

LIGHTLY PROCESSED

86
HEALTH SCORE

#1. HOMEMADE APPLE CINNAMON OAT & ALMOND FLOUR
BAKE

HIGH SUGAR

SCANNED: 8/27/2026, 6:45:00 PM

"This wholesome homemade baked dish features whole-grain oat flour, almond flour, fresh apples, and Greek yogurt sweetened naturally with honey. It provides quality dietary fiber and protein with no artificial dyes, chemical preservatives, or refined seed oils."

Wholesome Alternative: Replace honey with unsweetened applesauce or mashed banana to lower glycemic density naturally.

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] Honey: Natural liquid sweetener that contributes rapidly digestible simple 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 (12 TOTAL)

ALMOND FLOUR *

OAT FLOUR

BAKING POWDER

BAKING SODA

GROUND CINNAMON

SALT

EGGS *

HONEY *

PLAIN GREEK YOGURT *

MILK *

VANILLA EXTRACT

DICED APPLES

