



FAQ'S | *Cancer Care*

Fighting cancer is hard. Eating well shouldn't be. At Seattle Sutton's Healthy Eating, we provide fresh, nutritionally balanced meals designed to support your body through every stage of cancer treatment. Backed by decades of clinical expertise and personal experience, our team knows firsthand how powerful the right nutrition can be in healing.

MEALS THAT HELP YOU HEAL

Cancer treatment can leave you exhausted, nauseated, and without an appetite — making nutrition a challenge when you need it most. Our meals are designed to support healing every step of the way:

✔ NUTRIENT-RICH & BALANCED

Designed by dietitians using cancer nutrition guidelines — rich in lean proteins, fiber, and anti-inflammatory ingredients.

✔ GENTLE & EASY TO DIGEST

Low in sodium, added sugars, and saturated fats — easy on your system during chemo, radiation, and recovery.

✔ FULLY PREPARED & CONVENIENT

No shopping, no cooking, no cleanup — just heat and eat. Perfect for days when energy is low.

✔ PORTION-CONTROLLED

Takes the guesswork out of eating right, helping you stay nourished and strong.

✔ PEACE OF MIND

When eating feels like a struggle, having healthy, comforting meals ready to go can make all the difference.

Real SURVIVORS *Real* SUPPORT



Alyssa, Lead Dietitian & Breast Cancer Survivor

"I used Seattle Sutton's meals every step of the way, during chemo, radiation, surgery...they helped me stay nourished when I had no energy to cook."

Seattle Sutton, Founder & Breast Cancer Survivor

"Healthy eating played a big role in my recovery. I created *Seattle Sutton's Healthy Eating* to help others eat right during life's toughest battles."



93 and thriving! 



Miranda, Dietitian & Melanoma Survivor

"I'm grateful there is an option like Seattle Sutton's that empowers the importance of eating "real" food...and bonus it is convenient and tastes amazing."