



AI-Based Heart Disease Risk Report

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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.