

Diabetic Care Session Summary

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Patient ID: [Insert Patient ID]

Session Overview

Dear [Patient's Name],

During our recent diabetic care session, we discussed the importance of managing your diabetes through dietary modifications and regular monitoring.

Dietary Recommendations

- Incorporate whole grains such as brown rice and oats into your meals.
- Increase your intake of non-starchy vegetables like broccoli, spinach, and peppers.
- Choose lean proteins, including chicken, fish, and legumes.
- Limit your intake of sugary beverages and replace them with water or herbal teas.
- Monitor portion sizes to maintain stable blood sugar levels.

Follow-Up

Please keep a food diary for the next two weeks and note any changes in your blood sugar levels. We will review this in our next session.

Thank you for your commitment to improving your health. If you have any questions, feel free to reach out.

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]