

Diabetes Risk Assessment Report

Report generated: 2025-11-09 06:43 UTC

User Inputs:

pregnancies: 2
glucose: 120
bloodPressure: 70
skinThickness: 20
insulin: 79
bmi: 25.0
diabetesPedigreeFunction: 0.5
age: 45

Risk Summary:

Prediction: Low/Moderate risk (class=0)
Probability (negative, positive): [0.8357119836440324, 0.16428801635596765]

Recommended Nutrition:

Calories: 2000, Protein: 100, Carbs: 250

Food Recommendations:

Breakfast

- Whole grain toast with jam (cal: 300, carbs: 55, protein: 8)
- Banana smoothie (cal: 250, carbs: 50, protein: 6)
- Oatmeal with honey (cal: 280, carbs: 48, protein: 10)

Lunch

- Brown rice with chicken (cal: 450, carbs: 55, protein: 28)
- Whole wheat pasta primavera (cal: 400, carbs: 65, protein: 14)
- Sweet potato with protein (cal: 420, carbs: 50, protein: 25)

Dinner

- Chicken with brown rice (cal: 450, carbs: 50, protein: 30)
- Lean beef with quinoa (cal: 420, carbs: 40, protein: 35)
- Fish with sweet potato (cal: 400, carbs: 45, protein: 28)

Snacks

- Whole grain crackers (cal: 140, carbs: 22, protein: 3)
- Banana (cal: 105, carbs: 27, protein: 1)
- Granola bar (cal: 150, carbs: 25, protein: 4)