

Doctor's Report - Pregnancy Assessment

Patient Name: Jane Doe

Age: 28

Blood Pressure: 130/85 mmHg

Blood Sugar: 95 mg/dL

Heart Rate: 82 bpm

Pregnancy Risk Level: Moderate

Diagnosed Conditions: Mild Hypertension, Iron Deficiency

Doctor's Notes:

- Monitor blood pressure regularly.
- Increase iron intake (spinach, lentils, red meat).
- Follow a healthy pregnancy diet with prenatal vitamins.
- Maintain hydration and avoid excessive salt intake.

Recommended Nutrition Plan:

- High-iron foods: Leafy greens, lentils, red meat, fortified cereals.
- Omega-3 fatty acids: Fish, flaxseeds, walnuts.
- Calcium-rich foods: Dairy products, tofu, almonds.
- Protein sources: Eggs, beans, lean meats.

Next Check-up: In 2 weeks