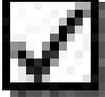
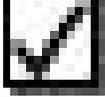
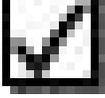
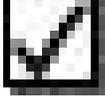
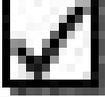
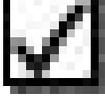
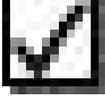
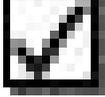


<p align="center">Diabetes Diet Recommendations From the American Diabetes Association</p>	<p align="center">Seattle Sutton’s Healthy Eating Meals</p>	<p align="center">Meets Recommend- ations</p>
<p><i>Keep Carbohydrates Consistent</i> For persons controlling diabetes with diet, oral medication, or fixed insulin doses, meal and snack carbohydrates should be kept consistent</p>	<p>All SSHE meals contain a healthy amount of carbohydrates. Individual meals may range from 30-75g of carbohydrates (depending on calorie level) but can be easily split into 3 meals and 3 snacks for greater carbohydrate consistency.</p>	<p align="center"></p>
<p><i>Count Carbohydrates</i> For those on insulin pumps or those who adjust mealtime insulin doses, match carbohydrate and insulin intake</p>	<p>All SSHE meals are individually wrapped with their own nutrition label clearly outlining carbohydrate and fiber content</p>	<p align="center"></p>
<p><i>Eat an Adequate (but not excessive) Amount of Carbohydrates</i> Carbohydrate intake should range from 45-65% of total calories</p>	<p>1200 calorie plan provides 54% of calories from carbohydrates 1500 calorie plan provides 56% of calories from carbohydrates 2000 calorie plan provides 54% of calories from carbohydrates</p>	<p align="center"></p>
<p><i>Eat a High Fiber Diet</i> Consume at least 14g of fiber per 1000 calories from whole grains, fruits, vegetables, beans, peas, nuts, and seeds</p>	<p>1200 calorie plan provides 19 grams of fiber 1500 calorie plan provides 25 grams of fiber 2000 calorie plan provides 30 grams of fiber SSHE serves a large variety of whole grains, fruits, vegetables, beans, peas, nuts, and seeds.</p>	<p align="center"></p>
<p><i>Eat Healthy, Lean Protein</i> In persons with normal kidney function, protein intake should range from 15%-35% of daily total calories</p>	<p>We provide plant based proteins like beans, soy products and nuts in addition to lean turkey and chicken. 20-23% of calories are from lean sources of protein, depending on calorie level.</p>	<p align="center"></p>
<p><i>Eat a Diet Low in Fat and Cholesterol</i> Due to increase in heart conditions in those with diabetes, it is recommended to follow a heart healthy diet, low in saturated and trans fats.</p>	<p>SSHE meals contain NO trans fat, less than 6% of calories from saturated fat, and less than 25% of calories from fat.</p>	<p align="center"></p>
<p><i>If Overweight or Obese, Lose Weight</i> 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.</p>	<p>SSHE provides several calorie plans (1200 calorie, 1500 calorie, and 2000 calorie) to meet individual calorie needs.</p>	<p align="center"></p>
<p><i>Reduce Salt</i> Limit sodium to less than 2,300 milligrams a day, or less than 1,500 milligrams a day if you're age 51 or older, if you are black, or if you have high blood pressure, diabetes or chronic kidney disease.</p>	<p>Our 1200 calorie meal plan provides 1492 mg sodium a day. Our 1500 calorie vegetarian meal plan provides 1942 mg sodium a day. Our 2000 calorie meal plan provides 2328 mg sodium a day.</p>	<p align="center"></p>