



## HOW WE COMPARE TO THE *Mediterranean Diet*

Choosing a healthy way of eating can feel overwhelming with so many diets and trends to sort through. One eating 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.

### *Why the Mediterranean Diet Is So Highly Rated*

#### **Research links the Mediterranean Diet to:**

Healthy Weight Management  
Better blood sugar control  
Lower risk of chronic disease

Reduced risk of heart disease  
Improved mood and longevity  
Improved blood pressure & cholesterol

### *Mediterranean Diet vs. Seattle Sutton's Healthy Eating*

#### **Eat More Fruits & Vegetables**

SSHE: Fresh fruits and vegetables are included every day—often as whole fruit or fresh salads, not just blended or processed.

#### **Choose Whole Grains**

SSHE: Prioritizes whole grains, including brown rice, barley, farro, oats, and whole-wheat couscous.

#### **Use Healthy Fats**

SSHE: Meals include heart-healthy fats while eliminating fried foods and high-fat meats to keep saturated fat low.

#### **Eat Seafood Regularly**

SSHE: Includes two servings of fish every week, such as salmon, cod, tilapia, and tuna—rich in omega-3s for heart and brain health.

#### **Limit Red Meat**

SSHE: Protein comes mainly from fish, poultry, beans, dairy, eggs, and plant-based options. Very limited red meat and options for no red meat.

#### **Enjoy Dairy in Moderation**

SSHE: Features yogurt, cheese, and 2–3 servings of fat-free or low-fat milk daily.

#### **Flavor with Herbs & Spices**

SSHE: Meals are low in sodium and seasoned with herbs and spices, following American Heart Association guidelines.

#### **Include Vegetarian Meals**

SSHE: Every plan includes vegetarian meals built around beans, whole grains, and vegetables.

#### **Choose Fruit for Dessert**

SSHE: Fruits are included regularly, with desserts offered about once per week—portion controlled and made with better-for-you ingredients.

### *A Lifestyle, Not Just a Diet*

The Mediterranean Diet also emphasizes movement, mindfulness, and enjoying meals with others. Seattle Sutton's Healthy Eating supports this same philosophy—providing food for healthy living, not just diet food.

Ready to Get Started? Visit: [www.seattlesutton.com](http://www.seattlesutton.com) Call: 1-800-442-3438