



FAQ'S | *Healthcare Heroes*



"I have worked in other weight management programs where packaged food was included, SSHE meals are no comparison! They are fresh, colorful, and taste amazing! I love that the program is convenient but also well-balanced, which is something I have been promoting and teaching for over 20 years!"

Monica Nyman MS, RD, LDN, Senior Nutrition Educator, St. Louis District Dairy Council

"I have had patients who struggle with following the renal diet order and do not like to cook, therefore I suggest they look into Seattle Sutton's Healthy Eating."

Lindsay Ginter RDN, LDN, Registered Dietitian, Davita Dialysis



"I love Seattle Sutton's Healthy Eating program because it is a sound dietitian-based company that provides healthy, nutritious, and delicious meals for patients. I feel confident when offering Seattle Sutton's to patients that they will get a variety of well-balanced meals without the extra preservatives."

Tara Ketner MS, RDN, LDN, Registered Dietitian, Davita Dialysis

"I enjoy telling my patients and co-workers about the convenience, portion control, nutrition, reasonable cost, and variety of the meals. The meals can be used for a variety of special diets or just the ease of having healthy meals already prepared for them. Many of my patients have difficulty getting out to shop, or are so fatigued and weak, they can really benefit from having something ready to heat and eat."

Tammie Heiser Zelko, MS, RD, LDN, CNSC, Oncology Dietitian, Carle Cancer Institute



"I love Seattle Sutton's Healthy Eating because it is such a convenient way for people to access delicious and nutritious foods, guiding them to achieve their optimum well-being."

Kara Corsigla MPH, RD, LDN, Nutrition Innovation Specialist, AgeGuide Northeastern Illinois