



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

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