



Diabetes

DIET GUIDELINES | AMERICAN DIABETES ASSOCIATION



Managing diabetes starts with what's on your plate. At Seattle Sutton's Healthy Eating, our meal plans are designed to support individuals living with diabetes by aligning with the core principles recommended by the American Diabetes Association (ADA).

Our approach focuses on:

- Healthier carbohydrate choices
- Balanced portion sizes
- Thoughtful calorie control, designed to help you achieve and maintain a healthy weight—key components of effective diabetes management.

NUTRITION GUIDELINES FROM THE AMERICAN DIABETES ASSOCIATION	HOW SEATTLE SUTTON'S HEALTHY EATING SUPPORTS ADA NUTRITION RECOMMENDATIONS
Lose Weight In individuals with insulin resistance who are overweight or obese, even modest weight loss has been shown to significantly improve insulin sensitivity. As a result, weight loss is recommended for all individuals in this group who have diabetes or are at risk for developing it.	Our Traditional and Vegetarian meals plans are available in 1200 and 2000 calories to support individual goals, whether you're aiming for weight loss or maintaining a healthy weight.
Keep Carbohydrates Consistent If you manage diabetes with diet, pills, or set doses of insulin, eating a consistent amount of carbohydrates at each meal and snack can help keep your blood sugar steady.	All of our meals include a balanced amount of carbohydrates to support steady blood sugar levels. Here's the average amount of carbohydrates per meal: 1200 Traditional Calorie Plan: 40 grams (plus 24g for 2 servings of milk) 1200 Vegetarian Calorie Plan: 45 grams (plus 24g for 2 servings of milk) 2000 Traditional Calorie Plan: 60 grams (plus 36g for 3 servings of milk) 2000 Vegetarian Calorie Plan: 65 grams (plus 36g for 3 servings of milk)
Count Carbohydrates For those on insulin pumps or adjusting their mealtime insulin, insulin doses should be matched to the carbohydrate content of meals and snacks to help maintain stable blood sugar levels..	All meals come individually packaged with easy-to-read nutrition labels that clearly display carbohydrate and fiber content.
Eat an Adequate (but not excessive) Amount of Carbohydrates Aim for carbohydrates to provide between 45% and 65 % of your total calories.	1200 Traditional Calorie Plan: 48% 1200 Vegetarian Calorie Plan: 52% 2000 Traditional Calorie Plan: 45% 2000 Vegetarian Calorie Plan: 46% *Includes recommended dairy servings
Eat a High Fiber Diet Try to get at least 14 grams of fiber per 1,000 calories.	1200 Traditional Calorie Plan: 16.8 grams 1200 Vegetarian Calorie Plan: 19.2 grams 2000 Traditional Calorie Plan: 26 grams 2000 Vegetarian Calorie Plan: 28 grams
Eat Healthy, Lean Proteins In persons with normal kidney function, protein intake should range from 15% to 35% of your daily calories.	Our meal plans feature a variety of protein sources including dairy, eggs, beans, nuts, and seeds. Our traditional plans also include lean poultry and fish. 18% to 25% of calories in our meals are from lean sources of protein, depending on calorie level.
Eat a Diet Low in Fat & Cholesterol Choose a diet low in fat and cholesterol. Because people with diabetes have a higher risk of heart problems, following a heart-healthy eating plan is especially important.	Our meal plans follow the guidelines of the American Heart Association including: • Low cholesterol • Restricted sodium • <10% of calories from saturated fat • NO trans fat • <35% calories from fat

ADA 10-2025



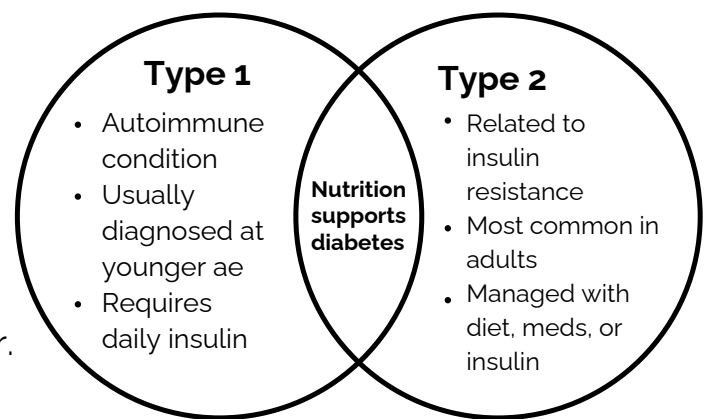
FAQ'S | *Diabetes Management*

Diabetes is a condition that affects how your body regulates blood sugar (glucose). Managing Type 1 or Type 2 diabetes can be difficult and nutrition plays a crucial role in controlling blood sugar. Seattle Sutton's Healthy Eating provides meal plans designed to make diabetes-friendly eating simple and sustainable.



Type 1 vs. Type 2 Diabetes

While Type 1 and Type 2 diabetes have different causes and treatments, they both require thoughtful nutrition to prevent further complications. Seattle Sutton's Healthy Eating meal plans are dietitian crafted to support both types of diabetes by offering balanced, portion-controlled meals that make healthy eating easier.



How SSHE Supports Diabetes Management

- ✓ Balanced, portion-controlled meals
- ✓ Consistent carbohydrate levels to reduce blood sugar spikes
- ✓ Fiber-rich foods: variety of whole grains, vegetables, beans, and fruits
- ✓ Lean proteins from eggs, beans, fish, and dairy
- ✓ Heart-healthy: low saturated fat, no trans fats, and cholesterol conscious options

We do it FOR you

Managing diabetes takes time, planning, and constant decision-making. At Seattle Sutton's Healthy Eating, we take care of the label reading, meal planning, and cooking so you don't have to. Our goal is to take the stress out of managing diabetes so you can spend less time worrying about which foods are best for you.

We encourage you to contact one of our Registered Dietitian Nutritionists by visiting seattlesutton.com/RDN to schedule a free phone consultation, call us directly at 815-770-2060 OR email us at dietitians@sshe.com to understand how our meal plans can assist in managing diabetes.