

Dietary Consultation Follow-Up

Date: [Insert Date]

To: [Client's Name]

From: [Your Name]

[Your Title/Position]

[Your Contact Information]

Dear [Client's Name],

I hope this message finds you well. Thank you for attending your recent dietary consultation. I wanted to take a moment to follow up regarding our discussion on prenatal nutrition guidance.

Key Points from Our Consultation:

- Importance of balanced meals including adequate protein, carbohydrates, and healthy fats.
- Recommended daily intake of vitamins and minerals, including folic acid, iron, and calcium.
- Suggestions for healthy snack options to manage cravings.
- Hydration tips to ensure you are drinking adequate fluids throughout the day.

Next Steps:

Please implement the strategies we discussed and keep a food journal for the next two weeks. This will help us to assess your progress during our next appointment.

Follow-Up Appointment:

Let's schedule our next meeting to review your food journal and make any necessary adjustments. Please let me know your availability next week.

Feel free to reach out with any questions or concerns in the meantime.

Wishing you a healthy and happy pregnancy!

Sincerely,

[Your Name]

[Your Qualifications]