



CHECK IT OUT



START THE YEAR OUT RIGHT WITH DELICIOUSLY SMART CHOICES

Many SUBWAY FRESH FIT® Meals meet
American Heart Association® criteria for heart-healthy meals.



To meet American Heart Association® nutritional criteria, certified 6" sub and salad meals are built to standard formula and include apple slices and water. Visit Subway.com/heartcheck for details.
While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.

SUBWAY FRESH FIT® should not be considered a diet program. Visit Subway.com for full nutritional information.

Heart-Check mark is a registered trademark of the American Heart Association.
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