

Dear [Patient's Name],

As part of your prenatal care, it is essential to focus on a balanced diet to support your health and your baby's development. Below are some dietary recommendations to consider during this important time:

1. Fruits and Vegetables

Include a variety of fruits and vegetables in your daily meals. Aim for at least 5 servings a day to ensure adequate vitamins and minerals.

2. Whole Grains

Opt for whole grain products such as brown rice, whole wheat bread, and oats, which are rich in fiber and nutrients.

3. Protein Sources

Incorporate lean proteins like chicken, fish, beans, and nuts into your diet. Aim for two servings of fish per week, focusing on low-mercury options.

4. Dairy

Consume dairy products or fortified alternatives for calcium and vitamin D. Aim for 3 servings per day.

5. Hydration

Stay hydrated by drinking plenty of water throughout the day. Avoid sugary drinks and limit caffeine intake.

6. Prenatal Vitamins

Continue taking your prenatal vitamins as advised, particularly those containing folic acid to help prevent neural tube defects.

If you have any concerns or specific dietary needs, please feel free to discuss them during your next appointment.

Wishing you a healthy pregnancy!

Sincerely,
[Your Name]
[Your Title]
[Your Contact Information]