

Medical Prediction Report

Disease: Diabetes

Prediction Result: Negative

Input Details:

Pregnancies: 1

Glucose: 89

Blood Pressure: 66

Skin Thickness: 23

Insulin: 94

BMI: 28.1

Diabetes Pedigree Function: 0.167

Age: 21

Health Advice:

Maintain a healthy weight

Eat a balanced diet

Exercise regularly

Avoid sugar-rich food

Recommended Diet:

Whole grains, leafy greens, lean protein

Low sugar fruits like berries

Plenty of water

Suggested Exercises:

Brisk walking

Cycling

Yoga and stretching