



L. Rick Bannan/Pioneer Press

Seattle Sutton (right) discusses her program with client Holly Work as Barrington distributor Dustin Harris looks over meat orders.

## Healthy eating turns healthy profit

By TOM JOHNSTON  
STAFF WRITER

**M**om always said you wouldn't grow up big and strong if you didn't eat your greens, but she probably never said a thing about how big a company could grow by making sure you do.

Seattle Sutton's Healthy Eating in Barrington is one of 70 of the company's distributorships in the Chicago area, and recently added franchises in Minnesota and Nebraska are a sign that more and more people are eating right.

"We're going nationwide," said company founder Seattle Sutton, whose initial investment of \$1,000 has turned into a \$13 million business.

Sutton visited her Barrington store, located in the old Seigle's building at 200 N. Hough St., last week to meet her customers, many of whom touted the convenience of

having 21 well-balanced and healthy meals prepared each week for them without the hassle of grocery shopping, cooking or sticking to their own diet regimen.

"The meals are for anybody that wants to eat healthy, freshly prepared meals," Sutton said, adding that all the meals are not frozen or dried and contain low amounts of fat, cholesterol and sodium on top of being portion controlled.

"People can be on this program the rest of their life," she said. "It's ideal for weight loss because the biggest factor for someone looking to lose weight is how to control their calorie intake, and we do that for them."

The only thing customers will have to do themselves is buy fat-free milk, Sutton said.

By pickup or delivery, customers receive their meals two times a week. They get nine meals on Monday for break-

distributor, the 1,200-calorie plan usually runs \$85 per week and the 2,000-calorie plan costs \$100 per week.

Breakfast may include a moist and flavorful orange bread with a banana; lunch

might consist of a fresh Caesar salad with hearts of tender Romaine, Caesar dressing and shredded cheese and gingerbread; and dinner

could feature oven-roasted Cornish Hen with a delicate orange glaze, served with wild rice and a side of select baby beets and refreshing cranberry relish.

At a five-week interval, customers will only repeat the same meal 10 times in one year, Sutton said.

Until recently, the company

put out 100,000 meals a week from its Ottawa, Ill.-based kitchen. Its new kitchen has the capacity to put out 500,000 meals a week from a new location in the same town. New distributors are now popping up in other Midwestern states.

Sutton founded the company in Ottawa in 1985. A registered nurse who had raised her five children, she decided to assist her husband, a physician, at his office where patients would often ask her how to eat right.

"They said, 'Seattle, if you did it for me I'd stay on a diet, but I'm not going to do that work,'" Sutton said.

Sutton said her goal was to provide people the healthiest meals possible without any gimmicks, without any contracts to sign and without the need for counseling. For those who want counseling, she urges people to go to visit a dietitian and physician.

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**Seattle Sutton**

fast, lunch and dinner each day until Wednesday and 12 meals on Thursday for the rest of the week.

They also choose from the 1,200-calorie-per-day plan or the 2,000-calorie-per-day plan, both of which include the same food but different portions. Though prices differ slightly from distributor to

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**PROPERTY TRANSFERS**

The following property transfers have taken place in the area recently, according to the latest report released by the Cook County Recorder of Deeds.

**Barrington**

- **506 Park Barrington Way**, Cooper Avril E. Tr, Avril E. Cooper Deed Trust, Cooper Avril E. Deed Trust to Wollney Ruth Tr, Ruth Wollney Deed Trust, \$360,500; Feb. 20.
- **410 Shagbark Court**, Pierre Grefice to Royal Lepage Relocation Serv Int'l, \$605,000; Feb. 21.
- **1444 Cascade Lane**, Harinadha Koneru to Peter and Marilyn Rowley, \$605,000; Feb. 25.
- **2121 Mulguy Court**, Parkway B&T Co Tr to David and Nancy Bergen, \$570,000; Feb. 26.
- **1016 Oakland Drive**, Tadeusz and Jozefa Furman to Yoonhong Shin and Mijin Cho, \$575,000; March 11.
- **1205 S. Northwest Highway**, Home State Bk Tr to D&J Petro Inc., \$525,000; March 11.

**Barrington Hills**

- **221 Oakdene Drive**, Robert and Judith Lammert to John Markham, \$625,000; Feb. 20.
- **4 Fernwood Drive**, LaSalle Bank Nat'l Assn Tr to Michael Cappelletti and Joan Fragakis, \$380,000; Feb. 20.
- **267 Leeds Drive, Lot No. 13**, Harris T&S Bank Tr to Bradley and Tina Kost, \$530,000; March 1.
- **6 Marbury Lane**, Homes By

Pinnacle Inc. to Joseph and Valerie Swanson, \$830,000; March 11.

**Inverness**

- **57 Brodieck Lane**, Robert and Jennifer Smith to Carol Piszczek \$512,500; Feb. 27.
- **772 Halbert Lane**, Ian and Jacqueline Baer to Richard and Janice Demarco, \$585,000; March 5.
- **833 Braeburn**, Russell and Lisa Beaupre to North Star Trust Co Tr, \$375,000; March 6.
- **177 South Firth Road**, Bank One Fin Serv to Russell and Lisa Beaupre, \$470,000; March 6.
- **222 Bradwell**, Ajit and Anjani Choudhary to Neil and Leanne Thompson, \$330,000; March 7.
- **665 Dumbarton**, Braymore Corp II to Brothers Inv Llc, \$310,000; March 13.
- **312 S. Ela Road**, Wells Fargo Bk Mn Tr to Krystyna Zielinska, \$250,500; March 13.
- **975 Livingston Lane**, Michael and Maria Kraft to LaSalle Bk Nat'l Assn Tr, \$832,000; March 15.
- **748 Quail Run**, Pettry Jeanne F Tr, Jeanne F Pettry Revoc Trust, Pettry Jeanne Revoc Trust to Steve and Nancy Resis, \$798,000; March 15.

**South Barrington**

- **17 Brooke Lane**, Naim II Elias to Robert and Donna Lyon, \$2,375,000; March 5.
- **1 Lexington Road**, LaSalle Bk Nat'l Assn Tr to West Subn Bk Tr, \$668,000; March 13.

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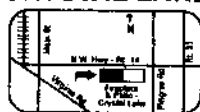


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**Eating** *Continued from page 101*

"It's not a fad diet," she said. "It's what people should be eating for the rest of their lives."

However, some customers visiting with Sutton last week said they actually liked the fact that her program is non-binding -- they can sign up on a week-to-week basis.

While most people sign up for the meals to lose weight, a lot of people do it just to know they are eating healthy, Sutton said. "It's for anybody and everybody," she said.

Barrington Hills resident Reinhard Taylor said he and his wife started using Seattle Sutton's program four years ago not to lose weight but eat healthy with convenience. Both school teachers, Taylor and his wife often get home too late to plan out a good meal.

"It's the convenience," he said. "Rather than just eating fast food, we know we're eating something healthy."

Holly Work of Elgin said she began using the program 10 weeks ago, trying to maintain her weight after losing almost 40 pounds. With her husband often away at work, cooking good meals for herself doesn't really make sense.

"I'm assured I'm getting all the basics of my diet," Work said. "You get all the fruits and vegetables you're supposed to have on a daily basis. It's been great for me."

And it's been great for Sutton.

"We're growing so rapidly that we have not raised prices in 10 years," she said. For more information, call Dustin Harris, Barrington distributor, at (847) 382-9040.