



Our meals are specially designed to provide the ideal blend of health and convenience. Meal plans follow dietary guidelines established by health and nutrition experts. These guidelines feature a diet low in fat, saturated fat, trans fat and cholesterol, while providing all calorie, protein, vitamin and mineral needs.



Every Meal is Freshly Prepared Daily



Every Meal is Calorie & Portion Controlled

ADA DIABETES DIET GUIDELINES

DIABETES DIET RECOMMENDATIONS FROM THE AMERICAN DIABETES ASSOCIATION	SEATTLE SUTTON'S HEALTHY EATING MEAL PLANS MEET RECOMMENDATIONS
<p>Lose Weight In overweight and obese insulin-resistant individuals, modest weight loss has been shown to improve insulin resistance Thus, weight loss is recommended for all such individuals who have or are at risk for diabetes</p>	<p>Our 1200 calorie, 1500 calorie, and 2000 calorie plans meet individual calorie needs for weight loss or weight maintenance</p>
<p>Keep Carbohydrates Consistent For persons controlling diabetes with diet, oral medication, or fixed insulin doses, meal and snack carbohydrates should be kept consistent</p>	<p>All our meals contain a healthy amount of carbohydrates Individual meals may range from 30-90 grams of carbohydrates (depending on calorie level) but can be easily split into 3 meals and 3 snacks for greater carbohydrate consistency</p>
<p>Count Carbohydrates For those on insulin pumps or those who adjust mealtime insulin doses, match carbohydrate and insulin intake</p>	<p>All our meals are individually packaged with their own nutrition label clearly outlining carbohydrate and fiber content</p>
<p>Eat an Adequate (<i>but not excessive</i>) Amount of Carbohydrates Carbohydrate intake should range from 45-65% of total calories</p>	<p>1200 calorie plan = 54% of calories from carbohydrates 1500 calorie plan = 56% of calories from carbohydrates 2000 calorie plan = 54% of calories from carbohydrates</p>
<p>Eat a High Fiber Diet Consume at least 14g of fiber per 1000 calories from whole grains, fruits, vegetables, beans, peas, nuts, & seeds</p>	<p>1200 calorie plan = 19 grams of fiber 1500 calorie plan = 25 grams of fiber 2000 calorie plan = 30 grams of fiber</p>
<p>Eat Healthy, Lean Proteins In persons with normal kidney function, protein intake should range from 15%-35% of daily total calories</p>	<p>All our meals provide plant based proteins like beans, nuts, seeds, lean turkey and chicken (<i>non-vegetarian option only</i>) 20-23% of calories in our meals are from lean sources of protein, depending on calorie level</p>
<p>Eat a Diet Low in Fat & Cholesterol Due to a higher incidence of cardiac problems in those with diabetes, it is recommended to follow a heart healthy diet</p>	<p>All our meals contain:</p> <ul style="list-style-type: none"> • NO trans fat • Less than 6% of calories from saturated fat • Less than 25% of calories from fat