

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Dear [Patient Name],

It was a pleasure meeting with you on [Date of Visit] to discuss your dietary intervention plan and nutritional goals. This letter serves as a summary of our discussion and a guide for your next steps.

Summary of Dietary Goals:

- [Goal 1: e.g., Increase daily fiber intake to 25g]
- [Goal 2: e.g., Reduce sodium intake to under 2,300mg]
- [Goal 3: e.g., Incorporate lean protein into every meal]

Key Recommendations:

- [Recommendation 1: e.g., Keep a food diary for the next two weeks]
- [Recommendation 2: e.g., Swap sugary beverages for water or herbal tea]
- [Recommendation 3: e.g., Focus on portion control using the plate method]

Resources:

I have attached [Handout Name/Link] to help you with meal planning and grocery shopping. Please review these materials as they provide practical tips for implementing the changes we discussed.

Next Steps:

Consistency is key to seeing progress. We will review your food diary and monitor your [Lab Result/Weight/Blood Pressure] at our next follow-up appointment, which is scheduled for [Date/Time].

If you have any questions or encounter any challenges before our next meeting, please do not hesitate to contact me at [Phone Number] or [Email].

Best regards,

[Provider Signature]

[Provider Name, Title]

[Clinic/Facility Name]