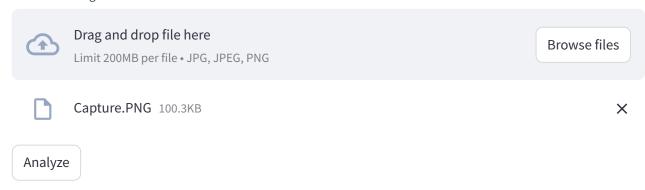
Your Personal Nutritional Doctor!

Upload an image of the product label to analyze.

Choose an image...



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INGREDIENTS.

Jower Flour (30%), Desiccated Coconut, Oats Flour, Unsalted Butter, Sweetener (5965, Fructooligosacchande), [(Cashinus, Patachic) (2%), Leawening Agents (5500s), E500s))

ALLERGEN INFO: Contains Nata May contain Milk and Say



Nutritional Information*

 Serving Sov. 2 Cookers 	♦ No.el Servings: -4		
Butrierts	Po 100 p	Per Serve 22 g	% RCA** Per Serve
Energy (Hoat)	631.9	117.0	6.9
Protein (g)	7.5	1.8	2.1
Carbohydrates (g)	58-3	12.8	
Dietary Fibre (g)	2.1	0.5	1.2
Total Sugara (gl	3.0	0.7	
Added Sugara-igi	0.0	8.0	No.
Total Fat ap	29:9	66	9.5
Substated Fat ago	19.7	4.3	19.7
Trans Fet up	0.3	61	2.0
Cholesterol (mg)	70.0	15.4	
Sodom (mg/	62.7	13.0	6.7

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Results:

1. Overall Product Assessment

Calories:

• Per serving (2 cookies, 22g): 99 kcal

Fat:

- Total Fat: 9.1g per serving
- Saturated Fat: 8.1g per serving (significantly high)

Protein:

• 0.9g per serving

Fiber:

• 2.0g per serving

Sodium:

• 62.7mg per serving (low)

Sugar:

• 1.7g per serving

Overview:

The product is relatively high in saturated fat, which may raise concerns for heart health if consumed in excess. It is low in sodium and sugar, which are beneficial for reducing risks of hypertension and blood sugar spikes. The fiber content is moderate, helpful for digestion.

2. Suitability for Different Dietary Needs

General Consumption:

• The product can be part of a balanced diet but should be consumed in moderation due to its high saturated fat content. Not ideal for daily consumption in large amounts.

Vegetarian and Vegan Diets:

Ingredients include almond flour, coconut, and erythritol. This product appears to be suitable for
vegetarian diets but not specified as vegan due to the potential inclusion of unspecified ingredients
that are animal-derived.

Heart Health:

• The high saturated fat content (8.1g per serving) is concerning for heart health and may not be suitable for those managing cholesterol levels. Low sodium is a positive aspect.

Weight Management:

Contains 99 kcal per serving with high fat content, which might be a concern for those watching
calorie intake. Portion control is advised.

Diabetes Management:

• With low sugar (1.7g) and moderate fiber content (2.0g), this product could be a reasonable choice for people with diabetes, but consumption should still be moderate due to overall calorie content.

3. Final Recommendation

Frequency of Consumption:

• Occasional Consumption: Best consumed occasionally, especially for those monitoring heart health or managing weight due to high saturated fat content.

Portion Control Advice:

• Stick to the recommended serving size (2 cookies) to keep calorie and fat intake in check. Consider pairing with a high-protein or high-fiber food to balance the snack.