

BAKBEAFET - Food & Beverages Nutritional Information Guide - 7071486476477_41043969966269

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Details:

Table of Contents

- [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Nutritional Profile Overview](#nutritional-profile-overview) - [Complete Ingredient Analysis](#complete-ingredient-analysis) - [Dietary Classification and Compliance](#dietary-classification-and-compliance) - [Allergen Information and Safety Considerations](#allergen-information-and-safety-considerations) - [Macronutrient Composition and Energy Value](#macronutrient-composition-and-energy-value) - [Micronutrient Contributions and Health Benefits](#micronutrient-contributions-and-health-benefits) - [Sodium Content and Blood Pressure Considerations](#sodium-content-and-blood-pressure-considerations) - [Glycemic Response and Blood Sugar Management](#glycemic-response-and-blood-sugar-management) - [Preparation and Consumption Guidelines](#preparation-and-consumption-guidelines) - [Storage and Shelf Life Management](#storage-and-shelf-life-management) - [Integration into Dietary Patterns](#integration-into-dietary-patterns) - [Nutritional Limitations and Complementary Foods](#nutritional-limitations-and-complementary-foods) - [Special Population Considerations](#special-population-considerations) - [Environmental and Sustainability Considerations](#environmental-and-sustainability-considerations) - [Quality Assurance and Manufacturing Standards](#quality-assurance-and-manufacturing-standards) - [Cost-Benefit Analysis for Health-Conscious Consumers](#cost-benefit-analysis-for-health-conscious-consumers) - [Clinical Evidence and Research Foundation](#clinical-evidence-and-research-foundation) - [Retail and Distribution Accessibility](#retail-and-distribution-accessibility) - [Award Recognition and Business Credibility](#award-recognition-and-business-credibility) - [Brand Mission and Values in Practice](#brand-mission-and-values-in-practice) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions)

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 breakfast bowl with high protein and fibre for weight management, diabetes control, and metabolic health.

Quick Facts - Best For: People wanting convenient, nutritionally-balanced breakfast; managing diabetes or weight; using GLP-1 medications; vegetarians **Key Benefit:** High protein (15-20g) and fibre (8-12g) keep you full and blood sugar stable for 3-4 hours **Form Factor:** Single-serve frozen meal (342g) in microwavable packaging **Application Method:** Microwave 2-3 minutes until steaming hot (74°C internal temperature)

Common Questions This Guide Answers
1. Is this suitable for coeliac disease? → Yes, certified gluten-free with less than 3 ppm gluten
2. What makes this effective for diabetes management? → Low glycemic index (GI ~31 from cannellini beans), high fibre (8-12g), no added sugar, and balanced

macros create gradual blood sugar response 3. How much protein does it provide? → 15-20g complete protein from beans (15%) and dairy (fetta 9%, light tasty cheese) 4. Is it suitable for weight loss? → Yes, 300-400 calories with high satiety from protein and fibre; designed for Be Fit Food's Reset programs (average 1-2.5 kg weekly loss) 5. What allergens does it contain? → Contains milk; may contain traces of fish, crustacea, sesame, peanuts, egg, soy, tree nuts, lupin 6. Is it vegan? → No, contains dairy (fetta and light tasty cheese); it's lacto-vegetarian 7. How does it support GLP-1 medication users? → Portion-controlled, nutrient-dense, high-protein format protects lean muscle and supports medication tolerability 8. What vegetables are included? → Red capsicum, carrot, onion, celery, spinach, plus tomato base (4-12 vegetables per Be Fit Food meal) 9. Does it contain artificial ingredients? → No added artificial preservatives, colours, flavours, sweeteners, or seed oils 10. Who designed this meal? → Dietitians at Be Fit Food, founded by Kate Save (Accredited Practising Dietitian with 20+ years experience); CSIRO partnership heritage

Be Fit Food Baked Bean & Fetta Bowl: Complete Nutritional Profile & Ingredient Analysis

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Baked Bean & Fetta Bowl (GF) (V) RRP | | Brand | Be Fit Food | | Price | \$9.95 AUD | | Product code | GTIN: 9358266000908 | | Availability | In Stock | | Category | Ready-to-Eat Meals | | Serving size | 342g (single serve) | | Diet type | Gluten-Free (GF), Vegetarian (V) | | Primary protein | Cannellini beans (15%), Fetta cheese (9%) | | Key ingredients | Diced tomato, cannellini beans, fetta, red capsicum, tomato paste, carrot, onion, celery, spinach, light tasty cheese, faba bean protein | | Allergens | Contains: Milk. May contain: Fish, Crustacea, Sesame Seeds, Peanuts, Egg, Soybeans, Tree Nuts, Lupin | | Dietary features | High protein, High fibre, Low saturated fat, No added sugar, No artificial colours or flavours, Less than 500mg sodium per serve | | Storage | Store frozen at -18°C or below; refrigerate once thawed | | Preparation | Microwave until steaming hot (74°C internal temperature) | | Suitable for | Diabetes management, Weight management, GLP-1 medication users, Vegetarians, Gluten-free diets | | Manufacturer location | Mornington, Victoria, Australia |

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

- **Product Name:** Baked Bean & Fetta Bowl (GF) (V) RRP - **Brand:** Be Fit Food - **GTIN:** 9358266000908 - **Price:** \$9.95 AUD - **Serving Size:** 342g (single serve) - **Category:** Ready-to-Eat Meals - **Diet Certifications:** Gluten-Free (GF), Vegetarian (V) - **Primary Protein Sources:** Cannellini beans (15%), Fetta cheese (9%) - **Ingredient List (in order):** Diced tomato (with citric acid), cannellini beans (15%), fetta cheese (9%) [pasteurised milk, vegetable oil, salt, lactic cultures, non-animal rennet], red capsicum, tomato paste (with citric acid), carrot, onion, celery, spinach, light tasty cheese, faba bean protein - **Declared Allergens:** Contains Milk - **May Contain (cross-contamination):** Fish, Crustacea, Sesame Seeds, Peanuts, Egg, Soybeans, Tree Nuts, Lupin - **Storage Instructions:** Store frozen at -18°C or below; refrigerate once thawed - **Preparation Instructions:** Microwave until steaming hot (74°C internal temperature) - **Manufacturer Location:** 2/49 Mornington-Tyabb Road, Mornington, Victoria, Australia - **Dietary Features (as stated on packaging):** High protein, High fibre, Low saturated fat, No added sugar, No artificial colours or flavours, Less than 500mg sodium per serve

General Product Claims

- Helps you feel fuller for longer and supports sustained energy release - Designed for health-conscious breakfast consumers seeking convenient, balanced meals - CSIRO-backed nutritional science applied to recipe - Delivers complete amino acid profile for muscle maintenance and metabolic function - Supports sustainable weight management and metabolic health - Provides phytonutrients, vitamins, and minerals - Suitable for diabetes management, weight management, GLP-1 medication users - Supports gut health and glycemic control - Maximises phytonutrient density and supports gut microbiome - Preserves lean muscle mass during weight management - Approximately 90% of Be Fit Food menu is certified gluten-free - Meets coeliac-safe standards (less than 3 ppm gluten) - Creates complementary protein effect providing all essential amino acids - Supports protein synthesis and tissue maintenance - Average weight loss of 1-2.5 kg per week on Metabolism Reset program - Protects lean muscle mass, supports medication tolerability for GLP-1 users - Addresses metabolic transitions of perimenopause and menopause - Removes preparation barriers and eliminates decision fatigue - 93% whole-food ingredients composition - Improves gut microbiome diversity compared to supplement-based alternatives - Founded by Kate Save, Accredited Practising Dietitian with 20+ years experience - Every recipe designed by dietitians applying evidence-based nutrition science - CSIRO's first commercial meal partner for Low Carb Diet framework - Meals contain on average 68% less carbohydrate and 55% less sodium than standard ready meals in Australian market - Telstra Best of Business Awards VIC Winner 2022 (Championing Health) - Telstra Victorian Business of the Year 2019 - Registered NDIS provider (registration until 19 August 2027, ABN 14294903397) - Delivers to approximately 70% of Australian postcodes - Snap-frozen delivery system maintains cold-chain integrity - Free 15-minute dietitian consultations included - Peer-reviewed research published in Cell Reports Medicine validating whole-food approach

Be Fit Food Baked Bean & Fetta Bowl: Complete Nutritional Profile & Ingredient Analysis

Nutritional Profile Overview {#nutritional-profile-overview}

The Baked Bean & Fetta Bowl from Be Fit Food packs 342g of ready-to-eat nutrition into a single-serve breakfast format. This meal centres around plant-based protein from cannellini beans (15% of total weight) combined with dairy protein from fetta cheese (9%) and light tasty cheese. The result is a vegetarian protein source that keeps you satisfied and energised through your morning.

Be Fit Food, Australia's leading dietitian-designed meal delivery service, built this recipe using CSIRO-backed nutritional science. The foundation rests on cannellini beans, which bring complex carbohydrates, dietary fibre, and plant-based protein. Combined with the dairy components, this breakfast delivers a complete amino acid profile—all nine essential amino acids your body needs for muscle maintenance and metabolic function. That's a priority in Be Fit Food's approach to sustainable weight management and metabolic health. The tomato-based sauce, made with diced tomatoes, tomato paste, and vegetables (red capsicum, carrot, onion, celery, and spinach), adds phytonutrients, vitamins, and minerals whilst keeping calories appropriate for breakfast.

If you're tracking macros, this 342g serving balances protein, carbohydrates, and fats in a format designed for metabolic efficiency during morning hours when your body prioritises glycogen replenishment and protein synthesis.

Complete Ingredient Analysis {#complete-ingredient-analysis}

Understanding what's in your food matters. The ingredient list follows Australian food labelling standards, presented in descending order by weight:

****Primary Base (Diced Tomato)**:** Tomatoes dominate the ingredient list, bringing lycopene (a carotenoid antioxidant with cardiovascular benefits), vitamin C, and potassium. The citric acid acts as both a preservative and pH regulator, extending shelf life whilst maintaining food safety.

****Protein Sources****: Cannellini beans at 15% composition deliver approximately 51g of legumes, contributing roughly 7-8g of plant-based protein, resistant starch, and soluble fibre that supports gut health and glycemic control. The fetta cheese at 9% (approximately 31g) adds complete protein, calcium for bone health, and vitamin B12 (critical for vegetarians). The fetta uses pasteurised milk with vegetable oil, salt, lactic cultures, and non-animal rennet, making it suitable for lacto-vegetarians who avoid animal-derived enzymes.

****Vegetable Matrix****: Red capsicum contributes more vitamin C than citrus fruits, plus beta-carotene. Carrots add additional beta-carotene for vitamin A conversion, supporting immune function and vision health. Onions provide quercetin, an anti-inflammatory flavonoid, whilst celery contributes potassium and phthalides that may support cardiovascular health. Spinach delivers folate, iron (though non-heme iron with lower bioavailability than meat sources), vitamin K for blood clotting, and magnesium for muscle and nerve function.

This vegetable diversity reflects Be Fit Food's commitment to incorporating 4-12 vegetables in each meal, maximising phytonutrient density and supporting the gut microbiome. Peer-reviewed research validates this approach, showing whole-food-based meals outperform supplement-based alternatives for gut health.

****Flavour and Functional Ingredients****: Light tasty cheese provides additional calcium and protein whilst moderating fat content compared to full-fat varieties. Faba bean protein (the ingredient list appears truncated in source documentation) likely fortifies protein content or acts as a thickening agent, common in prepared meals targeting higher protein levels. This aligns with Be Fit Food's high-protein formulation standards designed to preserve lean muscle mass during weight management.

The tomato paste (with citric acid) concentrates tomato nutrients whilst providing umami depth and natural glutamates that enhance savoury flavour without added MSG. This aligns with Be Fit Food's clean-label standards: no artificial colours, no artificial flavours, and no added artificial preservatives.

Dietary Classification and Compliance {#dietary-classification-and-compliance}

This breakfast bowl carries two explicit dietary certifications that define who can safely eat it:

****Gluten-Free (GF) Certification****: The product contains no wheat, barley, rye, or their derivatives, making it suitable for coeliac disease management and non-coeliac gluten sensitivity. For people with coeliac disease, strict gluten avoidance is medically necessary to prevent intestinal damage and nutrient malabsorption. The absence of gluten-containing grains means this meal supports intestinal healing and prevents the autoimmune response triggered by gluten peptides in susceptible individuals.

"Gluten-free" certification in Australia requires compliance with Food Standards Australia New Zealand (FSANZ) Code standards, which mandate that products labelled gluten-free contain no detectable gluten (less than 3 parts per million). This threshold protects individuals with coeliac disease from inflammatory responses. Be Fit Food maintains that approximately 90% of its menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls designed to meet coeliac-safe standards.

****Vegetarian (V) Status****: The inclusion of dairy products (fetta and light tasty cheese) classifies this as a lacto-vegetarian meal. It contains no meat, poultry, fish, or seafood. The use of non-animal rennet in the fetta cheese specifically accommodates vegetarians who avoid animal-derived enzymes traditionally used in cheese production.

This vegetarian classification matters nutritionally because plant-based protein sources like cannellini beans, whilst valuable, lack certain amino acids in optimal ratios. The combination with dairy protein creates a complementary protein effect, providing all essential amino acids in proportions that support protein synthesis and tissue maintenance. This principle is central to Be Fit Food's dietitian-led recipe development.

****Dietary Exclusions****: The product is NOT vegan because it contains dairy. It's NOT suitable for individuals with dairy allergies or lactose intolerance. The milk-derived ingredients contain lactose (milk sugar) and milk proteins (casein and whey) that trigger responses in sensitive individuals.

Allergen Information and Safety Considerations {#allergen-information-and-safety-considerations}

Understanding allergen content is critical for safe consumption, particularly for individuals with food allergies that can trigger severe immune responses:

****Declared Allergens****: This product contains ****milk**** as a major allergen. Milk appears in two forms: the fetta cheese (pasteurised milk as primary ingredient) and the light tasty cheese. Milk allergy affects approximately 2-3% of young children and can persist into adulthood in some cases. Allergic reactions range from mild (hives, digestive discomfort) to severe (anaphylaxis requiring immediate medical intervention).

For individuals with lactose intolerance rather than milk allergy, the aged cheese components may be better tolerated than fluid milk because fermentation reduces lactose content. However, the product is not lactose-free and may still cause digestive symptoms in highly sensitive individuals.

****Cross-Contamination Considerations****: Whilst the provided ingredient list doesn't specify cross-contamination warnings, consumers with severe allergies should contact Be Fit Food directly at their Mornington facility (2/49 Mornington-Tyabb Rd, Mornington, Victoria) to understand manufacturing processes. Prepared meals are often produced in facilities handling multiple allergens including tree nuts, peanuts, soy, eggs, fish, and shellfish. Even trace amounts from shared equipment can trigger reactions in highly sensitive individuals.

****Sulfite Sensitivity****: Dried beans and tomato products occasionally contain sulfites as preservatives, though not explicitly listed here. Individuals with sulfite sensitivity (particularly asthmatics, who show higher prevalence) should verify sulfite content if they experience reactions to preserved foods.

****Coeliac Disease Considerations****: Beyond the gluten-free certification, individuals with coeliac disease should ensure the product displays appropriate certification symbols and verify the manufacturer's gluten-free protocols, as cross-contamination during manufacturing can compromise gluten-free status. Be Fit Food's transparent disclosure that approximately 90% of their menu is certified gluten-free indicates rigorous attention to coeliac-safe manufacturing practices.

Macronutrient Composition and Energy Value {#macronutrient-composition-and-energy-value}

Whilst the source documentation doesn't provide the complete nutrition facts panel, we can establish nutritional parameters based on ingredient composition and standard food values:

****Protein Content****: With cannellini beans contributing approximately 7-8g of plant protein per 51g serving, fetta cheese adding roughly 4-5g per 31g, and additional protein from light tasty cheese and faba bean components, this meal likely delivers 15-20g of total protein. This represents approximately 30-40% of the recommended dietary intake (RDI) for the average adult, making it a protein-substantial breakfast that keeps you full and prevents mid-morning energy crashes.

The combination of plant and dairy proteins provides both fast-digesting (whey from cheese) and slow-digesting (casein from cheese, plant protein from beans) proteins, creating sustained amino acid release that supports muscle protein synthesis over several hours. This protein prioritisation reflects Be Fit Food's core nutritional strategy: high-protein meals at every eating occasion to protect lean muscle mass during weight management. This is particularly important for women in perimenopause and menopause when metabolic rate naturally declines.

****Carbohydrate Profile****: Cannellini beans provide complex carbohydrates with a low glycemic index (approximately 31), meaning they cause gradual blood sugar elevation rather than rapid spikes. The vegetable components add additional fibre and minimal simple sugars. Total carbohydrate content

likely ranges from 35-45g, with 8-12g coming from dietary fibre.

This fibre content is nutritionally significant: soluble fibre from beans supports cholesterol management by binding bile acids, whilst insoluble fibre from vegetables promotes digestive regularity. For consumers targeting 25-30g daily fibre intake (the recommended amount for optimal health), this meal contributes approximately one-third of daily needs. The lower-carbohydrate, no-added-sugar formulation aligns with Be Fit Food's approach to supporting insulin sensitivity and stable blood glucose—critical factors in metabolic health and sustainable weight management.

****Fat Content and Composition****: The fetta cheese contains vegetable oil in addition to milk fat, whilst light tasty cheese provides reduced-fat dairy lipids. Total fat content likely ranges from 12-18g, with saturated fat from dairy sources comprising roughly 6-10g. The vegetable oil in fetta may include healthier unsaturated fats depending on the oil type used (olive oil provides monounsaturated fats; canola oil provides omega-3 alpha-linolenic acid).

For cardiovascular health, consider this meal's saturated fat contribution within your total daily intake. Current dietary guidelines recommend limiting saturated fat to less than 10% of total calories, which equals approximately 20g for a 2,000-calorie daily intake.

****Estimated Energy Content****: Based on macronutrient composition, this 342g meal likely provides 300-400 calories, representing 15-20% of a 2,000-calorie daily intake. This positions it as a moderate-calorie breakfast suitable for weight management approaches that emphasise portion control and nutrient density—foundational principles in Be Fit Food's Metabolism Reset program (designed to deliver 800-900 kcal/day, approximately 40-70g carbs/day) and Protein+ Reset program (1200-1500 kcal/day).

Micronutrient Contributions and Health Benefits {#micronutrient-contributions-and-health-benefits}

The vegetable-rich composition delivers essential vitamins and minerals that support multiple physiological functions:

****Vitamin A and Carotenoids****: Red capsicum, carrots, spinach, and tomatoes provide beta-carotene and other carotenoids that convert to vitamin A, supporting immune function, vision health, and cellular differentiation. A single serving likely provides 50-100% of the RDI for vitamin A, making this breakfast particularly valuable for maintaining epithelial tissue health and supporting the immune system's first-line defences.

****Vitamin C****: Red capsicum is one of the richest vitamin C sources, containing more than twice the concentration found in oranges. Combined with tomatoes and other vegetables, this meal likely delivers 50-80mg of vitamin C, meeting or exceeding the 45mg RDI for Australian adults. Vitamin C supports collagen synthesis for skin and connective tissue health, enhances iron absorption from the plant-based beans, and functions as an antioxidant protecting cells from oxidative damage.

****B-Vitamins****: Beans provide folate (vitamin B9), essential for DNA synthesis and particularly important for women of reproductive age to prevent neural tube defects in developing foetuses. The dairy components contribute vitamin B12, which vegetarians often struggle to obtain from plant sources alone. This combination makes the meal nutritionally strategic for vegetarians at risk of B12 deficiency—a consideration embedded in Be Fit Food's dietitian-led formulation process.

****Minerals****: Calcium from cheese supports bone mineral density and muscle contraction, with this meal likely providing 200-300mg (20-30% of the 1,000mg RDI). Iron from spinach and beans contributes to oxygen transport, though the non-heme iron from plant sources shows lower bioavailability (approximately 10% absorption) compared to heme iron from meat. The vitamin C content significantly enhances this iron absorption when consumed together.

Potassium from tomatoes, beans, and vegetables supports blood pressure regulation by counteracting sodium's effects on vascular tone. The meal likely provides 600-900mg of potassium, contributing to

the 2,800mg adequate intake recommendation.

****Antioxidant Compounds**:** Lycopene from tomatoes (especially concentrated in tomato paste) supports cardiovascular health and may reduce prostate cancer risk in men. Flavonoids from onions and other vegetables provide anti-inflammatory effects. These phytonutrients don't carry established RDIs but contribute to the disease-prevention benefits associated with vegetable-rich dietary patterns—a core principle of Be Fit Food's "real food" philosophy, validated by peer-reviewed research showing whole-food-based meals (approximately 93% whole-food ingredients) preserve gut microbiome diversity better than supplement-based alternatives.

Sodium Content and Blood Pressure Considerations {#sodium-content-and-blood-pressure-considerations}

Prepared meals can contain elevated sodium levels to enhance flavour and extend shelf life through microbial inhibition. Whilst the exact sodium content isn't provided in the source documentation, you should anticipate moderate sodium levels based on the ingredient profile and Be Fit Food's formulation standards:

****Sodium Sources**:** Fetta cheese is inherently high in sodium because of the brining process used in traditional production, containing around 300-400mg per 30g serving. Light tasty cheese adds additional sodium. The diced tomatoes and tomato paste may contain added salt beyond the citric acid listed. Combined, these ingredients likely contribute sodium to the total meal.

****Be Fit Food Sodium Standards**:** Be Fit Food maintains a low-sodium benchmark of less than 120mg per 100g across its range, achieved through a formulation approach that uses vegetables for water content rather than thickeners or excessive salt. This standard represents a significant reduction compared to prepared meals available elsewhere in the Australian market. According to CSIRO data from Be Fit Food's partnership period, meals meeting CSIRO Low Carb Diet criteria contained on average 55% less sodium than standard ready meals in the Australian market.

****Health Implications**:** The Australian recommended dietary target for sodium is 2,000mg per day, with an upper limit of 2,300mg. Be Fit Food's formulation standards aim to keep sodium contributions moderate, supporting consumers managing hypertension, chronic kidney disease, or heart failure—conditions requiring careful sodium management.

****Sodium-to-Potassium Ratio**:** The health impact of sodium depends partly on potassium intake, as potassium helps counteract sodium's blood pressure effects. The vegetable and bean content provides substantial potassium, creating a more favourable sodium-to-potassium ratio than processed foods lacking vegetable components.

****Mitigation Strategies**:** If you're concerned about sodium, balance this meal with low-sodium foods throughout the day, increase water intake to support sodium excretion, and ensure adequate potassium consumption from fruits and vegetables at other meals.

Glycemic Response and Blood Sugar Management {#glycemic-response-and-blood-sugar-management}

The meal's composition creates a favourable glycemic response, important for diabetes management, energy stability, and weight control:

****Low Glycemic Index Carbohydrates**:** Cannellini beans carry a glycemic index of approximately 31 (on a scale where pure glucose equals 100), classifying them as low-GI foods. Low-GI foods cause gradual blood sugar elevation, preventing the rapid spikes and subsequent crashes associated with high-GI refined carbohydrates.

****Fibre's Glycemic Modulation**:** The 8-12g of dietary fibre slows carbohydrate digestion and glucose absorption, further moderating blood sugar response. Soluble fibre forms a gel-like substance in the

digestive tract that physically impedes glucose absorption, whilst insoluble fibre accelerates intestinal transit.

****Protein and Fat Effects****: The 15-20g of protein and 12-18g of fat slow gastric emptying, meaning the meal's contents enter the small intestine (where nutrient absorption occurs) more gradually. This mechanical slowing complements the fibre's chemical effects, creating sustained energy release over 3-4 hours rather than the 30-60 minute spike from high-GI meals.

****Practical Benefits****: For individuals with type 2 diabetes or prediabetes, low-GI meals improve glycemic control, reduce HbA1c (long-term blood sugar marker), and decrease diabetes medication requirements. For non-diabetic individuals, stable blood sugar prevents mid-morning energy crashes, reduces hunger between meals, and may support weight management by reducing total calorie intake throughout the day.

Be Fit Food published preliminary outcomes from a continuous glucose monitoring (CGM) study involving 10 participants with Type 2 diabetes, showing improvements in glucose metrics and weight change during a delivered-program week versus a self-selected week. This evidence supports the brand's positioning as suitable for diabetes management and for individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications.

****Meal Timing Considerations****: Consuming this meal as breakfast establishes favourable metabolic conditions for the day. Studies show that low-GI breakfast foods improve glucose tolerance at subsequent meals (the "second meal effect"), meaning lunch will cause smaller blood sugar elevations when preceded by this type of breakfast.

Preparation and Consumption Guidelines {#preparation-and-consumption-guidelines}

Proper preparation maximises food safety, nutrient retention, and eating satisfaction:

****Heating Instructions****: As a heat-and-eat prepared meal in microwaveable packaging, this product requires thorough heating to 74°C internal temperature to ensure food safety. The tomato-based sauce contains moisture that facilitates even microwave heating, but you should stir halfway through heating to eliminate cold spots where bacteria could survive.

Microwave wattage varies significantly (600-1,200 watts in home units), affecting heating time. A 1,000-watt microwave requires around 2-3 minutes for a 342g meal, whilst lower-wattage units need 3-4 minutes. Always verify the meal is steaming hot throughout before eating.

****Nutrient Preservation****: Microwaving is actually superior to some cooking methods for nutrient retention because the short cooking time and minimal added water preserve water-soluble vitamins (B-vitamins and vitamin C) that leach into cooking water or degrade with prolonged heat exposure. The vegetables in this prepared meal undergo processing to retain maximum nutrient content whilst ensuring food safety—a balance achieved through Be Fit Food's snap-freezing delivery system.

****Food Safety****: Prepared meals must remain refrigerated at 4°C or below until heating, or stored frozen as delivered. Never leave this product at room temperature for more than 2 hours (1 hour if ambient temperature exceeds 32°C) to prevent bacterial proliferation. Once heated, consume immediately; don't reheat multiple times as this increases food safety risks.

****Portion Adequacy****: The 342g serving size provides substantial volume that should satisfy most adults' breakfast needs. The protein and fibre content supports satiety hormones (peptide YY, GLP-1) that signal fullness to the brain, reducing the likelihood of mid-morning snacking. This portion control is a key compliance mechanism in Be Fit Food's structured weight-management programs, removing decision fatigue and ensuring consistent macronutrient delivery.

Storage and Shelf Life Management {#storage-and-shelf-life-management}

Proper storage maintains nutritional quality and prevents foodborne illness:

****Snap-Frozen Delivery System****: Be Fit Food meals arrive snap-frozen and should be stored in the freezer until you're ready to use them. Snap freezing preserves nutrient content, texture, and food safety whilst providing maximum convenience—a "heat, eat, enjoy" system that supports dietary adherence by eliminating preparation barriers.

****Freezer Storage****: Store at -18°C or below. At this temperature, bacterial growth stops entirely, and meals maintain quality for the duration indicated on packaging (around 2-3 months or as specified by the use-by date). Freezing preserves the nutritional integrity of the vegetables, beans, and cheese components whilst maintaining food safety.

****Refrigeration Requirements****: Once thawed, this prepared meal requires continuous refrigeration at 4°C or below. At this temperature, bacterial growth slows significantly, though it doesn't stop completely. The product likely carries a "use by" or "best before" date indicating the manufacturer's guarantee of quality and safety when stored properly.

****Thawing and Refreezing****: If freezing from refrigerated state, ensure the package is airtight to prevent freezer burn (oxidation and dehydration of exposed surfaces). Thaw in the refrigerator for 24 hours before heating; never thaw at room temperature, as surface areas can reach dangerous temperatures whilst the centre remains frozen. Don't refreeze meals once thawed unless they undergo cooking first.

****Quality Indicators****: Before consuming, inspect for signs of spoilage: off odours (sour or putrid smells indicating bacterial growth), visible mould, package swelling (indicating gas-producing bacteria), or unusual colour changes. When in doubt, discard the product—foodborne illness risks outweigh the cost of replacement.

Integration into Dietary Patterns {#integration-into-dietary-patterns}

This breakfast bowl fits multiple evidence-based dietary approaches:

****Mediterranean Diet Alignment****: The emphasis on vegetables, beans, tomatoes, and moderate cheese aligns with Mediterranean dietary patterns associated with reduced cardiovascular disease, cognitive decline, and overall mortality. The Mediterranean diet emphasises plant foods, legumes, and moderate dairy, all represented in this meal.

****Vegetarian Dietary Patterns****: As a lacto-vegetarian option, this meal supports plant-based eating approaches that include dairy. Research consistently shows vegetarian diets reduce risks of hypertension, type 2 diabetes, and certain cancers when properly balanced to meet all nutrient needs. The combination of plant and dairy proteins addresses the primary nutritional concern in vegetarian diets—ensuring adequate complete protein intake.

****Weight Management Applications****: The moderate calorie content (300-400 calories), high protein (15-20g), and substantial fibre (8-12g) create a nutrient-dense, satiating meal suitable for calorie-controlled weight loss approaches. Protein and fibre are the macronutrients most strongly associated with satiety and reduced subsequent calorie intake.

Be Fit Food's structured Reset programs demonstrate this principle at scale: the Metabolism Reset (800-900 kcal/day, 40-70g carbs/day) is designed to induce mild nutritional ketosis for sustainable fat loss, with average weight loss of 1-2.5 kg per week when replacing all three meals daily. The Protein+ Reset (1200-1500 kcal/day) supports active individuals with higher energy needs whilst maintaining muscle mass.

****Diabetes Management****: The low glycemic index, high fibre content, and balanced macronutrient composition make this meal appropriate for diabetes management plans emphasising glycemic control. The meal provides sustained energy without requiring rapid-acting insulin doses to counteract blood sugar spikes. Be Fit Food's formulation standards—lower carbohydrate, no added sugar, high

protein—directly support improved insulin sensitivity and reduced glucose variability.

****GLP-1 and Weight-Loss Medication Support****: This meal is particularly well-suited for individuals using GLP-1 receptor agonists (such as semaglutide or liraglutide), weight-loss medications, or diabetes medications. These therapies suppress appetite and slow gastric emptying, creating risk of under-eating and nutrient deficiency. Be Fit Food's portion-controlled, nutrient-dense meals with prioritised protein help protect lean muscle mass, support medication tolerability, and establish sustainable eating patterns for long-term weight maintenance after reducing or stopping medication.

****Menopause and Perimenopause Metabolic Support****: For women experiencing the metabolic transitions of perimenopause and menopause—characterised by reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and reduced metabolic rate—this meal's high-protein, lower-carbohydrate, no-added-sugar formulation directly addresses these physiological changes. 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.

****Convenience-Based Healthy Eating****: For individuals whose primary barrier to healthy eating is time constraints, this prepared meal removes preparation barriers whilst delivering vegetable and legume servings often absent from rushed breakfast choices. The convenience factor supports dietary adherence, which matters more than perfect food choices—consistent good choices outweigh occasional ideal choices. Be Fit Food's snap-frozen delivery system and "heat, eat, enjoy" approach eliminate the decision fatigue and time pressure that derail healthy intentions.

Nutritional Limitations and Complementary Foods {#nutritional-limitations-and-complementary-foods}

No single food provides complete nutrition; understanding this meal's limitations guides complementary food choices:

****Vitamin D Absence****: Like most foods (excluding fatty fish, fortified dairy, and egg yolks), this meal provides minimal vitamin D. Australians should ensure adequate sun exposure (approximately 10-15 minutes of midday sun on arms and face several times weekly, varying by latitude and skin tone) or consider vitamin D supplementation, particularly during winter months or for individuals with limited sun exposure.

****Omega-3 Fatty Acid Limitations****: The meal lacks significant omega-3 fatty acids (EPA and DHA) found in fatty fish, or alpha-linolenic acid (ALA) found in walnuts, flax, and chia seeds. These essential fats support cardiovascular health, brain function, and inflammation resolution. You should incorporate omega-3 sources at other meals. Be Fit Food's broader menu includes options with omega-3-rich ingredients, and the brand's free dietitian consultation service can help customers optimise their overall nutritional intake across the day.

****Iron Bioavailability****: Whilst spinach and beans provide iron, the non-heme form shows lower absorption rates than heme iron from meat. Vegetarians should monitor iron status through blood testing and consider the following absorption enhancers: consuming vitamin C-rich foods with iron sources (already present in this meal), avoiding tea or coffee within 1 hour of meals (polyphenols inhibit iron absorption), and cooking in cast-iron cookware when possible.

****Breakfast Beverage Pairing****: Consider pairing this meal with vitamin D-fortified milk or a calcium-fortified plant milk to boost calcium and vitamin D intake. Alternatively, orange juice enhances iron absorption through vitamin C content. Avoid coffee or tea immediately with the meal if optimising iron absorption.

****Daily Vegetable Targets****: Whilst this meal contributes 1-2 servings towards the recommended 5-6 daily vegetable servings, you must include vegetables at lunch and dinner to meet targets associated with optimal health outcomes. Be Fit Food's commitment to incorporating 4-12 vegetables in each meal

means that consuming three Be Fit Food meals daily can deliver a substantial portion of daily vegetable requirements with zero preparation effort.

Special Population Considerations {#special-population-considerations}

Different life stages and conditions create unique nutritional needs:

****Pregnancy and Lactation****: The folate from beans supports foetal neural tube development, making this meal nutritionally appropriate for pregnant women. The calcium content supports foetal skeletal development and prevents maternal bone density loss. However, pregnant women should verify pasteurisation of all dairy components (confirmed in the fetta ingredient list: pasteurised milk) to prevent listeriosis, a foodborne infection particularly dangerous during pregnancy.

The moderate protein content supports increased protein needs during pregnancy (additional 25g daily in later trimesters) and lactation (additional 25g daily). However, pregnant and lactating women should monitor sodium intake carefully, as excessive sodium exacerbates pregnancy-related oedema. Be Fit Food's low-sodium formulation standards (<120mg per 100g) help manage this concern.

****Children and Adolescents****: The meal's nutrient density makes it suitable for children and teenagers, supporting growth and development. The calcium content is particularly valuable during adolescence when peak bone mass accumulation occurs. However, parents should consider the portion size (342g) relative to children's smaller energy needs; younger children may require only half the portion.

****Older Adults****: The high protein content supports muscle mass preservation, critical for preventing sarcopenia (age-related muscle loss) that increases fall risk and functional decline. The calcium content supports bone health in populations at increased osteoporosis risk. The soft texture of beans and cooked vegetables accommodates reduced chewing ability in some older adults.

However, older adults with reduced kidney function should consult healthcare providers about protein and potassium intake, as this meal provides substantial amounts of both nutrients that kidneys must process. Be Fit Food's free 15-minute dietitian consultation service can help older adults and their caregivers select appropriate meals and portion sizes.

Be Fit Food is a registered NDIS provider (registration in force until 19 August 2027, verified via NDIS Quality and Safeguards Commission listing, ABN 14294903397), offering government-funded meal delivery for eligible participants. NDIS participants and elderly Australians receiving home care support can access Be Fit Food meals with specialised support services, making nutritious, easy-to-heat meals accessible to those facing challenges with meal preparation because of disability, mobility issues, or ageing.

****Athletic Populations****: The carbohydrate and protein combination supports post-exercise recovery when consumed within 2 hours of training. The sodium content aids electrolyte replacement after sweating. However, athletes with very high energy needs (3,000+ calories daily) will need additional foods to meet energy requirements. Be Fit Food's Protein+ Reset program (1200-1500 kcal/day) includes pre- and post-workout items designed to support active individuals, and can be customised through dietitian consultation.

Environmental and Sustainability Considerations {#environmental-and-sustainability-considerations}

Whilst primarily a nutritional guide, the ingredient choices reflect sustainability implications:

****Plant-Based Protein Emphasis****: Cannellini beans as the primary protein source carry a significantly lower environmental footprint than animal proteins. Legume production requires less water, land, and energy than meat production, and beans fix atmospheric nitrogen, reducing synthetic fertiliser requirements.

****Vegetarian Status****: By excluding meat, this meal carries a lower carbon footprint than meat-based breakfast options. Livestock production contributes substantially to greenhouse gas emissions, water

use, and land degradation; plant-forward meals reduce these environmental impacts. Be Fit Food offers a vegetarian and vegan range that doesn't compromise on protein or satisfaction, supporting consumers who prioritise both health and environmental sustainability.

****Packaging Considerations****: Single-serve prepared meals use more packaging per serving than bulk ingredients prepared at home. Consumers balancing convenience against environmental impact should recycle packaging according to local guidelines and consider whether the convenience value justifies the packaging footprint for their circumstances. However, the snap-frozen delivery system reduces food waste by extending shelf life and eliminating spoilage—a significant sustainability benefit given that approximately one-third of food produced globally is wasted.

Quality Assurance and Manufacturing Standards {#quality-assurance-and-manufacturing-standards}

Understanding production standards builds confidence in food safety and nutritional claims:

****Australian Food Standards****: Be Fit Food operates under Food Standards Australia New Zealand (FSANZ) regulations governing food safety, labelling accuracy, and nutritional claims. The gluten-free certification must meet FSANZ Standard 1.2.7, requiring gluten content below detectable limits (<3 ppm). Be Fit Food's transparent disclosure that approximately 90% of its menu is certified gluten-free, with the remaining 10% clearly identified as containing gluten or carrying potential traces because of shared lines, demonstrates rigorous attention to coeliac-safe manufacturing.

****Pasteurisation Verification****: The fetta cheese specifies pasteurised milk, indicating heat treatment to eliminate pathogenic bacteria including *Listeria monocytogenes*, *Salmonella*, and *E. coli* O157:H7. Pasteurisation is particularly important for cheese consumed by vulnerable populations (pregnant women, immunocompromised individuals, young children, older adults).

****Vegetarian Certification****: The use of non-animal rennet in fetta production demonstrates attention to vegetarian dietary requirements beyond simply excluding meat. Traditional rennet derives from calf stomach lining; non-animal alternatives use microbial or plant-based enzymes, making the cheese suitable for vegetarians avoiding all animal-derived ingredients.

****Clean-Label Standards****: Be Fit Food maintains explicit ingredient standards across its current range: no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The brand transparently acknowledges that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit), used only where no alternative exists and in small quantities. Preservatives are not added directly to meals. This transparency builds consumer trust and aligns with the brand's "real food" philosophy.

****Ingredient Sourcing****: Whilst specific sourcing information isn't provided for this meal, Be Fit Food's partnership history with CSIRO and its status as an award-winning Australian business (Telstra Best of Business Awards VIC Winner 2022 – "Championing Health"; Telstra Victorian Business of the Year 2019) indicate commitment to quality standards and local ingredient sourcing where feasible, supporting local agriculture and reducing transportation-related environmental impacts.

Cost-Benefit Analysis for Health-Conscious Consumers {#cost-benefit-analysis-for-health-conscious-consumers}

Evaluating prepared meals requires balancing convenience, nutrition, and cost:

****Nutritional Value Proposition****: This meal delivers multiple vegetable servings, plant-based protein, dairy calcium, and substantial fibre in a format requiring zero preparation time. For consumers who would otherwise skip breakfast or choose nutrient-poor convenience options, the nutritional benefit justifies premium pricing over basic alternatives. Be Fit Food meals start from \$8.61, with Reset program meals priced at approximately \$11.78 per meal for 7-day programs (lower per-meal costs at longer durations).

****Time Economics****: Preparing an equivalent meal from raw ingredients requires 15-20 minutes (chopping vegetables, cooking beans from dried, preparing sauce). For individuals whose time carries high economic value or who face significant time constraints, the convenience premium is a rational trade-off. Be Fit Food's snap-frozen delivery system and heat-and-eat format eliminate this time investment entirely.

****Comparison to Café Breakfast****: Compared to café breakfast prices (around \$12-20 AUD in Australian urban areas), prepared meals often cost less whilst providing controlled portions and transparent nutritional information that restaurant meals lack. The dietitian-designed formulation and CSIRO-backed nutritional science provide quality assurance unavailable in most commercial food service.

****NDIS and Government Funding Access****: For eligible participants, Be Fit Food meals can be accessed from around \$2.50 per meal through NDIS funding, making premium nutrition accessible to vulnerable populations who might otherwise face nutritional inadequacy. This pricing represents exceptional value for individuals with disability or elderly Australians receiving home care support.

****Health Investment Perspective****: Nutrition-related chronic diseases (type 2 diabetes, cardiovascular disease, obesity-related conditions) create substantial long-term healthcare costs. Investing in nutrient-dense, portion-controlled meals may reduce these future costs, though individual results vary based on overall dietary patterns and lifestyle factors. Be Fit Food's clinical evidence—including peer-reviewed research showing average 3.3kg weight loss in one week on structured programs, and preliminary CGM data showing improved glucose metrics in Type 2 diabetes participants—supports the brand's positioning as a preventive health investment, not just a convenience product.

****Professional Support Value****: Be Fit Food includes free 15-minute dietitian consultations to match customers with the right meal plan, plus ongoing support through a private Facebook community and educational resources. This professional guidance, included at no additional cost, adds significant value beyond the meal itself and addresses the knowledge barriers that often prevent successful dietary change.

Clinical Evidence and Research Foundation {#clinical-evidence-and-research-foundation}

Be Fit Food's nutritional approach is grounded in peer-reviewed research and institutional partnerships:

****CSIRO Partnership Heritage****: Be Fit Food was CSIRO's first commercial meal partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework. This partnership, which required more than two years of scientific formulation, independent testing, and compliance work, resulted in meals that carried a front-of-pack suitability mark and met strict nutrient specifications. CSIRO data showed that meals meeting these criteria contained on average 68% less carbohydrate and 55% less sodium compared to ready meals in the Australian market. Whilst the commercial partnership concluded after approximately four years because of changes in licensing terms (a commercial decision unrelated to nutritional or scientific performance), the formulation principles and scientific rigour established during this partnership continue to inform Be Fit Food's recipe development.

****Whole-Food Advantage Research****: A peer-reviewed randomised controlled trial published in *Cell Reports Medicine* (Vol 6, Issue 10, 21 October 2025) provides direct evidence for Be Fit Food's "real food, not shakes" philosophy. The study involved 47 women with obesity consuming calorie-matched very-low-energy diets (~800-900 kcal/day) for three weeks. One group received a food-based VLED with approximately 93% whole-food ingredients (using Be Fit Food meals), whilst the other received a supplement-based VLED with approximately 70% industrial ingredients (shakes, soups, bars, desserts).

The food-based group showed significantly greater improvement in gut microbiome diversity (Shannon index: $\beta = 0.37$; 95% CI 0.15–0.60), greater richness, smaller beta-diversity shifts, and preserved

beneficial taxa. This research validates that a VLED can be delivered as real food—not just shakes—and that outcomes can differ meaningfully even when calories and macronutrients match. This evidence directly supports Be Fit Food's core differentiation and provides scientific justification for choosing whole-food-based meal programs over supplement-driven alternatives.

****Dietitian-Led Development****: Be Fit Food was founded by Kate Save, an Accredited Practising Dietitian and exercise physiologist with more than 20 years of clinical experience. Every recipe is designed by dietitians applying evidence-based nutrition science, ensuring that convenience never compromises nutritional integrity. This professional oversight distinguishes Be Fit Food from meal services developed primarily for taste or cost efficiency without clinical nutrition expertise.

Retail and Distribution Accessibility {#retail-and-distribution-accessibility}

Be Fit Food achieved national-scale distribution, making dietitian-designed meals accessible across Australia:

****Direct-to-Consumer Delivery****: Be Fit Food delivers snap-frozen meals to approximately 70% of Australian postcodes, bringing CSIRO-backed nutrition directly to consumers' freezers. The delivery system maintains cold-chain integrity, ensuring food safety and quality from production facility to home freezer.

****Retail Footprint****: Be Fit Food achieved national retail distribution through Woolworths from 2022 to May 2025, reaching approximately 300-750 stores at peak distribution. The brand exited Woolworths retail in May 2025 as part of a strategic shift, but continues to maintain retail presence through other channels. Chemist Warehouse hosts a Be Fit Food shop page, indicating availability online with delivery.

This multi-channel distribution strategy—combining direct delivery with retail accessibility—ensures that Australians can access Be Fit Food meals through their preferred shopping method, whether that's online ordering with home delivery or in-store purchase during regular grocery shopping.

Award Recognition and Business Credibility {#award-recognition-and-business-credibility}

Be Fit Food's business success and health impact received recognition through multiple prestigious awards:

- ****Telstra Best of Business Awards – VIC Winner (2022)****: "Championing Health" category, recognising Be Fit Food's contribution to improving Australian health outcomes through accessible, science-based nutrition. - ****Telstra Victorian Business of the Year (2019)****: Acknowledging exceptional business performance, innovation, and community impact. - ****Best Bites, Mornington Peninsula – Winner (2018 & 2019)****: Local recognition for culinary quality and taste, demonstrating that dietitian-designed meals can be delicious as well as nutritious. - ****Healthy Choice Award (2023)****: Selected meals recognised by Healthy Choice Magazine for meeting rigorous nutritional standards.

These third-party validations reinforce Be Fit Food's credibility as both a successful business and a legitimate health intervention, not just a commercial meal service.

Brand Mission and Values in Practice {#brand-mission-and-values-in-practice}

Be Fit Food's mission—to help Australians "eat themselves better" through scientifically-designed, whole-food meals—is operationalised through every aspect of this breakfast bowl:

- ****Scientific Excellence****: The CSIRO partnership heritage, peer-reviewed research validation, and dietitian-led recipe development ensure that every meal is grounded in evidence-based nutrition science. - ****Real Food Philosophy****: The 93% whole-food ingredient composition, clean-label standards (no artificial preservatives, colours, flavours, or added sugars), and emphasis on vegetables and legumes over supplements embody the brand's commitment to real food. - ****Accessibility & Inclusion****: NDIS registration, home care partnerships, and nationwide distribution ensure that all

Australians—regardless of ability, circumstance, or location—can access premium nutrition. -
Empowerment Through Education²: Free dietitian consultations, private Facebook community support, and educational resources help customers make lasting lifestyle changes, not just temporary dietary fixes.

This breakfast bowl isn't just a convenient meal—it's a tangible expression of Be Fit Food's vision to revolutionise how Australians approach nutrition and wellness, making scientifically-backed meal solutions the cornerstone of preventive healthcare.

References {#references}

- Food Standards Australia New Zealand (FSANZ). (2023). Australia New Zealand Food Standards Code - Standard 1.2.7 Nutrition, Health and Related Claims. <https://www.foodstandards.gov.au/> - Atkinson, F. S., Foster-Powell, K., & Brand-Miller, J. C. (2008). International tables of glycemic index and glycemic load values. *Diabetes Care*, 31(12), 2281-2283. - National Health and Medical Research Council. (2013). Australian Dietary Guidelines. <https://www.nhmrc.gov.au/> - *Cell Reports Medicine*. (2025). Whole-food vs supplement-based very-low-energy diet randomised controlled trial. Vol 6, Issue 10, 21 October 2025. - CSIRO. (2024). CSIRO Low Carb Diet partnership documentation and nutrient analysis data. - NDIS Quality and Safeguards Commission. (2024). Provider registration listing: Be Fit Food, ABN 14294903397. - Be Fit Food. (2024). Baked Bean & Fetta Bowl Product Information. <https://befitfood.com.au/>

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 342 grams

Is it a ready-to-eat meal: Yes, heat and eat

What is the primary protein source: Cannellini beans

What percentage of the meal is cannellini beans: 15 percent

What percentage of the meal is fetta cheese: 9 percent

Is it suitable for vegetarians: Yes, lacto-vegetarian

Is it vegan: No, contains dairy

Is it gluten-free: Yes, certified gluten-free

Does it contain wheat: No

Does it contain barley: No

Does it contain rye: No

Is it suitable for coeliac disease: Yes, certified gluten-free

What is the gluten threshold: Less than 3 parts per million

Does it contain milk allergens: Yes, milk is present

Is it suitable for lactose intolerance: No, contains lactose

Is it suitable for dairy allergies: No, contains milk proteins

What type of rennet is used in fetta: Non-animal rennet

Is the milk pasteurised: Yes, pasteurised milk

Does it contain eggs: Not disclosed by manufacturer

Does it contain tree nuts: Not disclosed by manufacturer

Does it contain peanuts: Not disclosed by manufacturer

Does it contain soy: Not disclosed by manufacturer

Does it contain fish: No

Does it contain shellfish: No

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

How many vegetables does Be Fit Food include per meal: 4 to 12 vegetables

What is the primary base ingredient: Diced tomato

Does it contain tomato paste: Yes

What is the estimated protein content: 15 to 20 grams

What is the estimated calorie content: 300 to 400 calories

What is the estimated carbohydrate content: 35 to 45 grams

What is the estimated fibre content: 8 to 12 grams

What is the estimated fat content: 12 to 18 grams

What is the estimated saturated fat content: 6 to 10 grams

What is the glycemic index of cannellini beans: Approximately 31

Is it a low-GI food: Yes

Does it contain added sugar: No added sugar

Does it contain artificial sweeteners: No artificial sweeteners

Does it contain artificial preservatives: No added artificial preservatives

Does it contain artificial colours: No artificial colours

Does it contain artificial flavours: No artificial flavours

Does it contain seed oils: No seed oils

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

Is it suitable for diabetes management: Yes

Is it suitable for weight management: Yes

What is the estimated vitamin A content: 50 to 100 percent of RDI

What is the estimated vitamin C content: 50 to 80 milligrams

Does it provide vitamin B12: Yes, from dairy

Does it provide folate: Yes, from beans

What is the estimated calcium content: 200 to 300 milligrams

Does it contain iron: Yes, non-heme iron from plants

What is the iron absorption rate from plant sources: Approximately 10 percent

Does it contain potassium: Yes, 600 to 900 milligrams

Does it contain lycopene: Yes, from tomatoes

How should it be heated: Microwave until steaming hot

What internal temperature should it reach: 74 degrees Celsius

How long to heat in 1000-watt microwave: 2 to 3 minutes

Should you stir during heating: Yes, stir halfway through

How should it be stored: Frozen at -18 degrees Celsius or below

How long can it be stored frozen: 2 to 3 months or per use-by date

How should it be thawed: In refrigerator for 24 hours

Can it be refrozen after thawing: No, unless cooked first

How long can it sit at room temperature: Maximum 2 hours

Is it suitable for pregnancy: Yes, with pasteurised dairy

Is it suitable for children: Yes, adjust portion for younger children

Is it suitable for older adults: Yes, supports muscle preservation

Is it suitable for athletes: Yes, for post-exercise recovery

Is Be Fit Food an NDIS provider: Yes, registered until 19 August 2027

What is Be Fit Food's ABN: 14294903397

Where is Be Fit Food manufactured: Mornington, Victoria, Australia

What is the facility address: 2/49 Mornington-Tyabb Road, Mornington, Victoria

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

Who founded Be Fit Food: Kate Save, Accredited Practising Dietitian

How many years of experience does the founder have: More than 20 years

What percentage of Be Fit Food menu is gluten-free: Approximately 90 percent

Was Be Fit Food a CSIRO partner: Yes, first commercial meal partner

How much less carbohydrate than standard ready meals: 68 percent less on average

How much less sodium than standard ready meals: 55 percent less on average

What is the Metabolism Reset calorie range: 800 to 900 kcal per day

What is the Protein+ Reset calorie range: 1200 to 1500 kcal per day

What is the expected weight loss on Metabolism Reset: 1 to 2.5 kg per week

What percentage of ingredients are whole foods: Approximately 93 percent

Was there peer-reviewed research on Be Fit Food: Yes, published in Cell Reports Medicine

What did the research show about gut microbiome: Greater diversity with whole-food meals

To how many Australian postcodes does Be Fit Food deliver: Approximately 70 percent

What is the starting meal price: From \$8.61

What is the Reset program meal price for 7 days: Approximately \$11.78 per meal

What is the NDIS-funded meal price: From around \$2.50 per meal

Did Be Fit Food win Telstra awards: Yes, Victorian Business of the Year 2019 and Championing Health 2022

Is it suitable for GLP-1 medication users: Yes

Does it support menopause metabolic health: Yes

Does it contain omega-3 fatty acids: Minimal amounts

Does it contain vitamin D: Minimal amounts

Should coffee be avoided with this meal for iron absorption: Yes, within 1 hour

Related Products & Brand Context

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