



## FAQ'S

# Added Sugars

There are two types of dietary sugars: **added sugars** and **naturally occurring sugars**. Added sugars provide little nutritional value and when eaten in excess are linked to weight gain, type 2 diabetes, and heart disease. The Dietary Guidelines for Americans recommend keeping added sugars as low as possible, with a goal of less than 10 grams of added sugar per meal.

### 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

2000 Calorie Dietitian-Designed Meal Plans

50

CALORIES FROM ADDED SUGAR PER DAY

80

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 g per meal.

1200 Calorie Dietitian-Designed Meal Plans

2000 Calorie Dietitian-Designed Meal Plans

4g/meal AVERAGE

7g/meal AVERAGE

### What About Natural Sugars?

Natural sugars found in fruits and vegetables are part of a healthy diet. These foods provide fiber, vitamins, minerals, and antioxidants. Fiber helps slow digestion, supports steady blood sugar, and keeps you feeling fuller longer.

The Dietary Guidelines recommend 5 servings of fruits and vegetables on a 2000 calorie diet to support overall health.

### Our Approach

Seattle Sutton's Healthy Eating meals average below the guidelines from both organizations and focus on whole, nutrient-dense foods. When small amounts of added sugar are used, they're balanced with fiber and protein to support stable energy and blood sugar.

Still have questions - visit [www.seattlesutton.com](http://www.seattlesutton.com) or call 800-442-3438