



Tangelo: Tailored Nutrition for Chronic Disease Management

At Tangelo, we believe that managing chronic diseases starts with the right food. That's why we've crafted over 20 condition-specific menus designed to cater to your unique dietary needs. Our menus combine the expertise of registered dietitians and professional chefs with the latest nutrition science, pulling from authoritative sources such as:

- American Cancer Society (ACS)
- American College of Lifestyle Medicine (ACLM)
- American Diabetes Association (ADA)
- American Heart Association (AHA)
- National Academy of Medicine (NAM)
- USDA Dietary Guidelines for Americans (DGA)



High Standards of Nutritional Excellence

Tangelo's commitment to nutrition is reflected in our food-centric standards, aligned with the 2020 Healthy Eating Index for an objective measure of diet quality. Our meals are meticulously designed to:



Support general wellness and specific dietary needs.



Control portion sizes for effective weight management.



Be lower in sodium and saturated fat, promoting heart health.



Be lower in potassium and phosphorus for those managing in kidney health.



Utilize whole ingredients sourced from local US farmers.



Remain free of additives in 90% of our menu items.

Aligning with USDA Dietary Recommendations

Our nutrition guidelines are in strict alignment with the USDA's dietary recommendations, as outlined in the 2020–2025 Dietary Guidelines for Americans, emphasizing:



Added Sugars

Consume less than 10% of calories per day from added sugars.



Saturated Fat

Keep saturated fat intake to less than 10% of calories per day.



Sodium

Aim for less than 2,300 mg per day, or 1,500 mg for individuals with hypertension.



Potassium

Consume at least 3,400 mg per day (unless managing kidney disease)



Focus on Plants

Base the diet primarily on whole plant foods.



Fiber

Ensure more than 28 g of fiber per day.

Join us in a Journey to Health

Tangelo's mission is to provide meals that not only taste delicious but also contribute positively to the health and wellness goals of those in need. With our condition-specific menus, we're here to support every step of the way on members' health journeys.

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