

# Dear [Patient's Name],

As part of your ongoing management of diabetes, it is essential to adhere to a healthy diet. Below are some dietary guidelines to help you maintain stable blood sugar levels:

## 1. Choose Carbohydrates Wisely

- Opt for whole grains like brown rice, quinoa, and whole grain bread.
- Limit refined carbohydrates and sugary foods.
- Monitor portion sizes of carbohydrate-rich foods.

## 2. Include Healthy Fats

- Focus on sources of unsaturated fats such as olive oil, avocados, and nuts.
- Avoid trans fats and limit saturated fats from red meats and full-fat dairy products.

## 3. Eat Plenty of Vegetables

- Incorporate a variety of non-starchy vegetables into every meal.
- Be mindful of starchy vegetables and portion them accordingly.

## 4. Regular Meal Times

- Maintain consistent meal times to help regulate blood sugar levels.
- Avoid skipping meals or having long gaps between meals.

## 5. Stay Hydrated

- Drink plenty of water throughout the day.
- Avoid sugary drinks and limit caffeine intake.

For personalized meal planning, please consult with a registered dietitian or your healthcare provider.

Best regards,  
[Your Name]  
[Your Title]  
[Your Contact Information]