AGENIX AI TEAM

FOOD SAFETY & RISK ASSESSMENT REPORT

Patient:	David Thompson
Age/BMI:	67 yrs | BMI: 27.0
Date:	December 31, 2025
ID:	FSAR-20251231-191659

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

OVERALL RISK ASSESSMENT

🟧🟧 CAUTION

Risk Score: 50/100 | Confidence: 80%

Generated by FIP AI Health Analysis System v1.0

FOOD SAFETY ASSESSMENT TABLE

Total Items: 12	■ Safe: 8	■■ Caution: 2	■ Critical: 2

Food Item	Calories	Risk Level	Confidence	Risk Factor	Severity/Effect	Alternative
White Rice	200	■ SAFE	80%	Low fiber content	LOW	Brown Rice, Quinoa
Onion & Chili Salad	20	■ SAFE	80%	None identified	N/A	N/A
Moong Dal (Lentil Soup)	120	■ SAFE	70%	High fiber content	LOW	N/A
Dry Cholar Dal (Chickpea Dal)	170	■ SAFE	70%	High fiber content	LOW	N/A
Tomato Chili Chutney	25	■ SAFE	80%	None identified	N/A	N/A
Coriander Chutney	15	■ SAFE	80%	None identified	N/A	N/A
Garlic Cloves (Raw)	9	■ SAFE	80%	None identified	N/A	N/A
Whole Red Chilies (Raw)	2	■ SAFE	80%	None identified	N/A	N/A
Aloo Dum (Bengali Potato Curry)	130	■■ CAUTION	70%	High sodium content	MODERATE	Low-sodium alternatives
Mixed Vegetable Ghonto	100	■■ CAUTION	70%	High sodium content	MODERATE	Low-sodium alternatives
Kosha Mangsho (Mutton Curry)	220	■ UNSAFE	90%	High saturated fat content	CRITICAL	Low-fat alternatives
Aloo Bhaja (Potato Fry)	180	■ UNSAFE	90%	High saturated fat content	CRITICAL	Low-fat alternatives

ANNOTATED FOOD IMAGE ANALYSIS

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

Bengali Thali

FOOD SAFETY ANALYSIS REPORT

Patient: David Thompson | Profile: Unknown, Unknown

White Rice — 200 kcal
Aloo Dum (Bengal.. — 130 kcal
Onion & Chili Sa.. — 20 kcal
Kosha Mangsho (M.. — 220 kcal

Moong Dal (Lenti.. — 120 kcal
Mixed Vegetable .. — 100 kcal
Aloo Bhaja (Pota.. — 180 kcal
Dry Cholar Dal (.. — 170 kcal

Tomato Chili Chu.. — 25 kcal
Coriander Chutney — 15 kcal
Garlic Cloves (R.. — 9 kcal
Whole Red Chilie.. — 2 kcal

Safety Legend:
- Safe to eat
- Eat with caution
- Avoid completely

Summary:

Total Items: 12

S: 8 | C: 2 | U: 2

Date: 2025-12-31

RED = Unsafe | YELLOW = Caution | GREEN = Safe

RED = Unsafe | YELLOW = Caution | GREEN = Safe

DETAILED FOOD ITEM ANALYSIS

■ UNSAFE ITEMS (2 items) - AVOID OR MODIFY

■ Kosha Mangsho (Mutton Curry)

Risk Level: UNSAFE
Risk Score: 80/100 | **Confidence:** 90%

■■ Risk Factors:

• CRITICAL: High saturated fat content
Medical Basis: May worsen dyslipidemia

■ Recommendation: Avoid completely

■ Alternatives: Low-fat alternatives

■ Aloo Bhaja (Potato Fry)

Risk Level: UNSAFE
Risk Score: 70/100 | **Confidence:** 90%

■■ Risk Factors:

• CRITICAL: High saturated fat content
Medical Basis: May worsen dyslipidemia

■ Recommendation: Avoid completely

■ Alternatives: Low-fat alternatives

■■ CAUTION ITEMS (2 items) - EAT WITH MODIFICATIONS

■■ Aloo Dum (Bengali Potato Curry)

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

■■ Risk Factors:

• MODERATE: High sodium content
Medical Basis: May worsen hypertension

■ Recommendation: Reduce portion size

■ Alternatives: Low-sodium alternatives

■■ Mixed Vegetable Ghonto

Risk Level: CAUTION
Risk Score: 30/100 | **Confidence:** 70%

■■ Risk Factors:

• MODERATE: High sodium content
Medical Basis: May worsen hypertension

■ Recommendation: Reduce portion size

■ Alternatives: Low-sodium alternatives

■ SAFE ITEMS (8 items) - ENJOY IN MODERATION

• White Rice (Risk: 10/100)

• Onion & Chili Salad (Risk: 5/100)

• Moong Dal (Lentil Soup) (Risk: 15/100)

• Dry Cholar Dal (Chickpea Dal) (Risk: 20/100)

• Tomato Chili Chutney (Risk: 5/100)

• Coriander Chutney (Risk: 5/100)

• Garlic Cloves (Raw) (Risk: 5/100)

• Whole Red Chilies (Raw) (Risk: 5/100)

NUTRITIONAL COMPLIANCE ANALYSIS

Calories

Consumed: 1191 | Limit: 1800
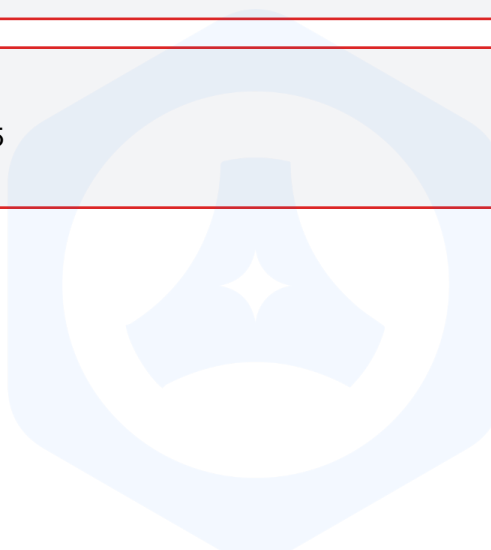
■ **WITHIN_LIMIT (66.2%)**

Sodium

Consumed: 1794.0 | Limit: 1500

■ **OVER_LIMIT (119.6%)**

Saturated Fat

Consumed: 16.0 | Limit: 15

■ **OVER_LIMIT (106.7%)**

MEDICAL INTERACTIONS & WARNINGS

■ CRITICAL WARNINGS

NUTRIENT_EXCESS: High saturated fat intake may worsen dyslipidemia
Affected Items: Kosha Mangsho (Mutton Curry), Aloo Bhaja (Potato Fry)
Action Required: Avoid high-saturated fat foods

■ MEDICATION INTERACTIONS

Medication: Warfarin
Food Item: Leafy greens (e.g., spinach, kale)
Interaction: Unknown
Recommendation: Maintain consistent vitamin K intake and monitor INR

Medication: Warfarin
Food Item: Cranberry juice
Interaction: Unknown
Recommendation: Avoid cranberry juice

Medication: Aspirin
Food Item: Omega-3 supplements
Interaction: Unknown
Recommendation: Monitor bleeding risk and consult doctor

Medication: Rosuvastatin
Food Item: Grapefruit
Interaction: Unknown
Recommendation: Avoid grapefruit

Medication: Rosuvastatin
Food Item: Red yeast rice
Interaction: Unknown
Recommendation: Avoid red yeast rice or consult doctor

PERSONALIZED RECOMMENDATIONS

■ MEAL MODIFICATIONS

1. Reduce overall sodium intake

2. Increase fiber intake

3. Choose low-fat alternatives

■ AVOID COMPLETELY

Item: Kosha Mangsho (Mutton Curry)
Reason: High saturated fat content
Alternative: Low-fat alternatives

Item: Aloo Bhaja (Potato Fry)
Reason: High saturated fat content
Alternative: Low-fat alternatives

■ TIMING RECOMMENDATIONS

• Eat meals at regular intervals

• Avoid eating close to bedtime

MEDICAL PURPOSE INSIGHTS

■ CHRONIC DISEASE IMPACT

The patient's dyslipidemia and hypertension may be worsened by high saturated fat and sodium content in some food items.

■ MONITORING PARAMETERS

• Blood pressure

• Cholesterol levels

• Blood sugar levels

■ EXERCISE RECOMMENDATIONS

Regular physical activity can help improve cardiovascular health

■ LONG-TERM HEALTH IMPACT

Regular consumption of high-saturated fat and high-sodium foods may lead to increased risk of cardiovascular disease

■ HYDRATION NEEDS

Adequate water intake is essential to help with digestion and overall health

STATISTICAL SUMMARY

Metric	Value
Total Items Analyzed	12
Safe Items	6 (46.1%)
Unsafe Items	2 (15.4%)
Overall Risk Score	50/100
Safety Score	70/100
Total Conflicts	6
Critical Issues	0
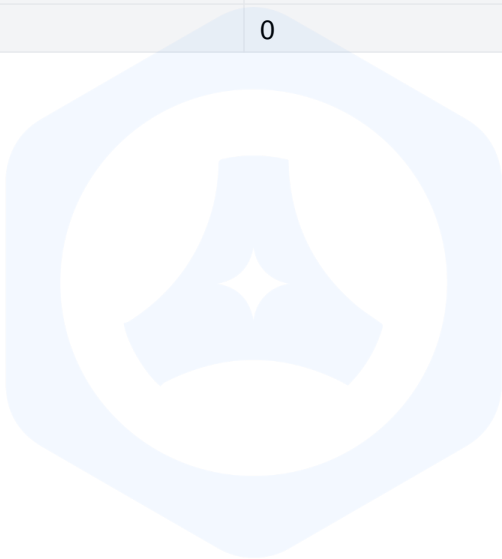
APPENDIX

■ 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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