

Singapore General Hospital

Department of Dietetics

Patient Dietary Concern Report

Patient Information:

Name: Lim Wei Ming

NRIC: S1234567D

Age: 52

Gender: Male

Contact: +65 9123 4567

Date: March 6, 2025

Medical History:

1. Hypertension
2. Type 2 Diabetes Mellitus
3. Hyperlipidemia

Dietary Assessment:

The patient exhibits dietary patterns that are high in sodium and refined carbohydrates. Current consumption includes excessive processed foods and a low intake of fresh vegetables and fruits. There is evidence of suboptimal glycemic control likely associated with these dietary habits.

Dietary Recommendations:

1. Transition to a low-sodium, low-carbohydrate diet.
2. Increase intake of fresh fruits, vegetables, and whole grains.
3. Reduce consumption of processed foods and sugary beverages.
4. Follow guidelines as per Singapore Health Promotion Board recommendations.

Follow-Up Plan:

The patient is advised to maintain a food diary and attend a follow-up consultation in 4 weeks. Regular monitoring of blood pressure, blood glucose, and lipid profiles is recommended to assess progress and adjust the diet plan accordingly.

This document is for informational purposes only and does not substitute for professional medical advice. Please consult your healthcare provider for personalized recommendations.