

LIGHTLY PROCESSED

92

HEALTH SCORE

#1. ALMOND & OAT FLOUR BAKING BLEND

HIGH SODIUM

SCANNED: 8/27/2026, 6:39:42 PM

"This clean baking blend contains whole food ingredients like oat flour, almond flour, and eggs with zero artificial additives. It provides a healthy balance of protein, dietary fiber, and complex carbohydrates with low glycemic impact."

Wholesome Alternative: This is already a nutrient-dense whole food recipe alternative to refined white flour mixes.

HARDWARE TRIGGERS & LED STATUS ARRAY

1 Active Trigger



HIGH SUGAR

>10g added sugar / High-Fructose Corn Syrup

INACTIVE



SYNTHETIC DYES

Red 40, Yellow 5/6, Blue 1/2

INACTIVE



TRANS FATS

Partially hydrogenated oils

INACTIVE



CHEMICAL PRESERVATIVES

BHA, BHT, TBHQ, Nitrites, Nitrates

INACTIVE



ARTIFICIAL SWEETENERS

Aspartame, Sucralose, Ace-K

INACTIVE



HIGH SODIUM

>460mg sodium per serving

ACTIVE ALERT



HIGH PROTEIN DETECTED

≥10g protein or whole protein source

ACTIVE

COMMON ALLERGENS AUDIT

✓ DAIRY

✓ SOY

✓ GLUTEN

✓ PEANUTS

⚠️ TREE NUTS

✓ SHELLFISH

⚠️ EGGS

ARTIFICIAL ADDITIVES, DYES & PRESERVATIVES (0)

✓ No synthetic food dyes, artificial preservatives, or HFCS detected.

HIDDEN SUGARS & SODIUM ALERTS (0)

✓ No high-fructose corn syrup or excess sodium flags detected.

LOGGED BLOOD GLUCOSE TEST HISTORY

3 READINGS

Timestamp	Blood Glucose	Context	Meal / Notes	Status
8/27/2026 06:39 AM	121 mg/dL (6.7 mmol/L)	Fasting	Manual Meal / Beverage Log	ELEVATED
8/26/2026 07:15 PM	124 mg/dL (6.9 mmol/L)	2h Post-Meal	salad with olives, egg, onions, one sausage brott	ELEVATED
8/26/2026 07:14 PM	188 mg/dL (10.4 mmol/L)	2h Post-Meal	Lunch corn dogs and sticky rice	HIGH SPIKE

EXTRACTED INGREDIENTS LIST (6 TOTAL)

ALMOND FLOUR *

OAT FLOUR

BAKING POWDER

BAKING SODA

SEA SALT

EGGS *