

Dear [Patient's Name],

As part of your nutritional guidance, we encourage you to incorporate the following nutrient-rich foods into your diet:

Fruits:

- Blueberries
- Spinach
- Bananas
- Oranges

Vegetables:

- Broccoli
- Kale
- Carrots
- Sweet Potatoes

Proteins:

- Chicken Breast
- Salmon
- Beans
- Quinoa

Healthy Fats:

- Avocados
- Olive Oil
- Nuts (e.g., almonds, walnuts)
- Seeds (e.g., chia, flaxseeds)

We hope these suggestions help you in achieving a balanced and nutritious diet. If you have any questions or need further assistance, please feel free to reach out.

Best regards,
[Your Name]
[Your Position]