



Diabetes DIET GUIDELINES | AMERICAN DIABETES ASSOCIATION



The food you eat is a critical aspect of diabetes management. Our meal plans can help you take control of your diabetes. Our program follows the recommendations of the American Diabetes Association with a focus on healthier sources of carbohydrates, proper portion control, and sensible calorie management for you to reach and maintain a healthy weight.

All meals are fresh, healthy, and nutritionally complete...ideal for a diabetes diet. Our program is like having your own personal dietitian and chef, providing you with a sensible way to manage your weight – and blood sugar levels.

DIABETES DIET RECOMMENDATIONS FROM THE AMERICAN DIABETES ASSOCIATION	SEATTLE SUTTON'S HEALTHY EATING MEAL PLANS MEET RECOMMENDATIONS
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.	Our 1200 Calorie, 1500 Calorie, and 2000 Calorie plans meet individual calorie needs for weight loss or weight maintenance.
Keep Carbohydrates Consistent For persons controlling diabetes with diet, oral medication, or fixed insulin doses, meal and snack carbohydrates should be kept consistent.	All our meals contain a healthy amount of carbohydrate. Meals may range from 30-90g of carb (depending on calorie level) but can be easily split into 3 meals and 3 snacks for greater carb consistency. The carb per meal average is: 1200 Calorie Plan: 40 grams (plus 24g for 2 servings of milk) 1500 Calorie Plan: 56 grams (plus 36g for 3 servings of milk) 2000 Calorie Plan: 63 grams (plus 36g for 3 servings of milk)
Count Carbohydrates For those on insulin pumps or those who adjust mealtime insulin doses, match carbohydrate and insulin intake.	All our meals are individually packaged with their own nutrition label clearly outlining carbohydrate and fiber content.
Eat an Adequate (but not excessive) Amount of Carbohydrates Carbohydrate intake should range from 45-65% of total calories.	1200 Calorie Plan: 47% of calories from carbohydrates 1500 Calorie Plan: 53% of calories from carbohydrates 2000 Calorie Plan: 46% of calories from carbohydrates * Includes recommended dairy servings
Eat a High Fiber Diet Consume at least 14g of fiber per 1000 calories from whole grains, fruits, vegetables, beans, peas, nuts, & seeds.	1200 Calorie Plan: 16.8 grams of fiber 1500 Calorie Plan: 21 grams of fiber 2000 Calorie Plan: 28 grams of fiber
Eat Healthy, Lean Proteins In persons with normal kidney function, protein intake should range from 15%-35% of daily total calories.	Our plans include a variety of proteins including dairy, eggs, beans, nuts, and seeds. Our traditional plans also include lean poultry and fish. 21-24% of calories in our meals are from lean sources of protein, depending on calorie level.
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.	Our meal plans follow the guidelines put forth from the American Heart Association including: <ul style="list-style-type: none">• Low cholesterol• Restricted sodium• NO trans fat• <10% of calories from saturated fat• <35% of calories from fat