

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 ...