

Dietary Consultation Follow-Up

Date: [Insert Date]

To: [Client's Name]

Address: [Client's Address]

Dear [Client's Name],

I hope this message finds you well. I am writing to follow up on our recent dietary consultation regarding your cardiovascular health.

During our session, we discussed several key dietary modifications to help manage your cardiovascular condition, including:

- Incorporating more fruits and vegetables into your daily meals.
- Reducing sodium intake by limiting processed foods.
- Choosing whole grains over refined grains.
- Including healthy fats from sources such as avocados, nuts, and olive oil.

It is important to remain consistent with these changes and to monitor your progress. I recommend keeping a food diary for the next few weeks to help identify any patterns or challenges you may encounter.

Please let me know if you have any questions or need further assistance with your dietary plan. I am here to support you on your journey towards better cardiovascular health.

Looking forward to our next appointment.

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]