



FAQ'S | *Our Clean Labels*

At Seattle Sutton's Healthy Eating, we prioritize your health by creating fresh, nutritionally balanced meals free from artificial ingredients, trans fats, and deep frying. We follow strict ingredient standards, avoiding over **60 unaccepted additives**—including those rated “avoid” by the **Center for Science in the Public Interest (CSPI)**. Our meals are designed to support better health without compromising on quality or taste.

- ZERO Artificial Colors
- ZERO Artificial Sweeteners
- ZERO Hydrogenated Fats
- ZERO MSG
- ZERO High Fructose Corn Syrup
- ZERO Harmful Preservatives



UNACCEPTED INGREDIENTS

Acesulfame-K (Acesulfame Potassium)	Diocetyl Sodium Sulfosuccinate (DSS)	Polydextrose
Aloe Vera	Ethyl Vanillin	Polysorbate 60 and 65
Ammonium Chloride	Ethylene Oxide	Potassium Bromate
Artificial Colors/Synthetic	Ethoxyquin	Potassium Iodate
Food Dyes	Ginkgo Biloba	Potassium Nitrate
Artificial Flavors	Hexa-, Hepta- and Octa- esters of Sucrose	Propyl Gallate
Aspartame (Equal, AminoSweet)	High-Fructose Corn Syrup	Propylparaben
Azodicarbonamide	High-Maltose Corn Syrup	Saccharin
Brazzein	Hydrogenated Fats	Salatrim
Brominated Vegetable Oil (BVO)	HSH (Hydrogenated Starch Hydrolysate)	Sodium Aluminum Sulfate
Butylated Hydroxyanisole (BHA)	Lead Soldered Cans	Sodium Diacetate
Calcium Saccharin	Methyl Silicon	Sodium Erythrobate
Calcium Sorbate	Methylparaben	Sodium Glutamate
Calcium Stearoyl-2- Lactylate	Micro-particularized Whey Protein Derived	Sodium Nitrate/Nitrite
Cannabidiol (CBD)	Monatin	Sucralose (Splenda)
Caprocarylobehenin	Monk Fruit Extract	Sucroglycerides
Carmine	Monosodium Glutamate (MSG)	Sucrose Polyester
Certified Colors	Nitrates/nitrites	Sugar Alcohol (Isomalt, Lactitol, Maltitol,
Cyclamates	Olestra (Olean)	Mannitol, Sorbitol,
Diacetyl	Partially Hydrogenated Oil (Trans Fat)	Xylitol)
Dimethylpolysiloxane		Tagatose
		TBHQ (Tertiary Butylhydroquinone)
		Transglutaminase ("meat glue")

Still have questions? Visit www.seattlesutton.com or call 800-442-3438



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