

Dietary Guidelines for Patients with Food Allergies

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Address: [Insert Patient Address]

Dear [Patient Name],

We understand that managing food allergies can be challenging. To assist you in maintaining a safe and healthy diet, please find the following dietary guidelines:

1. Identify Allergens

- Clearly identify your food allergies. Common allergens include: peanuts, tree nuts, dairy, eggs, wheat, soy, fish, and shellfish.
- Always read food labels carefully to avoid hidden allergens.

2. Meal Planning

- Incorporate a variety of foods that are safe for your consumption.
- Plan meals that include fruits, vegetables, grains, and proteins that are not on your allergen list.

3. Safe Eating Practices

- Avoid cross-contamination by using separate utensils and cooking surfaces.
- When dining out, always inform the staff about your allergies.

4. Emergency Plan

- Always carry an epinephrine auto-injector (if prescribed).
- Have a plan in place for allergic reactions, including who to contact for help.

If you have any questions or need further assistance, please feel free to reach out to our office.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]