

LIGHTLY PROCESSED

#1. HOMEMADE LOW-CARB CINNAMON PASTRY RECIPE

84

HEALTH SCORE

HIGH SUGAR

ARTIFICIAL SWEETENERS

SCANNED: 8/27/2026, 3:51:13 PM

"This almond-flour-based recipe is naturally low-glycemic and rich in healthy fats and protein. It contains major allergens including tree nuts, dairy, and eggs, along with sugar substitutes."

Wholesome Alternative: Use natural unrefined sweeteners like monk fruit extract or Ceylon cinnamon for maximum antioxidant benefits.

HARDWARE TRIGGERS & LED STATUS ARRAY

2 Active Triggers



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



ACTIVE ALERT



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)

[ARTIFICIAL SWEETENER] Sugar Substitutes: Contains zero-calorie powdered and brown sweeteners.

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)

BLANCHED ALMOND FLOUR *

BAKING POWDER

SEA SALT

LARGE EGGS *

MELTED BUTTER *

PLAIN GREEK YOGURT *

VANILLA EXTRACT

BROWN SWEETENER OF CHOICE *

GROUND CINNAMON

CREAM CHEESE *

POWDERED SWEETENER *