

# Health-Related Food Preferences

Date: [Insert Date]

To: [Recipient's Name]

From: [Your Name]

Subject: Health-Related Food Preferences for Upcoming Meeting

Dear [Recipient's Name],

I hope this message finds you well. As we prepare for our upcoming meeting on [insert date], I wanted to share my food preferences and dietary restrictions to ensure a comfortable dining experience.

## Dietary Preferences:

- Vegetarian
- Gluten-Free
- Low-Sugar

## Allergies:

- Nuts
- Dairy

Thank you for considering these preferences. I look forward to our meeting.

Best regards,

[Your Name]

[Your Contact Information]