

## The Turkey (without cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
<b>Serving size (g)</b>	215	100	215	100	145	110
<b>Calories</b>	390	190	390	190	330	220
<b>Total Fat (g)</b>	2	1	2	1	7	5
<b>Saturated Fat (g)</b>	0.5	0.5	0.5	0.5	1	0.4
<b>Trans Fat (g)</b>	0	0	0	0	0	0
<b>Cholesterol (mg)</b>	45	20	45	20	20	20
<b>Sodium (mg)</b>	1700	775	1700	775	1150	890
<b>Total Carbohydrate (g)</b>	63	31	63	31	49	30
<b>Dietary Fibre (g)</b>	5	2	6	3	3	4
<b>Sugar (g)</b>	2	1	3	1	0	0
<b>Protein (g)</b>	30	14	31	14	15	14
<b>Vitamin A</b>	2%	0%	2%	0%	0%	0%
<b>Vitamin C</b>	10%	6%	10%	6%	0%	0%
<b>Calcium</b>	4%	2%	4%	2%	2%	2%
<b>Iron</b>	35%	15%	40%	15%	20%	15%

\* Nutrition Information is approximate and rounded for clarity.

Nutritional information includes bread/wrap and turkey. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

The % Daily Value is based on a 2000 calorie diet. Nutrition calculations follow government regulations regarding the rounding off of data.

Please consult our Nutritional Guide for information on toppings.