

LIGHTLY PROCESSED

#1. HOMEMADE KETO MOZZARELLA CHEESE STICKS

88
HEALTH SCORE

HIGH SODIUM

SCANNED: 8/27/2026, 6:31:07 PM

"This homemade low-carb cheese stick recipe uses whole food ingredients, high-protein cheeses, and grain-free almond flour. It is very low in carbohydrates with minimal glycemic impact, though it contains common allergens including dairy, eggs, and tree nuts."

Wholesome Alternative: Pair with an unsweetened, low-sodium marinara sauce for optimal blood sugar and blood pressure balance.

⚡ **HARDWARE TRIGGERS & LED STATUS ARRAY**

1 Active Trigger

🔥 HIGH SUGAR

>10g added sugar / High-Fructose Corn Syrup

● INACTIVE

🧪 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

🔥 ACTIVE ALERT

⚡ 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)

[HIGH SODIUM] Cheeses & Added Salt: Moderate-to-high natural and added sodium from Parmesan, mozzarella, and sea salt.

🔥 **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 (11 TOTAL)

MOZZARELLA STRING CHEESE *

BLANCHED ALMOND FLOUR *

GRATED PARMESAN CHEESE *

EGGS *

MILK *

ITALIAN SEASONING

GARLIC POWDER

PAPRIKA

SEA SALT

BLACK PEPPER

OLIVE OIL SPRAY

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