

NutriGuide Medical Report

Generated by NutriGuide AI

Patient Information

Name: Test User

Age: 55

Height: 175.0

Weight: 80.0

Blood Group: O+

Sugar Level: 160.0

Health Assessment

Predicted Condition: Diabetes Type 2

Dietary Recommendations

Recommended Foods:

- Leafy greens
- Whole grains
- Fatty fish
- Beans

Foods to Avoid:

- Sugary drinks
- White bread
- Processed foods

Reason: Low glycemic index foods help maintain stable blood sugar levels.