



OLJABET HOSPITAL

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RE: GLUTEN INTOLERANCE AND DIETARY RECOMMENDATIONS

I am writing to inform you that _____, a patient at Oljabet Hospital, has been diagnosed with gluten intolerance. To ensure [his/her] well-being, it is crucial to avoid wheat products and provide suitable alternatives.

We recommend incorporating the following fruits into his/her diet:

1. Watermelon
2. Pawpaw (papaya)
3. Thorn mellon
4. Pepino
5. Avocado

These fruits offer nutritional benefits and are safe for him/her to consume.

Please ensure that he/she receives appropriate meals according to these dietary recommendations.

Should you have any questions or require further information.

Thank you for your attention to this matter.

Yours sincerely,

Nutritionist

Oljabet Hospital