

# Dear [Patient's Name],

We hope this letter finds you well. As part of our commitment to your health, we would like to provide you with some important information about nutrition for pediatric patients.

## Nutritional Guidelines

- **Fruits and Vegetables:** Aim for at least 5 servings a day.
- **Whole Grains:** Choose whole grain bread, pasta, and cereals.
- **Protein:** Include lean meats, fish, eggs, dairy, and plant-based proteins.
- **Hydration:** Encourage drinking water instead of sugary drinks.

## Healthy Eating Tips

Try to make mealtime a family affair. Involve [Patient's Name] in meal planning and preparation to encourage healthy choices.

## Resources

For additional information and recipes, visit our website or the following resources:

- [ChooseMyPlate.gov](http://ChooseMyPlate.gov)
- [EatRight.org](http://EatRight.org)

If you have any questions, please feel free to contact our office.

Sincerely,

[Your Name]

[Your Position]

[Clinic/Organization Name]

[Contact Information]