

Subway

- The following items from Subway contain phosphorus additives:

Parmesan oregano bread
Italian herbs & cheese bread
Flatbread
Wraps
Chicken
Ham
Cold cut combo meats
Italian BMT meats
Roast beef
Seafood sensation
Steak
Subway club meats
Turkey
Bacon
American cheese
Ranch dressing
Fat Free Italian 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.