

Diabetes Management Plan

Date: [Insert Date]

Dear [Patient's Name],

We have reviewed your recent health evaluations and discussed your current diabetes management plan. Based on our conversation and your health goals, we recommend the following changes to your diet and exercise regimen:

Dietary Changes

- Incorporate more whole grains such as brown rice and quinoa.
- Increase your vegetable intake to include a variety of colors and types.
- Limit processed sugars and choose natural sweeteners whenever possible.
- Monitor portion sizes, especially with carbohydrate-rich foods.
- Stay hydrated by drinking plenty of water throughout the day.

Exercise Recommendations

- Aim for at least 150 minutes of moderate aerobic exercise each week.
- Include strength training exercises at least twice a week.
- Incorporate flexibility and balance exercises, such as yoga or tai chi.
- Consider short walks after meals to help with blood sugar control.

Please be sure to review these changes with your registered dietitian and exercise specialist. We will schedule follow-up appointments to monitor your progress and make any necessary adjustments.

Thank you for your commitment to managing your diabetes effectively.

Sincerely,

[Your Name]

[Your Title]

[Contact Information]