

Dietary Instructions for Discharged Patients

Date: _____

Patient Name: _____

Patient ID: _____

Dear [Patient Name],

Congratulations on your recovery! As you prepare to return home, it is essential to follow the dietary instructions below to ensure a smooth transition and support your ongoing health.

Dietary Restrictions:

- Avoid high sodium foods (e.g., processed meats, canned soups).
- Limit sugar intake (e.g., sweets, sugary drinks).
- Restrict saturated fats (e.g., fried foods, full-fat dairy products).

Recommended Foods:

- Incorporate plenty of fruits and vegetables.
- Choose whole grains (e.g., brown rice, whole wheat bread).
- Opt for lean proteins (e.g., chicken, fish, legumes).

Hydration:

Drink at least 8 glasses of water a day. Limit caffeine and alcohol intake.

Follow-up:

Schedule a follow-up appointment with your healthcare provider within the next two weeks.

If you have any questions or concerns, please do not hesitate to contact our office at [phone number] or [email address].

Wishing you a healthy recovery!

Sincerely,

[Your Name]

[Your Position]

[Hospital/Clinic Name]