

# Subway

- The following items from Subway contain phosphorus additives:

Parmesan oregano bread  
Italian herbs & cheese bread

Chicken

Ham

Cold cut combo meats

Italian BMT meats

Roast beef

Seafood sensation

Steak

Subway club meats

Turkey

Bacon

American cheese

Ranch dressing

Chipotle Southwest sauce

Fat free honey mustard sauce

Light mayonnaise

- These foods add phosphorus to your diet.
- Avoid menu items that consist of these foods.