

Health-Aware Recipe Modifier Report

Patient Information

Name: John Doe

Medical Condition: Diabetes

Report Generated: August 29, 2025 at 11:15 AM

Summary Statistics

Total Food Entries: 8

Total Harmful Ingredients Detected: 11

Average Harmful Ingredients per Entry: 1.4

Detailed Food Entries History

Entry #1 - August 29, 2025 at 11:15 AM

Original Ingredients: sugar, tea powder, water

■ ■ **Harmful Ingredients:** sugar

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

■ **Modified Recipe:** This delicious sugar-free iced tea is perfect for managing blood sugar levels while still enjoying a refreshing beverage. Stevia provides sweetness without the blood sugar spike associated with regular sugar. This recipe is simple, quick, and customizable to your taste! **Ingredients:** * 2 t...

Entry #2 - August 29, 2025 at 11:13 AM

Original Ingredients: milk, sugar, chocolate

■ ■ **Harmful Ingredients:** milk, sugar

■ **Safe Ingredients:** almond milk, stevia, chocolate

■ **Modified Recipe:** Mix almond milk with stevia and chocolate. Heat gently and serve warm.

Entry #3 - August 29, 2025 at 11:13 AM

Original Ingredients: bread, butter, jam

■ ■ **Harmful Ingredients:** bread, butter

■ **Safe Ingredients:** gluten-free bread, olive oil, jam

■ **Modified Recipe:** Toast gluten-free bread, spread with olive oil and jam. Serve immediately.

Entry #4 - August 29, 2025 at 11:10 AM

Original Ingredients: sugar, tea powder, water

■ ■ **Harmful Ingredients:** sugar

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

■ **Modified Recipe:** This delicious sugar-free tea is perfect for managing your blood sugar levels! Stevia, a natural sweetener, replaces sugar, providing sweetness without the blood sugar spike. This recipe is simple, quick, and a refreshing way to enjoy your daily tea. ****Ingredients:**** * 1 cup water * 1 teaspoo...

Entry #5 - August 29, 2025 at 10:46 AM

Original Ingredients: sugar, flour, butter, eggs, milk

■ ■ **Harmful Ingredients:** sugar

■ **Safe Ingredients:** stevia, flour, butter, eggs, milk

■ **Modified Recipe:** Combine stevia, flour, butter, eggs and milk. Mix well and cook until golden brown.

Entry #6 - August 29, 2025 at 10:45 AM

Original Ingredients: sugar, flour, butter, eggs, milk

■ ■ **Harmful Ingredients:** sugar

■ **Safe Ingredients:** stevia, flour, butter, eggs, milk

■ **Modified Recipe:** Mix stevia, flour, butter, eggs and milk. Pour into a greased pan and bake at 350°F for 25-30 minutes.

Entry #7 - August 29, 2025 at 10:43 AM

Original Ingredients: sugar, flour, butter, eggs, milk

■ ■ **Harmful Ingredients:** sugar

■ **Safe Ingredients:** stevia, flour, butter, eggs, milk

■ **Modified Recipe:** Combine stevia, flour, butter, eggs and milk. Mix well and cook until golden brown.

Entry #8 - August 29, 2025 at 10:41 AM

Original Ingredients: sugar, flour, butter, banana

■ ■ **Harmful Ingredients:** sugar, flour

■ **Safe Ingredients:** stevia, almond flour, olive oil, banana

■ **Modified Recipe:** Mix almond flour, banana, stevia, olive oil. Cook in a non-stick pan until golden brown.

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