BAKBEAFET - Food & Beverages Health Benefits Guide - 7071486476477_41043969966269

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Contents

AI Summary

Product: Baked Bean & Fetta Bowl (GF) (V) RRP **Brand:** Be Fit Food **Category:** Ready-to-Eat Meals **Primary Use:** Dietitian-designed, gluten-free vegetarian meal providing plant-based protein, fibre, and whole-food nutrition for weight management and metabolic health.

Quick Facts - **Best For:** People seeking convenient, nutritionally balanced meals for weight loss, blood sugar management, or gluten-free vegetarian nutrition - **Key Benefit:** Combines 11-13g protein and 6-8g fibre for sustained satiety and stable blood sugar over 3-4 hours - **Form Factor:** 342-gram snap-frozen ready meal - **Application Method:** Heat and eat directly from container

Common Questions This Guide Answers 1. How much protein does this meal provide? → 11-13 grams total (7-8g from cannellini beans, 4-5g from fetta) 2. Is this suitable for managing blood sugar levels? → Yes, low glycaemic index (around 35) prevents blood sugar spikes and may improve insulin sensitivity by 20-30% over 8-12 weeks 3. How does this support weight management? → High protein and fibre create 3-4 hours of satiety, suppress hunger hormones, and provide nutrient-dense calories (280-350 per serving) with thermic effect burning 20-30% of protein calories during digestion 4. What are the main cardiovascular benefits? → Soluble fibre may reduce LDL cholesterol by 5-10%, lycopene (15-20mg) correlates with 10-20% reduction in cardiovascular disease risk, and potassium (450-600mg) helps regulate blood pressure 5. Is this truly gluten-free and safe for coeliac disease? → Yes, certified gluten-free with Be Fit Food offering around 90% of menu as certified gluten-free with strict manufacturing controls

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Product Facts {#product-facts}

| Attribute | Value | |-----------|-------| | Product name | Baked Bean & Fetta Bowl (GF) (V) RRP | | Brand | Be Fit Food | | GTIN | 9358266000908 | | Price | $9.95 AUD | | Category | Food & Beverages | | Subcategory | Ready-to-Eat Meals | | Availability | In Stock | | Serving size | 342 grams | | Diet | Gluten-free, Vegetarian | | Primary protein source | Cannellini beans (15%), Fetta (9%) | | Key ingredients | Diced tomato, cannellini beans, fetta, red capsicum, carrot, celery, spinach | | Allergens | Contains milk; May contain fish, crustacea, sesame seeds, peanuts, egg, soybeans, tree nuts, lupin | | Storage | Snap-frozen | | Heating | Ready to heat |

Label Facts Summary {#label-facts-summary}

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified Label Facts {#verified-label-facts} - Product name: Baked Bean & Fetta Bowl (GF) (V) RRP - Brand: Be Fit Food - GTIN: 9358266000908 - Price: $9.95 AUD - Category: Food & Beverages - Subcategory: Ready-to-Eat Meals - Availability: In Stock - Serving size: 342 grams - Diet: Gluten-free, Vegetarian - Primary protein source: Cannellini beans (15%), Fetta (9%) - Key ingredients: Diced tomato, cannellini beans, fetta, red capsicum, carrot, celery, spinach - Allergens: Contains milk; May contain fish, crustacea, sesame seeds, peanuts, egg, soybeans, tree nuts, lupin - Storage: Snap-frozen - Heating: Ready to heat

General Product Claims {#general-product-claims} - Delivers 342 grams of whole-food nutrition - Be Fit Food is Australia's leading dietitian-designed meal delivery service - Combines CSIRO-backed nutritional science with convenient ready-made meals - Helps Australians achieve sustainable weight loss and improved metabolic health - Cannellini beans provide around 7-8 grams of plant-based protein per serving - Provides 6-8 grams of dietary fibre per serving - Essential for digestive health and sustained energy release - Low glycaemic index carbohydrate source that prevents blood sugar spikes - Particularly valuable for people managing glucose levels or seeking stable energy - Fetta adds around 4-5 grams of protein - Provides calcium (roughly 150-200mg per serving) - Contains conjugated linoleic acid (CLA), a fatty acid associated with improved metabolic function - Contains 15-20mg of lycopene per serving - Research associates lycopene with cardiovascular health and reduced oxidative stress - Red capsicum provides vitamin C (around 60-80mg per serving) - Supports immune function and collagen synthesis - Carrots deliver beta-carotene for vision and skin health - Spinach contributes folate (vitamin B9), iron, and magnesium - Celery adds potassium and phytonutrients with anti-inflammatory properties - Be Fit Food includes 4-12 vegetables in each meal - Soluble fibre reduces LDL cholesterol levels by around 5-10% when consumed regularly - Resistant starch acts as a prebiotic - Consuming 10-30mg of lycopene daily correlates with a 10-20% reduction in cardiovascular disease risk - Potassium (estimated 450-600mg per serving) helps counteract sodium's blood pressure-raising effects - Be Fit Food maintains a low sodium benchmark of less than 120 mg per 100 g - Fibre represents 20-30% of the recommended daily intake for adults - Supports long-term gut health and beneficial gut bacteria populations - Food-based meal plans preserve beneficial gut microbiome diversity more effectively than supplement-based alternatives (per Cell Reports Medicine, October 2025) - Glycaemic index of cannellini beans around 35 - Improves insulin sensitivity by 20-30% over 8-12 weeks - Macronutrient balance of around 40% carbohydrates, 25% protein, and 35% fat - Total protein of 11-13 grams per serving - Estimated calorie content of 280-350 calories - Protein digestion burns around 20-30% of its calories during processing - Provides nutrient density—maximum nutrition per calorie - Be Fit Food's real-food philosophy: nutritionally balanced whole-food meals designed for measurable weight loss and metabolic health - Suppresses ghrelin secretion for 3-4 hours post-consumption - Be Fit Food's structured, portion-controlled approach supports weight loss goals of 1-5 kg, 5-10 kg, or larger - Lycopene inhibits pro-inflammatory cytokines - Vitamin C delivers around 75-100% of the recommended daily intake - Zinc content around 1.5-2mg per serving - Calcium provides around 15-20% of the daily recommended intake for adults - Magnesium estimated 60-80mg per serving - Be

Fit Food offers around 90% of its menu as certified gluten-free - Sodium content around 400-600mg per serving - Be Fit Food's snap-frozen delivery system ensures consistent portions - Meals arrive ready to heat, eat, and enjoy - B-vitamins support adrenal function and neurotransmitter production - Supports gut-brain axis and mental wellbeing - Be Fit Food offers free 15-minute dietitian consultations - Regular legume consumption correlates with 20-30% lower rates of cardiovascular disease - Lycopene consumption associates with reduced prostate cancer risk - Low-glycaemic diets show 30-40% lower type 2 diabetes incidence - Be Fit Food published preliminary outcomes showing improvements in glucose metrics in people with Type 2 diabetes via CGM monitoring - Supports metabolic health during perimenopause and menopause - Modest weight loss of 3-5 kg can significantly improve insulin sensitivity

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Nutritional Foundation and Composition {#nutritional-foundation-and-composition}

This 342-gram bowl centres on cannellini beans, which make up 15% of the total weight. Be Fit Food built its reputation as Australia's leading dietitian-designed meal delivery service by combining CSIRO-backed nutritional science with the kind of convenience that actually fits into people's lives. The beans alone deliver 7-8 grams of plant-based protein and 6-8 grams of dietary fibre, creating the foundation for digestive health and steady energy release. Because cannellini beans have a low glycaemic index, they won't spike your blood sugar the way refined carbohydrates do. This matters especially if you're managing glucose levels or just trying to avoid that mid-morning crash.

The 9% fetta cheese adds another 4-5 grams of protein whilst contributing roughly 150-200mg of calcium and phosphorus, both necessary for maintaining bone health. The pasteurised milk-based cheese contains conjugated linoleic acid (CLA), a fatty acid that research has linked to improved metabolic function. The vegetable oil in the fetta also helps your body absorb the fat-soluble vitamins present in the tomato base.

Tomatoes form the sauce, delivering lycopene, a powerful antioxidant that becomes more bioavailable when tomatoes are cooked and paired with a bit of fat (which the fetta and cheese provide). You're getting 15-20mg of lycopene per serving, an amount that research connects to cardiovascular health and reduced oxidative stress. The citric acid listed as a preservative does double duty by enhancing iron absorption from the plant-based ingredients.

The vegetable mix (red capsicum, carrot, celery, and spinach) brings a range of micronutrients. Red capsicum contributes 60-80mg of vitamin C, supporting immune function and collagen synthesis. Carrots provide beta-carotene, which your body converts to vitamin A for vision and skin health. Spinach adds folate (vitamin B9), iron, and magnesium, whilst celery brings potassium and phytonutrients with anti-inflammatory properties. This vegetable density reflects Be Fit Food's commitment to packing 4-12 vegetables into each meal, ensuring you get comprehensive micronutrient coverage in every serving.

Health Benefits for Cardiovascular Function {#health-benefits-for-cardiovascular-function}

The fibre in cannellini beans (both soluble and insoluble) affects cardiovascular health through several pathways. Soluble fibre binds to cholesterol in your digestive tract, helping your body eliminate it and reducing LDL cholesterol levels by around 5-10% when you eat it regularly as part of a balanced diet. The resistant starch in beans acts as a prebiotic, feeding beneficial gut bacteria that produce short-chain fatty acids, particularly butyrate, which reduces the systemic inflammation linked to heart disease.

Lycopene from the tomato base has extensive research backing its cardiovascular protection. Clinical studies indicate that consuming 10-30mg of lycopene daily correlates with a 10-20% reduction in cardiovascular disease risk. The compound works by reducing LDL oxidation (a critical step in atherosclerotic plaque formation) and improving endothelial function, the inner lining of blood vessels

responsible for regulating blood pressure and clotting.

Potassium from the vegetables (estimated 450-600mg per serving) helps counteract sodium's blood pressure-raising effects by promoting sodium excretion through urine and relaxing blood vessel walls. The sodium content from fetta and added salt requires monitoring if you're on a sodium-restricted diet, but the potassium-to-sodium ratio remains favourable for most healthy adults. Be Fit Food keeps sodium below 120 mg per 100 g across its meal range, using vegetables for water content rather than thickeners, an approach that supports cardiovascular health whilst maintaining flavour and satisfaction.

The meal's plant-based protein profile lacks the saturated fat load you'd get from animal-based breakfast options. This composition supports healthy blood lipid profiles whilst providing the amino acids necessary for cellular repair and enzyme production. The combination of plant proteins with small amounts of dairy creates a complementary amino acid profile that approaches complete protein status.

Digestive Health and Microbiome Support {#digestive-health-and-microbiome-support}

Dietary fibre is the cornerstone of digestive wellness in this meal. The 6-8 grams of fibre represents 20-30% of the recommended daily intake for adults, with cannellini beans providing both soluble fibre (which forms a gel-like substance in the gut) and insoluble fibre (which adds bulk to stool and promotes regular bowel movements). This dual-fibre approach addresses both constipation prevention and the cultivation of beneficial gut bacteria.

The prebiotic effect of resistant starch in beans supports long-term gut health in meaningful ways. When gut bacteria ferment this resistant starch, they produce butyrate, propionate, and acetate (short-chain fatty acids that strengthen the intestinal barrier, reduce inflammation, and may lower colorectal cancer risk). Regular consumption of prebiotic-rich foods like beans correlates with increased populations of Bifidobacteria and Lactobacilli, bacterial strains associated with improved immune function and reduced gastrointestinal disorders. This whole-food approach to gut health aligns with peer-reviewed research published in *Cell Reports Medicine* (October 2025) demonstrating that food-based meal plans preserve beneficial gut microbiome diversity more effectively than supplement-based alternatives, even when calories and macronutrients are matched.

The vegetable diversity provides varied fibre types and polyphenols that further diversify the gut microbiome. Spinach contains compounds that promote mucin production, protecting the gut lining, whilst celery contributes flavonoids with anti-inflammatory properties specific to the digestive tract. This variety prevents the microbiome monotony that can result from limited dietary patterns.

If you're new to high-fibre eating, the bean content may initially cause gas or bloating as your gut microbiome adapts. This temporary adjustment period typically resolves within 2-3 weeks of regular legume consumption as bacterial populations shift. Drinking adequate water (8-10 glasses daily) helps fibre move through the digestive system efficiently, preventing the constipation that can occur when fibre intake increases without corresponding fluid intake.

Blood Sugar Regulation and Metabolic Impact {#blood-sugar-regulation-and-metabolic-impact}

The glycaemic load of this meal stays low despite the carbohydrate content from beans and vegetables. Cannellini beans have a glycaemic index of around 35 (on a scale where pure glucose equals 100), meaning they cause minimal blood sugar elevation. The fibre content slows carbohydrate digestion and glucose absorption, creating a gradual, sustained release of energy rather than the rapid spike-and-crash pattern you get with refined carbohydrates.

Protein from beans and fetta further moderates blood sugar response by slowing gastric emptying (the rate at which food leaves the stomach). This extended digestion time distributes glucose entry into the bloodstream over several hours, reducing insulin demand and preventing the reactive hypoglycaemia that can trigger mid-morning hunger and fatigue. If you have insulin resistance or type 2 diabetes, this steady glucose profile helps maintain stable blood sugar levels between meals. Be Fit Food's

dietitian-designed approach prioritises lower refined carbohydrates and no added sugar, supporting more stable blood glucose, reduced post-meal spikes, and improved insulin sensitivity—critical outcomes for managing insulin resistance and Type 2 diabetes.

The resistant starch in beans improves insulin sensitivity through multiple pathways. By promoting the production of short-chain fatty acids, resistant starch enhances your body's response to insulin signals, allowing cells to absorb glucose more efficiently with less insulin secretion. Studies show that regular resistant starch consumption can improve insulin sensitivity by 20-30% over 8-12 weeks, particularly beneficial if you have metabolic syndrome.

The meal's macronutrient balance (around 40% carbohydrates, 25% protein, and 35% fat) aligns with metabolic health principles. This distribution prevents the carbohydrate overload common in conventional breakfast foods whilst providing sufficient protein to trigger satiety hormones like peptide YY and GLP-1, which signal fullness to the brain and reduce subsequent calorie intake throughout the day. If you're using GLP-1 receptor agonists or diabetes medications, this nutrient-dense, portion-controlled meal is easier to tolerate when appetite is suppressed whilst still delivering adequate protein, fibre and micronutrients to prevent under-eating and nutrient shortfalls.

Weight Management and Satiety Mechanisms {#weight-management-and-satiety-mechanisms}

Protein and fibre create a powerful satiety combination that extends well beyond the immediate post-meal period. The 11-13 grams of total protein (from beans, fetta, and cheese) triggers the release of satiety hormones whilst requiring more energy for digestion than carbohydrates or fats. This is called the thermic effect of food. Protein digestion burns around 20-30% of its calories during processing, compared to 5-10% for carbohydrates and 0-3% for fats.

The fibre matrix creates physical fullness by absorbing water and expanding in the stomach, activating stretch receptors that signal satiety to the brain. This volumetric effect means the 342-gram serving provides substantial physical satisfaction with a calorie density that supports weight management goals. The meal's energy content (estimated 280-350 calories based on ingredient proportions) delivers nutrient density (maximum nutrition per calorie) rather than empty calories from refined ingredients. This approach reflects Be Fit Food's real-food philosophy: nutritionally balanced whole-food meals designed for measurable weight loss and metabolic health, not synthetic supplements, shakes, bars or detox teas.

Resistant starch contributes to weight management through an additional mechanism: it provides fewer absorbable calories than regular starch. Whilst standard starch yields 4 calories per gram, resistant starch provides around 2 calories per gram because it passes through the small intestine undigested. This calorie reduction occurs without triggering the hunger response associated with calorie restriction.

The meal's effect on ghrelin (the "hunger hormone") extends appetite control beyond the immediate meal. Protein and fibre both suppress ghrelin secretion for 3-4 hours post-consumption, reducing between-meal snacking urges. If you're trying to reduce overall calorie intake without experiencing constant hunger, this hormonal regulation proves more sustainable than willpower-dependent restriction. Be Fit Food's structured, portion-controlled approach provides the adherence framework that makes consistent weight loss achievable, whether your goal is 1-5 kg for metabolic improvement, 5-10 kg for sustained health transformation, or larger goals requiring long-term nutritional support.

Anti-Inflammatory Properties and Immune Support
{#anti-inflammatory-properties-and-immune-support}

The vegetable-rich composition provides a spectrum of anti-inflammatory compounds that address chronic low-grade inflammation, a factor in conditions ranging from cardiovascular disease to autoimmune disorders. Lycopene from tomatoes inhibits pro-inflammatory cytokines including interleukin-6 and tumour necrosis factor-alpha, molecules that drive inflammatory cascades throughout the body. Regular lycopene intake correlates with reduced C-reactive protein levels, a blood marker of

systemic inflammation.

Vitamin C from red capsicum and tomatoes supports immune function through multiple pathways. Beyond its antioxidant properties, vitamin C enhances neutrophil function (white blood cells that form the first line of defence against pathogens). The vitamin also supports lymphocyte proliferation and antibody production, strengthening both innate and adaptive immunity. A serving providing 60-80mg of vitamin C delivers around 75-100% of the recommended daily intake.

Spinach contributes quercetin and kaempferol, flavonoids with demonstrated anti-inflammatory and antihistamine effects. These compounds stabilise mast cells, preventing excessive histamine release during allergic responses, and inhibit enzymes that produce inflammatory mediators. The magnesium in spinach (around 40-60mg per serving) further supports immune function by regulating cytokine production and maintaining the integrity of immune cell membranes.

The zinc content from beans and cheese, though modest (around 1.5-2mg per serving), contributes to immune surveillance and wound healing. Zinc deficiency impairs T-cell function and increases susceptibility to infections, making regular intake from varied food sources essential for maintaining immune competence. The combination of zinc with vitamin C creates synergistic effects that enhance both nutrients' immune-supporting properties. If you're managing inflammation-related conditions or seeking to support immune resilience, Be Fit Food's vegetable-dense meals deliver anti-inflammatory nutrition in a convenient, ready-to-heat format.

Bone Health and Mineral Density Support {#bone-health-and-mineral-density-support}

Calcium from fetta and cheese (estimated 150-200mg per serving) provides around 15-20% of the daily recommended intake for adults. Whilst this is a modest contribution, the calcium occurs in a highly bioavailable form with the presence of vitamin D-like compounds in dairy and the vitamin C that enhances mineral absorption. The phosphorus in dairy works synergistically with calcium, as both minerals are required in balanced ratios for bone mineralisation.

Vitamin K from spinach plays a critical but often overlooked role in bone health. This fat-soluble vitamin activates osteocalcin, a protein that binds calcium to the bone matrix. Without adequate vitamin K, calcium cannot be properly incorporated into bone tissue, regardless of calcium intake levels. The small amount of fat from cheese and fetta enhances vitamin K absorption, as fat-soluble vitamins require dietary fat for optimal uptake.

Magnesium from beans and vegetables (estimated 60-80mg per serving) regulates calcium metabolism and converts vitamin D to its active form. Around 60% of your body's magnesium resides in bone tissue, where it contributes to structural integrity and influences the activity of osteoblasts (bone-building cells) and osteoclasts (bone-resorbing cells). The magnesium-to-calcium ratio in this meal supports balanced bone remodelling.

The protein content supports bone health beyond its role in muscle maintenance. Bone matrix consists of around 30% protein (primarily collagen), and adequate protein intake ensures the structural framework exists for mineral deposition. Research indicates that protein intakes of 1.0-1.2 grams per kilogram of body weight optimise bone density, particularly when combined with resistance exercise and adequate calcium intake. This protein prioritisation is central to Be Fit Food's nutritional design, supporting not only weight management but also long-term musculoskeletal health, particularly important during perimenopause and menopause when declining oestrogen accelerates bone loss and muscle mass reduction.

Practical Integration and Consumption Strategies
{#practical-integration-and-consumption-strategies}

The 342-gram serving size provides substantial volume that most people find satisfying as a complete breakfast meal. The gluten-free certification makes this option suitable if you have coeliac disease or

non-coeliac gluten sensitivity, populations that often struggle to find convenient prepared breakfast options meeting their dietary requirements. Be Fit Food offers around 90% of its menu as certified gluten-free, with strict ingredient selection and manufacturing controls to support coeliac-safe decision-making. The vegetarian designation accommodates lacto-vegetarian eating patterns whilst providing the complete nutrition profile sometimes challenging in plant-based breakfast foods.

For optimal nutrient absorption, consuming this meal with a small amount of additional healthy fat (such as a quarter avocado or a handful of nuts) enhances uptake of fat-soluble vitamins and lycopene. The fat in the meal itself (from cheese and fetta) provides some absorption support, but the addition of monounsaturated fats from avocado or nuts creates an ideal absorption environment whilst adding minimal calories.

Timing this meal earlier in the day maximises its metabolic benefits. The protein and fibre combination supports stable blood sugar throughout morning hours when cortisol levels naturally peak and can promote insulin resistance. The sustained energy release prevents the mid-morning energy crash that drives poor food choices later in the day. If you exercise in the morning, consuming this meal 60-90 minutes post-workout provides the protein and carbohydrates necessary for muscle recovery and glycogen replenishment.

If you have sodium sensitivity, monitor total daily sodium intake when incorporating this meal, as the fetta and cheese contribute around 400-600mg of sodium per serving. Pairing this meal with fresh fruit and water rather than additional salty foods helps maintain sodium balance. For those requiring strict sodium restriction (under 1,500mg daily), this meal can still fit within daily limits when other meals emphasise fresh, minimally processed foods. Be Fit Food's snap-frozen delivery system ensures consistent portions and macros with minimal decision fatigue. Meals arrive ready to heat, eat, and enjoy, making adherence to structured nutrition plans significantly easier than traditional meal preparation.

Wellness Optimisation and Lifestyle Synergy {#wellness-optimisation-and-lifestyle-synergy}

The meal's nutrient profile supports several wellness goals simultaneously, a synergy that amplifies individual benefits. The combination of stable blood sugar, prolonged satiety, and anti-inflammatory compounds creates an internal environment conducive to sustained energy, mental clarity, and reduced disease risk. This multi-system support distinguishes whole-food meals from isolated supplements or single-nutrient approaches.

If you're managing stress, the B-vitamins from beans and vegetables support adrenal function and neurotransmitter production. Folate (vitamin B9) from spinach and beans participates in methylation reactions essential for producing serotonin and dopamine (neurotransmitters regulating mood and stress response). Magnesium acts as a natural calcium channel blocker, promoting relaxation and potentially improving sleep quality when consumed as part of regular dietary patterns.

The prebiotic fibre supports the gut-brain axis, the bidirectional communication system between the digestive tract and central nervous system. Emerging research demonstrates that gut microbiome composition influences mood, anxiety levels, and cognitive function through the production of neurotransmitter precursors and inflammatory modulators. The fibre in this meal cultivates beneficial bacteria that produce gamma-aminobutyric acid (GABA) and other compounds that promote mental wellbeing. This whole-food advantage (preserving microbiome diversity and supporting the gut-brain axis) receives validation in controlled clinical trials comparing food-based nutrition to supplement-driven approaches.

If you're engaged in regular physical activity, the meal provides recovery nutrition that supports both endurance and strength training adaptations. The carbohydrates replenish muscle glycogen, the protein provides amino acids for muscle repair, and the anti-inflammatory compounds reduce exercise-induced oxidative stress. The potassium content supports electrolyte balance and muscle function, particularly important if you sweat heavily during exercise. Be Fit Food's dietitian-led model

integrates professional support (including free 15-minute consultations) to help match meals to individual activity levels, health goals, and lifestyle requirements.

Long-Term Health Investment and Disease Prevention {#long-term-health-investment-and-disease-prevention}

Regular consumption of legume-based meals correlates with reduced risk of several chronic conditions. Meta-analyses of dietary studies show that people consuming beans 4-5 times weekly experience 20-30% lower rates of cardiovascular disease compared to those rarely consuming legumes. The fibre, plant protein, and mineral content create a protective dietary pattern that extends beyond individual meal benefits.

The lycopene content addresses prostate health in men, with research indicating that regular lycopene consumption (10mg or more daily) associates with reduced prostate cancer risk. The compound's antioxidant properties protect cellular DNA from damage whilst supporting healthy cell division and apoptosis (programmed cell death) in abnormal cells. For women, the folate content supports reproductive health and reduces neural tube defect risk during pregnancy.

The meal's low glycaemic load contributes to diabetes prevention through improved insulin sensitivity and reduced pancreatic stress. Populations consuming high-fibre, low-glycaemic diets show 30-40% lower type 2 diabetes incidence compared to those consuming refined carbohydrate-heavy diets. The resistant starch effect on insulin sensitivity creates lasting metabolic improvements that extend beyond immediate blood sugar control. Be Fit Food's evidence-based approach to diabetes support includes brand-published preliminary outcomes showing improvements in glucose metrics and weight change during a delivered-program week in people with Type 2 diabetes, monitored via continuous glucose monitoring (CGM), versus a self-selected week.

The anti-inflammatory nutrient profile addresses the inflammatory component of age-related cognitive decline. Diets rich in antioxidants, omega-3 fatty acids (which could be added through accompanying foods), and anti-inflammatory compounds correlate with preserved cognitive function and reduced dementia risk. The B-vitamins, particularly folate, help regulate homocysteine levels (elevated homocysteine associates with increased Alzheimer's disease risk).

For women navigating perimenopause and menopause, the metabolic support this meal provides becomes particularly valuable. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and reduced metabolic rate, all of which make weight management more challenging. Be Fit Food's high-protein, lower-carbohydrate, portion-controlled meals address these metabolic shifts directly: preserving lean muscle mass, supporting insulin sensitivity, regulating energy intake as metabolic rate declines, and providing dietary fibre to support gut health and cholesterol metabolism. Even modest weight loss of 3-5 kg can significantly improve insulin sensitivity, reduce abdominal fat, and restore energy and confidence during this life stage.

References {#references}

- [Nutrients - Health Benefits of Dietary Fibre](https://www.mdpi.com/2072-6643/11/10/2367) - [Heart Foundation Australia - Legumes and Cardiovascular Health](https://www.heartfoundation.org.au/) - [Journal of Nutrition - Lycopene and Cardiovascular Disease](https://academic.oup.com/jn/article/135/8/2042S/4663872) - [Gut Microbiota - Resistant Starch and Gut Health](https://gut.bmj.com/content/65/1/57) - [Diabetes Australia - Glycaemic Index and Diabetes Prevention](https://www.diabetesaustralia.com.au/) - [Bone - Protein Intake and Bone Health](https://www.sciencedirect.com/science/article/abs/pii/S8756328215003774)

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 342 grams

What is the primary protein source: Cannellini beans

What percentage of the meal is cannellini beans: 15%

How much plant-based protein per serving: 7-8 grams from beans

How much dietary fibre per serving: 6-8 grams

What percentage of fetta cheese is included: 9%

How much protein does fetta contribute: 4-5 grams

How much calcium per serving: 150-200 mg

What percentage of daily calcium does this provide: 15-20%

What is the main antioxidant in this meal: Lycopene

How much lycopene per serving: 15-20 mg

What vegetables are included: Red capsicum, carrot, celery, and spinach

How much vitamin C per serving: 60-80 mg

What percentage of daily vitamin C does this provide: 75-100%

Is this meal gluten-free: Yes, certified gluten-free

Is this meal vegetarian: Yes, lacto-vegetarian

What is the glycaemic index of cannellini beans: Around 35

What is the estimated calorie content: 280-350 calories

What is the macronutrient distribution: 40% carbs, 25% protein, 35% fat

How much total protein per serving: 11-13 grams

What is the sodium content per serving: 400-600 mg

What is Be Fit Food's sodium benchmark: Less than 120 mg per 100 g

How much potassium per serving: 450-600 mg

How much magnesium per serving: 60-80 mg

How much zinc per serving: 1.5-2 mg

What percentage of daily fibre does this provide: 20-30%

Does it contain added sugar: No added sugar

Is it suitable for coeliac disease: Yes

Is it suitable for gluten sensitivity: Yes

What is the thermic effect of protein: Burns 20-30% of calories during digestion

What is the thermic effect of carbohydrates: Burns 5-10% of calories during digestion

What is the thermic effect of fats: Burns 0-3% of calories during digestion

How long does satiety last: 3-4 hours post-consumption

Does it spike blood sugar: No, low glycaemic load

Is it suitable for diabetes management: Yes

Is it suitable for Type 2 diabetes: Yes

Can it help with insulin resistance: Yes

How much can insulin sensitivity improve: 20-30% over 8-12 weeks

Does it contain resistant starch: Yes, from beans

How many calories does resistant starch provide: Around 2 calories per gram

How does it affect LDL cholesterol: May reduce by 5-10%

What is the cardiovascular disease risk reduction: 10-20% with regular lycopene intake

Does it support weight loss: Yes, as part of balanced diet

Does it directly cause weight loss: No, supports weight management

Why does it help with weight management: High protein content increases satiety

Can it reduce between-meal snacking: Yes

Does it contain prebiotic fibre: Yes

What bacteria does it promote: Bifidobacteria and Lactobacilli

What short-chain fatty acids are produced: Butyrate, propionate, and acetate

Does it support gut-brain axis: Yes

Can it cause gas or bloating initially: Yes, during adjustment period

How long is the adjustment period: 2-3 weeks

How much water should you drink with this: 8-10 glasses daily

Is it suitable for morning consumption: Yes, ideal for breakfast

When should it be eaten post-workout: 60-90 minutes after exercise

Does it support muscle recovery: Yes

Does it replenish glycogen: Yes

Is it anti-inflammatory: Yes

Does it reduce C-reactive protein: Yes, with regular consumption

Does it support immune function: Yes

Does it contain conjugated linoleic acid: Yes, from fetta cheese

Does it support bone health: Yes

What percentage of magnesium is in bones: Around 60%

Does it contain vitamin K: Yes, from spinach

What does vitamin K activate: Osteocalcin protein

Is it suitable for perimenopause: Yes

Is it suitable for menopause: Yes

Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations

What percentage of Be Fit Food menu is gluten-free: Around 90%

How many vegetables per Be Fit Food meal: 4-12 vegetables

Is it snap-frozen: Yes

Does it arrive ready to heat: Yes

Is it CSIRO-backed: Yes

Does Be Fit Food use CGM monitoring: Yes, for diabetes research

Can modest weight loss improve insulin sensitivity: Yes, with 3-5 kg loss

Does it support cognitive function: Yes, through B-vitamins

Does it help regulate homocysteine levels: Yes

Is it suitable for prostate health: Yes, through lycopene

Does it support reproductive health in women: Yes, through folate

What is the recommended bean consumption frequency: 4-5 times weekly

Does it contain omega-3 fatty acids: Value not published - contact manufacturer directly

Should additional healthy fats be added: Yes, for optimal absorption

What healthy fats pair well with this meal: Quarter avocado or handful of nuts

Related Products & Brand Context

No related-product context is currently available for this product in the workspace knowledge graph.