



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

AHA HEART HEALTHY DIET GUIDELINES

NUTRIENTS	AMERICAN HEART ASSOCIATION HEART HEALTHY DIET GUIDELINES	1200 CALORIE PORTION	1500 CALORIE VEGETARIAN PORTION	2000 CALORIE PORTION
Sodium	Less than 2300 milligrams a day – OR – if you are over age 51, are black, or have high blood pressure, diabetes or chronic kidney disease, less than 1500 milligrams a day	< 1500mg per day	< 2000mg per day	< 2300mg per day
Fiber	Consume 14g of fiber per 1000 calories Emphasize whole-grain products, fruits, vegetables, beans, peas, unsalted nuts and seeds	19 grams per day	25 grams per day	31 grams per day
Fat	Limit all sources of fat to 20 to 35 percent of your daily calories	23% of calories from fat	24% of calories from fat	23% of calories from fat
Saturated Fat	Limit to no more than 10 percent of your total calories Lowering calories from saturated fat to 7 percent can further reduce the risk of heart disease	6.6% of calories from saturated fat	6.6% of calories from saturated fat	6.4% of calories from saturated fat
Trans Fat	Avoid trans fat by limiting foods that contain synthetic sources of trans fat such as partially hydrogenated oils, and by limiting other solid fats	NO trans fat	NO trans fat	NO trans fat
Carbohydrates	Get 45 to 65 percent of your daily calories from carbohydrates Emphasize natural, nutrient-dense carbohydrates from fruits, vegetables, beans, legumes, and whole grains Limit sugar-sweetened beverages, desserts, and refined grain products	54% of calories from healthy carbohydrates	56% of calories from healthy carbohydrates	54% of calories from healthy carbohydrates
Protein	Get 10 to 35 percent of your total daily calories from protein Emphasize plant sources of protein such as beans, lentils, soy products, and unsalted nuts Meat, poultry and dairy products should be lean or low fat	Proteins provided: beans, soy products, nuts, lean turkey and chicken 23% of calories are from lean sources of protein	Proteins provided: many sources of plant based proteins 20% of calories are from plant based protein	Proteins provided: beans, soy products, lean turkey and chicken 23% of calories are from lean sources of protein
Cholesterol	Limit dietary cholesterol to less than 300 milligrams a day	97mg cholesterol a day	69mg cholesterol a day	97mg cholesterol a day