



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

DIETARY GUIDELINES FOR AMERICANS

DIETARY GUIDELINES FOR AMERICANS	SEATTLE SUTTON'S HEALTHY EATING
<p>Follow a healthy dietary pattern at every life stage.</p>	<p>Our meals focus on meeting nutritional needs from nutrient-dense foods and beverages, providing variety and flexibility while providing the right portions for good health. With 3 different calorie options, our plans help meet the different nutritional needs of people with different ages, sizes, and health need.</p>
<p>A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status.</p>	<p>Seattle Sutton's Healthy Eating meals include a variety of nutrient-dense foods from all of the different food groups including vegetables, fruits, grains, dairy and fortified soy alternatives, and protein foods.</p>
<p>Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.</p>	<p>Our calorie-controlled meals follow the recommendations for food groups with limited amount of added sugars, saturated fat, and sodium. Science shows that these core elements of a healthy dietary patterns are consistent across each life stage.</p>
<p>Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.</p> <ul style="list-style-type: none"> ■ Added Sugars – Less than 10% of calories ■ Saturated Fat – Less than 10% of calories ■ Sodium – Less than 2300 mg per day 	<p>Seattle Sutton's Healthy Eating meal plans are based on consuming food and beverages in their nutrient dense forms – forms with the least amount of added sugars, saturated fat, and sodium.</p> <p>Added Sugars – 4% of calories on all plans</p> <p>Saturated Fat</p> <ul style="list-style-type: none"> ■ 1200 calorie plan – 8% average ■ 1500 calorie plan – 7% average ■ 2000 calorie plan – 9% average <p>Sodium</p> <ul style="list-style-type: none"> ■ 1200 calorie plan – 1500 mg average ■ 1500 calorie plan – 1850 mg average ■ 2000 calorie plan – 2300 mg average

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