	4	410	2	6	74
●		●	●		Lunch/Dinner Side Dishes	Golden broccoli and cheese	284	-	180	0.6	-	11.0	5.0	25%	0.0	3	990	4	5	68
					Lunch/Dinner Side Dishes	Lay's Classic	43	-	230	5.3	-	15.0	1.5	6%	0.0	0	270	2	3	48
●		●			Lunch/Dinner Side Dishes	Minestrone	284	-	90	0.3	-	1.0	0.0	0%	0.0	4	910	3	4	76
●		●			Lunch/Dinner Side Dishes	New england style clam chowder	284	-	150	0.5	-	5.0	1.0	6%	0.0	2	990	4	6	68
●		●			Lunch/Dinner Side Dishes	Roasted chicken noodle	284	-	80	0.3	-	2.0	0.5	6%	0.0	2	950	1	6	66
●		●			Lunch/Dinner Side Dishes	Rosemary chicken and dumpling	284	-	90	0.3	-	1.5	0.5	5%	0.0	3	810	1	6	66
●		●			Lunch/Dinner Side Dishes	Spanish style chicken and rice with pork	284	-	110	0.4	-	2.5	1.0	8%	0.0	1	980	1	6	68
					Lunch/Dinner Side Dishes	Sunchips harvest cheddar	43	-	210	4.9	-	9.0	1.5	6%	0.0	3	240	3	4	48

Healthy NPI score	Exceeds calorie limits	Exceeds sodium limits	>15% Calories from saturated fat	Contains trans fat	Type of food	Individual item	Serving size (g)	Serving size (oz)	Calories (Kcal)	Energy density (kcal/g)	Energy density beverages (% sugar by weight)	Total fat (g)	Saturated fat (g)	% Calories from saturated fat	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)	NPI score	
•		•			Lunch/Dinner Side Dishes	Tomato garden vegetable with rotini	284	-	90	0.3	-	0.5	0.0	0%	0.0	8	820	3	3	70	
•		•			Lunch/Dinner Side Dishes	Vegetable beef	284	-	100	0.4	-	2.0	0.5	5%	0.0	5	960	3	5	70	
		•			Lunch/Dinner Side Dishes	Wild rice with chicken	284	-	230	0.8	-	11.0	3.5	14%	0.0	3	900	1	3	60	
•					Lunch/Dinner Side Dishes	Yogurt Dannon light and fit	170	-	80	0.5	-	0.0	0.0	0%	0.0	11	80	0	5	70	
					Beverages																
•					Side Beverages	100% juice box	177	6	100	0.6	12%	0.0	0.0	0%	0.0	21	15	0	0	76	
	•				Side Beverages	Barqs root beer- extra large	1301	44	1238	1.0	18%	0.0	0.0	0%	0.0	228	193	3	0	66	
					Side Beverages	Barqs root beer- large	946	32	340	0.4	8%	0.0	0.0	0%	0.0	78	280	4	28	66	
					Side Beverages	Barqs root beer- medium	621	21	105	0.2	9%	0.0	0.0	0%	0.0	55	210	9	21	66	
					Side Beverages	Barqs root beer- small	473	16	213	0.5	13%	0.0	0.0	0%	0.0	60	93	0	0	66	
					Side Beverages	Bottled water	499	16.9	0	0.0	0%	0.0	0.0	0%	0.0	0	-	0	0	70	
	•				Side Beverages	Cherry Coke- extra large	1301	44	715	0.5	10%	0.0	0.0	0%	0.0	129	28	0	0	66	
	•				Side Beverages	Cherry Coke- large	946	32	500	0.5	5%	0.0	0.0	0%	0.0	44	120	4	10	66	
					Side Beverages	Cherry Coke- small	473	16	200	0.4	12%	0.0	0.0	0%	0.0	56	47	0	0	66	
	•				Side Beverages	Coke- large	946	32	374	0.4	11%	0.0	0.0	0%	0.0	104	120	2	22	66	
					Side beverages	Coke zero- extra large	1301	44	0	0.0	0%	0.0	0.0	0%	0.0	0	146	0	0	70	
					Side Beverages	Coke zero- medium	621	21	131	0.2	4%	0.0	0.0	0%	0.0	28	20	0	0	70	
					Side Beverages	Coke zero- small	473	16	0	0.0	0%	0.0	0.0	0%	0.0	0	53	0	0	70	
•					Side Beverages	Dasani grape flavored water	590	20	0	0.0	0%	0.0	0.0	0%	0.0	0	29	0	0	70	
					Side beverages	Diet Coke- extra large	1301	44	0	0.0	0%	0.0	0.0	0%	0.0	0	146	0	0	70	
					Side Beverages	Diet Coke- large	946	32	180	0.2	4%	0.0	0.0	0%	0.0	42	160	8	16	70	
					Side Beverages	Diet Coke- small	473	16	0	0.0	0%	0.0	0.0	0%	0.0	0	53	0	0	70	
	•				Side Beverages	Fanta orange- extra large	1301	44	660	0.5	5%	0.0	0.0	0%	0.0	61	248	3	19	66	
					Side Beverages	Fanta orange- large	946	32	180	0.2	0%	0.0	0.0	0%	0.0	0	-	0	0	66	
					Side Beverages	Fanta orange- medium	621	21	263	0.4	12%	0.0	0.0	0%	0.0	74	62	0	0	66	
					Side Beverages	Fanta orange- small	473	16	213	0.5	12%	0.0	0.0	0%	0.0	59	73	0	0	66	
	•				Side Beverages	Fuze sweetened iced tea- extra large	1301	44	385	0.3	7%	0.0	0.0	0%	0.0	88	-	0	0	68	
					Side Beverages	Fuze sweetened iced tea- large	946	32	280	0.3	7%	0.0	0.0	0%	0.0	64	-	0	0	68	
					Side Beverages	Fuze sweetened iced tea- medium	621	21	184	0.3	7%	0.0	0.0	0%	0.0	42	-	0	0	68	
					Side Beverages	Fuze sweetened iced tea- small	473	16	140	0.3	7%	0.0	0.0	0%	0.0	32	-	0	0	68	
•					Side Beverages	Fuze unsweetened iced tea- extra large	1301	44	0	0.0	0%	0.0	0.0	0%	0.0	0	-	0	0	70	
•					Side Beverages	Fuze unsweetened iced tea- large	946	32	0	0.0	0%	0.0	0.0	0%	0.0	0	-	0	0	70	
•					Side Beverages	Fuze unsweetened iced tea- medium	621	21	0	0.0	0%	0.0	0.0	0%	0.0	0	-	0	0	70	
•					Side Beverages	Fuze unsweetened iced tea- small	473	16	0	0.0	0%	0.0	0.0	0%	0.0	0	-	0	0	70	
					Side beverages	Coke Zero- large	946	32	0	0.0	0%	0.0	0.0	0%	0.0	0	106	0	0	70	

Healthy NPI score	Exceeds calorie limits	Exceeds sodium limits	>15% Calories from saturated fat	Contains trans fat	Type of food	Individual item	Serving size (g)	Serving size (oz)	Calories (Kcal)	Energy density (kcal/g)	Energy density beverages (% sugar by weight)	Total fat (g)	Saturated fat (g)	% Calories from saturated fat	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)	NPI score
					Side beverages	Diet Sprite- large	946	32	0	0.0	0%	0.0	0.0	0%	0.0	0	94	0	0	70
	•				Side beverages	Sprite- large	946	32	374	0.4	11%	0.0	0.0	0%	0.0	102	174	0	0	66
	•				Side beverages	Cherry Coke- medium	621	21	505	0.8	19%	0.0	0.0	0%	0.0	116	-	0	0	66
					Side beverages	Coke- medium	621	21	245	0.4	11%	0.0	0.0	0%	0.0	68	79	0	0	66
					Side beverages	Diet Coke- medium	621	21	0	0.0	0%	0.0	0.0	0%	0.0	0	70	0	0	70
					Side beverages	Diet Sprite- medium	621	21	0	0.0	0%	0.0	0.0	0%	0.0	0	62	0	0	70
					Side beverages	Sprite- medium	621	21	245	0.4	11%	0.0	0.0	0%	0.0	67	114	0	0	66
					Side Beverages	Milk, chocolate flavored reduced fat	355	12	300	0.8	12%	8.0	5.0	0%	0.0	43	300	1	15	66
				•	Side Beverages	Milk, low fat	355	12	160	0.5	5%	3.5	2.5	0%	0.0	17	180	0	12	72
					Side Beverages	Milk, strawberry flavored reduced fat	355	12	300	0.8	12%	7.0	4.5	0%	0.0	42	220	0	15	66
					Side Beverages	Minute Maid light lemonade- extra large	1301	44	83	0.1	9%	0.0	0.0	0%	0.0	121	330	11	28	70
					Side Beverages	Minute Maid light lemonade- large	946	32	60	0.1	16%	0.0	0.0	0%	0.0	147	123	0	0	70
					Side Beverages	Minute Maid light lemonade- medium	621	21	39	0.1	22%	0.0	0.0	0%	0.0	134	228	0	0	70
					Side Beverages	Minute Maid light lemonade- small	473	16	30	0.1	1%	0.0	0.0	0%	0.0	4	30	0	0	70
					Side Beverages	Powerade	944	32	200	0.2	6%	0.0	0.0	0%	0.0	56	400	0	0	68
					Side beverages	Coke- small	473	16	187	0.4	11%	0.0	0.0	0%	0.0	52	60	0	0	66
					Side beverages	Sprite- small	473	16	187	0.4	11%	0.0	0.0	0%	0.0	51	87	0	0	66
					Side Beverages	Sprite zero- small	473	16	0	0.0	0%	0.0	0.0	0%	0.0	0	47	0	0	70
					Side beverages	Coke- extra large	1301	44	514	0.4	11%	0.0	0.0	0%	0.0	143	165	0	0	66
					Side beverages	Diet Sprite- extra large	1301	44	0	0.0	0%	0.0	0.0	0%	0.0	0	129	0	0	70
	•				Side beverages	Sprite- extra large	1301	44	514	0.4	11%	0.0	0.0	0%	0.0	140	239	0	0	66
Snacks and Desserts																				
					Sweet Snacks	Apple pie	71	-	250	3.5	-	10.0	2.0	7%	N/A	25	290	1	0	38
			•		Sweet Snacks	Chocolate chip cookie	45	-	210	4.7	-	10.0	6.0	26%	0.0	18	150	1	2	22
			•		Sweet Snacks	Chocolate chunk cookie	45	-	220	4.9	-	10.0	5.0	20%	0.0	17	100	1	2	22
			•		Sweet Snacks	Double chocolate chip cookie	45	-	210	4.7	-	10.0	6.0	26%	0.0	20	170	1	2	18
			•		Sweet Snacks	M & M cookie	45	-	210	4.7	-	10.0	5.0	21%	0.0	18	100	1	2	24
			•		Sweet Snacks	Oatmeal raisin cookie	45	-	200	4.4	-	8.0	4.0	18%	0.0	17	170	1	3	24
			•		Sweet Snacks	Peanut butter cookie	45	-	220	4.9	-	12.0	5.0	20%	0.0	16	190	1	4	20
			•		Sweet Snacks	Sugar cookie	45	-	220	4.9	-	12.0	6.0	25%	0.0	14	140	1	2	22
			•		Sweet Snacks	White chip macadamia nut cookie	45	-	220	4.9	-	11.0	5.0	20%	0.0	18	160	1	2	20