

LIGHTLY PROCESSED

#1. HOMEMADE ALMOND BUCKWHEAT BATTER

HIGH SUGAR

86
HEALTH SCORE

SCANNED: 8/27/2026, 6:36:23 PM

"This is a nutrient-dense, homemade recipe made from whole grain buckwheat, almond flour, eggs, and milk. It provides quality dietary fiber and healthy fats with minimal added sugar and zero artificial additives."

Wholesome Alternative: Replace the added sugar with mashed ripe banana or unsweetened applesauce for natural sweetness.

⚡ **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] Sugar or maple sugar: Contains moderate added sweetener to enhance flavor.

🔥 **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 *BUCKWHEAT FLOURSUGAR OR MAPLE SUGAR *BAKING POWDERSEA SALT

LARGE EGGS *MILK *MELTED BUTTER OR COCONUT OILVANILLA EXTRACT

FOOD BUDDY ENGINE • PAGE 1 OF 1 • AI-POWERED HEALTH & HARDWARE TRIGGER ANALYSIS