



Heart Healthy

DIET GUIDELINES | AMERICAN HEART ASSOCIATION



Support Your Heart Health with Seattle Sutton's Healthy Eating

Seattle Sutton's Healthy Eating program is designed to promote heart health through **balanced nutrition** and **weight management**. Our meal plans follow the latest guidelines from the **American Heart Association, Dietary Guidelines for Americans**, and are inspired by the proven principles of the **Mediterranean and DASH diets**.

Each plan is carefully crafted to provide the recommended daily intake of essential nutrients—at the calorie level that aligns with your personal health goals. All of our programs meet or exceed the standards set by the American Heart Association, making them an ideal choice for supporting a healthy heart and overall well-being.

NUTRIENTS	AMERICAN HEART ASSOCIATION HEART HEALTHY GUIDELINES	1200 Calorie Signature Menu	1200 Calorie Plant-Based Vegetarian Menu	2000 Calorie Signature Menu	2000 Calorie Plant-Based Vegetarian Menu
Sodium	Aim for less than 2,300 milligrams of sodium per day. Some conditions may require a limit of 1,500 milligrams per day to better support your health.	1500 mg per day	1550 mg per day	2200 mg per day	2200 mg per day
Fiber	Aim to consume 14 grams of fiber for every 1,000 calories you eat each day.	16.8 grams per day	19 grams per day	26 grams per day	28 grams per day
Fat	Total fat should make up 20–35% of your daily calories. Saturated fat should be limited to no more than 10% of your total daily calories.	32% of calories from fat 9% of calories from saturated fat	33% of calories from fat 9.8% of calories from saturated fat	30% of calories from fat 9.4% of calories from saturated fat	30% of calories from fat 9.6% of calories from saturated fat
Added Sugars	Most American women should limit added sugar to no more than 100 calories per day (about 6 teaspoons). Most American men should limit added sugar to no more than 150 calories per day (about 9 teaspoons).	45 calories average per day	49 calories average per day	67 calories average per day	70 calories average per day
Trans Fat	Avoid trans fat.	NO trans fat	NO trans fat	NO trans fat	NO trans fat
Carbohydrates	Aim to get 45–65% of your daily calories from carbohydrates	48% of calories from carbohydrates	52% of calories from carbohydrates	45% of calories from carbohydrates	46% of calories from carbohydrates
Protein	Get 10–35% of your daily calories from protein. Prioritize plant-based sources like beans, lentils, soy products, and unsalted nuts. Opt for lean meats, skinless poultry , and low-fat dairy .	Provides 25% of daily calories from lean, high-quality protein.	Provides 21% of daily calories from lean, quality vegetarian high-proteins	Provides 21% of daily calories from lean, high-quality protein.	Provides 18% of daily calories from lean, high-quality vegetarian proteins.
Cholesterol	Limit dietary cholesterol to less than 300 milligrams a day.	204 mg per day	137 mg per day	300 mg per day	215 mg per day



FAQ'S

Heart Healthy

♥ Eat Well. Live Better. Heart-Healthy Meals, Made Simple.

Seattle Sutton's Healthy Eating takes the guesswork out of heart-healthy eating. Our freshly prepared meals are thoughtfully crafted to support cardiovascular wellness — without the stress of planning, cooking, or portioning.



EACH MEAL PLAN PROVIDES MEALS THAT ARE:

- ✓ **Portion-Controlled** – designed to help manage weight and portion sizes naturally.
- ✓ **Low in Saturated Fat** – reducing one of the key contributors to high cholesterol.
- ✓ **Free of Trans Fats** – keeping your arteries clear and your heart strong.
- ✓ **Rich in Fresh Fruits, Vegetables & Whole Grains** – fueling your body with natural fiber, vitamins, and minerals.

Developed by Registered Dietitian Nutritionists, our meals are built to support healthy blood pressure, cholesterol, and weight — helping you take control of your heart health one meal at a time.

HOW OUR MEALS SUPPORT HEART HEALTH:

High Blood Pressure (Hypertension)

Low-sodium, balanced meals help manage blood pressure naturally — no bland food required.

High Cholesterol

Meals are low in saturated fat and include fiber-rich foods like oats, beans, and whole grains. Weight loss from calorie-controlled eating further supports healthy cholesterol levels.

High Triglycerides

Reduced added sugars and healthy unsaturated fats promote better triglyceride control.

Heart Failure (CHF)

Nutrient-dense, portion-controlled meals support heart function while limiting fluid retention.

Our 1,200-calorie plan averages just 1,500 mg of sodium, aligning with common CHF dietary guidelines.

Preventive Heart Health

Even if you haven't been diagnosed with a condition, our balanced approach helps protect your heart for the long term through smart, everyday eating.

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.

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