

Diabetes Risk Assessment Report

Report generated: 2025-11-09 06:52 UTC

User Inputs

pregnancies: 3	insulin: 88
glucose: 150	bmi: 31.2
bloodPressure: 80	diabetesPedigreeFunction: 0.9
skinThickness: 22	age: 54

Risk Summary

Prediction: HIGH RISK (class=1)

Probability (neg,pos): [0.39840237338826057, 0.6015976266117395]

Recommended Nutrition

Calories: 1600, Protein: 80 g, Carbs: 120 g

Food Recommendations

Breakfast

- Vegetable omelet (2 eggs) — 220 kcal, 8g carbs, 18g protein
- Greek yogurt with almonds — 200 kcal, 12g carbs, 15g protein
- Avocado toast (whole grain) — 280 kcal, 30g carbs, 12g protein
- Steel-cut oats with berries — 250 kcal, 45g carbs, 8g protein

Lunch

- Grilled chicken salad — 350 kcal, 15g carbs, 35g protein
- Salmon with broccoli — 380 kcal, 12g carbs, 32g protein
- Lentil soup with vegetables — 300 kcal, 35g carbs, 18g protein
- Quinoa bowl with vegetables — 400 kcal, 45g carbs, 16g protein

Dinner

- Beef stir-fry with vegetables — 380 kcal, 20g carbs, 32g protein
- Grilled fish with asparagus — 320 kcal, 10g carbs, 30g protein
- Chicken curry with cauliflower — 340 kcal, 15g carbs, 30g protein
- Turkey meatballs with zucchini — 350 kcal, 18g carbs, 28g protein

Snacks

- Greek yogurt (plain) — 100 kcal, 6g carbs, 17g protein
- Apple with peanut butter — 180 kcal, 20g carbs, 8g protein
- Almonds (1 oz) — 160 kcal, 6g carbs, 6g protein
- Hummus with vegetables — 120 kcal, 15g carbs, 5g protein