

# Health-Aware Recipe Modifier Report

## Patient Information

**Name:** John Doe

**Medical Condition:** Diabetes

**Report Generated:** September 10, 2025 at 03:16 PM

## Summary Statistics

**Total Food Entries:** 15

**Total Harmful Ingredients Detected:** 15

**Average Harmful Ingredients per Entry:** 1.0

## Detailed Food Entries History

### Entry #1 - September 10, 2025 at 03:16 PM

**Original Ingredients:** flour, water, yeast, salt

■ ■ **Harmful Ingredients:** salt

■ **Safe Ingredients:** flour, water, yeast, low-sodium salt

■ **Modified Recipe:** **\*\*Health Benefits\*\*** This recipe provides a basic bread recipe modified for hypertension. By using low-sodium salt, we significantly reduce sodium intake, a crucial factor in managing blood pressure. This simple bread is a healthier alternative to commercially produced breads often high in sodium.

### Entry #2 - September 04, 2025 at 12:08 PM

**Original Ingredients:** flour, water, yeast, salt, oil

■ ■ **Harmful Ingredients:** salt

■ **Safe Ingredients:** flour, water, yeast, low-sodium salt, oil

■ **Modified Recipe:** **\*\*Health Benefits\*\*** This recipe focuses on a basic bread dough, adapting it for heart health. By using low-sodium salt, we significantly reduce sodium intake, a crucial factor in managing heart disease. The recipe emphasizes whole grains (if whole wheat flour is substituted for all-purpose) wh...

### **Entry #3 - September 04, 2025 at 12:05 PM**

**Original Ingredients:** flour, water, yeast, salt

■ ■ **Harmful Ingredients:** salt

■ **Safe Ingredients:** flour, water, yeast, low-sodium salt

■ **Modified Recipe:** **\*\*Health Benefits\*\*** This recipe provides a simple, low-sodium bread perfect for managing hypertension. Reducing sodium intake is crucial in controlling blood pressure. This recipe replaces regular salt with low-sodium salt, significantly lowering sodium content without compromising taste. The ...

### **Entry #4 - September 04, 2025 at 10:24 AM**

**Original Ingredients:** wheat flour, ghee, jaggery, cardamom

■ **No harmful ingredients detected**

■ **Safe Ingredients:** wheat flour, ghee, jaggery, cardamom

■ **Modified Recipe:** **\*\*Health Benefits\*\*** This recipe uses whole wheat flour, a good source of fiber which helps regulate blood sugar levels. Ghee, used in moderation, provides healthy fats. Jaggery, while a sugar, has a lower glycemic index than refined sugar, causing a slower rise in blood glucose. Cardamom adds ...

### **Entry #5 - September 04, 2025 at 10:23 AM**

**Original Ingredients:** flour, water, yeast, salt

■ ■ **Harmful Ingredients:** salt

■ **Safe Ingredients:** flour, water, yeast, low-sodium salt

■ **Modified Recipe:** **\*\*Health Benefits\*\*** This recipe provides a low-sodium version of basic bread, crucial for managing hypertension. Reducing sodium intake is vital in lowering blood pressure. This recipe uses low-sodium salt to minimize sodium content without sacrificing flavor. The simple ingredients ensure eas...

### **Entry #6 - August 29, 2025 at 02:00 PM**

**Original Ingredients:** tea

■ **No harmful ingredients detected**

■ **Safe Ingredients:** tea

■ **Modified Recipe:** **\*\*Health Benefits\*\*** This simple tea recipe focuses on hydration and provides a comforting beverage suitable for individuals with peanut allergies. Since the focus is on avoiding allergens, this recipe prioritizes a single, safe ingredient. Proper hydration is crucial for overall health. **\*\*Ing...**

### **Entry #7 - August 29, 2025 at 02:00 PM**

**Original Ingredients:** tea

■ **No harmful ingredients detected**

■ **Safe Ingredients:** tea

■ **Modified Recipe:** **\*\*Health Benefits\*\*** This recipe focuses on a simple, safe tea preparation for individuals with peanut allergies. Since the focus is on avoiding allergens, we're highlighting the potential health benefits of the tea itself, depending on the type chosen. Many teas offer antioxidants and can cont...

### **Entry #8 - 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 #9 - 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 #10 - 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 #11 - 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 #12 - 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 #13 - 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 #14 - 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 #15 - 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.