

Health-Aware Recipe Modifier Report

Patient Information

Name: sandip

Medical Condition: Diabetes

Report Generated: August 29, 2025 at 01:50 PM

Summary Statistics

Total Food Entries: 17

Total Harmful Ingredients Detected: 12

Average Harmful Ingredients per Entry: 0.7

Detailed Food Entries History

Entry #1 - August 29, 2025 at 01:49 PM

Original Ingredients: eggs, milk, salt, pepper, filling

■ **No harmful ingredients detected**

■ **Safe Ingredients:** eggs, milk, salt, pepper, filling

■ **Modified Recipe:** ****Health Benefits**** This recipe focuses on a simple, protein-rich frittata, perfect for managing diabetes. It's a good source of protein to help stabilize blood sugar levels and keep you feeling full, minimizing those mid-day sugar crashes. Using whole eggs provides essential nutrients without...

Entry #2 - August 29, 2025 at 12:59 PM

Original Ingredients: wheat flour, ghee, sugar, chana dal, cardamom, water, ilachi

■■ **Harmful Ingredients:** sugar

■ **Safe Ingredients:** wheat flour, ghee, stevia, chana dal, cardamom, water, ilachi

■ **Modified Recipe:** ****Health Benefits**** This recipe replaces refined sugar with stevia, a natural sweetener with a negligible impact on blood glucose levels, making it a healthier option for individuals with diabetes. Chana dal (split chickpeas) is a good source of fiber, which helps regulate blood sugar. The use...

Entry #3 - August 29, 2025 at 12:58 PM

Original Ingredients: wheat flour, ghee, sugar, chana dal, cardamom, water

■ ■ **Harmful Ingredients:** sugar

■ **Safe Ingredients:** wheat flour, ghee, stevia, chana dal, cardamom, water

■ **Modified Recipe:** ****Health Benefits**** This recipe offers a delicious and diabetic-friendly take on a traditional Indian sweet. By replacing sugar with stevia, we significantly reduce the glycemic index, helping to prevent blood sugar spikes. Chana dal provides valuable protein and fiber, promoting satiety and b...

Entry #4 - August 29, 2025 at 12:58 PM

Original Ingredients: wheat flour, ghee, jaggery, chana dal, cardamom, water

■ **No harmful ingredients detected**

■ **Safe Ingredients:** wheat flour, ghee, jaggery, chana dal, cardamom, water

■ **Modified Recipe:** ****Health Benefits**** This recipe for Chana Dal Cheela (savory pancakes) is designed to be a delicious and diabetic-friendly meal. Chana dal is a good source of protein and fiber, promoting satiety and helping to regulate blood sugar levels. The use of whole wheat flour adds further fiber, while...

Entry #5 - August 29, 2025 at 12:16 PM

Original Ingredients: sugar, tea powder, water, milk

■ ■ **Harmful Ingredients:** sugar

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

■ **Modified Recipe:** # Spiced Stevia Sweetened Masala Chai ****Health Benefits:**** This recipe replaces refined sugar with stevia, a natural zero-calorie sweetener, making it suitable for managing blood sugar levels in individuals with diabetes. Chai's spices offer antioxidants and potential anti-inflammatory benefits...

Entry #6 - August 29, 2025 at 12:16 PM

Original Ingredients: sugar, tea powder, water, milk

■ ■ **Harmful Ingredients:** sugar

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

■ **Modified Recipe:** ****Health Benefits**** This recipe provides a delicious and diabetic-friendly alternative to sugary tea. By replacing sugar with stevia, we significantly reduce the glycemic impact, helping to manage blood sugar levels effectively. This recipe is also a great source of antioxidants from the tea, ...

Entry #7 - August 29, 2025 at 12:16 PM

Original Ingredients: sugar, tea powder, water, milk

■ ■ **Harmful Ingredients:** sugar

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

■ **Modified Recipe:** ****Health Benefits**** This recipe provides a delicious and healthy alternative to sugary tea. By replacing sugar with stevia, a natural zero-calorie sweetener, we control blood glucose spikes common in individuals with diabetes. This recipe focuses on enjoying the natural flavors of tea while ma...

Entry #8 - August 29, 2025 at 12:14 PM

Original Ingredients: sugar, tea powder, water, milk

■ ■ **Harmful Ingredients:** sugar

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

■ **Modified Recipe:** # Spiced Masala Chai (Diabetic-Friendly) ****Health Benefits:**** This recipe replaces refined sugar with stevia, a natural sweetener with a negligible effect on blood glucose levels, making it a suitable beverage for individuals managing diabetes. The spices in chai offer potential anti-inflammato...

Entry #9 - August 29, 2025 at 12:13 PM

Original Ingredients: sugar, tea powder, water, milk

■ **No harmful ingredients detected**

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

■ **Modified Recipe:** ****Health Benefits**** This recipe provides a comforting and flavorful beverage without adding excessive sodium, often a culprit in hypertension. The tea provides antioxidants, which may support overall cardiovascular health. This recipe focuses on a simple, low-sodium approach to enjoy a familia...

Entry #10 - August 29, 2025 at 12:10 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 recipe focuses on a simple, flavorful dish using ingredients that are beneficial for managing hypertension. We've replaced regular salt with low-sodium salt to significantly reduce sodium intake, a crucial factor in controlling blood pressure. The turmeric adds an anti...

Entry #11 - 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 #12 - 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 #13 - 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 #14 - 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 #15 - 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 #16 - 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 #17 - 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...