

Name : Ms. REENA SHARMA

Age : 41 Years

Gender : Female

Date : 25-Sep-2025

Lab number : 494172402



An Easy-to-understand Health Analysis

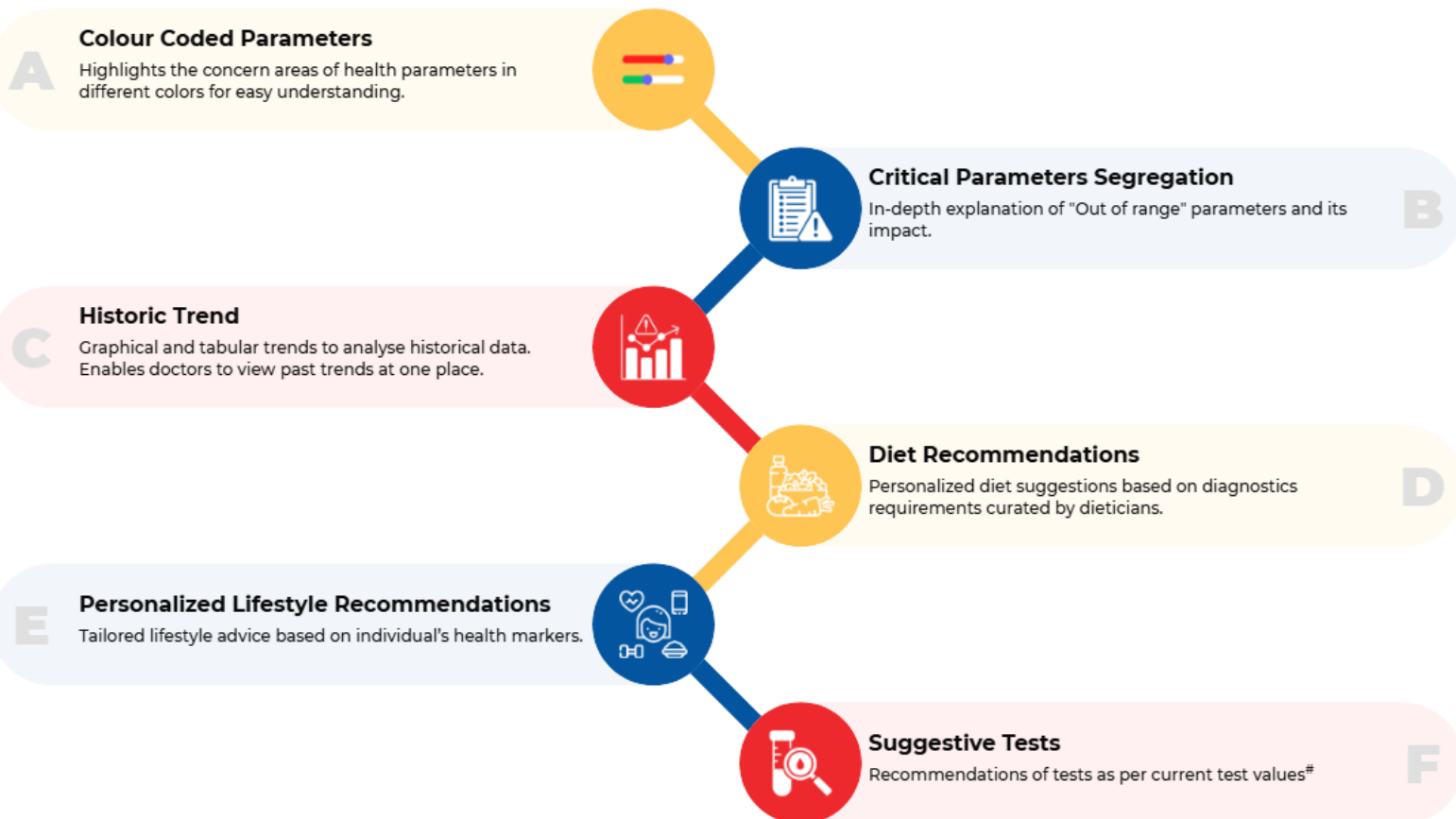
Doctor curated, AI-enhanced and personalised

SMART
REPORT

SWASTHFIT COMPLETE PACKAGE - NEW

Benefits of Smart Report

Dr Lal PathLabs Smart Report is a blend of 75+ years of diagnostic services and expertise of the medical team. The Smart report is further enhanced by Artificial Intelligence, to create a personalized and easy-to-understand health report. The reports are available digitally on WhatsApp and on our website.



^{*}Historical data , if the tests done at Dr Lal Pathlabs

[#] Doctors / specialist consultation is recommended before booking any test

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Report - Overview



THYROID

● Within normal limit



LIVER FUNCTION

● Within normal limit



KIDNEY FUNCTION

● Within normal limit



URINE R/E

● Need attention



VITAMIN B12

● Within normal limit



VITAMIN D

● Need attention



AMYLASE SERUM

● Need attention



GLUCOSE

● Within normal limit



HBA1C

● Within normal limit



LIPID PROFILE

● Need attention



HS CRP

● Need attention



APO A&B

● Need attention



HEMOGRAM - CBC

● Need attention



IRON STUDIES

● Need attention



● WITHIN NORMAL LIMIT | ● NEED ATTENTION

[Click here](#) to read more about your vital parameters through our blogs.



Summary of "Out of range" parameters

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
HEMOGRAM					
Hemoglobin	11.60	-	-	g/dL	12.00 - 15.00
IRON STUDIES SERUM					
Iron	42.00	-	-	µg/dl	50.00 - 170.00
Transferrin Saturation	10.27	-	-	%	15.00 - 50.00
LIPID PROFILE BASIC					
Cholesterol Total	205	-	-	mg/dL	<200.00
LDL Cholesterol Direct	143	-	-	mg/dL	<100.00
Non-HDL Cholesterol	161	-	-	mg/dL	<130.00
High Sensitivity CRP					
HsCRP	2.68	-	-	mg/L	<1.00
APOLIPOPROTEINS A1 & B SERUM					
Apo B / Apo A1 Ratio	1.06	-	-		0.35 - 0.98
URINE EXAMINATION ROUTINE (URINE R/E) AUTOMATED					
Blood	Present 1+(5-10.0 Ery/uL)	-	-		0.00 - 4.00
Leukocyte esterase	Present 1+(25 WBC/uL)	-	-		0.00 - 10.00
Nitrite	Positive	-	-		-0.0000001 - -0.0000001
RBC	12.00	-	-	/hpf	0.0 - 2.0
Pus cells	12.00	-	-	/hpf	0.00 - 5.00
Epithelial cells	12.00	-	-	/hpf	0.0 - 5.0
Calcium oxalate dihydrate crystals	38.00	-	-	/hpf	0.0 - 0.99
Bacteria Rod	417.00	-	-	/hpf	0.0 - 80.0
Bacteria cocci	1378.00	-	-	/hpf	0.00 - 80.0
Mucus	267.00	-	-	/hpf	0.00 - 80.0
VITAMIN D 25 - HYDROXY SERUM					
Vitamin D 25 Hydroxy	27.72	-	-	nmol/L	75.00 - 250.00
SERUM AMYLASE					
Amylase	27.00	-	-	U/L	28.00 - 100.00

Details of "Out of range" parameters

We have observed that the below parameters have shown 'out of range' results, which may have an impact on your health.

HEMOGRAM - Hemoglobin

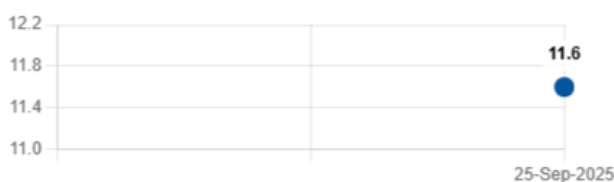
Hemoglobin is the protein found in the red blood cells which carries oxygen to all parts of the body.

Impact on overall health?

Low Hemoglobin levels indicate Anemia, resulting from various factors such as nutritional deficiencies, chronic diseases.

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Your Result Value

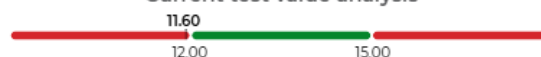
11.60 g/dL

Need attention

Normal Value

● 12.00 - 15.00 g/dL

Current test value analysis



IRON STUDIES SERUM - Iron

Iron is one of the minerals which body needs to function properly. Body needs iron to produce hemoglobin and myoglobin. Hemoglobin is a protein in the red blood cells & it helps carry oxygen from lungs to all tissues and organs.

Impact on overall health?

Low levels of serum iron are found in iron deficiency anemia, chronic inflammatory disorders, chronic infections

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Your Result Value

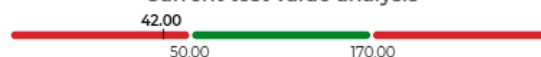
42.00 µg/dl

Need attention

Normal Value

● 50.00 - 170.00 µg/dl

Current test value analysis



Details of "Out of range" parameters

We have observed that the below parameters have shown 'out of range' results, which may have an impact on your health.

IRON STUDIES SERUM - Transferrin Saturation

Transferrin is a protein produced by the liver. It regulates the absorption of iron into blood.

Impact on overall health?

Transferrin concentrations are decreased in iron deficiency anemia, and iron-refractory iron deficiency anemia.

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Your Result Value

10.27 %

Need attention

Normal Value

● 15.00 - 50.00 %

Current test value analysis



LIPID PROFILE BASIC - Cholesterol Total

Cholesterol is a soft, waxy, fat component that the body needs in order to function properly.

Impact on overall health?

High cholesterol levels are harmful. High levels could lead to various serious conditions like atherosclerosis and cardiovascular diseases.

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Your Result Value

205 mg/dL

Need attention

Normal Value

● <200.00 mg/dL

Current test value analysis



Details of "Out of range" parameters

We have observed that the below parameters have shown 'out of range' results, which may have an impact on your health.

LIPID PROFILE BASIC - LDL Cholesterol Direct

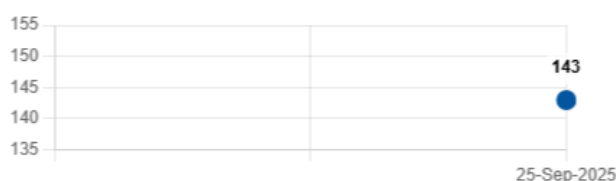
Low-density lipoprotein (LDL) often known as the 'bad' cholesterol, is a cardiovascular risk marker and is used for cardiovascular risk assessment

Impact on overall health?

High amounts of LDL can build up in the arteries as plaque if left unchecked. Too much plaque buildup restricts blood flow and increases the risk of cardiovascular diseases.

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Your Result Value

143 mg/dL

Need attention

Normal Value

● <100.00 mg/dL

Current test value analysis



LIPID PROFILE BASIC - Non-HDL Cholesterol

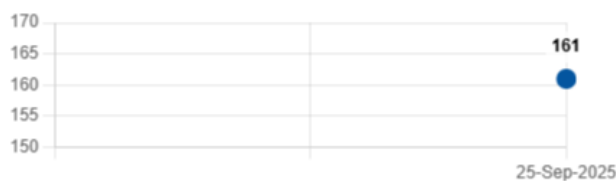
Non-HDL cholesterol includes all the cholesterol in the blood that isn't HDL

Impact on overall health?

High non HDL cholesterol levels are harmful and could lead to various serious diseases like coronary artery disease. It may also lead to plaque build-up in artery wall.

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Your Result Value

161 mg/dL

Need attention

Normal Value

● <130.00 mg/dL

Current test value analysis



Details of "Out of range" parameters

We have observed that the below parameters have shown 'out of range' results, which may have an impact on your health.

High Sensitivity CRP

HsCRP is a marker of inflammation which indicates risk of cardiovascular disease.

Impact on overall health?

High level of Hs-CRP in the blood has been linked to an increased risk of cardiovascular disease & inflammation in the body.

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



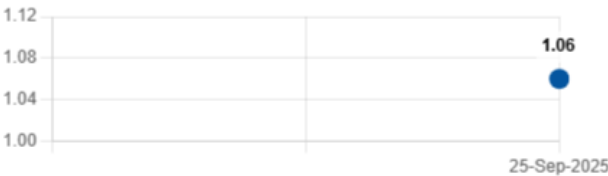
Your Result Value
2.68 mg/L
Need attention
Normal Value
● <1.00 mg/L

Current test value analysis

APOLIPOPROTEINS A1 & B SERUM - Apo B / Apo A1 Ratio

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Your Result Value
1.06
Need attention
Normal Value
● 0.35 - 0.98

Current test value analysis

Details of "Out of range" parameters

We have observed that the below parameters have shown 'out of range' results, which may have an impact on your health.

URINE EXAMINATION ROUTINE (URINE R/E) AUTOMATED - RBC

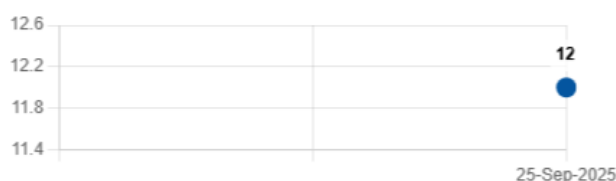
An elevated number of RBCs (Red Blood Cells) means there's blood in your urine . This is an abnormal finding which requires further evaluation

Impact on overall health?

Presence of blood in urine indicates urinary tract infection , Kidney stones, kidney infections , urinary bladder infalmmation ,high blood pressure and certain cancers.

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Your Result Value

12.00 /hpf

Need attention

Normal Value

● 0.0 - 2.0 /hpf

Current test value analysis



URINE EXAMINATION ROUTINE (URINE R/E) AUTOMATED - Pus cells

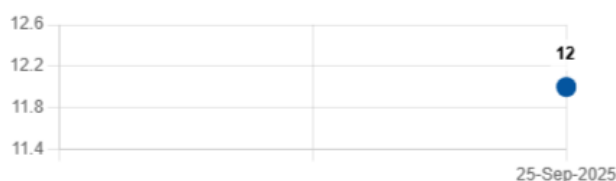
Pus cells which are the dead white blood cells ,are a vital component of our immune system. These cells play a crucial role in defending the body against infections by combating harmful microorganisms. Pus cells are typically not present in the urine .

Impact on overall health?

Presence of Pus Cells in Urine indicates Urinary Tract Infections, Kidney Infections, Sexually Transmitted Infections or inflammation.

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Your Result Value

12.00 /hpf

Need attention

Normal Value

● 0.00 - 5.00 /hpf

Current test value analysis



Details of "Out of range" parameters

We have observed that the below parameters have shown 'out of range' results, which may have an impact on your health.

URINE EXAMINATION ROUTINE (URINE R/E) AUTOMATED - Epithelial cells

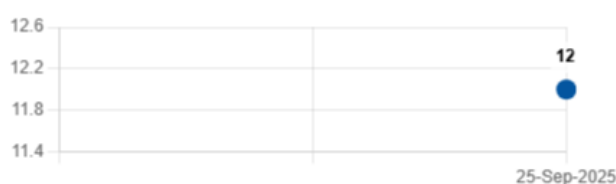
This test measures different cells, chemicals, and other substances in urine & is used to check general health. It is most often performed to monitor overall health, to diagnose or monitor a medical condition like urinary tract infection, kidney stones, diabetes or liver & kidney problems.

Impact on overall health?

Abnormal Urine R/E results may suggest kidney stones, urinary tract infections, diabetes, hypertension, liver & kidney problems.

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Your Result Value

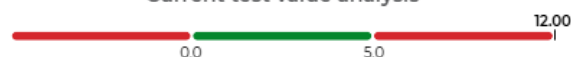
12.00 /hpf

Need attention

Normal Value

● 0.0 - 5.0 /hpf

Current test value analysis



URINE EXAMINATION ROUTINE (URINE R/E) AUTOMATED - Calcium oxalate dihydrate crystals

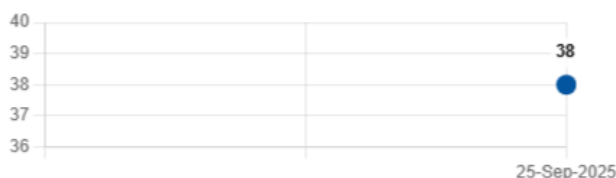
Crystals in urine occur when there are too many minerals in urine and not enough liquid. While most do not cause problems, some may get big and form stones leading to blockages & acute kidney injury (AKI). Formation of crystals could also be due to some infections.

Impact on overall health?

Presence of crystals in Urine may suggest dehydration, urinary tract infections, kidney stones, having certain medications or supplements, eating a high protein diet.

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Your Result Value

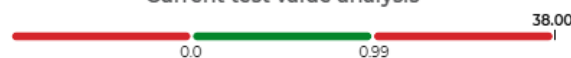
38.00 /hpf

Need attention

Normal Value

● 0.0 - 0.99 /hpf

Current test value analysis



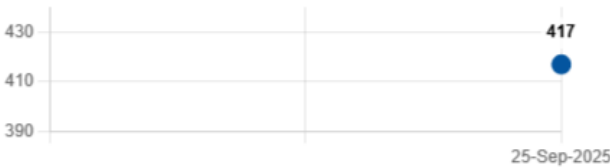
Details of "Out of range" parameters

We have observed that the below parameters have shown 'out of range' results, which may have an impact on your health.

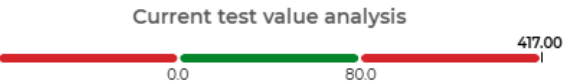
URINE EXAMINATION ROUTINE (URINE R/E) AUTOMATED - Bacteria Rod

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



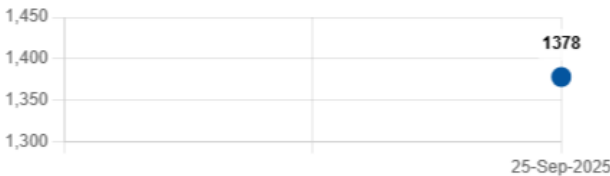
Your Result Value
417.00 /hpf
Need attention
Normal Value
0.0 - 80.0 /hpf



URINE EXAMINATION ROUTINE (URINE R/E) AUTOMATED - Bacteria cocci

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Your Result Value
1378.00 /hpf
Need attention
Normal Value
0.00 - 80.0 /hpf



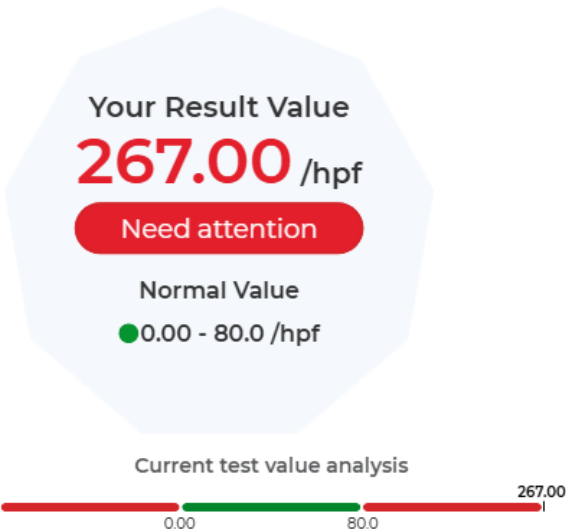
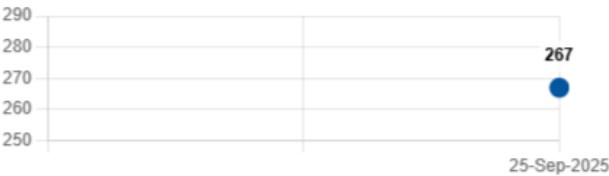
Details of "Out of range" parameters

We have observed that the below parameters have shown 'out of range' results, which may have an impact on your health.

URINE EXAMINATION ROUTINE (URINE R/E) AUTOMATED - Mucus

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



VITAMIN D 25 - HYDROXY SERUM

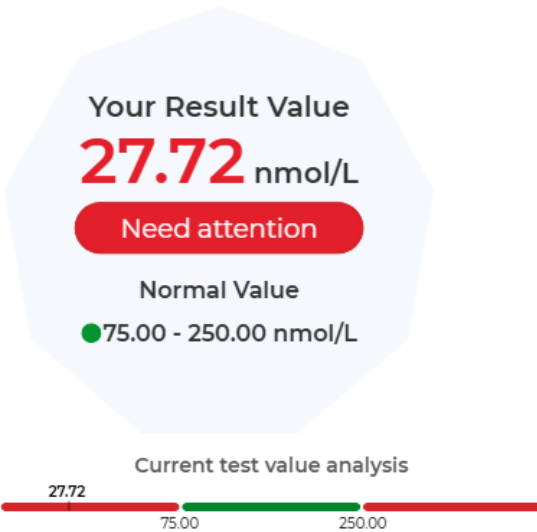
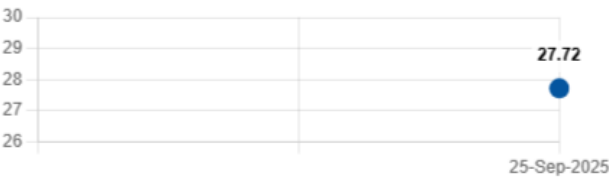
Vitamin D is a nutrient required by the body to maintain healthy bones. It also supports the health of our immune system, muscle & brain.

Impact on overall health?

Low levels of Vitamin D indicate inadequate intake of Vitamin D in the diet or through sunlight or improper absorption and utilisation or due to certain kidney or liver diseases.

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Details of "Out of range" parameters

We have observed that the below parameters have shown 'out of range' results, which may have an impact on your health.

SERUM AMYLASE

Amylase is an enzyme in body produced primarily by pancreas & salivary glands. This test is used to detect levels of Amylase in blood.

Impact on overall health?

Amylase is an enzyme in body produced primarily by pancreas & salivary glands. This test is used to detect levels of Amylase in blood.

Report Trend # - Compare current & past value

Past value would come if test done at Dr Lal Path Labs.



Your Result Value

27.00 U/L

Need attention

Normal Value

28.00 - 100.00 U/L

Current test value analysis

27.00

28.00

100.00

Detailed reports

HEMOGRAM

Complete blood count (CBC) test helps detect health conditions, disorders, and infections using a small amount of blood. This test measures blood components like red blood cells, white blood cells, platelets, red cell indices.

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
Hemoglobin	11.60	-	-	g/dL	12.00 - 15.00
Packed Cell Volume (PCV)	38.70	-	-	%	36.00 - 46.00
RBC Count	4.39	-	-	mill/mm3	3.80 - 4.80
MCV	88.20	-	-	fL	83.00 - 101.00
Mentzer Index	20.1	-	-		
MCH	26.40	-	-	pg	27.00 - 32.00
MCHC	30.00	-	-	g/dL	31.50 - 34.50
Red Cell Distribution Width (RDW)	15.10	-	-	%	11.60 - 14.00
Total Leukocyte Count (TLC)	7.18	-	-	thou/mm3	4.00 - 10.00
Segmented Neutrophils	58.10	-	-	%	40.00 - 80.00
Lymphocytes	27.40	-	-	%	20.00 - 40.00
Monocytes	9.60	-	-	%	2.00 - 10.00
Eosinophils	4.30	-	-	%	1.00 - 6.00
Basophils	0.60	-	-	%	<2.00
Neutrophils	4.17	-	-	thou/mm3	2.00 - 7.00
Lymphocytes	1.97	-	-	thou/mm3	1.00 - 3.00
Monocytes	0.69	-	-	thou/mm3	0.20 - 1.00
Eosinophils	0.31	-	-	thou/mm3	0.02 - 0.50
Basophils	0.04	-	-	thou/mm3	0.02 - 0.10
Platelet Count	169	-	-	thou/mm3	150.00 - 410.00
E.S.R.	18	-	-	mm/hr	0.00 - 20.00

Detailed reports

IRON STUDIES SERUM

Iron studies help in the evaluation of levels of iron in the body. In cases of anemia, this test helps to diagnose whether anemia is due to deficiency of iron in the body. It also assesses if there is iron overload in the body.

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
Iron	42.00	-	-	µg/dl	50.00 - 170.00
Total Iron Binding Capacity (TIBC)	409.00	-	-	µg/dl	250.00 - 425.00
Transferrin Saturation	10.27	-	-	%	15.00 - 50.00

Detailed reports

SUGAR CHOICE PLASMA

Glucose Fasting measures the level of glucose in the blood after an 8 to 12 hour overnight fast.

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
Glucose Fasting	95.00	-	-	mg/dL 70-100	-

HbA1c

HbA1c test measures how much glucose is bound to the haemoglobin.

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
HbA1c	4.7	-	-	%	4.00 - 5.60
Estimated average glucose (eAG)	88	-	-	mg/dL	-

LIPID PROFILE BASIC

Lipid Profile test is used to assess the risk of developing heart disease by measuring the amount and type of fats (lipids) in the blood.

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
Cholesterol Total	205	-	-	mg/dL	<200.00
Triglycerides	139	-	-	mg/dL	<150.00
HDL Cholesterol	44	-	-	mg/dL	>50.00
LDL Cholesterol Direct	143	-	-	mg/dL	<100.00
VLDL Cholesterol	28	-	-	mg/dL	<30.00
Non-HDL Cholesterol	161	-	-	mg/dL	<130.00

High Sensitivity CRP

HsCRP is a marker of inflammation which indicates risk of cardiovascular disease.

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
HsCRP	2.68	-	-	mg/L	<1.00

Detailed reports

APOLIPOPROTEINS A1 & B SERUM

Apolipoprotein A1 is a protein in the body which has a protective function against heart disease. Apolipoprotein B is a protein in the body which promotes formation of plaques in the blood vessels. It increases the risk of developing heart disease.

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
Apolipoprotein (Apo A1)	112	-	-	mg/dL	105.00 - 205.00
Apolipoprotein (Apo B)	119	-	-	mg/dL	55.00 - 130.00
Apo B / Apo A1 Ratio	1.06	-	-	-	0.35 - 0.98

LIVER & KIDNEY FUNCTION TEST

A Liver and Kidney Panel is a group of blood tests that are performed together to detect, evaluate, and monitor liver health and kidney function.

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
Creatinine	0.54	-	-	mg/dL	0.51 - 0.95
GFR Estimated	118	-	-	mL/min/1.73m2	>59
GFR Category	G1	-	-	-	-
Urea	28.50	-	-	mg/dL	17.00 - 43.00
Urea Nitrogen Blood	13.31	-	-	mg/dL	6.00 - 20.00
BUN/Creatinine Ratio	25	-	-	-	-
Uric Acid	4.40	-	-	mg/dL	2.60 - 6.00
AST (SGOT)	26.0	-	-	U/L	<35
ALT (SGPT)	10.0	-	-	U/L	<35
GGTP	19.0	-	-	U/L	<38
Alkaline Phosphatase (ALP)	51.00	-	-	U/L	30 - 120
Bilirubin Total	0.75	-	-	mg/dL	0.30 - 1.20
Bilirubin Direct	0.13	-	-	mg/dL	<0.2
Bilirubin Indirect	0.62	-	-	mg/dL	<1.10
Total Protein	7.44	-	-	g/dL	6.40 - 8.30
Albumin	4.33	-	-	g/dL	3.50 - 5.20
A : G Ratio	1.39	-	-	-	0.90 - 2.00
Globulin(Calculated)	3.11	-	-	gm/dL	2.0 - 3.5
Calcium Total	8.88	-	-	mg/dL	8.60 - 10.30
Phosphorus	3.30	-	-	mg/dL	2.40 - 4.40
Sodium	139.90	-	-	mEq/L	136.00 - 146.00
Potassium	3.77	-	-	mEq/L	3.50 - 5.10
Chloride	104.00	-	-	mEq/L	101.00 - 109.00

Detailed reports

URINE EXAMINATION ROUTINE (URINE R/E) AUTOMATED

This test measures different cells, chemicals, and other substances in urine & is used to check general health. It is most often performed to monitor overall health, to diagnose or monitor a medical condition like urinary tract infection, kidney stones, diabetes or liver & kidney problems.

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
Colour	Lemon Yellow	-	-	-	
Specific gravity	1.030	-	-	-	
Ph	5.0	-	-	-	
Proteins	Negative	-	-	-	0 - 14
Glucose	Negative	-	-	-	-0.000001 - -0.0000001
Ketones	Negative	-	-	-	0.00 - 5.00
Bilirubin	Negative	-	-	-	0.00 - 0.4
Urobilinogen	Normal	-	-	-	0.0 - 1.99
Blood	Present 1+(5-10.0 Ery/uL)	-	-	-	0.00 - 4.00
Leukocyte esterase	Present 1+(25 WBC/uL)	-	-	-	0.00 - 10.00
Nitrite	Positive	-	-	-	-0.000001 - -0.0000001
Ascorbic Acid	Negative	-	-	-	0.00 - 4.00
RBC	12.00	-	-	/hpf	0.0 - 2.0
Pus cells	12.00	-	-	/hpf	0.00 - 5.00
Epithelial cells	12.00	-	-	/hpf	0.0 - 5.0
Calcium oxalate monohydrate crystals	0.00	-	-	/hpf	0.0 - 0.99
Calcium oxalate dihydrate crystals	38.00	-	-	/hpf	0.0 - 0.99
Triple Phosphate crystals	0.00	-	-	/hpf	0.0 - 0.99
Uric acid crystals	0.00	-	-	/hpf	0.0 - 0.99
Calcium Phosphate	0.00	-	-	/hpf	0.0 - 0.99
Cystine crystals	0.00	-	-	/hpf	0.0 - 0.99
Leucine crystals	0.00	-	-	/hpf	0.0 - 0.99
Tyrosine crystals	0.00	-	-	/hpf	0.0 - 0.99
Amorphous urates crystals	0.00	-	-	/hpf	0.0 - 0.99
Amorphous phosphate crystals	0.00	-	-	/hpf	0.0 - 0.99
Hyaline casts	0.00	-	-	/hpf	0.0 - 5.0
Hyaline-Granular casts	0.00	-	-	/hpf	0.0 - 0.99
Granular casts	0.00	-	-	/hpf	0.0 - 0.99
RBC casts	0.00	-	-	/hpf	0.0 - 0.99
WBC casts	0.00	-	-	/hpf	0.0 - 0.99
Fatty casts	0.00	-	-	/hpf	0.0 - 0.99
Waxy casts	0.00	-	-	/hpf	0.0 - 0.99
Microorganism Casts	0.00	-	-	/hpf	0.0 - 0.99
Yeast cells	1.00	-	-	/hpf	0.0 - 1.0
Bacteria Rod	417.00	-	-	/hpf	0.0 - 80.0
Bacteria cocci	1378.00	-	-	/hpf	0.00 - 80.0
Mucus	267.00	-	-	/hpf	0.00 - 80.0
Others	0.00	-	-	/hpf	

Detailed reports

THYROID PROFILE FREE

Thyroid profile test helps to evaluate the functioning of thyroid gland in the body. This profile indicates whether thyroid gland is under-functioning or over-functioning or the function is normal.

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
Free Triiodothyronine (T3 Free)	3.66	-	-	pg/mL	2.30 - 4.20
TSH Ultrasensitive	3.332	-	-	μIU/mL	0.550 - 4.780
Free Thyroxine (T4 Free)	1.24	-	-	ng/dL	0.89 - 1.76

Detailed reports

VITAMIN B12

Vitamin B12 is an essential water-soluble vitamin that plays an important role in red blood cell formation, nerve function & production of DNA that carries information about our genes.

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
Vitamin B12; Cyanocobalamin	328.00	-	-	pg/mL	211.00 - 911.00

VITAMIN D 25 - HYDROXY SERUM

Vitamin D is a nutrient required by the body to maintain healthy bones. It also supports the health of our immune system, muscle & brain.

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
Vitamin D 25 Hydroxy	27.72	-	-	nmol/L	75.00 - 250.00

Detailed reports

SERUM AMYLASE

Amylase is an enzyme in body produced primarily by pancreas & salivary glands. This test is used to detect levels of Amylase in blood.

Analyte Name	Current Value	Previous Value 1	Previous Value 2	Units	Reference Range
Amylase	27.00	-	-	U/L	28.00 - 100.00

Do's and Don'ts

Hello Ms. REENA SHARMA,

Here are some personalised recommendations for you on your diet and lifestyle

Diet Recommendations



Include Healthy Fats

Include healthy fats like olive oil, avocado, nuts (almonds, walnuts), and fatty fish (salmon, mackerel, sardines) rich in omega-3 fatty acids.



Limit Refined Carbohydrates and Sugars

Opt for whole grains (brown rice, oats, quinoa) and low-glycemic fruits/veggies (berries, apples, leafy greens). Avoid sugary drinks, sweets, and refined carbs. Include omega-3s, nuts, and seeds.



Choose Lean Protein Sources

Choose moderate portions of high-quality protein like lean meats, fish, tofu, legumes, or eggs. Avoid overconsuming animal proteins, especially red and processed meats.



Eat Small, Frequent Meals

Plan meals in advance and have healthy snacks available to prevent unnecessary overeating or choosing high-sugar options.



Consume Spices and Herbs

Include turmeric (curcumin), garlic, ginger, and dandelion root in your diet.

Diet consultations are based on blood reports focussing on your specific health markers. For a comprehensive dietary plan, other factors such as lifestyle, medical history, and physical condition must be considered. **Doctors' consultation recommended for a personalised approach.**

Lifestyle Recommendations



Physical Activity

Aim for 45-60 minutes of moderate-intensity aerobic activity (walking, cycling) per week, along with strength training 2-3 times a week.



Maintain Healthy Weight & Quality sleep

Maintain a healthy weight through diet and exercise and aim for 7-9 hrs of quality sleep every night.



Stress Management

Incorporate relaxation techniques such as yoga, deep breathing, meditation, or mindfulness to reduce stress.



Stay Hydrated

Drink enough water to stay hydrated, but follow your healthcare provider's advice on fluid intake, especially if you have fluid retention.

By making these adjustments, you can significantly improve your overall health and reduce the risks associated with his current lifestyle choices. Consistency and gradual progress in adopting healthier habits will lead to long-term benefits for your well-being.

References

Title	Description	Source Link
Nutrition	National Health Portal of India	https://www.nhp.gov.in
	Nutrition Committee of the American Heart Association	https://www.ahajournals.org
	American Heart Association	https://www.heart.org
	Healthy diet - World Health Organization European Patients Forum (EPF)	https://www.who.int
	2015-2020 Dietary Guidelines - health.gov	https://european-nutrition.org
	Preventive cardiology-Cardiological Society of India	https://health.gov http://www.csi.org.in

For certain parameters, international standard reference ranges, driven by international clinical guidelines, are used and ! hence, can be different from the lab reference ranges you see in your lab report.

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- Dr Lal PathLabs will not be liable for any indirect, direct, special, consequential or other damages.
- This report is not intended to replace your doctor. Please make sure you consult your doctor before further actions.
- Please be careful of any food allergies or intolerances that you are sensitive to.
- Analysis uses Blood data only.
- The analyzed information in this report is not applicable for individuals less than 18 years of age and pregnant women.

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