



# **AI-Based Heart Disease Risk Report**

**Report ID:** HP-62315c00

**Date:** 15-02-2026 12:51

**Patient Name:** SUBHAM CHAUDHURI

## **Patient Details:**

Age: 25  
Gender: Male  
Height: 175.0 cm  
Weight: 70.0 kg  
Calculated BMI: 22.86  
Smoker: No  
Diabetes: No  
Total Cholesterol: 150  
Systolic BP: 110  
Diastolic BP: 80  
Glucose: 97

**Prediction Result:** 1.65% probability of heart disease

## **AI Health Advice:**

Based on your health profile, I recommend the following:

### **\*\*Recommended Diet:\*\***

Focus on a balanced diet rich in whole foods, fruits, vegetables, whole grains, lean proteins, and healthy fats. Include:

- Fatty fish (salmon, sardines) for omega-3 fatty acids
- Leafy greens (spinach, kale) for antioxidants
- Nuts and seeds (almonds, chia seeds) for healthy fats and fiber
- Whole grains (brown rice, quinoa) for fiber and vitamins
- Legumes (lentils, chickpeas) for protein and fiber
- Low-fat dairy products (milk, yogurt) for calcium and protein

### **\*\*Foods to Avoid:\*\***

Limit or avoid:

- Processed meats (hot dogs, sausages) for high sodium and saturated fat
- Refined sugars (soda, candy) for high calorie and sugar content
- Fried foods (french fries, fried chicken) for high saturated fat and sodium
- High-sodium foods (pickles, soy sauce) for excessive sodium
- High-caffeine beverages (energy drinks, coffee) for excessive caffeine

### **\*\*Exercise Plan:\*\***

Aim for at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity aerobic exercise per week. Include:

- Brisk walking (30 minutes, 5 days a week)
- Swimming or cycling (30 minutes, 2 days a week)
- Strength training exercises (2-3 days a week) focusing on major muscle groups

**\*\*Lifestyle Improvements:\*\***

Make the following changes:

- Quit smoking (if applicable)
- Reduce stress through meditation, yoga, or deep breathing exercises
- Get 7-8 hours of sleep per night
- Limit screen time before bedtime
- Stay hydrated by drinking at least 8 cups of water per day

**\*\*Cardiovascular Risk Reduction Tips:\*\***

To reduce your cardiovascular risk:

- Monitor and manage your blood pressure through regular check-ups
- Control your cholesterol levels through diet and medication (if prescribed)
- Maintain a healthy weight through a balanced diet and regular exercise
- Limit your sodium intake to less than 2,300 mg per day
- Get regular check-ups with your healthcare provider to monitor your cardiovascular health

END

*Disclaimer: This report is generated by an AI system for educational purposes only. It is not a substitute for professional medical advice.*