

LIGHTLY PROCESSED

86
HEALTH SCORE

#1. ALMOND BUTTER & HONEY ENERGY BITES

HIGH SUGAR

SCANNED: 8/27/2026, 2:37:48 PM

"This snack features nutrient-dense whole food ingredients rich in healthy fats and natural plant fiber. It contains natural unrefined sugar from honey and presents major allergens from tree nuts and peanuts."

Wholesome Alternative: Replace honey with mashed berries or monk fruit sweetener to further reduce total glycemic impact.

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 liquid sweetener contributing simple fast-acting carbohydrates.

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 (7 TOTAL)

BLANCHED ALMOND FLOUR *

NATURAL ALMOND BUTTER (OR PEANUT BUTTER) *

UNSWEETENED SHREDDED COCONUT

HONEY *

VANILLA EXTRACT

SEA SALT

MINI DARK CHOCOLATE