

LIGHTLY PROCESSED

86
HEALTH SCORE

#1. ALMOND APPLE NUT BITES / SNACK MIX

HIGH SUGAR

SCANNED: 8/27/2026, 2:42:14 PM

"This product contains whole-food ingredients including almond flour, dried apples, nuts, and spices naturally sweetened with honey. It provides healthy fats and dietary fiber with zero synthetic additives, though tree nut allergens and honey sugar are present."

Wholesome Alternative: Reduce honey or blend with unsweetened apple puree to lower total sugar content.

HARDWARE TRIGGERS & LED STATUS ARRAY

1 Active Trigger

HIGH SUGAR
>10g added sugar / High-Fructose Corn Syrup
ACTIVE ALERT

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
INACTIVE

HIGH PROTEIN DETECTED
≥10g protein or whole protein source
INACTIVE

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 (1)

[HIDDEN SUGAR] Honey: Natural but concentrated sugar source that elevates overall glycemic load.

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 (9 TOTAL)

ALMOND FLOUR * DRIED APPLES WALNUTS OR PECANS * ALMOND BUTTER * HONEY * CINNAMON VANILLA EXTRACT SEA SALT NUTMEG