

Date: _____

To SCHOOL RN, CAFETERIA, Teacher, Coach:

_____ is currently a patient at the Healthy Futures Clinic working to improve his/her health. Some of the goals the family is focusing on include avoiding all sugar sweetened beverages, eating healthy snacks, avoiding candy, and limiting fast food. Due to his/her health conditions, we recommend following the guidelines below when offering any meals, snacks and/or beverages. We appreciate your assistance in helping to improve our patient's health.

Food Group	Please AVOID These Foods	Please OFFER These Foods
Grains	White bread, white pasta, white rice, chips, French fries, sugar sweetened cereal, cakes, pastries, pies, cookies	Whole wheat bread, whole wheat pasta, brown rice, whole grain crackers, whole grain cereal
Milk and Dairy Foods	Chocolate milk , Whole milk, regular cheese, ice cream	Fat-free or 1% milk, reduced-fat cheese, reduced-fat or fat-free sour cream, nonfat or low-fat yogurt
Meat and other Protein Foods	Bacon, sausage, hot dogs, fried meats, 80% or less hamburger meat, chicken with skin	Lean meat and fish, chicken without skin, dried beans and peas cooked without added fats
Fruit	Fruit juice , fruit canned in heavy syrup, Candy	Fresh, frozen, or canned fruit without added sugar
Vegetables	Large portions of potatoes, corn, vegetables prepared with butter or sauces	Non-starchy vegetables (fresh or frozen), smaller portions (1/3 plate or less) of potatoes, corn, peas
Fats and Oils	Fried foods, added fat such as cream, butter, bacon, lard, regular salad dressing (more than 1 Tablespoon)	Foods that are baked, broiled, roasted, steamed, grilled, boiled, reduced-calorie or fat-free salad dressing
Beverages	Regular soda , fruit-flavored drinks, hot beverages made with milk, cream, syrups, or sugar	Water, diet soda, sugar-free fruit-flavored drinks

Sincerely,

Katy Soper, MS, RD/LD
Clinical Dietitian & Program Coordinator
Healthy Futures Clinic