

SM

Sarah Mitchell

DOB: March 15, 1985 (39 years) • ID: PM-2024-7891 • Last Visit: July 25, 2025

HIGH CHOLESTEROL

IRON DEFICIENCY

MONITORING (HGB <10G/DL)

Data & Insights

Symptom Tracking

Wearables Data

Trends

Your Nutritional Insights

🎯 Your Nutritional Insights

Targeted Nutrition for Your Specific Needs

Based on Hgb 10.8 g/dL, Ferritin 8 ng/mL, Cholesterol 248 mg/dL

CRITICAL

Iron Deficiency Anemia (Hgb 10.8, Ferritin 8)

IRON-RICH FOODS

• Heme Iron (Best Absorbed):

Lean beef, chicken liver, sardines

• Non-Heme Iron:

Spinach, lentils, fortified cereals

• Dark leafy greens:

Swiss chard, kale, collard greens

ABSORPTION ENHANCERS

• Vitamin C:

Orange juice, bell peppers, strawberries

• Timing:

Take with iron-rich meals

• Cast iron cooking:

Increases iron content significantly

HIGH

Hypercholesterolemia (Total: 248 mg/dL, Target: <200)

HEART-HEALTHY FOODS

• Soluble Fiber:

Oats, beans, apples with skin

• Omega-3 Rich:

Salmon, walnuts, flaxseeds

• Plant Sterols:

Fortified margarine, nuts, seeds

LIMIT/AVOID

• Saturated Fat:

Less than 7% total calories

• Trans Fat:

Processed foods, fried foods

• Dietary Cholesterol:

Limit high-cholesterol foods

SUPPORT

Anti-Inflammatory Support (Joint Pain 7/10, Fatigue 6/10)

ANTI-INFLAMMATORY FOODS

• Fatty Fish:

Salmon, mackerel, sardines

• Colorful Vegetables:

Berries, cherries, leafy greens

• Spices:

Turmeric, ginger, garlic

ENERGY SUPPORT

• Complex Carbs:

Quinoa, sweet potatoes, brown rice

• B-Vitamins:

Nutritional yeast, whole grains

• Magnesium:

Pumpkin seeds, dark chocolate

Click to claim discount coupons for recommended nutritional foods

Nutritional Supplements

Coordinated with Current Medications (Atorvastatin 20mg)

CRITICAL

Iron Supplement

Recommendation:

Ferrous sulfate 325mg (65mg elemental iron)

Timing:

Take on empty stomach, 1 hour before meals

Duration:

3-6 months, then reassess ferritin levels

⚠️ Interactions:

Take 2+ hours apart from calcium, coffee, tea

SYNERGY

Vitamin C

Recommendation:

500mg with iron supplement

Benefit:

Increases iron absorption by 3-4x

Timing:

Take simultaneously with iron

✅ Safe:

No interactions with atorvastatin

CARDIO

Omega-3 EPA/DHA

Recommendation:

1000mg EPA/DHA daily

Benefit:

Supports cholesterol management, reduces inflammation

Timing:

With largest meal

✅ Synergy:

May enhance statin effectiveness

ENERGY

B-Complex

Recommendation:

High-potency B-complex

Benefit:

Supports energy metabolism, reduces fatigue

Timing:

Morning with breakfast

✅ Safe:

Water-soluble, low interaction risk

Click to claim discount coupons for recommended nutritional supplements

Implementation & Timeline

Practical Steps for Nutritional Recovery

🛒 Weekly Shopping List

Iron-Rich Proteins

• Lean beef (3 servings/week)

• Chicken liver (1 serving/week)

• Salmon fillets (2 servings/week)

• Sardines (canned, 2 cans)

Vegetables & Fruits

• Fresh spinach (2 bags)

• Bell peppers (red/yellow)

• Strawberries (2 containers)

• Oranges (6 pieces)

Whole Grains & Legumes

• Fortified oatmeal

• Dried lentils (red & green)

• Quinoa

• Brown rice

Healthy Fats & Nuts

• Walnuts (1 bag)

• Pumpkin seeds

• Extra virgin olive oil

• Ground flaxseed

📅 Expected Recovery Timeline

2-4 WKS

Energy Improvement

Fatigue may reduce from 6/10 to 4/10

6-8 WKS

Lab Improvement

Hemoglobin may rise to 11.5-12 g/dL

3-6 MOS

Full Recovery

Ferritin stores replenished (>30 ng/mL)

2-3 MOS

Cholesterol Impact

May see 10-15% reduction in total cholesterol

Personalized Meal Plan

Optimized for Iron Absorption & Cholesterol Management

BREAKFAST

Iron-Fortified Oatmeal Bowl

• 1 cup fortified oatmeal (18mg iron)

• 1/2 cup strawberries (85mg vitamin C)

• 1 tbsp ground flaxseed (omega-3)

• 1 glass orange juice (124mg vitamin C)

Iron: 18.2mg

Vitamin C: 209mg

Fiber: 8g

Calories: 420

LUNCH

Spinach & Lentil Salad with Salmon

• 2 cups fresh spinach (6.4mg iron)

• 1/2 cup cooked lentils (3.3mg iron)

• 3oz grilled salmon (omega-3)

• 1/2 bell pepper (95mg vitamin C)

• Olive oil & lemon dressing

Iron: 9.7mg

Omega-3: 1.8g

Fiber: 12g

Calories: 485

DINNER

Lean Beef with Sweet Potato

• 3oz lean beef (3.5mg iron)

• 1 medium roasted sweet potato

• 1 cup steamed broccoli (vitamin C)

• 1/4 cup quinoa (complex carbs)

Iron: 4.2mg

Proteins: 28g

Fiber: 9g

Calories: 520

SNACKS

Heart-Healthy Options

• 1oz walnuts (2.5g omega-3)

• 1 apple with skin (4g fiber)

• 1 cup green tea (antioxidants)

• 2 tspsp pumpkin seeds (iron, magnesium)

Iron: 2.1mg

Healthy Fats: 18g

Fiber: 6g

Calories: 285

DAILY NUTRITIONAL TARGETS

34.2mg

Iron (Target: 18mg)

✅ 190% of target

35g

Fiber (Target: 25g)

✅ 140% of target

4.3g

Omega-3 (Target: 1.1g)

✅ 390% of target

1,710

Calories

Appropriate for recovery

Sign Up to Receive Weekly Meal Plan & Coupons Customized for You

📋 Current Medications

+ Add Medication

Iron Sulfate 325mg

Once daily with food

Started: Jul 20, 2025

Atorvastatin 20mg

Once daily at bedtime

Started: May 15, 2025

Multivitamin

Once daily with breakfast

Started: Jan 10, 2025

Ibuprofen 400mg

As needed for joint pain

Started: Jul 25, 2025

📊 Recent Vitals

118/75

BP (mmHg)

72

Heart Rate

98.6°F

Temperature

98%

O2 Sat

Section Navigation

DATA & INSIGHTS

🔍 Integrated Findings

📊 Biosensor Insights

📈 Trend Trajectory

🔗 Diagnostic Shortlist

DATA SOURCES

🌿 Current Lab Report

📊 Trends

📋 Symptom Tracking

📱 Wearables Data

🍎 Your Nutritional Insights