

# Request for Individualized Nutrition Counseling

Date: [Insert Date]

To: [Nutritionist/Dietician's Name]

[Address of the Nutritionist/Dietician]

Dear [Nutritionist/Dietician's Name],

I hope this letter finds you well. I am writing to formally request individualized nutrition counseling to assist me in achieving my health and wellness goals. I believe that your expertise in nutrition will greatly benefit my journey towards a healthier lifestyle.

Specifically, I am seeking guidance on:

- Personalized meal planning
- Managing specific dietary restrictions
- Understanding nutritional content of foods
- Developing strategies for healthier eating habits

Please let me know your availability for an initial consultation. Thank you for considering my request, and I look forward to your positive response.

Sincerely,

[Your Name]

[Your Address]

[Your Phone Number]

[Your Email Address]