

# Health-Aware Recipe Modifier Report

## Patient Information

**Name:** sandip

**Medical Condition:** Hypertension

**Report Generated:** August 29, 2025 at 12:09 PM

## Summary Statistics

**Total Food Entries:** 7

**Total Harmful Ingredients Detected:** 5

**Average Harmful Ingredients per Entry:** 0.7

## Detailed Food Entries History

### Entry #1 - August 29, 2025 at 12:08 PM

**Original Ingredients:** salt, egg, oil, red chilly powder, turmeric

■ ■ **Harmful Ingredients:** salt

■ **Safe Ingredients:** low-sodium salt, egg, oil, red chilly powder, turmeric

■ **Modified Recipe:** **\*\*Health Benefits\*\*** This simple scrambled egg recipe is ideal for individuals managing hypertension. By using low-sodium salt, we significantly reduce sodium intake, a crucial factor in controlling blood pressure. The eggs provide protein and essential nutrients without adding excessive sodium...

### Entry #2 - August 29, 2025 at 11:59 AM

**Original Ingredients:** salt, egg, oil, red chilly powder, turmeric

■ ■ **Harmful Ingredients:** salt

■ **Safe Ingredients:** low-sodium salt, egg, oil, red chilly powder, turmeric

■ **Modified Recipe:** **\*\*Health Benefits\*\*** This simple scrambled egg recipe is perfect for managing hypertension. By using low-sodium salt, we significantly reduce sodium intake, a crucial factor in controlling blood pressure. The eggs provide protein and essential nutrients, while turmeric adds anti-inflammatory be...

### **Entry #3 - August 29, 2025 at 11:51 AM**

**Original Ingredients:** sugar, tea powder, water

■ ■ **Harmful Ingredients:** sugar

■ **Safe Ingredients:** stevia, tea powder, water

■ **Modified Recipe:** **\*\*Health Benefits\*\*** This recipe provides a delicious and diabetic-friendly alternative to sugary teas. By replacing sugar with stevia, we significantly reduce the glycemic impact, helping to maintain stable blood sugar levels. This is crucial for managing diabetes and preventing blood sugar sp...

### **Entry #4 - August 29, 2025 at 11:50 AM**

**Original Ingredients:** sugar, tea powder, water

■ ■ **Harmful Ingredients:** sugar

■ **Safe Ingredients:** stevia, tea powder, water

■ **Modified Recipe:** **\*\*Health Benefits\*\*** This sugar-free tea recipe is perfect for managing blood sugar levels. Stevia, a natural sweetener, provides sweetness without the significant spike in blood glucose that sugar causes. This recipe is simple, hydrating, and a delicious way to enjoy a warm beverage while supp...

### **Entry #5 - August 29, 2025 at 11:48 AM**

**Original Ingredients:** sugar, tea powder, water

■ ■ **Harmful Ingredients:** sugar

■ **Safe Ingredients:** stevia, tea powder, water

■ **Modified Recipe:** **\*\*Health Benefits\*\*** This recipe provides a delicious and healthy alternative to sugary tea, perfect for managing blood sugar levels. Stevia, a natural sweetener, has minimal impact on blood glucose compared to sugar. This sugar-free tea is a refreshing and guilt-free way to enjoy your favorite...

### **Entry #6 - August 29, 2025 at 11:43 AM**

**Original Ingredients:** sugar, water, tea powder

■ **No harmful ingredients detected**

■ **Safe Ingredients:** sugar, water, tea powder

■ **Modified Recipe:** **\*\*Health Benefits\*\*** This simple iced tea recipe is a refreshing and hydrating beverage suitable for individuals managing hypertension. It's naturally low in sodium and avoids added sugars (beyond what you add yourself, if desired, use sparingly!), contributing to a heart-healthy diet. Staying w...

**Entry #7 - August 29, 2025 at 11:39 AM**

**Original Ingredients:** sugar, water, tea powder

■ **No harmful ingredients detected**

■ **Safe Ingredients:** sugar, water, tea powder

■ **Modified Recipe:** This simple recipe focuses on creating a soothing and hydrating beverage perfect for managing hypertension. Tea, especially varieties like hibiscus or chamomile, can contribute to blood pressure regulation, while limiting added sugar is crucial for overall cardiovascular health. This recipe all...

Generated by Health-Aware Recipe Modifier System  
For medical advice, always consult with your healthcare provider