



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



WOMEN



MEN

DIETARY GUIDELINES FOR AMERICANS

HOW WE COMPARE

Daily averages on the Dietitian-Designed Meal Plans are well below the recommended 10g 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.



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

50

CALORIES FROM ADDED SUGAR PER DAY

80



WOMEN



MEN

DIETARY GUIDELINES FOR AMERICANS

HOW WE COMPARE

Daily averages on the Dietitian-Designed Meal Plans are well below the recommended 10g per meal.

1200 Calorie Dietitian-Designed Meal Plans

4g/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.