

# Health-Aware Recipe Modifier Report

## Patient Information

**Name:** sandy

**Medical Condition:** Diabetes

**Report Generated:** November 08, 2025 at 09:58 AM

## Summary Statistics

**Total Food Entries:** 1

**Total Harmful Ingredients Detected:** 0

**Average Harmful Ingredients per Entry:** 0.0

## Detailed Food Entries History

### Entry #1 - November 08, 2025 at 09:57 AM

**Original Ingredients:** chicken, basmati rice, onion, tomato, ginger, garlic, green chili, yogurt, mint, coriander, turmeric, red chili, cumin, garam masala, cardamom, clove, cinnamon, bay leaf, salt, ghee, saffron, lemon

■ **No harmful ingredients detected**

■ **Safe Ingredients:** chicken, basmati rice, onion, tomato, ginger, garlic, green chili, yogurt, mint, coriander, turmeric, red chili, cumin, garam masala, cardamom, clove, cinnamon, bay leaf, salt, ghee, saffron, lemon

■ **Modified Recipe:** Hello there! It's wonderful that you're focusing on delicious and healthy meals to manage your diabetes. This recipe for Fragrant Chicken & Spice Pilaf is designed to be incredibly flavorful, satisfying, and blood sugar-friendly. Let's get cooking! --- \*\*Health Benefits\*\* This Fragrant Chicken ...