

Dear [Patient's Name],

We hope this letter finds you well. As part of your ongoing care for anemia, we would like to discuss some dietary modifications that can support your treatment.

Dietary Recommendations

- Increase iron-rich foods such as lean meats, beans, and fortified cereals.
- Incorporate vitamin C-rich fruits and vegetables to enhance iron absorption.
- Avoid excess calcium and tannins (found in tea and coffee) when consuming iron-rich meals.
- Consider adding foods high in folate, such as leafy greens, to support red blood cell production.

Sample Meal Plan

Breakfast: Oatmeal topped with strawberries and a glass of orange juice.

Lunch: Spinach salad with grilled chicken, chickpeas, and a lemon vinaigrette.

Dinner: Quinoa with sauteed broccoli and baked salmon.

Follow-Up

Please schedule a follow-up appointment to discuss your progress and any additional questions you may have.

Sincerely,

[Your Name]

[Your Position]

[Clinic Name]

[Contact Information]