**To:** [Manager’s Name]

**From:** [Your Full Name]

**Date:** [Insert Date]

**Subject:** Permission to Bring and Consume Eatables at Workplace Due to Medical Condition

Dear [Manager’s Name],

This is to bring to your attention that I have recently been diagnosed with diabetes. My medical condition will not affect my work efficiency. However, if I experience fluctuations in my blood sugar levels, it may harm my health and productivity at work. As a result, my doctor has advised me to consume light and healthy snacks in addition to my main meals.

I, therefore, seek your permission to consume appropriate food during working hours. I will not let this interfere with my professional responsibilities or the office environment.

I have attached my medical reports for verification. I would be obliged for your cooperation and support.

Sincerely,  
[Your Full Name]  
[Your Job Title/Department]