

LIGHTLY PROCESSED

88
HEALTH SCORE

#1. BLUEBERRY BAKED GOODS (HOMEMADE)

HIGH SUGAR

SCANNED: 8/27/2026, 3:53:11 PM

"This homemade recipe is made from nutrient-dense whole ingredients including almond flour, eggs, Greek yogurt, and antioxidant-rich blueberries. It provides a naturally low-glycemic, fiber-rich profile with no artificial additives or industrial preservatives."

Wholesome Alternative: Opt for allulose, monk fruit, or fresh fruit purée as the sweetener to minimize 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
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 (1)

[HIDDEN SUGAR] sweetener of choice: Recipe allows variable sweeteners which may contribute added sugars.

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 (10 TOTAL)

ALMOND FLOUR * COCONUT FLOUR SWEETENER OF CHOICE * BAKING POWDER SEA SALT LARGE EGGS * UNSALTED BUTTER *
PLAIN GREEK YOGURT * VANILLA EXTRACT FROZEN BLUEBERRIES