

WHOLE FOOD

95

HEALTH SCORE

#1. ZUCCHINI FRITTERS (HOMEMADE RECIPE)

HIGH SODIUM

SCANNED: 8/27/2026, 4:17:04 PM

"This nutrient-dense recipe is made entirely from whole vegetables, almond flour, eggs, and herbs with zero ultra-processed ingredients. It provides a low glycemic impact with healthy fats and fiber, though it contains dairy, egg, and tree nut allergens."

Wholesome Alternative: Swap Parmesan for nutritional yeast if you need a dairy-free alternative.

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 (0)

✓ No high-fructose corn syrup or excess sodium flags detected.

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 (10 TOTAL)

ZUCCHINI

SEA SALT

BLANCHED ALMOND FLOUR

PARMESAN CHEESE

EGGS *

GREEN ONIONS

FRESH PARSLEY OR DILL

GARLIC

ONION POWDER

BLACK PEPPER