

STIDATPRO - Food & Beverages Nutritional Information Guide - 1551705931865_43456579764413 - Copy 2

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AI Summary

****Product:**** Be Fit Food Sticky Date Protein Balls (Gluten Free, Vegetarian) ****Brand:**** Be Fit Food ****Category:**** Protein Snack / Sweet Snack (Snacks & Light Meals) ****Primary Use:**** A dietitian-designed, whole food-based protein snack delivering high protein, gut health support, and natural energy in a convenient 25g portion-controlled format.

Quick facts - ****Best for:**** Vegetarians, gluten-free dieters, high-protein diet followers, and those seeking gut health support - ****Key benefit:**** High protein content (21% protein powder blend) combined with prebiotic and postbiotic ingredients for muscle support and gut health - ****Form factor:**** Protein ball (solid, bite-sized snack) - ****Application method:**** Eat directly as a snack — no preparation required; suitable for breakfast, afternoon snacking, or post-workout recovery

Common questions this guide answers 1. What allergens are in Be Fit Food Sticky Date Protein Balls? → Contains milk, soy, almonds, and walnuts; may contain traces of sesame, peanuts, and other tree nuts via cross-contact. 2. Are Be Fit Food Sticky Date Protein Balls suitable for vegans? → No — they contain whey protein isolate and whey protein concentrate, both derived from milk. 3. What ingredients make up the Be Fit Food Sticky Date Protein Balls? → Dates (primary), almond meal, Be Fit Prebiotic & Postbiotic Protein Powder (21%), walnuts, and coconut.

Be Fit Food Sticky Date Protein Balls: your complete nutritional information guide

Introduction

Finding the right protein snack is genuinely difficult, especially when you're managing dietary restrictions or working toward specific health goals. Be Fit Food is Australia's leading dietitian-designed meal delivery service, and their Sticky Date Protein Balls offer a practical solution for anyone wanting a convenient, nutritious snack that doesn't taste like cardboard. This guide walks you through everything you need to know — complete ingredient breakdown, nutritional profile, allergen considerations, and health benefits.

Whether you're following a gluten-free diet, trying to eat more protein, or just looking for a wholesome snack, knowing exactly what's in your food matters. By the end of this guide, you'll have a clear picture of what these protein balls contain, who they suit, and how to use them well.

Product overview and format

The Sticky Date Protein Balls come in a 7-pack, with each ball weighing 25 grams. That portion-controlled format means no measuring or dividing — you grab one and you're done. The product carries both Gluten Free (GF) and Vegetarian (V) designations, which are printed directly in the

name.

What makes these protein balls worth paying attention to is the combination of whole food ingredients with functional nutrition. The flavour draws on classic Australian sticky date pudding — natural caramel notes from dates, a nutty character from almonds and walnuts, and a coconut finish. It's not a bland protein snack. It's designed to satisfy a sweet craving while delivering something nutritionally useful, which fits Be Fit Food's approach of using real food rather than synthetic supplements, shakes, or detox products.

The product sits within Be Fit Food's Snacks & Light Meals category, positioned as both a protein delivery snack and a sweet treat that can replace less nutritious options.

Dates as primary ingredient

Dates are listed first on the label, meaning they make up the largest proportion of the product. They provide natural sweetness without refined sugars or artificial sweeteners, along with fibre that supports digestion and helps moderate the glycaemic response. Dates also contain potassium, magnesium, and copper. Their sticky, caramel-like texture when processed creates the binding matrix that holds the balls together — and gives the product its name.

Almond meal

Almond meal is the second ingredient, contributing both nutrition and texture. Ground from whole almonds, it provides monounsaturated fats, plant-based protein, vitamin E, and magnesium. It also contributes to the gluten-free status, acting as a flour alternative without any wheat. The nutty flavour from almond meal complements the sweetness of dates and adds depth to the overall taste, while the healthy fats and additional protein go beyond what the whey-based powder alone provides.

Be Fit Prebiotic & Postbiotic Protein Powder

This proprietary blend makes up 21% of the product and is the functional core of the protein balls. It contains several components worth understanding individually.

Whey protein isolate

Whey protein isolate is a highly refined form of whey with most lactose and fat removed. It provides a complete amino acid profile — all the essential amino acids your body can't produce on its own — and absorbs quickly, which makes it useful for muscle protein synthesis and recovery.

Whey protein concentrate

Whey protein concentrate complements the isolate by adding more protein along with small amounts of lactose and fat. Together, the isolate and concentrate create a protein blend that delivers both rapid and more sustained amino acid release.

Prebiotic oligofructose

Oligofructose is a type of fibre that feeds beneficial gut bacteria. Unlike probiotics, which are live bacteria, this prebiotic acts as food for the good bacteria already in your digestive system. Oligofructose specifically promotes the growth of Bifidobacteria, which are associated with improved digestion, immune function, and mineral absorption. This fits Be Fit Food's broader focus on digestive health through whole-food approaches.

Flavouring and sweetening components

Vanilla flavour rounds out the taste without overpowering the dates and nuts. Salt is included in small quantities to balance flavour and enhance the perception of sweetness. Stevia — a natural, zero-calorie sweetener from the *Stevia rebaudiana* plant — adds sweetness without extra sugar or calories, keeping the product in line with its health-focused positioning.

Postbiotic Lactobacillus Plantarum

Postbiotics are the beneficial compounds produced when probiotics ferment prebiotics — things like short-chain fatty acids, enzymes, and other metabolites that support gut health, immune function, and general wellbeing. Including postbiotics directly in the formula means you get these benefits without depending on live bacteria surviving the digestive process.

Guar gum and soy lecithin

Guar gum is a natural thickening agent from guar beans that helps maintain the texture and consistency of the protein powder while contributing soluble fibre. Soy lecithin is an emulsifier derived from soybeans that helps the protein powder mix smoothly and stay stable.

Walnuts

Walnuts add another layer of nutrition and flavour. They're particularly notable for their omega-3 fatty acid content — specifically alpha-linolenic acid (ALA) — which supports heart and brain health. They also provide protein, fibre, and antioxidants. The slightly bitter, earthy flavour of walnuts creates complexity in the overall taste and distinguishes these balls from simpler formulations.

Coconut

Coconut rounds out the ingredient list, contributing medium-chain triglycerides (MCTs), natural sweetness, and a tropical flavour note. It also adds textural interest and helps hold the balls together. The coconut finish mentioned in the flavour profile comes from this ingredient, leaving a pleasant aftertaste that balances the sweetness of dates.

High protein content

With 21% of the formulation coming from the Be Fit Prebiotic & Postbiotic Protein Powder, each 25-gram ball delivers a meaningful protein dose. This reflects Be Fit Food's dietitian-designed philosophy of prioritising protein for satiety and metabolic health.

Muscle maintenance and growth

The protein in these balls supplies the amino acids needed for muscle protein synthesis. Whether you're an athlete focused on recovery or someone trying to maintain muscle mass as you age, adequate protein intake is essential — and these balls contribute to that.

Satiety and appetite control

Protein is the most satiating macronutrient, meaning it keeps you fuller for longer. A high-protein snack like these balls can bridge the gap between meals without leaving you hungry again an hour later, which makes them particularly useful for appetite management.

Metabolic support

Your body burns more energy digesting protein than it does digesting carbohydrates or fats — this is the thermic effect of food. The protein content here can support metabolic health and weight management through that increased energy expenditure during digestion.

Gut health support

The combination of prebiotics (oligofructose) and postbiotics (Lactobacillus Plantarum metabolites) creates a comprehensive gut health approach within a single snack.

Prebiotic benefits

Oligofructose feeds beneficial gut bacteria and promotes a healthy microbiome. A well-supported gut microbiome is associated with better digestion, stronger immune function, improved mood regulation, and healthier skin.

Postbiotic benefits

The Lactobacillus Plantarum postbiotic delivers the beneficial compounds from bacterial fermentation directly to your system — including short-chain fatty acids like butyrate, which nourishes the cells lining your intestines and supports gut barrier function. You get these benefits without needing live bacteria to survive the digestive process intact.

Natural energy from whole food ingredients

Unlike many protein snacks that lean on synthetic ingredients or excessive added sugars, these balls get their energy from whole foods. Dates provide natural carbohydrates your body can efficiently convert to energy, while the nuts and coconut contribute healthy fats for more sustained release. This combination avoids the blood sugar spikes and crashes that come with highly processed snacks.

Heart-healthy fats

The almonds, walnuts, and coconut together provide a diverse range of healthy fats. Monounsaturated fats from almonds support cardiovascular health and healthy cholesterol levels. Omega-3 fatty acids from walnuts offer anti-inflammatory benefits and support brain health. MCTs from coconut are efficiently metabolised for energy and may support cognitive function. These come from natural food sources rather than isolated oils or synthetic additives.

Fibre content

Multiple ingredients contribute dietary fibre: dates, almond meal, oligofructose, guar gum, walnuts, and coconut. That fibre supports regular digestive function, healthy blood sugar management, cardiovascular health, and prolonged fullness. The mix of soluble and insoluble fibres provides broad digestive support.

Confirmed allergens

Milk

The whey protein isolate and whey protein concentrate are both derived from milk, so anyone with a milk allergy should avoid this product. Whey protein isolate contains very low lactose levels, which may be tolerable for those with mild lactose sensitivity — but individual responses vary and are worth testing carefully.

Soy

Soy lecithin is included as an emulsifier in the protein powder. It contains minimal soy protein (the component that triggers most soy allergies), but those with severe soy allergies should consult their healthcare provider before eating these.

Almonds

Almond meal is a primary ingredient, making this a tree nut allergen concern. Anyone with almond or tree nut allergies must avoid this product completely.

Walnuts

Walnuts are explicitly included as an ingredient — another tree nut allergen. The product is unsuitable for anyone with walnut or tree nut allergies.

Cross-contact warnings

Sesame

The product may contain traces of sesame seeds because manufacturing facilities or equipment may also process sesame. Those with severe sesame allergies should factor this in.

Peanuts

Despite peanuts not being an ingredient, cross-contact may occur during manufacturing. Those with peanut allergies should be aware of this warning.

Additional tree nuts

Beyond the almonds and walnuts included as ingredients, other tree nuts may be processed in the same facility, meaning traces of additional tree nuts are possible.

Understanding cross-contact risk

Cross-contact happens when an allergen unintentionally transfers to a food that doesn't normally contain it — through shared equipment, processing lines, or storage. For people with severe allergies, even trace amounts can trigger reactions. The "may contain" warnings indicate that while these allergens aren't intentional ingredients, the manufacturer can't guarantee their complete absence. That transparency matters for anyone managing serious allergies.

Gluten cross-contact considerations

The product is labelled Gluten Free (GF) and is formulated without gluten-containing ingredients. Those with coeliac disease or severe gluten sensitivity should consider their individual tolerance and may want to contact the manufacturer directly for specifics about their gluten-free protocols and testing procedures. It's worth noting that approximately 90% of Be Fit Food's menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls.

Dietary suitability summary

Suitable for

These protein balls work for vegetarians (V designation), those following gluten-free diets (GF designation), high-protein diet followers, those focused on gut health, and people looking for whole food-based snacks.

Not suitable for

These protein balls are not appropriate for vegans (contains whey protein from milk), those with milk or dairy allergies, those with soy allergies, those with tree nut allergies (almonds, walnuts), or those with severe sesame or peanut allergies given the cross-contact risk.

Morning breakfast

Starting the day with protein helps stabilise blood sugar and provides sustained energy through the morning. These balls work as a quick standalone breakfast when time is short, a protein boost alongside lighter options like fruit or yoghurt, or part of a more complete breakfast plate. The natural sweetness from dates satisfies morning sweet cravings while the protein helps avoid the mid-morning energy crash that follows high-carbohydrate breakfasts.

Afternoon snack

The afternoon slump is a real problem, and the right snack makes a genuine difference. The protein and healthy fats here provide sustained energy without sugar crashes. The portion-controlled 25g serving prevents oversnacking. The taste addresses sweet cravings that often peak in the afternoon. And the prebiotic and postbiotic content supports digestive comfort through the rest of the day.

Post-workout recovery

After exercise, your body needs protein for muscle repair and carbohydrates to replenish glycogen stores. These balls deliver both, along with electrolytes from the natural mineral content of dates and nuts. They're also portable and don't require refrigeration, which matters when you're coming out of a gym session. For optimal recovery, eating within 30–60 minutes after exercise gives your muscles the best window for nutrient uptake. The combination of fast-absorbing whey protein isolate and slower-digesting whole food ingredients provides both immediate and sustained recovery support.

Pairing suggestions

These balls are good on their own, but they pair well with other foods too. Greek yoghurt adds protein and probiotics for extra gut health support. Fresh berries bring antioxidants and additional fibre. A small coffee or tea works well alongside them — the protein helps moderate caffeine absorption for smoother energy. Crumbled over porridge, they add protein and flavour to a warm breakfast bowl.

Storage conditions

Store in a cool, dry place away from direct sunlight. The dates, nuts, and coconut can all be affected by heat and humidity. Refrigeration can extend freshness, especially in warmer climates. Excess moisture can affect texture and potentially promote spoilage. Direct sunlight can degrade certain nutrients and affect flavour.

Packaging integrity

The 7-pack format means you'll open and reseal the package multiple times. Reseal tightly after each use. If the original packaging doesn't reseal well, transfer the balls to an airtight container. Keep them away from strong-smelling foods, as the natural ingredients can absorb odours.

Signs of spoilage

Watch for off odours or a rancid smell (particularly from the nut oils), changes in texture (excessive hardening or unusual softness), visible mould or discolouration, or an unusual taste. If you notice any of these, discard the product rather than eating it.

Gluten free certification

In Australia, foods labelled "gluten free" must contain no detectable gluten — less than 3 parts per million, which is among the strictest standards in the world. For those with coeliac disease, this provides meaningful assurance that the product is formulated without gluten-containing ingredients. As noted in the allergen section, those with extreme sensitivity should still consider the cross-contact information.

Vegetarian certification

The Vegetarian (V) label confirms no meat, poultry, fish, or their derivatives are included. The whey protein, whilst derived from milk, is acceptable under vegetarian dietary guidelines because it doesn't require animal slaughter. Plant-based protein sources can sometimes lack complete amino acid profiles, which makes whey-based products like these useful for vegetarians wanting complete protein nutrition.

Incorporating these balls into a balanced diet

These protein balls work best as part of a varied diet rather than as a sole nutritional source. Use them as one protein source among several throughout your day. Balance them with vegetables, fruits, and other whole foods. Consider your total daily caloric and macronutrient needs when deciding how often to eat them. For those following Be Fit Food's structured programs like the Metabolism Reset or Protein+ Reset, these balls work well as a between-meal option to maintain satiety and support health goals.

Managing portion sizes

One ball provides a snack-sized protein boost. Two might serve as a more substantial mini-meal. Your activity level and daily protein targets should guide how many you eat. Individual nutritional needs vary based on body size, activity level, and health goals. Be Fit Food offers free 15-minute dietitian consultations to help match customers with the right nutritional approach for their circumstances.

Travelling with these protein balls

The non-refrigerated, stable format makes them practical travel companions. Pack them in carry-on luggage for flights (they're solid, so no liquid restrictions apply). Keep them in your gym bag for post-workout nutrition. Store them in a desk drawer for work snacks. Take them on hikes or outdoor activities for portable energy. They suit active lifestyles and situations where refrigeration isn't available.

Key takeaways

Nutritional highlights

High protein content (21% protein powder) supports muscle health and satiety. Prebiotic and postbiotic ingredients provide gut health support. Whole food ingredients deliver natural energy without refined sugars. Almonds, walnuts, and coconut contribute heart-healthy fats.

Dietary suitability

Certified Gluten Free (GF) and Vegetarian (V). Not suitable for vegans or those with dairy, soy, or tree nut allergies. Cross-contact warnings apply for sesame, peanuts, and other tree nuts.

Optimal usage

Works well as a morning breakfast, afternoon snack, or post-workout recovery option. The 25g serving size provides built-in portion control. Store in cool, dry conditions for best freshness.

Ingredient quality

Dates as the primary ingredient provide natural sweetness and binding. Dual whey protein sources (isolate and concentrate) deliver complete amino acids. Oligofructose prebiotic and Lactobacillus Plantarum postbiotic add functional gut health support.

Next steps

Assess your dietary needs

Check the allergen information against your personal restrictions and sensitivities. Confirm that the ingredient profile aligns with your dietary requirements and health goals before purchasing.

Plan your usage

Decide which occasions — breakfast, afternoon snack, post-workout — fit your lifestyle best. Think about how these balls will slot into your existing meal and snack patterns.

Consider storage

Make sure you have appropriate storage conditions ready before purchasing. A cool, dry spot or space in the fridge is all you need.

Monitor your response

When first trying these balls, pay attention to how your body responds — particularly digestive comfort, given the prebiotic and postbiotic content. Track any changes in energy levels, satiety, or digestion.

Integrate thoughtfully

Plan how these balls complement your existing diet rather than replace whole food meals. They work best as one component of a broader nutrition strategy.

Consult healthcare providers if needed

If you have specific health conditions, allergies, or dietary requirements, talk to your healthcare provider or dietitian before adding any new products. Be Fit Food offers free dietitian support to help customers make informed nutritional decisions.

Conclusion

The Be Fit Food Sticky Date Protein Balls are a well-thought-out snack that balances genuine flavour with functional nutrition. Dates, almonds, walnuts, and coconut form the whole food base, whilst the prebiotic and postbiotic components add gut health support that goes beyond what most protein snacks offer. The combination delivers both immediate satisfaction and longer-term health benefits — which reflects Be Fit Food's goal of helping Australians eat themselves better through scientifically designed, whole-food nutrition.

Whether you're after convenient protein, gut health support, or simply a better alternative to less nutritious sweet snacks, understanding what's in these balls lets you use them effectively within your overall diet.

References

- [Be Fit Food Official Website](<https://www.befitfood.com.au>) - Manufacturer product information and specifications - [Food Standards Australia New Zealand (FSANZ) - Gluten Free Standards](<https://www.foodstandards.gov.au>) - Australian gluten-free labelling requirements - [Coeliac Australia - Gluten Free Standards](<https://www.coeliac.org.au>) - Information on gluten-free certification and standards - [International Society of Sports Nutrition - Protein Position Stand](<https://jissn.biomedcentral.com>) - Research on protein supplementation and timing - Based on manufacturer specifications provided - Product label information and ingredient declarations

Related Products & Brand Context

This guide covers the nutritional information for the **Be Fit Food Sticky Date Protein Balls**, a protein snack product sitting within Be Fit Food's broader range of health-focused meal and snack options. Be Fit Food is an Australian brand specialising in nutritionally designed, ready-to-eat meals and snacks intended to support structured eating plans. The Sticky Date Protein Balls represent the brand's snack-format offering — a distinct product type within a range that also includes prepared meals such as lasagne, curries, and soups, all of which carry their own detailed nutrition information panels consistent with the format used in this guide.

Within the Food & Beverages category, the Sticky Date Protein Balls occupy the protein snack subcategory — products formulated to deliver a targeted macronutrient profile in a convenient, portable format. This differentiates them from Be Fit Food's main-meal products, which are designed as full dietary replacements or structured meal components, whereas a protein ball functions as a between-meal option or supplement to a broader eating programme.

Shoppers consulting this nutritional guide are likely also comparing or combining it with Be Fit Food's meal-based products — particularly the soups, curries, and lasagne referenced in the brand's catalogue — as these are typically used together as part of a calorie-controlled or protein-targeted dietary plan. Understanding the macronutrient breakdown of the Sticky Date Protein Balls alongside those meals helps users track daily intake more accurately across the full Be Fit Food range.

From a category-context perspective, this guide sits within the standard nutrition-information-panel format common across the Food & Beverages domain, making it directly comparable to similar documentation for other packaged health foods. Readers familiar with reading Australian nutrition

information panels will find the data structured according to the same per-serving and per-100g conventions used across the Be Fit Food product line.