



AI-Based Diabetes Risk Report

Date: 15-02-2026 12:54

Patient Name: Subham Chaudhuri

Patient Details:

Age: 25

Gender: Male

Glucose Level: 100

Height: 175.0 cm

Weight: 70.0 kg

Calculated BMI: 22.86

Insulin Level: 80

Prediction Result: 0.71% probability of diabetes

AI Health Advice:

Based on the provided information, I recommend the following for Subham Chaudhuri:

Recommended Diet Plan:

Subham should focus on a balanced diet that includes whole foods, fruits, vegetables, lean proteins, and healthy fats. Aiming for three main meals and two to three snacks in between can help maintain stable blood sugar levels. Some specific food recommendations include:

- Breakfast: Oatmeal with fruits and nuts, whole-grain toast with avocado, or Greek yogurt with berries
- Lunch: Grilled chicken or fish with quinoa or brown rice, mixed vegetables, and a drizzle of olive oil
- Dinner: Grilled lean meats with roasted vegetables, sweet potatoes, or brown rice
- Snacks: Fresh fruits, carrot sticks with hummus, or a handful of almonds

Foods to Avoid:

To manage blood sugar levels, Subham should limit or avoid the following foods:

- Refined carbohydrates: white bread, sugary drinks, and processed snacks
- High-sugar foods: candy, baked goods, and sweetened yogurts
- High-sodium foods: processed meats, canned goods, and restaurant meals
- Fried foods: french fries, fried chicken, and doughnuts

Exercise Recommendations:

Regular physical activity is essential for maintaining healthy blood sugar levels. Subham should aim for at least 150 minutes of moderate-intensity aerobic exercise, or 75 minutes of vigorous-intensity aerobic exercise, or a combination of both, per week. Additionally, he should incorporate strength training exercises at least two times a week to build muscle mass. Some examples of exercises include:

- Brisk walking
- Jogging or running
- Swimming
- Cycling
- Weightlifting

Blood Sugar Management Tips:

To manage blood sugar levels, Subham should:

- Monitor his blood glucose levels regularly, especially before meals and at bedtime
- Keep a food diary to track his carbohydrate intake and physical activity
- Stay hydrated by drinking plenty of water throughout the day
- Get at least 7-8 hours of sleep each night to help regulate blood sugar levels
- Manage stress through relaxation techniques such as meditation or deep breathing exercises

END

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