**[Doctor's Name]**  
[Clinic or Hospital Name]  
[Address]  
[City, State, ZIP Code]  
[Phone Number]  
[Email Address]

**Date:** [Insert Date]

**To Whom It May Concern,**

I am scheduled to travel with ABC Airlines on flight number [XYZ] on [date]. I want to notify you that I am diabetic and need to avoid blood sugar fluctuations through frequent healthy snacking. I, therefore, formally request permission to carry and consume personal food items on board in light of my medical condition.

I would be carrying granola bars, nuts, and sugar-free biscuits. I am aware of the airline’s strict policy against bringing outside food items on the flight. However, in my case, these healthy snacks are essential for medical purposes.

I sincerely hope for your understanding and approval of this request. I appreciate your consideration.

Sincerely,  
**[Doctor’s Signature]**  
**[Doctor’s Printed Name]**  
**[Medical License Number]**