


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

SYNTHESIS 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	Vegetables & Fruits	Whole Grains & Legumes
<ul style="list-style-type: none"> • Lean beef (3 servings/week) • Chicken liver (1 serving/week) • Salmon fillets (2 servings/week) • Sardines (canned, 2 cans) 	<ul style="list-style-type: none"> • Fresh spinach (2 bags) • Bell peppers (red/yellow) • Strawberries (2 containers) • Oranges (6 pieces) 	<ul style="list-style-type: none"> • Fortified oatmeal • Dried lentils (red & green) • Quinoa • Brown rice

Expected Recovery Timeline

2-4 WKS	6-8 WKS	3-6 MOS
Energy Improvement Fatigue may reduce from 6/10 to 4/10	Lab Improvement Hemoglobin may rise to 11.5-12 g/dL	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 Protein: 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 tbsp pumpkin seeds (iron, magnesium)

Iron: 2.1mg Healthy Fats: 18g
Fiber: 6g Calories: 285

DAILY NUTRITIONAL TARGETS

34.2mg Iron (Target: 18mg) <input checked="" type="checkbox"/> 190% of target	35g Fiber (Target: 25g) <input checked="" type="checkbox"/> 140% of target	4.3g Omega-3 (Target: 1.1g) <input checked="" type="checkbox"/> 390% of target	1,710 Calories Appropriate for recovery
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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

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