

LIGHTLY PROCESSED

#1. HOMEMADE HONEY LEMON CHEESECAKE (ALMOND FLOUR CRUST)

🔥 HIGH SUGAR

SCANNED: 8/27/2026, 2:46:26 PM

82
HEALTH SCORE

"This homemade dessert is made with whole food and lightly processed culinary ingredients like almond flour, Greek yogurt, and honey. It contains natural sugars and common allergens including tree nuts and dairy, but contains no artificial additives or preservatives."

Wholesome Alternative: Swap part of the honey for monk fruit or stevia to lower overall sugar and 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] Honey: Natural unrefined sweetener used in both crust and filling.

🔥 **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 (8 TOTAL)

ALMOND FLOUR *

COCONUT OIL

HONEY *

VANILLA EXTRACT

SEA SALT

CREAM CHEESE *

PLAIN GREEK YOGURT *

LEMON JUICE