

Healthy MEAL DELIVERY

Nutritional Comparisons



VS.



When choosing a healthy meal company the choices can be confusing. Everyone claims that they are healthy, will help you lose weight, and improve your health. This comparison will help you see how Seattle Sutton's stacks up against 4 competing plans on the market today and why we are the right choice for you! We invite you to dig through this information and reach out to us to learn more. You can even speak to a Registered Dietitian before purchasing!



NUTRITION STANDARDS

Each and every meal we create is specifically designed to help you reach your goals - structured around 3 key sets of medically backed guidelines - Dietary Guidelines for Americans, American Heart Association, and American Diabetes Association. By strictly adhering to these guidelines, our plans help you not only lose weight but also live a healthier life, overall.

BACKED BY MEDICAL RESEARCH



CALORIES



Health is more than calories in - versus calories out - but consuming the right amount of calories to reach and maintain a healthy weight for YOU helps you reach your goals.



360

BASED ON 1200
CALORIES PER DAY



510

FACTOR_

590



657



500



START YOUR
*Healthy
Journey*
TODAY!

When it comes to serving more nutritious meals that offer less sodium, fat, cholesterol, and added sugars, Seattle Sutton's scores higher than other meal delivery companies. Our program is like having your own personal dietitian and chef, providing you with a sensible way to manage your overall health. All of our meal programs are well suited to assist with weight loss and overall health, as well as provide a convenient alternative to shopping. We provide fresh, wholesome ingredients, sensible calorie and portion control, and the elimination of unhealthy additives and preservatives.

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ADDED SUGARS

Americans are eating and drinking too many added sugars, which can contribute to health problems such as weight gain, obesity, type 2 diabetes, and heart disease.

While our competitors are slow to report added sugars, we have worked hard to ensure we are well below the guidance provided by the USDA and American Heart Association.

DIETARY GUIDELINES



AMERICAN HEART ASSOCIATION

WOMEN



MEN



4%

OR LESS
OF CALORIES FROM
ADDED SUGARS

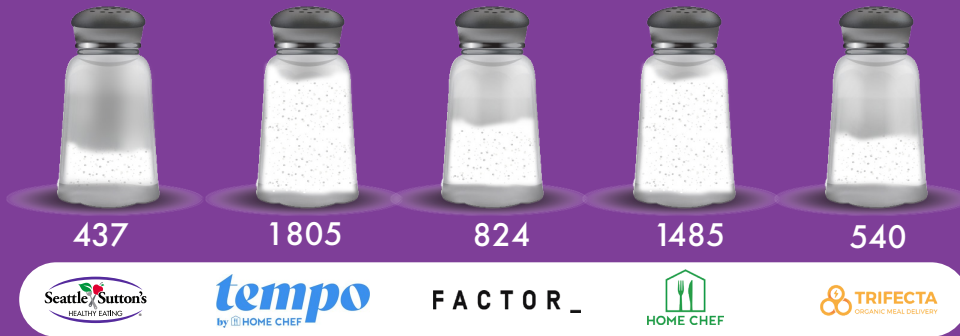
LESS THAN

75

CALORIES FROM
ADDED SUGAR

SODIUM

AVG. MILLIGRAMS PER MEAL

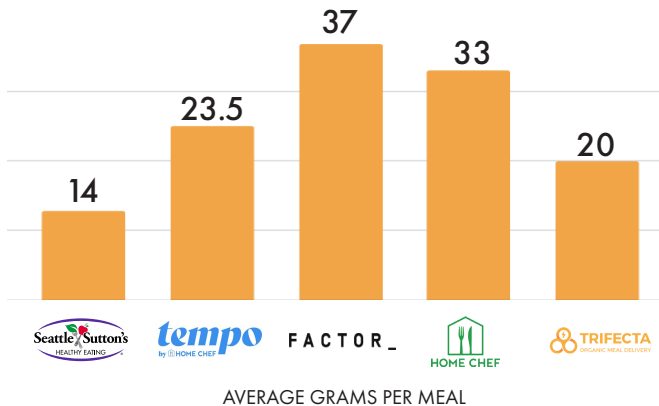


It is recommended to limit your sodium to less than 2300 mg per day, or about 770 mg per meal, if having 3 meals a day. If you have high blood pressure, diabetes, or chronic kidney disease a good goal is closer to 500 mg per meal.



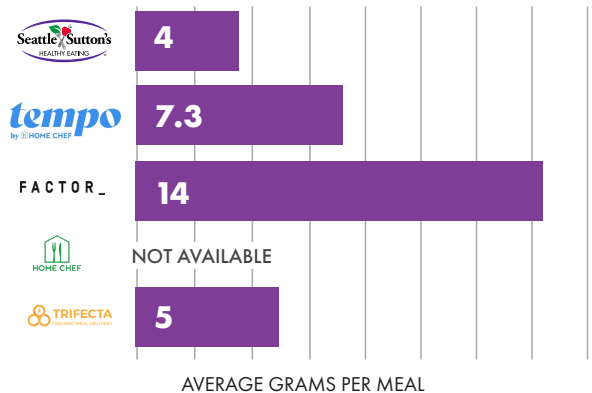
FAT

We follow the American Heart Association's recommendations for total fat and limit our meals to less than 35% of daily calories. If eating 3 meals a day on a 1200 calorie diet, that would equate to 15.5 g of fat per meal.



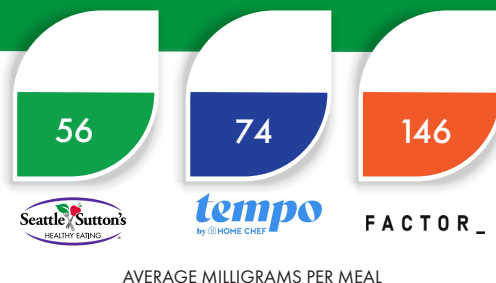
SATURATED FAT

Higher intakes of saturated fats can raise your blood cholesterol and worsen your risk for heart disease. The American Heart Association suggests that no more than 10% of your total calories come from saturated fat, which is less than 4.5 grams per meal for a 1200 calorie diet.



CHOLESTEROL

It is recommended to limit dietary cholesterol to less than 300 milligrams a day by both the American Heart Association and the Dietary Guidelines for Americans.



NOT AVAILABLE



AVG. MILLIGRAMS PER MEAL