

LIGHTLY PROCESSED

88
HEALTH SCORE

#1. NO-BAKE ALMOND FLOUR PEANUT BARS

HIGH SUGAR

SCANNED: 8/27/2026, 2:06:16 PM

"This homemade recipe features nutrient-dense whole ingredients like almond flour and natural peanut butter with very low net carbs. It contains major allergens (peanuts and tree nuts) and natural added sweetness from honey or maple syrup."

Wholesome Alternative: Replace honey or maple syrup with mashed ripe banana or a monk fruit sweetener to further reduce added sugars.

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
INACTIVE

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 or Maple Syrup: Natural liquid sweetener contributing concentrated 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 (7 TOTAL)

BLANCHED ALMOND FLOUR * NATURAL PEANUT BUTTER * UNSWEETENED ALMOND MILK * HONEY OR MAPLE SYRUP * VANILLA EXTRACT
SEA SALT DARK CHOCOLATE CHIPS