

DIETARY GUIDELINES FOR AMERICANS



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

 Always Clean Ingredients

DIETARY GUIDELINES FOR AMERICANS	SEATTLE SUTTON'S HEALTHY EATING
Eat the Right Amount for You	Our meals are portioned to support individual nutritional needs using nutrient-dense foods and beverages. Menus offer variety and flexibility while supporting appropriate calorie levels for good health. Complimentary consultations with our registered dietitians help you choose the right plan and tailor meals to your needs.
Prioritize Protein Foods at Every Meal	Seattle Sutton's Healthy Eating meals provide a mix of high-quality plant and animal proteins that are nutrient-dense. We avoid deep-frying and use meats free from harmful preservatives, additives, hormones, and artificial ingredients.
Consume Dairy	We recommend 2 servings of dairy on our 1,200-calorie dietitian-designed plan and 3 servings on our 2,000-calorie plan, including milk, yogurt, cottage cheese, or cheese. This helps round out protein, calcium, and vitamin D in every plan.
Eat Vegetables & Fruit Throughout the Day	Our dietitian-designed meal plans include a variety of nutrient-dense fruits, vegetables, and salads. All produce is thoroughly washed, and we use only products with little to no added sugars.
Incorporate Healthy Fats	Our meals are designed to provide healthy fats while completely avoiding trans fats and keeping saturated fat under 10% of total calories. We include lean meats, poultry, eggs, seafood, nuts, seeds, dairy, olives, and avocados to support heart and overall health.
Focus on Whole Grains	Our meals include a variety of whole grains while emphasizing balanced, moderate portions of carbohydrates to support overall nutrition and energy.
Limit Highly Processed Foods, Added Sugars, and Refined Carbohydrates	Our meals are nutrient-dense and prepared like home cooking, with carefully controlled added sugars and sodium. We use no artificial ingredients, discourage sugar-sweetened beverages, and align with the American Heart Association's added-sugar guidelines—keeping our meals well below recommended limits.
Limit Alcoholic Beverages	We do not include alcohol in our meal plans and encourage customers to limit or avoid alcoholic beverages for better health.



MEDITERRANEAN DIET GUIDELINES



With so many diets and trends to sort through, choosing a healthy way of eating can feel overwhelming. One dietary pattern that consistently stands out for its proven health benefits is the Mediterranean Diet. Here's how Seattle Sutton's Healthy Eating naturally aligns with this top-ranked approach—making it easy to enjoy the benefits without the work.

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Vegetables at most meals (wide variety, especially non-starchy)	SSHE meals are built around generous portions of vegetables at lunch and dinner, with frequent use of non-starchy vegetables like broccoli, green beans, peppers, zucchini, and leafy greens.
Fruit daily, often as dessert	SSHE includes fruit regularly across meal plans and often uses fruit as a naturally sweet option instead of sugar-sweetened desserts.
Whole grains as primary starch (barley, farro, whole wheat, brown rice)	SSHE emphasizes whole and minimally refined grains such as brown rice, whole-grain pasta, oats, and other fiber-rich carbohydrates to support steady energy and blood sugar control.
Legumes several times per week (beans, lentils, chickpeas)	SSHE incorporates beans and legumes in entrées and sides, especially within vegetarian meals and Mediterranean-style dishes.
Nuts and seeds regularly	Nuts and seeds are included in select meals and snacks as sources of healthy fats, fiber, and plant protein.
Olive oil as main added fat	SSHE uses heart-healthy oils, including olive and canola oil, in cooking to support favorable fat profiles while keeping total fat within heart-healthy ranges.
Fish and seafood at least 2x per week	SSHE features fish regularly across menus, including options like salmon and other lean seafood, consistent with heart-healthy guidelines.
Poultry and eggs in moderation	SSHE uses lean poultry and eggs as protein sources, balanced with plant proteins and seafood to avoid over-reliance on any single protein type.
Red meat limited (small portions, infrequent)	SSHE uses lean poultry and eggs as protein sources, balanced with plant proteins and seafood to avoid over-reliance on any single protein type.
Processed meats minimized or avoided	SSHE limits red meat and emphasizes lean protein portions, aligning with cardiovascular health recommendations.
Added sugars kept low; sweets occasional	SSHE controls added sugars and follows AHA guidelines for added sugar limits, with desserts used sparingly and fruit often serving as the sweet component.
Sodium moderated; flavor from herbs and spices	SSHE carefully controls sodium and relies on herbs, spices, and culinary techniques to build flavor without excessive salt.
Plant-forward eating pattern overall	SSHE meal plans are inherently plant-forward, with vegetables, whole grains, and legumes forming the base of most meals.
Balanced macronutrients, not extreme restriction	SSHE provides balanced carbohydrates, lean proteins, and healthy fats, rather than low-carb or fad diets.
Lifestyle: regular meals, mindful eating, cultural enjoyment of food	SSHE supports structured, consistent meals that reduce decision fatigue and help people maintain long-term healthy eating habits.