

Your Personal Nutritional Doctor!

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Analyze

Brown

INGREDIENTS

Jowar Flour (30%), Desiccated Coconut,
Oats Flour, Unsalted Butter, Sweetener
(E965, Fructooligosaccharide),
[[Custians, Potatoes (2%), Leavening
Agents (E500a, E500ai)]

ALLERGEN INFO: Contains Nuts
May contain Milk and Soy

Lo!
LOW CALORIE
COOKIES

Gluten Free
Zero Sugar
Cookies

Nutritional Information*

* Serving Size: 2 Cookies (23 g)

* No. of Servings: ~4

Nutrients	Per 100 g	Per Serving 23 g	% RDA** Per Serving
Energy (kcal)	511.9	117.0	6.8
Protein (g)	7.9	1.8	3.5
Carbohydrate (g)	98.3	22.8	
Dietary Fiber (g)	2.1	0.5	1.2
Total Sugars (g)	3.6	0.7	
Added Sugars (g)	0.0	0.0	
Total Fat (g)	19.9	4.6	9.8
Saturated Fat (g)	16.7	4.3	19.7
Trans Fat (g)	0.3	0.1	2.9
Cholesterol (mg)	75.0	16.4	
Sodium (mg)	62.7	13.8	0.7

*Approximate values **Percent Daily Values are

%RDA is based on 2000 calories diet

MAP #:

(part of all items)

Health Goals: Delicious



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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.