

Sandwich Restaurants Best & Worst Choices

Restaurant	Better Choices	Worst Choices	Tip
	<ul style="list-style-type: none"> • 6-inch Turkey, Ham and/or Roast Beef • 6-inch Tuscan Chicken Melt • 6-inch B.L.T 	<ul style="list-style-type: none"> • 6-inch Chicken & Bacon Ranch Melt • 6-inch Big Philly Cheesesteak • 6-inch Spicy Italian 	Skip the mayo or choose light mayo. The Sweet Onion Sauce or the Honey Mustard are also good alternatives and will save you 12 grams of fat.
	<ul style="list-style-type: none"> • Small Honey Bourbon Chicken on Wheat Bread • Prime Rib Philly • The Traditional 	<ul style="list-style-type: none"> • Small Chicken Carbonara • French Dip • Meatball Marinara 	The large subs can easily carry over 1,000 calories. Stick with the small or regular size subs on wheat bread or flatbread.
	<ul style="list-style-type: none"> • Turkey Breast Slim Sub w/ Vegetables & Avocado Spread • #2 Big John • #4 Turkey Tom 	<ul style="list-style-type: none"> • #9 Italian Night Club • #15 Club Tuna • The J.J. Gargantuan 	Jimmy John's is heavy on the mayo. Substitute avocado spread for mayo on any sandwich and knock off 200 calories, 24 grams of fat, and 175 mg of sodium.
	<ul style="list-style-type: none"> • Mediterranean Wrap • Fire Roasted Tortilla Soup • Chicken Pasta Primo "Lighter Portion" 	<ul style="list-style-type: none"> • Ham Muffaletta • Chicken Pot Pie Soup • Chicken Pasta Alfredo 	If ordering pasta, choose the "lighter portion" and a side salad. The salad bar is also a great choice, but watch out for the high fat dressings.
	<ul style="list-style-type: none"> • Tuna Salad Sandwich • Sweet Chipotle Chicken Sandwich • Veggie Spud 	<ul style="list-style-type: none"> • Muffuletta • Spicy Southwest Chicken Sandwich • Spud Max 	McAlister's baked potatoes are smothered in high fat toppings. Opt for a sandwich with a side of potato salad instead
	<ul style="list-style-type: none"> • Medium Turkey Sandwich • Medium Pastrami Sandwich • Medium Engineer 	<ul style="list-style-type: none"> • Large Chicken Salad Sandwich • Large Club Sandwich • Large Italian Sandwich 	Ordering a medium sized sandwich will keep your sandwich under 1,000 calories. Choosing wheat bread will add fiber to your meal.

