

LIGHTLY PROCESSED

88
HEALTH SCORE

#1. SALMON PATTIES RECIPE INGREDIENTS

HIGH SODIUM

SCANNED: 8/27/2026, 6:27:53 PM

"This wholesome recipe combines canned salmon, almond flour, and fresh herbs into a nutrient-dense, low-glycemic meal. It is rich in protein and healthy fats with no industrial additives, though it contains fish, egg, and tree nut allergens."

Wholesome Alternative: Opt for avocado oil-based mayonnaise to enhance heart-healthy monounsaturated fats.

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] Added Seasonings and Condiments: Old Bay seasoning, sea salt, and Worcestershire sauce add moderate dietary sodium.

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 (14 TOTAL)

CANNED SALMON

BLANCHED ALMOND FLOUR

ONION

CELERY

EGG

MAYONNAISE

DIJON MUSTARD

WORCESTERSHIRE SAUCE

LEMON JUICE

GARLIC POWDER

OLD BAY SEASONING

SEA SALT

BLACK PEPPER

OLIVE OIL