

Prenatal Dietary Advice

Date: [Insert Date]

To: [Client's Name]

Address: [Client's Address]

Dear [Client's Name],

I hope this letter finds you in great health and high spirits as you embark on this wonderful journey of pregnancy. As your nutritionist, I would like to offer some dietary advice to support you and your baby's health during this crucial time.

Recommended Dietary Guidelines:

- **Fruits and Vegetables:** Aim for at least 5 servings a day. Consider a variety such as leafy greens, berries, and citrus fruits.
- **Whole Grains:** Incorporate whole grains like brown rice, quinoa, and whole wheat bread for essential fibers and nutrients.
- **Protein Sources:** Include lean meats, fish, beans, and legumes to support your body's increased protein needs.
- **Dairy:** Consume dairy products or fortified alternatives to ensure sufficient calcium intake.
- **Hydration:** Drink plenty of water throughout the day, aiming for at least 8-10 cups.

Foods to Avoid:

- **Raw or Undercooked Fish:** This can contain harmful bacteria or parasites.
- **Unpasteurized Dairy:** Avoid products that can carry harmful bacteria.
- **High Mercury Fish:** Limit consumption of shark, swordfish, and king mackerel.
- **Caffeine and Alcohol:** Minimize intake for the safety of you and your baby.

It's essential to listen to your body and eat a balanced diet that works for you. Should you have any questions or need further guidance, please do not hesitate to contact me.

Wishing you all the best on your journey to motherhood!

Warm regards,

[Your Name]

[Your Title/Qualifications]

[Your Contact Information]