

What Makes Our Meal Options Healthy?

FOLLOWING NATIONAL STANDARDS

GMM FOLLOWS STANDARDS SET FORTH BY



American Heart Association (AHA)
Food and Drug Administration (FDA)
National Kidney Foundation (NKF)
American Diabetes Association (ADA)

HEART HEALTHY

REDUCING SODIUM & SATURATED FAT

Our meals stay below 660mg of sodium, with some as low as 300mg. You can feel confident that eating our meals for breakfast, lunch and dinner will keep your daily sodium intake below 2000mg, as recommended by the AHA and NKF.

DID YOU KNOW?
The average American consumes 3400mg of sodium per day.

CONSISTENT CARBOHYDRATES

KEEPING MEALS DIABETES FRIENDLY



In order to keep blood sugars stable, the ADA recommends consuming a similar amount of carbs at each meal. We keep the carbohydrate grams consistent and choose whole grain options to increase the fiber of each meal. This promotes better blood sugar control.

BALANCE IN EVERY MEAL

DIETITIAN APPROVED

Regardless of which meals you choose, you can feel confident that you are getting a balance of lean proteins, whole grains, and colorful veggies! Our menus are developed by a team of experienced Registered Dietitians Nutritionists.



EXPERT SUPPORT

CONSIDERATION FOR THE INDIVIDUAL



We know that everyone has different nutrition needs and preferences. Our team of Registered Dietitian Nutritionists are here to help you. You can schedule a free introduction call or purchase a comprehensive assessment. Check out our website to get connected with our experts.

WWW.GOODMEASUREMEALS.COM

404.815.7695