

TO WHOM IT MAY CONCERN,

It is my medical recommendation that _____ makes the diet changes specified below. This is an important part of their medical treatment, and following these instructions will help them maintain their health and well-being.

Making new food choices can be difficult, and they will need your help. Eating at restaurants, family or school celebrations, and holidays can be challenging to someone requiring a specialized diet. They will appreciate your support and encouragement.

Sincerely

DIET / FOOD RECOMMENDATIONS: