



# Quiznos

## NUTRITIONAL GUIDE

**Daily Calorie and Sodium Requirements**  
Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia.

For more information, visit [HEALTHYFAMILIESBC.CA](http://HEALTHYFAMILIESBC.CA)

or email us at [healthyfamiliesbc@gov.bc.ca](mailto:healthyfamiliesbc@gov.bc.ca)

### CHICKEN\*

		Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
CLASSIC ITALIAN	SUB	6"	273	560	28	8	0.4	54	5	8	25	50	1580	6	13	17
		9"	416	850	42	12	0.5	82	8	11	37	70	2390	20	25	35
		12"	558	1130	56	17	0.5	109	11	15	49	95	3190	13	27	36
	WHEAT WRAP	6"	285	660	35	11	0.5	60	8	7	26	45	1680	4	17	28
		9"	381	820	48	14	0.5	65	10	9	34	70	2250	6	23	33
		12"	478	990	60	18	1	69	11	12	42	95	2830	10	27	36
CLASSIC CLUB	SUB	6"	267	500	20	7	0.4	54	4	6	27	70	1660	6	12	17
		9"	405	750	31	10	0.5	81	5	10	41	105	2500	10	19	25
		12"	541	1000	41	14	1	108	7	13	54	145	3330	12	23	31
	WHEAT WRAP	6"	279	590	27	9	0.5	59	6	6	28	70	1760	4	15	28
		9"	370	730	36	12	0.5	64	7	8	37	105	2360	6	23	31
		12"	461	860	45	15	1	68	8	9	46	140	2960	9	27	33
HONEY BACON CLUB	SUB	6"	275	560	23	7	0.4	62	4	16	27	60	1570	6	13	17
		9"	419	840	35	11	0.5	94	6	24	41	95	2380	10	19	25
		12"	561	1120	46	14	1	125	8	32	55	125	3140	13	27	33
	WHEAT WRAP	6"	288	650	30	9	0.5	68	7	15	29	60	1670	4	17	28
		9"	384	820	40	13	0.5	77	7	22	38	90	2220	6	23	31
		12"	481	980	50	16	1	86	8	28	47	125	2780	10	27	33
TURKEY RANCH & SWISS	SUB	6"	264	470	19	6	0.4	51	3	6	24	65	1400	7	13	19
		9"	402	700	28	8	0.5	79	6	9	36	95	2110	12	19	22
		12"	538	930	37	11	1	104	8	12	48	130	2810	16	27	28
	WHEAT WRAP	6"	276	560	25	8	0.5	57	7	5	25	65	1500	6	17	25
		9"	367	670	33	10	0.5	61	7	7	32	95	1970	9	23	28
		12"	458	780	41	13	1	65	8	8	40	125	2450	12	27	31
THE TRADITIONAL	SUB	6"	273	500	21	6	0.4	53	4	6	24	60	1470	5	13	17
		9"	416	750	32	10	0.5	81	7	9	37	90	2220	9	19	25
		12"	558	1000	43	13	1	107	9	13	49	120	2960	12	27	33
	WHEAT WRAP	6"	285	590	28	9	0.5	59	7	6	25	60	1560	4	17	28
		9"	381	720	38	11	0.5	63	8	7	33	85	2080	5	23	31
		12"	478	860	47	14	1	68	9	9	41	115	2600	7	31	36
VEGGIE GUACAMOLE	SUB	6"	275	570	30	9	0.5	57	7	7	18	25	1260	5	19	17
		9"	419	840	44	14	0.5	85	10	10	27	40	1840	9	31	28
		12"	561	1110	58	18	1	113	13	14	35	50	2400	12	42	36
	WHEAT WRAP	6"	288	660	37	11	0.5	62	10	6	19	25	1360	3	23	28
		9"	384	820	50	15	1	68	12	8	23	35	1700	5	35	33
		12"	481	970	62	19	1	74	14	10	27	50	2040	7	42	36
TURKEY BACON GUACAMOLE	SUB	6"	304	540	24	7	0.4	55	5	6	28	75	1690	7	13	17
		9"	462	820	37	11	0.5	84	8	9	43	115	2550	12	19	28
		12"	617	1090	49	14	0.5	111	10	12	57	150	3390	16	27	36
	WHEAT WRAP	6"	316	640	31	9	0.5	61	8	5	29	75	1790	6	17	28
		9"	427	790	42	12	0.5	66	9	7	39	110	2410	9	23	33
		12"	538	950	53	16	1	71	11	9	49	150	3020	12	31	39
MEATBALL	SUB	6"	235	530	24	10	0.5	54	4	6	26	55	1280	6	17	22
		9"	374	810	36	16	1	83	6	10	39	80	2010	10	27	36
		12"	512	1080	48	21	1.5	111	8	15	52	110	2720	13	35	47
	WHEAT WRAP	6"	247	630	30	13	1	59	6	6	27	55	1380	5	23	33
		9"	339	780	41	17	1	65	7	8	35	80	1870	7	31	42
		12"	432	940	52	22	1.5	71	8	11	44	105	2360	10	38	50

### BLACK ANGUS STEAK\*

		Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
MESQUITE	SUB	6"	276	530	23	7	0.4	52	4	6	32	80	1380	5	13	17
		9"	421	800	34	11	0.5	79	6	9	48	125	2080	7	19	25
		12"	564	1070	46	14	1	104	7	12	64	165	2770	10	27	33
	WHEAT WRAP	6"	289	630	30	9	0.5	57	7	5	33	80	1480	3	17	28
		9"	386	780	40	13	0.5	61	7	7	44	120	1940	4	23	33
		12"	484	930	50	16	1	65	8	8	56	160	2410	5	27	36
CARBONARA	SUB	6"	247	590	28	7	0.4	53	3	6	33	80	1380	4	13	17
		9"	372	880	41	11	0.5	80	5	9	50	120	2080	6	23	25
		12"	495	1170	55	15	1	105	7	12	67	160	2760	9	27	33
	WHEAT WRAP	6"	259	680	34	10	0.5	58	6	6	34	80	1470	2	17	28
		9"	337	850	47	13	1	62	7	7	47	120	1940	3	23	33
		12"	416	1030	59	16	1	66	7	9	59	160	2400	4	31	36
BAJA	SUB	6"	227	540	22	7	0.4	55	3	10	31	80	1500	3	12	17
		9"	344	810	33	10	0.5	83	5	15	47	120	2260	4	17	25
		12"	458	1080	44	14	0.5	110	6	19	62	155	3010	6	23	33
	WHEAT WRAP	6"	239	630	29	9	0.5	60	6	9	32	80	1600	1	15	28
		9"	309	780	39	12	0.5	65	6	12	43	115	2120	2	19	31
		12"	379	930	49	15	1	71	7	16	54	155	2640	2	23	36
HONEY BOURBON	SUB	6"	247	380	5	1.5	0	81	4	16	24	45	1010	5	4	17
		9"	376	570	8	2	0	92	6	23	36	65	1520	7	6	25
		12"	502	760	10	2.5	0.1	122	8	31	48	85	2020	10	10	33
	WHEAT WRAP	6"	259	470	12	3.5	0.2	66	7	15	25	45	1100	3	8	28
		9"	341	540	13	4	0.2	74	7	21	33	65	1380	4	10	31
		12"	422	620	14	4	0.2	83	8	27	40	85	1660	5	12	33
HONEY MUSTARD	SUB	6"	272	570	25	7	0.4	56	4	10	32	80	1270	4	12	17
		9"	417	860	38	11	0.5	85	6	15	48	120	1910	6	17	25
		12"	553	1150	51	14	1	113	7	20	64	160	2540	9	23	33
	WHEAT WRAP	6"	284	670	32	10	0.5	62	6	10	33	80	1360	3	15	28
		9"	382	840	43	13	0.5	68	7	13	44	120	1770	4	19	31
		12"	473	1010	55	16	1	73	8	17	56	160	2170	5	27	36

### SAMMIES

		Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
CHICKEN BACON RANCH	FLATBREAD	One Size	167	350	17	5	0	30	4	3	20	55	870	2	15	14
CHIPOTLE CHICKEN	FLATBREAD	One Size	152	360	19	5	0	29	4	2	17	45	850	20	200	3
BBQ STEAK	FLATBREAD	One Size	160	250	6	1	0	36	4	7	13	20	810	2	10	17

### PIZZAS