







The 2025 Best Diets

Compared To Seattle Sutton's Healthy Eating



KEY ASPECTS	 SSHE 	MEDITERRANEAN DIET	DASH DIET	FLEXITARIAN DIET
DIET'S FOCUS	Meals that are low in sodium, fat, and added sugar, including fruits/vegetables, lean/plant-based proteins, and low-fat dairy	Emphasize plant-based meals, healthy fats, and lean protein	Focus on reducing sodium, fruits, vegetables, and lean protein	Reduced meat consumption, focuses on plant-based foods with some meat/fish
HEALTH CONDITIONS	Heart Health Weight Management Balanced Nutrition Long Term Health Blood Sugar Control Anti-inflammatory	Heart health Anti-inflammatory Longevity Weight Management	Blood Pressure Management Cardiovascular Health, Weight Management	Weight Management Health Improvement Reducing Environmental Impact
HEART HEALTH	Nutrient dense meals following the guidelines of the American Heart Association	Rich in healthy fat and lean proteins	Specifically designed for blood pressure and heart health	Focus on plant-based foods that support heart health
SODIUM	1200 calorie plan: <1500 mg 1500 calorie plan: <1800 mg 2000 calorie plan: <2300 mg	Less than or equal to 2,300 mg per day	Limits sodium to 1,500-2,300 mg per day	Flexible, but often low in sodium due to plant-based emphasis

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WEIGHT LOSS	Structured for weight loss with portion & calorie control	Potential for weight loss through healthy food choices	Encourages weight loss through healthy, balanced eating	Flexible for weight management
CALORIES	Pre-portioned meals for calorie control: 1200, 1500, 2000 calorie options	Tends to be calorie conscious	Moderate calorie intake for heart health	Varies based on individual preferences
BLOOD SUGAR MANAGEMENT	Balanced carbs and protein following guidelines from the American Diabetes Association	Focuses on whole grain, legumes, and healthy fats	Low glycemic index foods help manage blood sugar levels	Supports blood sugar regulation with plant-based focus
NUTRIENT DENSITY	High with balanced portions of macronutrients	High, especially with fruit, vegetables, nuts, and olive oil	High, rich in fruits, vegetables, and low-fat dairy	Nutrient-dense from plant-based sources

Seattle Sutton’s Healthy Eating (SSHE) offers a convenient, balanced approach to eating, aligning with the key principles of the Mediterranean, DASH, and Flexitarian diets. Our program excels in heart health, weight management, and reducing sodium intake. While each of the top diets offers distinct health benefits, Seattle Sutton’s makes it easy for individuals to stick to these dietary principles without the hassle of meal planning or cooking, making it a great choice for those looking for a sustainable, healthy eating option.