



FAQ 'S

Added Sugars

There are two types of dietary sugars- **added sugars** and **naturally occurring sugars**. **Excessive added sugars provide no nutritional value.** This is especially risky for those with or at risk for diabetes. Americans consume too much added sugar, contributing to health problems like obesity, type 2 diabetes, and heart disease.

AMERICAN HEART ASSOCIATION GUIDELINES



HOW WE COMPARE

Daily averages on the Dietitian-Designed Meal Plans are well below the recommended 100 calories.

1200 Calorie Dietitian-Designed Meal Plans

46

CALORIES FROM
ADDED SUGAR
PER DAY

2000 Calorie Dietitian-Designed Meal Plans

88

CALORIES FROM
ADDED SUGAR
PER DAY

DIETARY GUIDELINES FOR AMERICANS



HOW WE COMPARE

Daily averages on the Dietitian-Designed Meal Plans are well below the recommended 10% of calories.

1200 Calorie Dietitian-Designed Meal Plans

4%

OF CALORIES FROM
ADDED SUGARS

2000 Calorie Dietitian-Designed Meal Plans

4.4%

OF CALORIES FROM
ADDED SUGARS

Consumed in moderation, naturally occurring sugars found in fruits and vegetables are a healthy energy source. They come with essential nutrients like vitamins, minerals, antioxidants, and fiber. While there's no specific daily limit for natural sugars, Dietary Guidelines recommend 5–9 servings of fruits and vegetables to support overall health.

Unlike added sugars, which digest quickly and spike blood sugar, foods with natural sugars are absorbed slowly due to their fiber and other nutrients. This helps you feel fuller for longer, with fewer calories, and slows the rise in blood sugar.

Seattle Sutton's Healthy Eating dietitian- designed meal plans average less than 4% added sugars and focus on natural sources. By pairing small amounts of added sugar with nutrient-rich foods, our meals support a balanced and health-conscious diet.

Still have questions - visit www.seattlesutton.com or call 800-442-3438