

LIGHTLY PROCESSED

82
HEALTH SCORE

#1. SAVORY HAM & CHEDDAR ALMOND FLOUR BAKE

HIGH SODIUM

SCANNED: 8/27/2026, 4:12:35 PM

"This low-carb savory recipe utilizes high-fiber almond flour, eggs, and cheese with minimal blood sugar impact. It contains major allergens including tree nuts, eggs, and dairy, alongside sodium from cured ham."

Wholesome Alternative: Replace diced ham with pasture-raised chopped chicken breast to lower sodium and avoid nitrates.

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] Diced Ham & Cheese: Cured ham and aged cheddar provide elevated natural and processed sodium levels.

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)

ALMOND FLOUR *

BAKING POWDER

SEA SALT

GARLIC POWDER

BLACK PEPPER

EGGS *

UNSWEETENED ALMOND MILK *

BUTTER OR COCONUT OIL

DICED HAM *

SHREDDED CHEDDAR CHEESE *

CHIVES OR GREEN ONIONS