



FAQ'S

Our Clean Labels

At Seattle Sutton's Healthy Eating, we prioritize your health by creating fresh, nutritionally balanced meals free from artificial ingredients, trans fats, and deep frying. We follow strict ingredient standards, avoiding over **60 unacceptable additives**—including those rated “avoid” by the **Center for Science in the Public Interest (CSPI)**. Our meals are designed to support better health without compromising on quality or taste.

- ZERO Artificial Colors
- ZERO Artificial Sweeteners
- ZERO Hydrogenated Fats
- ZERO MSG
- ZERO High Fructose Corn Syrup
- ZERO Harmful Preservatives



UNACCEPTED INGREDIENTS

Acesulfame-K (Acesulfame Potassium)	Dioctyl Sodium Sulfosuccinate (DSS)	Polydextrose
Aloe Vera	Ethyl Vanillin	Polysorbate 60 and 65
Ammonium Chloride	Ethylene Oxide	Potassium Bromate
Artificial Colors/Synthetic Food Dyes	Ethoxyquin	Potassium Iodate
Artificial Flavors	Ginkgo Biloba	Propyl Gallate
Aspartame (Equal, AminoSweet)	Hexa-, Hepta- and Octa- esters of Sucrose	Propylparaben
Azodicarbonamide	High-Fructose Corn Syrup	Saccharin
Brazzein	High-Maltose Corn Syrup	Salatrim
Brominated Vegetable Oil (BVO)	Hydrogenated Fats	Sodium Aluminum Sulfate
Butylated Hydroxyanisole (BHA)	HSB (Hydrogenated Starch Hydrolysate)	Sodium Diacetate
Calcium Saccharin	Lead Soldered Cans	Sodium Glutamate
Calcium Sorbate	Methyl Silicon	Sodium Nitrate/Nitrite
Calcium Stearoyl-2- Lactylate	Methylparaben	Sucralose (Splenda)
Cannabidiol (CBD)	Micro-particularized Whey Protein Derived	Sucroglycerides
Caprocaprylobehenin	Monatin	Sucrose Polyester
Carmines	Monk Fruit Extract	Sugar Alcohol (Isomalt, Lactitol, Maltitol, Mannitol, Sorbitol, Xylitol)
Certified Colors	Monosodium Glutamate (MSG)	Tagatose
Cyclamates	Nitrates/nitrites	TBHQ (Tertiary Butylhydroquinone)
Diacetyl	Olestra (Olean)	Transglutaminase ("meat glue")
Dimethylpolysiloxane	Partially Hydrogenated Oil (Trans Fat)	

Still have questions? Visit www.seattlesutton.com or call 800-442-3438