



Heart Healthy

DIET GUIDELINES

Support Heart Health with Seattle Sutton's Healthy Eating (SSHE)



Below is a comparison of general heart-healthy nutrition recommendations that are consistent across several highly respected organizations, including the **Dietary Guidelines for Americans (USDA/HHS)**, **World Health Organization (WHO)**, **European Society of Cardiology (ESC)**, **Academy of Nutrition and Dietetics**, and **National Lipid Association**. While there are slight differences among organizations, there is remarkable agreement on the fundamentals of heart-healthy eating.

Each dietitian-designed meal plan from SSHE is carefully crafted to provide the recommended daily intake of essential nutrients—at the calorie level that aligns with your personal health goals.

NUTRIENTS	HEART HEALTHY GUIDELINES	1200 CALORIE SIGNATURE MENU	1200 CALORIE PLANT-BASED VEGETARIAN MENU	2000 CALORIE SIGNATURE MENU	2000 CALORIE PLANT-BASED VEGETARIAN MENU
Sodium	Aim for less than 2,300 milligrams of sodium per day. Some conditions may require a limit of 1,500 milligrams per day to better support your health.	1520 mg per day	1540 mg per day	2243 mg per day	2306 mg per day
Fiber	Aim to consume 14 grams of fiber for every 1,000 calories you eat each day, or >25 g/day if not consuming lower calorie diet for weight loss	17 grams per day	19 grams per day	28 grams per day	31 grams per day
Fat	Total fat should make up 20–35% of your daily calories. Saturated fat should be limited to no more than 10% of your total daily calories.	30% of calories from fat 9% of calories from saturated fat	31% of calories from fat 9.5% of calories from saturated fat	31% of calories from fat 9.8% of calories from saturated fat	31% of calories from fat 9.8% of calories from saturated fat
Added Sugars	Consume <10% of total calories from added sugars . WHO notes that <5% calories may provide additional health benefits.	4.0% of total calories from added sugar	4.0% of total calories from added sugar	3.6% of total calories from added sugar	3.6% of total calories from added sugar
Trans Fat	Avoid trans fat.	NO trans fat	NO trans fat	NO trans fat	NO trans fat
Carbohydrates	Aim to get 45–65% of your daily calories from carbohydrates	47% of calories from carbohydrates	51% of calories from carbohydrates	45% of calories from carbohydrates	47% of calories from carbohydrates
Protein	Get 10–35% of your daily calories from protein. Prioritize plant-based sources like beans, lentils, soy products, and unsalted nuts. Opt for lean meats, skinless poultry , and low-fat dairy .	Provides 25% of daily calories from lean, high-quality protein.	Provides 20% of daily calories from lean, quality vegetarian high-proteins	Provides 23% of daily calories from lean, high-quality protein.	Provides 19% of daily calories from lean, high-quality vegetarian proteins.
Cholesterol	Limit dietary cholesterol to less than 300 milligrams a day .	190 mg per day	127 mg per day	294 mg per day	199 mg per day



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The **American Heart Association's** (AHA) heart-healthy nutrition guidelines provide general recommendations for eating patterns that promote cardiovascular health. Our dietitian-designed meal plans are built around these same evidence-based principles, emphasizing balanced nutrition, healthy fats, lean proteins, whole grains, fruits, vegetables, and appropriate levels of key nutrients to support long-term health.

AHA Recommendations VS. What SSHE Dietitian-Designed Meal Plans Provide

AHA RECOMMENDED DIETARY PATTERN	SSHE
Adjust energy intake and expenditure to achieve and maintain a healthy body weight	✓
Eat plenty of vegetables and fruits and choose a wide variety	✓
Choose foods made mostly with whole grains rather than refined grains	✓
Choose healthy sources of protein: Shift from meat to plant sources (legumes and nuts), Regularly consume fish and seafood, Select low-fat or fat-free dairy products instead of full-fat dairy products, If red meat is desired, choose lean cuts, avoid processed forms, and limit portion size	✓
Choose sources of unsaturated fat in place of sources of saturated fat	✓
Choose minimally processed foods instead of ultraprocessed foods	✓
Minimize intake of added sugars in beverages and foods	✓
Choose foods low in sodium and prepare foods with minimal or no salt	✓
If alcohol is not consumed, do not start; if alcohol is consumed, limit intake	✓

How SSHE Meal Plans Can Help Control Your Specific Health Concern

HEALTH CONDITION	WHAT SSHE MEAL PLANS PROVIDE
High Blood Pressure (Hypertension)	Low-sodium, balanced meals help manage blood pressure naturally — no bland food required.
High Cholesterol	Meals are low in saturated fat and include fiber-rich foods like oats, beans, and whole grains. Weight loss from calorie-controlled eating further supports healthy cholesterol levels.
High Triglycerides	Reduced added sugars and healthy unsaturated fats promote better triglyceride control.
Heart Failure (CHF)	Nutrient-dense, portion-controlled meals support heart function while limiting fluid retention. Our 1,200-calorie plan averages just 1,500 mg of sodium, aligning with common CHF dietary guidelines.
Preventive Heart Health	Even if you haven't been diagnosed with a condition, our balanced approach helps protect your heart for the long term through smart, everyday eating.

Dietitian Support Available

We encourage you to contact one of our Registered Dietitian Nutritionists by visiting seattlesutton.com/RDN to schedule a free phone consultation, call us directly at 815-770- 2060 OR email us at dietitians@sshe.com to understand how our meal plans can assist in managing your heart health.

♥ Eat Well. Live Better. Heart-Healthy Meals- Made Simple. ♥

SEATTLESUTTON.COM | 800-442-3438 | CUSTOMERSUPPORT@SSHE.COM