



Heart Healthy DIET GUIDELINES | AMERICAN HEART ASSOCIATION



By providing good nutrition and supporting a healthy weight, Seattle Sutton's Healthy Eating program is ideal for improving your heart health! We strictly follow the guidelines from the American Heart Association as well as the Dietary Guidelines for Americans and the basic principles of the Mediterranean Diet and DASH Diet.

Each of our meal plans are designed to provide you with a balanced diet with the recommended daily amount of nutrients - at the calorie level you need to reach your health goals. Each program meets or exceeds the guidelines set forth by the American Heart Association.

NUTRIENTS	AMERICAN HEART ASSOCIATION HEART HEALTHY DIET GUIDELINES	1200 CALORIE PORTION	1500 CALORIE VEGETARIAN PORTION	2000 CALORIE PORTION
Sodium	Less than 2300 milligrams a day – OR – if you are over age 51, are Black, or have high blood pressure, diabetes or chronic kidney disease, 1500 milligrams or less a day.	<1500 mg per day	<1800 mg per day	<2300 mg per day
Fiber	Consume 14g of fiber per 1000 calories. Emphasize whole-grain products, fruits, vegetables, beans, peas, unsalted nuts and seeds.	16.8 grams per day	21 grams per day	28 grams per day
Fat	Limit all sources of fat to 20 to 35 percent of your daily calories. Limit Saturated Fat to 10% of your total calories or less.	30% of calories from fat <10% of calories from saturated fat	27% of calories from fat <10% of calories from saturated fat	31% of calories from fat <10% of calories from saturated fat
Added Sugars	Consume no more than 100 calories a day of added sugars for most American women and 150 calories a day for most American men.	46 calories average per day	60 calories average per day	68 calories average per day
Trans Fat	Avoid trans fat by limiting foods that contain synthetic sources of trans fat such as partially hydrogenated oils, and by limiting other solid fats.	NO trans fat	NO trans fat	NO trans fat
Carbohydrates	Get 45 to 65 percent of your daily calories from carbohydrates. Emphasize natural, nutrient-dense carbohydrates from fruits, vegetables, beans, legumes, and whole grains. Limit sugar-sweetened beverages, desserts, and refined grain products.	47% of calories from healthy carbohydrates	52% of calories from healthy carbohydrates	46% of calories from healthy carbohydrates
Protein	Get 10 to 35 percent of your total daily calories from protein. Emphasize plant sources of protein such as beans, lentils, soy products, and unsalted nuts. Meat, poultry and dairy products should be lean or low fat.	Proteins provided: dairy, eggs, lean poultry, fish, and plant-based proteins. 24% of calories are from lean sources of protein.	Proteins provided: dairy, eggs, and plant-based proteins. 22% of calories are from plant-based proteins.	Proteins provided: dairy, eggs, lean poultry, fish, and plant-based proteins. 22% of calories are from lean sources of protein.
Cholesterol	Limit dietary cholesterol to less than 300 milligrams a day.	177 mg cholesterol a day	160 mg cholesterol a day	299 mg cholesterol a day