Healthy MEAL DELIVERY

Nutritional Comparisons

Seattle Sutton's HEALTHY EATING VS HOME CHEF, FACTOR_, tempo by HOME CHEF, SUN BASKET, Blue Apron, HELLO FRESH

Choosing a healthy meal delivery service isn't always easy. With so many companies claiming to be "healthy" and promising weight loss or better health, it can be hard to know which one is right for you.

That's why we created this comparison. See how Seattle Sutton's Healthy Eating stacks up against other popular meal delivery services, so you can make an informed decision. And because everyone's nutrition needs are different, you can even schedule a **free one-on-one consultation with one of our Registered Dietitians** before you order.

SEATTLE SUTTON'S NUTRITION STANDARDS

Every dietitian-designed plan is designed with your health goals in mind and built around three evidence-based sets of guidelines. By following these trusted standards, our meal plans go beyond weight loss - they're designed to support better long-term health, including heart health, blood sugar management, and overall well-being.

- HEART-HEALTHY GUIDELINES
- DIETARY GUIDELINES FOR AMERICANS
- GUIDELINES FOR DIABETES MANAGEMENT

CALORIES — AVERAGE PER MEAL

Health is more than just calories in versus calories out. It's about finding the right balance - getting the calories your body needs to reach and maintain a healthy weight for you, while also providing the nutrients that support your overall health and wellness goals.

Seattle Sutton's HEALTHY EATING	360 Based on the 1200-Calorie Dietitian-Designed Plan
tempo by HOME CHEF	470
SUN BASKET	570
HELLO FRESH	570
FACTOR_	580
HOME CHEF	740
Blue Apron	740

When it comes to meals lower in sodium, saturated fat, cholesterol, and added sugars, Seattle Sutton's Healthy Eating stands out from many other meal delivery companies. Think of it as having a dietitian and chef working together for you - offering a simple, practical approach to better health. Our meals are designed to support both weight loss and long-term wellness through balanced nutrition, portion control, and carefully crafted recipes made without unnecessary additives or artificial ingredients. With Seattle Sutton's, healthy eating becomes easier to follow, more convenient, and more sustainable over time.

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*Information provided is based on comparisions using Seattle Sutton's 1,200-calorie dietitian designed meal plan and nutrition information available on other companies' websites at the time of comparison.

ADDED SUGARS

AVERAGE PER DAY

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. Our approach focuses on moderation and portion control, keeping added sugar within recommended dietary guidelines rather than eliminating them entirely.

Dietary Guidelines Recommends

Less Than 10% of Calories from added sugar.

American Heart Association Recommends

Less Than 100 Calories from added sugar **for women.**

Less Than 150 Calories from added sugar **for men.**

Our Program Has

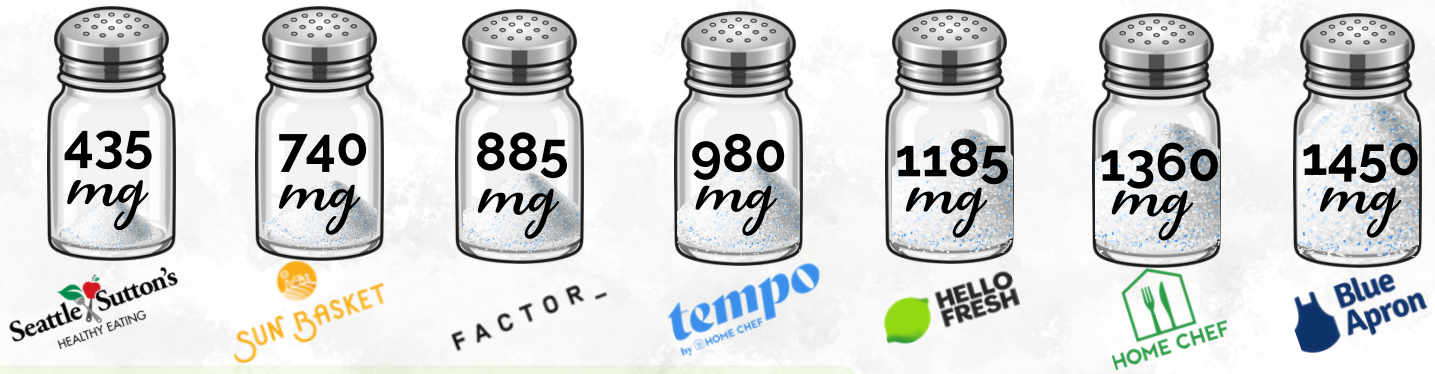
4%

TOTAL CALORIES OR LESS from added sugars &

LESS THAN 75 CALORIES from added sugar per day

SODIUM

AVERAGE MILLIGRAMS PER MEAL

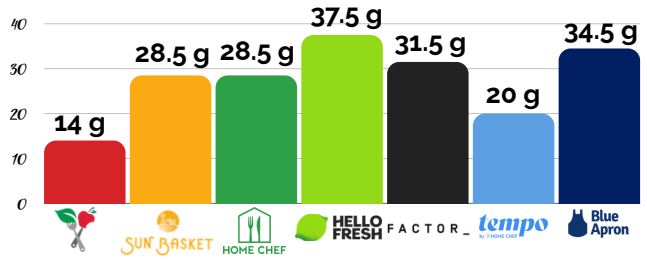


Most adults are recommended to limit sodium to less than 2,300 mg per day–about 770 mg per meal if you eat 3 meals a day. For those managing conditions like high blood pressure, diabetes, or chronic kidney disease, a lower target of around 500 mg per meal may be more appropriate.

*Because sodium needs can vary from person to person, it's important to work with your healthcare provider or registered dietitian to find the right level for your individual health goals.

FAT

AVERAGE GRAMS PER MEAL

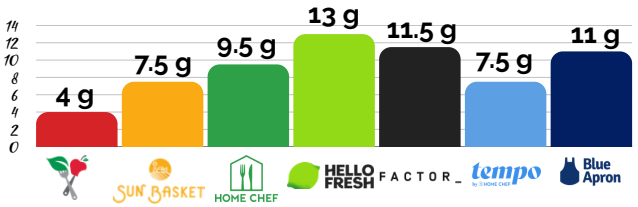


Seattle Sutton's Healthy Eating follows heart-healthy nutritional recommendations for total fat intake , with meals designed to provide less than 35% of calories from fat. On a 1,200-calorie plan with three meals per day, this equals about 15.5 grams of fat per meal.

SATURATED FAT

AVERAGE GRAMS PER MEAL

Higher intakes of saturated fat can raise blood cholesterol levels and increase the risk of heart disease. Heart-healthy guidelines recommend limiting saturated fat to no more than 10% of total daily calories. On a 1,200-calorie plan, that's less than 4.5 grams of saturated fat per meal when eating three meals per day.



CHOLESTEROL

It is recommended to limit dietary cholesterol intake to less than 300 milligrams per day, according to both trusted heart-healthy guidelines and the Dietary Guidelines for Americans.

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