

Nutrition Needs Alteration Request

Date: [Insert Date]

To Whom It May Concern,

I hope this message finds you well. I am writing to formally request an alteration to my current nutritional needs as part of my ongoing health management plan.

After recent consultations with my healthcare provider, it has been determined that my dietary requirements should be adjusted to better support my health goals. Specifically, I would like to address the following changes:

- Increase in protein intake to support muscle recovery
- Reduction of carbohydrate consumption to assist with weight management
- Incorporation of more omega-3 fatty acids for heart health

I believe that these changes will significantly contribute to my overall well-being and help me achieve my health objectives. I kindly ask for your assistance in facilitating these adjustments.

Thank you for your attention to this matter. I look forward to your response.

Sincerely,

[Your Name]

[Your Contact Information]