

Patient Name: John Doe  
Date: 2025-05-01  
Doctor: Dr. Emily Carter  
Hospital: HealthCare Clinic

Diagnosis:

- Type 2 Diabetes
- Gluten Sensitivity

Prescribed Medications:

- Metformin 500mg, twice daily
- Vitamin D3 1000 IU, once daily

Dietary Restrictions:

- Avoid sugar and sugary products.
- Avoid gluten-containing foods like wheat, barley, and rye.
- Limit intake of processed carbs and high-glycemic index foods.

Additional Notes:

- Consume low-sugar fruits such as berries.
- Prefer whole grains like quinoa and brown rice.
- Ensure proper hydration (8-10 glasses of water daily).
- Schedule a follow-up in 4 weeks to monitor progress.