AGENIX AI TEAM

FOOD SAFETY & RISK ASSESSMENT REPORT

Patient:	David Thompson
Age/BMI:	67 yrs | BMI: 27.0
Date:	December 29, 2025
ID:	FSAR-20251229-193504

Meal: Bengali Thali | **Cuisine:** East Indian

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: 11	■ Safe: 4	■■ Caution: 6	■ Critical: 1

Food Item	Calories	Risk Level	Confidence	Risk Factor	Severity/Effect	Alternative
Steamed White Rice	200	■ SAFE	90%	Low fiber content	LOW	Brown Rice, Quinoa
Kacha Lonka Pyaaj Salad	30	■ SAFE	90%	None identified	N/A	N/A
Tomato Chutney	80	■ SAFE	90%	None identified	N/A	N/A
Raw Garlic & Chili	15	■ SAFE	90%	None identified	N/A	N/A
Moong Dal	150	■■ CAUTION	80%	High sodium content	MODERATE	Lentil Soup, Chickpea Salad
Alu Dum	220	■■ CAUTION	70%	High fat content	MODERATE	Roasted Vegetables, Grilled Chicken
Shukto	120	■■ CAUTION	80%	High sodium content	MODERATE	Lentil Soup, Chickpea Salad
Aloo Bhaja	180	■■ CAUTION	70%	High fat content	MODERATE	Roasted Vegetables, Grilled Chicken
Tomato Achar	70	■■ CAUTION	80%	High sodium content	MODERATE	Lentil Soup, Chickpea Salad
Green Chili Achar	60	■■ CAUTION	80%	High sodium content	MODERATE	Lentil Soup, Chickpea Salad
Kosha Mangsho	350	■ UNSAFE	90%	High saturated fat content	CRITICAL	Grilled Chicken, Baked Fish

ANNOTATED FOOD IMAGE ANALYSIS

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

RED = Unsafe | YELLOW = Caution | GREEN = Safe

RED = Unsafe | YELLOW = Caution | GREEN = Safe

DETAILED FOOD ITEM ANALYSIS

■ UNSAFE ITEMS (1 items) - AVOID OR MODIFY

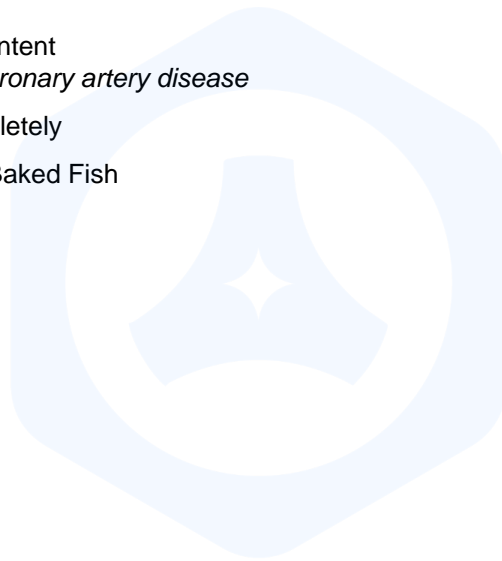## ■ Kosha Mangsho

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

■■ **Risk Factors:**

• **CRITICAL:** High saturated fat content
Medical Basis: May exacerbate coronary artery disease

■ **Recommendation:** Avoid completely

■ **Alternatives:** Grilled Chicken, Baked Fish

■■ CAUTION ITEMS (6 items) - EAT WITH MODIFICATIONS

■■ Moong Dal

Risk Level: CAUTION
Risk Score: 40/100 | **Confidence:** 80%

■■ Risk Factors:

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

■ Recommendation: Reduce portion size

■ Alternatives: Lentil Soup, Chickpea Salad

■■ Alu Dum

Risk Level: CAUTION
Risk Score: 50/100 | **Confidence:** 70%

■■ Risk Factors:

• MODERATE: High fat content
Medical Basis: May exacerbate dyslipidemia

■ Recommendation: Choose leaner alternatives

■ Alternatives: Roasted Vegetables, Grilled Chicken

■■ Shukto

Risk Level: CAUTION
Risk Score: 30/100 | **Confidence:** 80%

■■ Risk Factors:

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

■ Recommendation: Reduce portion size

■ Alternatives: Lentil Soup, Chickpea Salad

■■ Aloo Bhaja

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

■■ Risk Factors:

• MODERATE: High fat content
Medical Basis: May exacerbate dyslipidemia

■ **Recommendation:** Choose leaner alternatives

■ **Alternatives:** Roasted Vegetables, Grilled Chicken

■■ Tomato Achar

Risk Level: CAUTION
Risk Score: 30/100 | **Confidence:** 80%

■■ **Risk Factors:**

• **MODERATE:** High sodium content
Medical Basis: May exacerbate hypertension

■ **Recommendation:** Reduce portion size

■ **Alternatives:** Lentil Soup, Chickpea Salad

■ SAFE ITEMS (4 items) - ENJOY IN MODERATION

• Steamed White Rice (Risk: 10/100)

• Kacha Lonka Pyaaj Salad (Risk: 5/100)

• Tomato Chutney (Risk: 10/100)

• Raw Garlic & Chili (Risk: 5/100)

NUTRITIONAL COMPLIANCE ANALYSIS

Calories

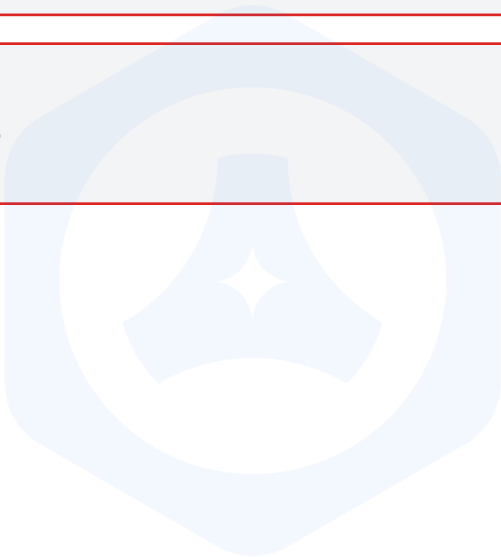Consumed: 1475 | Limit: 1800

■ **WITHIN_LIMIT (81.9%)**

Sodium

Consumed: 2557.0 | Limit: 1500

■ **OVER_LIMIT (170.5%)**

Saturated Fat

Consumed: 17.4 | Limit: 15

■ **OVER_LIMIT (116.0%)**

MEDICAL INTERACTIONS & WARNINGS

■ MEDICATION INTERACTIONS

Medication: Warfarin
Food Item: Leafy greens (not explicitly listed, but potentially present in some dishes)
Interaction: Unknown
Recommendation: Maintain consistent vitamin K intake and monitor INR levels regularly

Medication: Warfarin
Food Item: Cranberry juice (not listed, but potentially consumed)
Interaction: Unknown
Recommendation: Avoid consuming cranberry juice while taking Warfarin

Medication: Aspirin
Food Item: Omega-3 supplements (not listed, but potentially consumed)
Interaction: Unknown
Recommendation: Monitor bleeding risk and adjust omega-3 supplement dosage as needed

Medication: Rosuvastatin
Food Item: Grapefruit (not listed, but potentially consumed)
Interaction: Unknown
Recommendation: Avoid consuming grapefruit while taking Rosuvastatin

PERSONALIZED RECOMMENDATIONS

■ MEAL MODIFICATIONS

1. Choose leaner protein sources

2. Reduce portion sizes
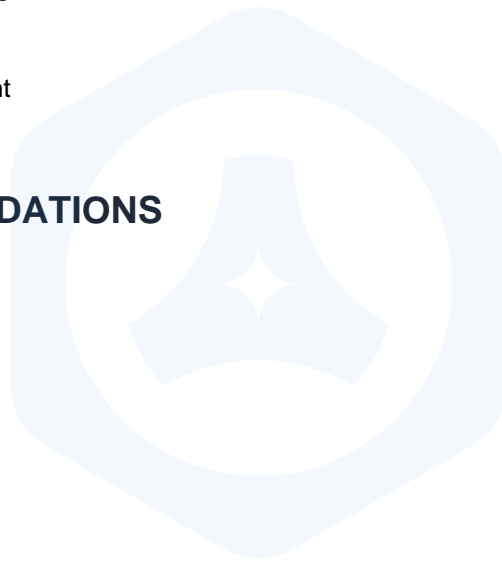
3. Increase fiber intake

■ AVOID COMPLETELY

Item: Kosha Mangsho
Reason: High saturated fat content
Alternative: Grilled Chicken

■ TIMING RECOMMENDATIONS

• Eat meals at regular intervals

• Avoid eating before bedtime

MEDICAL PURPOSE INSIGHTS

■ CHRONIC DISEASE IMPACT

The meal may worsen hypertension, dyslipidemia, and coronary artery disease

■ MONITORING PARAMETERS

• Blood pressure

• Blood lipid profiles

• Blood glucose levels

■ EXERCISE RECOMMENDATIONS

Regular physical activity can help manage chronic diseases

■ LONG-TERM HEALTH IMPACT

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

■ HYDRATION NEEDS

Adequate hydration is essential to prevent dehydration

STATISTICAL SUMMARY

Metric	Value
Total Items Analyzed	11
Safe Items	4 (36.4%)
Unsafe Items	1 (9.1%)
Overall Risk Score	50/100
Safety Score	75/100
Total Conflicts	3
Critical Issues	0
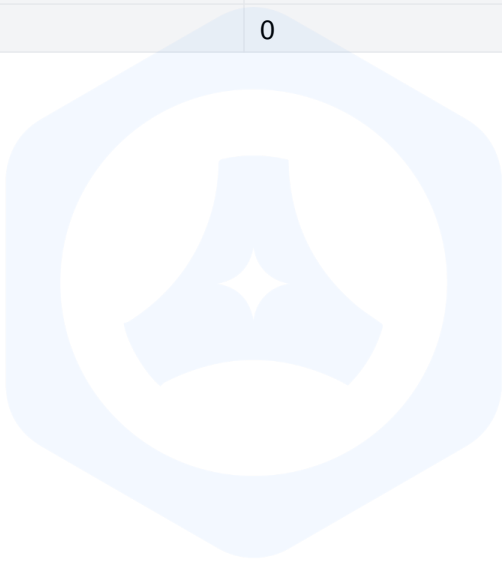
APPENDIX

■ 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

Report Generated: December 29, 2025 at 07:35 PM
Report ID: N/A
Version: 1.0