

LIGHTLY PROCESSED

#1. HOMEMADE BANANA WALNUT BREAD MIX

84

HEALTH SCORE

HIGH SUGAR

SCANNED: 8/27/2026, 6:38:11 PM

"This wholesome recipe combines nutrient-dense whole grains, healthy nut fats, and fruit. It provides moderate fiber with zero artificial additives, though it contains tree nut, dairy, egg, and gluten allergens."

Wholesome Alternative: Reduce the honey by half and rely on ripe bananas for natural low-glycemic 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] Honey: Natural concentrated sugar source providing fast-digesting 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 *

WHOLE WHEAT FLOUR *

BAKING SODA

SEA SALT

GROUND CINNAMON

EGGS *

BANANAS

HONEY *

MELTED BUTTER *

MILK *

VANILLA EXTRACT

CHOPPED WALNUTS *