

Follow-Up: Nutritional Advice for Heart Health

Dear [Patient's Name],

I hope this message finds you well. I wanted to take a moment to follow up on our recent consultation regarding your heart health and the nutritional strategies we discussed.

Key Recommendations

- Incorporate more fruits and vegetables into your daily meals.
- Limit saturated fats and trans fats; consider healthier alternatives like olive oil.
- Increase your intake of whole grains, such as brown rice and quinoa.
- Choose lean proteins, such as fish, poultry, and legumes.
- Monitor your sodium intake to help manage blood pressure.

Please remember to stay hydrated and aim for at least 30 minutes of physical activity most days of the week.

If you have any questions or need further assistance, feel free to reach out. I am here to support you on your journey to better heart health.

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]