

# Dietary Consultation Follow-Up

Date: [Insert Date]

To: [Patient's Name]

From: [Your Name]

Subject: Follow-Up on Diabetic Nutrition Plan

Dear [Patient's Name],

I hope this message finds you well. This letter serves as a follow-up to our recent dietary consultation regarding your diabetic nutrition plan.

In our last meeting, we discussed the following key components:

- Understanding carbohydrate counting
- Meal planning strategies
- Portion control techniques
- Monitoring blood sugar levels
- Incorporating physical activity into your daily routine

Please remember to keep a food diary for the next few weeks to help monitor your progress and identify any areas for improvement. This will also assist us in our next consultation.

Our next appointment is scheduled for [Insert Date]. If you have any questions or concerns in the meantime, please do not hesitate to reach out.

Thank you for your commitment to managing your health. I look forward to seeing you soon.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]