

Dietary Recommendations

Dear [Client's Name],

As your registered dietitian, I would like to provide you with some dietary recommendations tailored to your health goals.

1. Balanced Meals

Ensure each meal includes a balance of proteins, carbohydrates, and healthy fats. Aim for:

- 35% of calories from protein
- 45% of calories from carbohydrates
- 20% of calories from fats

2. Hydration

Drink at least 8 glasses of water daily. Consider herbal teas or other non-caffeinated beverages for variety.

3. Fruits and Vegetables

Incorporate at least 5 servings of fruits and vegetables each day. Focus on a variety of colors and types.

4. Whole Grains

Choose whole grains over refined grains. Opt for brown rice, quinoa, whole wheat bread, and oats.

5. Limit Added Sugars and Salt

Reduce your intake of added sugars and sodium. Read labels carefully and aim for whole foods.

6. Regular Meals

Try to eat at regular intervals--breakfast, lunch, dinner, and snacks, to maintain energy levels.

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

Sincerely,

[Your Name]

Registered Dietitian