

Meal Planning Guidelines for Patients

Date: [Insert Date]

Dear [Patient's Name],

We are pleased to provide you with meal planning guidelines to help you maintain a balanced diet and support your health objectives. Please consider the following recommendations:

1. Balanced Diet Components

- Incorporate a variety of fruits and vegetables into your meals.
- Choose whole grains over refined grains.
- Include lean proteins such as poultry, fish, beans, and nuts.
- Limit saturated fats, sugars, and sodium.

2. Daily Meal Suggestions

Consider the following daily meal structure:

- **Breakfast:** Oatmeal with fruit and nuts
- **Lunch:** Grilled chicken salad with a variety of vegetables
- **Dinner:** Baked salmon with quinoa and steamed broccoli
- **Snacks:** Yogurt, fresh fruit, or a handful of nuts

3. Hydration

Stay hydrated by drinking plenty of water throughout the day. Aim for at least 8 cups daily.

4. Portion Control

Be mindful of portion sizes to help manage your caloric intake.

Should you have any questions, or need further assistance in planning your meals, please do not hesitate to contact us.

Best regards,

[Your Name]

[Your Position]

[Your Contact Information]

[Your Institution]