



Our meals are specially designed to provide the ideal blend of health and convenience. Meal plans follow dietary guidelines established by health and nutrition experts. These guidelines feature a diet low in fat, saturated fat, trans fat and cholesterol, while providing all calorie, protein, vitamin and mineral needs.



Every Meal is Freshly Prepared Daily



Every Meal is Calorie & Portion Controlled

DIETARY GUIDELINES FOR AMERICANS

DIETARY GUIDELINES FOR AMERICANS	SEATTLE SUTTON'S HEALTHY EATING
Follow a healthy dietary pattern at every life stage.	Our meals focus on meeting nutritional needs from nutrient-dense foods and beverages, providing variety and flexibility while providing the right portions for good health. With 3 different calorie options, our plans help meet the different nutritional needs of people with different ages, sizes, and health need.
A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status.	Seattle Sutton's Healthy Eating meals include a variety of nutrient-dense foods from all of the different food groups including vegetables, fruits, grains, dairy and fortified soy alternatives, and protein foods.
Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.	Our calorie-controlled meals follow the recommendations for food groups with limited amount of added sugars, saturated fat, and sodium. Science shows that these core elements of a healthy dietary patterns are consistent across each life stage.
Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages. • Added Sugars – Less than 10% of calories • Saturated Fat – Less than 10% of calories • Sodium – Less than 2300 mg per day	Seattle Sutton's Healthy Eating meal plans are based on consuming food and beverages in their nutrient dense forms – forms with the least amount of added sugars, saturated fat, and sodium. Added Sugars – 4% of calories on all plans Saturated Fat 1200 calorie plan – 8% average 2000 calorie plan – 9% average Sodium 1200 calorie plan – 1500 mg average 2000 calorie plan – 2300 mg average

10-2025