AGENIX AI TEAM

FOOD SAFETY & RISK ASSESSMENT REPORT

Patient:	David Thompson
Age/BMI:	67 yrs | BMI: 27.0
Date:	January 02, 2026
ID:	FSAR-20260102-154132

Meal: Bengali Thali | **Cuisine:** Bengali

OVERALL RISK ASSESSMENT

◼◼◼ CAUTION

Risk Score: 40/100 | Confidence: 70%

Generated by FIP AI Health Analysis System v1.0

FOOD SAFETY ASSESSMENT TABLE

Total Items: 12	■ Safe: 7	■■ Caution: 4	■ Critical: 1

Food Item	Calories	Risk Level	Confidence	Risk Factor	Severity/Effect	Alternative
Steamed White Rice	200	■ SAFE	90%	High glycemic index	LOW	Brown Rice, Quinoa
Kumro Chechki (Sweet Pumpkin Stir-fry)	120	■ SAFE	90%	High fiber content	LOW	Other vegetable stir-fries
Kancha Lonka Peyaj Makha (Onion and Green Chili Salad)	25	■ SAFE	90%	High water content	LOW	Other salads
Chorchori (Mixed Vegetable Stir-fry)	150	■ SAFE	90%	High fiber content	LOW	Other vegetable stir-fries
Shona Moong Dal (Roasted Moong Dal with almonds)	180	■ SAFE	90%	High fiber content	LOW	Other legume dishes
Tomato Chutney	40	■ SAFE	90%	High sugar content	LOW	Low-sugar condiments
Dhaniya Chutney (Coriander Chutney)	20	■ SAFE	90%	High water content	LOW	Other chutneys
Luchi (half piece)	60	■■ CAUTION	70%	High saturated fat content	MODERATE	Whole Wheat Bread, Oatmeal
Aloo Bhaja (Crispy Potato Fry)	130	■■ CAUTION	70%	High saturated fat content	MODERATE	Baked or boiled potatoes
Papad Bhaja (Fried Papad Crumbs)	70	■■ CAUTION	70%	High sodium content	MODERATE	Low-sodium snacks
Pickled Garlic & Chili	30	■■ CAUTION	70%	High sodium content	MODERATE	Low-sodium condiments
Kosha Mangsho (Mutton Kasha)	280	■ UNSAFE	80%	High saturated fat content	CRITICAL	Leaner protein sources like chicken

ANNOTATED FOOD IMAGE ANALYSIS

Food items are color-coded by safety level for easy identification

RED = Unsafe | YELLOW = Caution | GREEN = Safe

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DETAILED FOOD ITEM ANALYSIS

■ UNSAFE ITEMS (1 items) - AVOID OR MODIFY

■ Kosha Mangsho (Mutton Kasha)

Risk Level: UNSAFE
Risk Score: 80/100 | **Confidence:** 80%

■■ **Risk Factors:**

• **CRITICAL:** High saturated fat content
Medical Basis: May increase cholesterol levels and heart disease risk

■ **Recommendation:** Avoid consuming

■ **Alternatives:** Leaner protein sources like chicken or fish

■■ CAUTION ITEMS (4 items) - EAT WITH MODIFICATIONS

■■ Luchi (half piece)

Risk Level: CAUTION
Risk Score: 40/100 | **Confidence:** 70%

■■ Risk Factors:

• MODERATE: High saturated fat content
Medical Basis: May increase cholesterol levels

■ Recommendation: Consume in limited amounts

■ Alternatives: Whole Wheat Bread, Oatmeal

■■ Aloo Bhaja (Crispy Potato Fry)

Risk Level: CAUTION
Risk Score: 40/100 | **Confidence:** 70%

■■ Risk Factors:

• MODERATE: High saturated fat content
Medical Basis: May increase cholesterol levels

■ Recommendation: Consume in limited amounts

■ Alternatives: Baked or boiled potatoes

■■ Papad Bhaja (Fried Papad Crumbs)

Risk Level: CAUTION
Risk Score: 40/100 | **Confidence:** 70%

■■ Risk Factors:

• MODERATE: High sodium content
Medical Basis: May increase blood pressure

■ Recommendation: Consume in limited amounts

■ Alternatives: Low-sodium snacks

■■ Pickled Garlic & Chili

Risk Level: CAUTION
Risk Score: 40/100 | **Confidence:** 70%

■■ Risk Factors:

• MODERATE: High sodium content
Medical Basis: May increase blood pressure

■ **Recommendation:** Consume in limited amounts

■ **Alternatives:** Low-sodium condiments

■ SAFE ITEMS (7 items) - ENJOY IN MODERATION

• Steamed White Rice (Risk: 10/100)

• Kumro Chechki (Sweet Pumpkin Stir-fry) (Risk: 5/100)

• Kancha Lonka Peyaj Makha (Onion and Green Chili Salad) (Risk: 5/100)

• Chorchori (Mixed Vegetable Stir-fry) (Risk: 10/100)

• Shona Moong Dal (Roasted Moong Dal with almonds) (Risk: 5/100)

• Tomato Chutney (Risk: 5/100)

• Dhaniya Chutney (Coriander Chutney) (Risk: 5/100)

NUTRITIONAL COMPLIANCE ANALYSIS

Calories

Consumed: 1305 | Limit: 1800

■ **WITHIN_LIMIT (72.5%)**

Sodium

Consumed: 1610.0 | Limit: 1500

■ **OVER_LIMIT (107.3%)**

Saturated Fat

Consumed: 15.6 | Limit: 15

■ **OVER_LIMIT (104.0%)**

MEDICAL INTERACTIONS & WARNINGS

■ MEDICATION INTERACTIONS

Medication: Warfarin
Food Item: Kumro Chechki (Sweet Pumpkin Stir-fry)
Interaction: Unknown
Recommendation: Maintain consistent vitamin K intake and monitor INR levels

Medication: Warfarin
Food Item: Chorchori (Mixed Vegetable Stir-fry)
Interaction: Unknown
Recommendation: Maintain consistent vitamin K intake and monitor INR levels

Medication: Rosuvastatin
Food Item: None
Interaction: Unknown
Recommendation: Continue to avoid grapefruit and grapefruit juice

Medication: Aspirin
Food Item: None
Interaction: Unknown
Recommendation: Take with food to reduce stomach upset

PERSONALIZED RECOMMENDATIONS

■ MEAL MODIFICATIONS

1. Choose leaner protein sources

2. Increase vegetable intake

3. Reduce saturated fat and sodium content

■ AVOID COMPLETELY

Item: Kosha Mangsho (Mutton Kasha)
Reason: High saturated fat content
Alternative: Leaner protein sources like chicken or fish

■ TIMING RECOMMENDATIONS

• Consume meals at regular intervals

• Avoid eating close to bedtime

MEDICAL PURPOSE INSIGHTS

■ CHRONIC DISEASE IMPACT

The patient's chronic conditions, such as coronary artery disease and dyslipidemia, may be affected by the high saturated fat and sodium content in some of the food items.

■ MONITORING PARAMETERS

The patient should monitor their blood pressure, blood sugar levels, and cholesterol levels regularly to track the effectiveness of their diet and treatment plan.

■ EXERCISE RECOMMENDATIONS

The patient should engage in regular physical activity, such as walking or other low-impact exercises, to help manage their chronic conditions.

■ LONG-TERM HEALTH IMPACT

Regular consumption of high saturated fat and sodium content foods may increase the patient's risk of heart disease, stroke, and other cardiovascular conditions.

■ HYDRATION NEEDS

The patient should drink plenty of water throughout the day to stay hydrated.

STATISTICAL SUMMARY

Metric	Value
Total Items Analyzed	12
Safe Items	6 (50.0%)
Unsafe Items	1 (8.3%)
Overall Risk Score	40/100
Safety Score	90/100
Total Conflicts	3
Critical Issues	0

APPENDIX

■ METHODOLOGY

This report was generated using the FIP (Food Image Processing) AI Health Analysis System, which employs Computer Vision (Gemini AI) for food identification, Medical NLP (Groq LLM) for report processing, Health Metrics Analysis for conflict detection, and Risk Assessment with confidence scoring.

■■ DISCLAIMERS

1. This report is for informational purposes only and does not constitute medical advice.
2. Consult your healthcare provider before making significant dietary changes.
3. Food identification and nutritional estimates are based on AI analysis and may have variations.
4. Individual responses to foods may vary based on metabolism, medications, and other factors.
5. In case of emergency or severe symptoms, seek immediate medical attention.

■ CONTACT INFORMATION

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