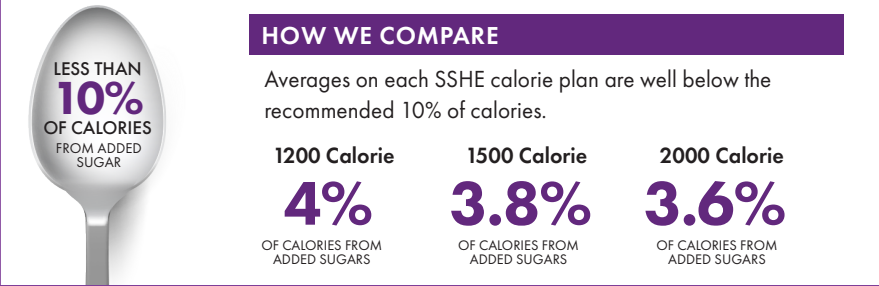


Two types of sugars exist in the diet: added sugars and naturally occurring sugars. Foods with excessive added sugars offer no nutritional benefits, leading to weight gain. These should be limited, especially for those with, or at risk for, diabetes. Americans consume too many added sugars, contributing to health problems like weight gain, obesity, type 2 diabetes, and heart disease.

AMERICAN HEART ASSOCIATION GUIDELINES



DIETARY GUIDELINES FOR AMERICANS



Naturally occurring sugars are not harmful in moderation and serve as a main energy source. No specific daily recommendation exists for natural sugar intake. The Dietary Guidelines for Americans suggest 5-9 servings of fruits and vegetables per day, providing a good amount of naturally occurring sugars for overall health. Fruits and dairy products contain natural sugars along with vitamins, minerals, antioxidants, and fiber.

Metabolism differs between naturally occurring sugar and added sugars. Added sugars are quickly broken down, causing a spike in insulin and blood sugar levels. Foods with added sugar may not make us feel as full. Conversely, fiber and nutrients in foods with naturally occurring sugar are digested slowly, leading to feeling fuller with fewer calories and slowing down the rise in blood sugar.

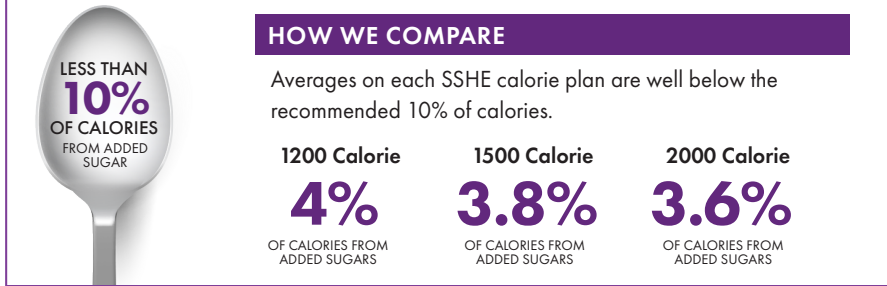
Seattle Sutton's meal plans offer confidence in the food you eat, averaging less than 4% added sugars. Our meals include naturally occurring sugars, mostly derived from fresh fruits and dairy products, providing essential vitamins and minerals for proper bodily function. We pair foods that have a small amount of added sugar with nutrient-rich food, providing a healthy and balanced diet.

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