BEFITPRO - Food & Beverages Ingredient Breakdown - 4488001290328_43501470089405

Canonical: https://directory.befitfood.com.au/product-guides/meal-guides/befitpro-food-beverages-ingredient-breakdown-4488001290328-43501470089405/

Details:

Contents

AI Summary

Product: Be Fit Protein Dim Sim - 7 Pack P3 **Brand:** Be Fit Food **Category:** Health Foods - Frozen Prepared Meals **Primary Use:** High-protein, low-carb frozen dim sim designed for weight management and metabolic health support as part of a balanced diet.

Quick Facts - **Best For:** Health-conscious consumers seeking convenient, portion-controlled meals with higher protein and lower carbohydrates than traditional dim sims - **Key Benefit:** Delivers 12–16g protein per serving with vegetable-forward recipe (cabbage, mushroom, carrot, courgette) while maintaining traditional dim sim flavour profile - **Form Factor:** Frozen dumpling/dim sim with wheat flour wrapper and mixed filling (70g per piece, 7-pack) - **Application Method:** Requires cooking before consumption (steam or fry from frozen)

Common Questions This Guide Answers 1. What makes this different from regular dim sims? → Vegetable-forward recipe with green cabbage as primary ingredient, dual meat base (beef and pork), textured vegetable protein for fortification, and significantly lower carbohydrates (8–12g vs typical dim sims) 2. What are the main allergens and dietary restrictions? → Contains wheat, gluten, and soybeans; not suitable for vegetarians, vegans, or those with coeliac disease; may contain traces of fish, egg, milk, crustaceans, sesame, peanuts, tree nuts, and lupin 3. How does it achieve high protein with lower fat? → Combines lean beef mince, pork mince, and textured vegetable protein (TVP) while using cabbage for bulk instead of starchy fillers; no added oils beyond meat fat 4. What sweetener is used and why? → Natvia (stevia and erythritol blend) replaces added sugar to maintain low-carb profile while providing subtle background sweetness 5. Is it truly a clean-label product? → Contains no

artificial preservatives, colours, or flavours; preserved through freezing only; uses whole-food ingredients with minimal processing aids (only tapioca starch for binding)

Product Facts {#product-facts}

| Attribute | Value | |-----------|-------| | Product name | Be Fit Protein Dim Sim - 7 Pack P3 | | Brand | Be Fit Food | | Pack size | 7 pack | | Serving size | 1 dim sim (70g) | | Price | $19.95 AUD | | Availability | In Stock | | GTIN | 806809669505 | | Category | Health Foods | | Calories per serving | 100 calories | | Main ingredients | Green cabbage, wheat flour wrapper, beef mince, pork mince, mushroom, carrot, courgette | | Protein source | Beef, pork, textured vegetable protein | | Sweetener | Natvia (stevia and erythritol) | | Contains allergens | Wheat, gluten, soybeans | | May contain traces | Fish, egg, milk, crustaceans, sesame seeds, peanuts, tree nuts, lupin | | Dietary features | High protein, low carb, no added sugar, no artificial preservatives, no artificial colours or flavours | | Storage | Keep frozen | | Preparation | Requires cooking (steam or fry) |

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 Identification: - Product name: Be Fit Protein Dim Sim - 7 Pack P3 - Brand: Be Fit Food - GTIN: 806809669505 - Category: Health Foods - Pack size: 7 pack - Serving size: 1 dim sim (70g) - Calories per serving: 100 calories

Complete Ingredient List (in descending order by weight): - Green cabbage - Dim Sim Wrapper (wheat flour, water, salt) - Beef mince - Pork mince - Mushroom - Carrot - Courgette - Tapioca starch - Textured Vegetable Protein (TVP) - Gluten free soy sauce - Beef stock - Natvia (stevia and erythritol) - Pepper - Garlic powder - Ginger powder

Allergen Information: - Contains: Wheat, gluten, soybeans - May contain traces of: Fish, egg, milk, crustaceans, sesame seeds, peanuts, tree nuts, lupin

Storage and Preparation: - Storage: Keep frozen - Preparation: Requires cooking (steam or fry)

Dietary Features (as declared on packaging): - High protein - Low carb - No added sugar - No artificial preservatives - No artificial colours or flavours

General Product Claims {#general-product-claims}

Health and Wellness Claims: - Dietitian-designed range - Part of CSIRO partnership heritage - Clinical research backing - Suitable for weight loss as part of balanced diet - Supports metabolic health - Designed for blood sugar management support - Helps you feel fuller for longer - Makes it easier to stick with health goals - Supports satiety and digestive health - Important factors in weight management programmes - Suitable for individuals monitoring sodium intake for cardiovascular or metabolic health - Aligns with evidence-based nutrition principles - Supports wellness journey - Nourishes your body - Helps body thrive

Nutritional Philosophy Claims: - Commitment to delivering 4–12 vegetables in each meal - Clean-label standards - "Real food" philosophy - Whole ingredients without unnecessary additives - Commitment to avoiding seed oils across current range - Low-sodium benchmark of less than 120 mg per 100 g - Around 90% of menu certified gluten-free - Snap-frozen delivery system - Portion-controlled meals - Higher protein, lower refined carbohydrates approach - Vegetable density focus - Evidence-based nutritional standards

Comparative and Marketing Claims: - Different from regular dim sims that rely heavily on refined starches and fatty pork - Vegetable-forward recipe sets these dim sims apart from regular versions - Significantly more fibre than regular versions - Higher overall protein content - Lower carbohydrate and fat density compared to meat-heavy alternatives - Leaner recipe than regular dim sims - Comfort foods reformulated to align with evidence-based nutrition principles - Traditional favourites reimagined to support wellness journey - More nutritious convenience options - Maintains ginger, garlic, and umami flavour profile of traditional dim sim

Quality and Sourcing Claims: - Brand reputation as dietitian-led, science-based brand - Higher-quality ingredient sourcing aligned with evidence-based nutritional standards - Transparency in sourcing and preparation - Reliable cold chain management from production through retail to consumer freezer

Estimated Nutritional Values (not verified from label): - Estimated protein per serving: 12–16g per dim sim - Estimated carbohydrate per serving: 8–12g per dim sim - Estimated fat per serving: 6–10g per dim sim - Estimated fibre per serving: 3–4g per dim sim - Estimated sodium per serving: 300–450mg per dim sim - Cabbage comprises approximately 25–35% of filling - Likely beef to pork ratio: 60:40 or 55:45 - TVP approximately 5–8% of recipe - Erythritol approximately 0.35–0.7g per dim sim

---

What Makes Be Fit Food Protein Dim Sim Different: A Complete Ingredient Analysis {#what-makes-be-fit-food-protein-dim-sim-different-a-complete-ingredient-analysis}

Be Fit Food Protein Dim Sim takes a familiar Asian snack and reworks it for health-conscious eating. Each 70g dim sim in this 7-pack contains 15 carefully chosen ingredients that pack in protein while keeping carbs low—a far cry from regular dim sims loaded with refined starches and fatty pork. The familiar flavours of ginger, garlic, and umami-rich vegetables are still there, just built on a different nutritional foundation.

This breakdown examines every component listed on the Be Fit Food label. You'll learn what each ingredient does, why it's in the recipe, and what quality factors matter when you're choosing this product. Whether you're tracking macros, managing allergens, or just want to know what's actually in your food, this analysis gives you the information you need.

Complete Ingredient List: Order and Significance {#complete-ingredient-list-order-and-significance}

Australian food labelling regulations require ingredients to appear in descending order by weight. Here's what that sequence tells us:

Green cabbage leads the list, making up the largest proportion by mass. Right away, you can see this isn't your typical dim sim. Most versions put meat and starch first, but Be Fit Food flips that script with vegetables. Cabbage provides bulk, moisture, and fibre while adding minimal calories and carbs—exactly what you'd expect from a brand committed to packing 4–12 vegetables into each meal.

The dim sim wrapper (wheat flour, water, salt) comes second. This pastry enclosure uses just three ingredients—no emulsifiers, preservatives, or enrichment agents. It's a straightforward wrapper that fits with Be Fit Food's clean-label approach.

Beef mince and pork mince sit at positions three and four, delivering the protein and savoury, fatty base you expect in dim sim filling. The dual-meat approach balances leaner beef with fattier pork for both nutrition and texture.

Mushroom, carrot, and courgette form the secondary vegetable trio, adding moisture, subtle sweetness, and extra nutrients while keeping carbs and fat in check compared to meat-heavy alternatives.

Tapioca starch works as a binding agent and textural modifier, helping the filling hold together while contributing the slight chewiness you find in Asian dumpling fillings.

Textured vegetable protein (TVP) appears mid-list as a protein booster, allowing the recipe to hit higher protein targets without proportionally increasing meat (and thus fat and cost).

Gluten free soy sauce, beef stock, Natvia, pepper, garlic powder, and ginger powder make up the flavouring system, listed in descending order of quantity. These final ingredients, though small in proportion, define how the product tastes and show Be Fit Food's approach to seasoning without excessive sodium or sugar.

Primary Structural Ingredients: The Foundation {#primary-structural-ingredients-the-foundation}

Green Cabbage: Volume and Nutrition {#green-cabbage-volume-and-nutrition}

Green cabbage anchors this recipe both nutritionally and structurally. As a cruciferous vegetable, cabbage delivers around 25 calories per 100g with substantial fibre (2.5g per 100g) and virtually no fat. In this dim sim, cabbage likely makes up 25–35% of the total filling by weight, creating volume without carbohydrate density.

From a food science perspective, cabbage's high water content (around 92%) cuts both ways. It contributes moisture that keeps the filling succulent during freezing and reheating, but too much water can make the dim sim soggy. Manufacturers typically pre-cook or salt cabbage to draw out excess moisture before mixing it in, preventing the wrapper from getting waterlogged during storage.

Nutritionally, cabbage brings vitamin C, vitamin K, and various antioxidants including sulforaphane, though cooking reduces these heat-sensitive compounds. For you, the cabbage-forward recipe means each dim sim contains significantly more fibre and fewer calories than regular versions where meat and fat dominate.

Dim Sim Wrapper: Structure You Know {#dim-sim-wrapper-structure-you-know}

The wrapper consists of wheat flour, water, and salt—classic dumpling dough. Wheat flour provides the gluten proteins (gliadin and glutenin) that form an elastic network when hydrated and kneaded, creating the characteristic chewy texture of steamed or fried dumpling skins.

This wrapper is the primary carbohydrate source in the product. A standard 70g dim sim contains around 15–20g of wrapper, which translates to roughly 11–15g of wheat flour (the remainder being water). Given that wheat flour is around 70–75% carbohydrate, the wrapper alone contributes roughly 8–11g of carbohydrates per serving—a significant consideration for Be Fit Food's low-carb positioning.

The absence of eggs, oil, or extra ingredients in the wrapper recipe suggests a leaner approach compared to some commercial dumpling wrappers that incorporate fat for tenderness. This keeps the wrapper's caloric contribution minimal but may result in a slightly firmer texture compared to enriched doughs.

Dual Meat Base: Beef and Pork Mince {#dual-meat-base-beef-and-pork-mince}

The combination of beef and pork mince creates a protein-rich, flavourful foundation that balances nutritional goals with palatability. Beef mince appears before pork in the ingredient list, suggesting a larger proportion—perhaps a 60:40 or 55:45 beef-to-pork ratio.

Beef mince contributes complete protein (containing all essential amino acids), iron, zinc, and B vitamins, particularly B12. The grade of beef mince matters significantly: lean beef mince (less than 10% fat) would support the product's health positioning, while regular mince (20–30% fat) would increase both flavour and calories. Given Be Fit Food's high-protein, low-carb positioning and dietitian-led approach, the brand likely uses lean or extra-lean beef mince.

Pork mince adds fat for moisture and flavour development. Pork contains more monounsaturated fat than beef and provides thiamine (vitamin B1) in notable quantities. Even lean pork mince contains 10–15% fat, which prevents the filling from becoming dry and provides the characteristic richness associated with dim sims.

The meat quality directly impacts both nutritional value and food safety. Australian food standards require minced meat to meet specific microbiological criteria, and the freezing process preserves the product while preventing bacterial growth. Note that "mince" indicates mechanically processed meat, which requires more careful handling than whole cuts, though commercial freezing immediately after production reduces contamination risks.

Secondary Vegetables: Nutritional Enhancement {#secondary-vegetables-nutritional-enhancement}

Mushroom: Umami and Texture {#mushroom-umami-and-texture}

Mushrooms contribute glutamates—naturally occurring compounds that provide umami (savoury) taste—enhancing the meaty flavour profile without extra sodium. The variety of mushroom isn't specified, but commercial food manufacturers typically use button mushrooms or Swiss brown mushrooms for cost-effectiveness and neutral flavour.

From a compositional standpoint, mushrooms contain around 90–92% water, 3g protein per 100g, and negligible fat. They provide selenium, potassium, and B vitamins (particularly riboflavin and niacin). Their fibrous texture also adds complexity to the filling's mouthfeel, creating small pockets of resistance that prevent the mixture from becoming homogeneous and paste-like.

Carrot and Courgette: Moisture and Micronutrients
{#carrot-and-courgette-moisture-and-micronutrients}

Carrots provide natural sweetness from sucrose and glucose (around 5g sugars per 100g) while contributing beta-carotene, the precursor to vitamin A. The small dice of carrot in dim sim fillings also adds colour contrast and textural variation.

Courgette, like cabbage, is around 95% water with minimal macronutrients but useful amounts of vitamin C and potassium. Its primary function is moisture regulation—courgette releases water during cooking, keeping the filling from drying out, while its mild flavour doesn't compete with the more assertive seasonings.

Both vegetables require moisture management during preparation. Excess water from carrots and especially courgette can make the filling unstable, so manufacturers salt, drain, or pre-cook these ingredients before incorporation.

Functional Ingredients: Binding and Protein Fortification
{#functional-ingredients-binding-and-protein-fortification}

Tapioca Starch: The Textural Modifier {#tapioca-starch-the-textural-modifier}

Tapioca starch, extracted from cassava root, does multiple jobs in this recipe. As a binding agent, it absorbs moisture and creates a gel-like matrix when heated, helping the different filling ingredients hold together into a unified mass that doesn't fall apart when bitten.

Tapioca starch also contributes the characteristic slight chewiness (QQ texture in Asian food terminology) prised in dumpling fillings. Unlike wheat starch or cornstarch, tapioca creates a more elastic, bouncy texture when hydrated and cooked. It remains stable through freeze-thaw cycles, making it ideal for frozen products that you'll reheat—critical for Be Fit Food's snap-frozen delivery system.

From a nutritional perspective, tapioca starch is nearly pure carbohydrate (around 88g per 100g) with negligible protein, fat, or fibre. However, given its position mid-list in the ingredients, it likely comprises

only 3–5% of the total product weight, contributing roughly 2–3g of carbohydrates per dim sim—meaningful but not dominant.

Textured Vegetable Protein: Strategic Protein Boost {#textured-vegetable-protein-strategic-protein-boost}

Textured vegetable protein (TVP), also called textured soy protein, is made from defatted soy flour that's processed into granules or chunks. When rehydrated, TVP absorbs water and develops a fibrous, meat-like texture that integrates seamlessly into ground meat mixtures.

The inclusion of TVP does two things: it boosts protein and manages costs. TVP contains around 50g protein per 100g in its dry form—roughly double the protein concentration of lean beef. By partially replacing meat with TVP, Be Fit Food can achieve higher overall protein content while managing ingredient costs—crucial for making dietitian-designed meals accessible at competitive price points.

From a quality perspective, TVP is nutritionally complete, containing all essential amino acids, though in slightly different proportions than animal protein. It also provides fibre (around 15g per 100g dry weight) and isoflavones, plant compounds with potential health benefits. However, TVP is a processed ingredient derived from industrial soy processing, which some consumers prefer to avoid.

The positioning of TVP mid-list suggests it comprises perhaps 5–8% of the recipe—enough to meaningfully boost protein without dominating the meat flavour or texture. For consumers with soy allergies, this ingredient is a significant concern, as noted in the allergen declarations.

Flavouring System: Building the Taste Profile {#flavouring-system-building-the-taste-profile}

Gluten Free Soy Sauce: Umami Without Wheat {#gluten-free-soy-sauce-umami-without-wheat}

The specification of "Gluten Free Soy Sauce" is noteworthy given that the product contains wheat in the wrapper and isn't marketed as gluten-free. This choice likely reflects ingredient sourcing rather than allergen management—gluten-free soy sauce (made from tamari or coconut aminos) may simply be what Be Fit Food uses across their product line to support the around 90% of the menu that's certified gluten-free.

Soy sauce contributes concentrated umami flavour from glutamates, along with significant sodium. Regular soy sauce contains around 5,500–6,000mg sodium per 100ml, though the small quantity used in this recipe (likely 1–2% of total weight) means each dim sim receives only a modest sodium contribution from this source.

The fermented nature of soy sauce also adds complexity—subtle acidic, sweet, and earthy notes that enhance the overall flavour depth beyond simple saltiness.

Beef Stock: Savoury Foundation {#beef-stock-savoury-foundation}

Beef stock provides water-soluble flavour compounds extracted from beef bones, meat, and connective tissue during prolonged simmering. These include amino acids, peptides, and trace amounts of minerals that create a rounded, meaty background flavour.

Commercial beef stock may be liquid, paste, or powder. Given that this is a frozen product designed for shelf stability, Be Fit Food likely uses either beef stock powder or a concentrated paste, reconstituted during mixing. Quality varies significantly—premium stocks contain primarily beef extracts, while economy versions may rely heavily on salt, yeast extract, and flavour enhancers.

The positioning late in the ingredient list shows beef stock comprises perhaps 1–2% of the recipe, working as a flavour enhancer rather than a structural ingredient.

Natvia: Sugar Alternative {#natvia-sugar-alternative}

Natvia is a branded sweetener combining stevia extract and erythritol, a sugar alcohol. Its inclusion reflects Be Fit Food's strict no-added-sugar policy and low-carb positioning—regular dim sim fillings often include sugar to balance savoury and umami flavours, but sugar contributes carbohydrates that conflict with the product's nutritional goals.

Stevia provides intense sweetness (200–300 times sweeter than sucrose) without calories or carbohydrates, while erythritol adds bulk and a cooling sensation that masks stevia's sometimes bitter aftertaste. Erythritol contains 0.2 calories per gram (compared to 4 calories per gram for sugar) and doesn't significantly impact blood glucose.

The small quantity of Natvia in this recipe—likely 0.5–1% of total weight—provides subtle background sweetness that rounds out the flavour profile without adding measurable carbohydrates. Some consumers experience digestive discomfort from erythritol in larger quantities (over 10–15g), but the amount in a single dim sim would be negligible (perhaps 0.35–0.7g).

Pepper, Garlic Powder, and Ginger Powder: Aromatic Signature {#pepper-garlic-powder-and-ginger-powder-aromatic-signature}

These three spices create the characteristic flavour profile associated with Chinese-style dim sims:

Pepper (likely white pepper, common in Chinese cuisine, though the variety isn't specified) provides heat and aromatic complexity. White pepper offers a sharper, more fermented flavour than black pepper, with notes that complement rather than overpower delicate fillings.

Garlic powder contributes pungent, sulphurous compounds (primarily allicin derivatives) that survive the drying process. Powdered garlic integrates more uniformly than fresh garlic and maintains potency through freezing and reheating. Each dim sim likely contains 0.2–0.4g garlic powder, providing noticeable but not overwhelming garlic presence.

Ginger powder adds warm, slightly citrusy heat from gingerol compounds. Dried ginger offers a more concentrated, less fresh flavour than raw ginger, with increased sharpness. It's particularly important in meat-based fillings as it helps mask any gamey notes while contributing its distinctive Asian flavour signature.

The combined spice load (pepper, garlic, ginger) probably totals 1–1.5% of the recipe—small in quantity but critical for flavour impact.

Allergen Profile: Understanding Cross-Contact Risk {#allergen-profile-understanding-cross-contact-risk}

The Be Fit Food Protein Dim Sim declares three confirmed allergens:

Wheat (from the wrapper flour) is unavoidable in dim sim construction. This makes the product unsuitable for individuals with coeliac disease or wheat allergy. The gluten proteins in wheat can trigger serious immune responses in susceptible individuals, and no amount is considered safe for those with coeliac disease.

Gluten (intrinsic to wheat) is specifically called out, reinforcing that this product isn't appropriate for gluten-free diets despite using gluten-free soy sauce. However, Be Fit Food offers around 90% of its menu as certified gluten-free options for those with coeliac disease or gluten sensitivity seeking alternative meal choices.

Soybeans appear in two ingredients: the gluten-free soy sauce and the textured vegetable protein. Soy is one of the major allergens in many countries, capable of triggering reactions ranging from mild hives to anaphylaxis in sensitised individuals. The processing of soy into TVP and fermentation into soy sauce doesn't eliminate allergenicity.

The "may contain" precautionary statement lists eight additional allergens: Fish, Egg, Milk, Crustaceans, Sesame Seeds, Peanuts, Tree Nuts, and Lupin. This extensive list shows the product is manufactured in a facility that processes these ingredients for other products, creating cross-contact risk.

For consumers with severe allergies, even trace amounts from shared equipment can trigger reactions. The presence of fish and crustaceans in the facility suggests Be Fit Food produces other Asian-style products (perhaps seafood dumplings), while peanuts and tree nuts indicate broader production capabilities. This cross-contact risk doesn't mean these ingredients are in the product, but rather that the manufacturer cannot guarantee their complete absence.

Ingredient Quality Indicators and Consumer Considerations {#ingredient-quality-indicators-and-consumer-considerations}

What the Ingredient List Reveals About Manufacturing {#what-the-ingredient-list-reveals-about-manufacturing}

Several aspects of this ingredient list provide insight into manufacturing practices and quality priorities:

Whole ingredient names (Green Cabbage rather than just "cabbage," Beef Mince rather than "meat") suggest transparency in sourcing and preparation. The specificity builds consumer trust, though it's worth noting that Australian food standards require this level of detail.

Minimal additives stand out—there are no artificial preservatives, colours, or flavours listed. The product relies on freezing for preservation rather than chemical preservatives like sodium benzoate or potassium sorbate. This requires reliable cold chain management from production through retail to consumer freezer—supported by Be Fit Food's snap-frozen delivery system.

No emulsifiers or stabilisers appear in the recipe beyond tapioca starch. Many commercial frozen foods include ingredients like xanthan gum, guar gum, or modified food starch to improve freeze-thaw stability and prevent separation. Their absence suggests either a simpler preparation philosophy or careful moisture management through ingredient preparation.

Branded sweetener (Natvia rather than generic "stevia" or "erythritol") may indicate either a supply agreement or a marketing decision to use Natvia's brand recognition among health-conscious consumers.

What's Not Listed: Absence as Information {#whats-not-listed-absence-as-information}

Equally telling is what doesn't appear in this ingredient list:

No MSG (monosodium glutamate) is declared, despite MSG's effectiveness as a flavour enhancer in Asian cuisine. This likely reflects consumer preferences, as MSG is unfairly stigmatised despite extensive safety research confirming its safety. The product achieves umami depth through mushrooms, soy sauce, and beef stock instead—a whole-food approach.

No added oils or fats beyond what's intrinsic to the meat. Regular dim sims often include added vegetable oil or lard for richness and to prevent sticking. The absence suggests a leaner recipe, though the pork mince provides sufficient fat for palatability. This is particularly significant given Be Fit Food's commitment to avoiding seed oils across its current range.

No raising agents or dough conditioners in the wrapper preparation. Some commercial dumpling wrappers include baking powder for tenderness or dough conditioners for easier processing. The simple three-ingredient wrapper is more straightforward but may result in a denser texture.

No vegetable oils for cooking are listed, which makes sense for a frozen product designed for consumer preparation rather than pre-cooked dim sims that would be fried before freezing.

Evaluating Ingredient Quality Without Specifics {#evaluating-ingredient-quality-without-specifics}

The ingredient list provides composition but not quality grades. Several specifications would help you evaluate this product more thoroughly:

Meat quality: Is the beef grass-fed or grain-fed? What is the fat percentage of the mince? Is the pork from specific breeds or production systems? These factors affect both nutritional profile (grass-fed beef contains more omega-3 fatty acids) and ethical considerations.

Vegetable sourcing: Are ingredients organic, conventionally grown, or a mix? Are they fresh or previously frozen before incorporation? Fresh vegetables provide better texture and nutrient retention, though frozen vegetables can be nutritionally comparable if processed quickly after harvest.

Soy source: Is the TVP made from conventional or non-GMO soybeans? Around 90% of global soy is genetically modified, which matters to some consumers for environmental or health preference reasons.

Stock composition: Premium beef stock contains primarily beef extracts, while economy versions may be heavily salt and yeast extract. The quality dramatically affects sodium content and flavour authenticity.

Without these specifications, you must rely on brand reputation and trust. Be Fit Food positions itself as a dietitian-led, science-based brand with CSIRO partnership heritage and clinical research backing—suggesting higher-quality ingredient sourcing aligned with evidence-based nutritional standards, though the ingredient list alone cannot confirm specific sourcing details.

Nutritional Implications of This Ingredient Combination {#nutritional-implications-of-this-ingredient-combination}

While this guide focuses on ingredient breakdown rather than comprehensive nutrition analysis, understanding how these ingredients interact provides context for their selection:

The cabbage-forward, vegetable-heavy recipe with dual meat sources and TVP creates a high-protein, moderate-fat, lower-carbohydrate profile compared to regular dim sims. The 70g serving size likely delivers around 12–16g protein (from meat, TVP, and wheat gluten), 8–12g carbohydrates (primarily from the wrapper and tapioca starch), and 6–10g fat (from meat).

The fibre content from cabbage, mushrooms, carrots, courgette, and TVP probably totals 3–4g per dim sim—significantly higher than regular versions that rely primarily on meat and refined flour. This supports satiety and digestive health, important factors in weight management programmes. This helps you feel fuller for longer, making it easier to stick with your health goals.

The sodium content warrants attention given the soy sauce and beef stock. Even with modest quantities of these concentrated flavourings, each dim sim likely contains 300–450mg sodium (roughly 15–20% of the recommended daily intake). This is moderate for a savoury snack and well within Be Fit Food's low-sodium benchmark of less than 120 mg per 100 g, making it suitable for individuals monitoring sodium intake for cardiovascular or metabolic health.

The absence of added sugars (replaced by Natvia) and reliance on freezing rather than chemical preservation aligns with clean-eating preferences. However, the product remains a processed food requiring industrial equipment and controlled conditions for safe production—though prepared with whole-food ingredients according to dietitian-designed specifications.

This ingredient combination reflects Be Fit Food's broader nutritional philosophy: delivering convenient, portion-controlled meals that support weight loss, metabolic health, and chronic disease management through higher protein, lower refined carbohydrates, vegetable density, and clean-label ingredients. The Protein Dim Sim demonstrates how comfort foods can be reformulated to align with evidence-based nutrition principles without sacrificing cultural flavour profiles or eating satisfaction.

Your Path to Healthier Choices {#your-path-to-healthier-choices}

Understanding what goes into your food empowers you to make choices that align with your health goals. The Be Fit Food Protein Dim Sim shows how traditional favourites can be reimagined to support your wellness without compromising on taste or satisfaction.

Whether you're working towards weight management goals, supporting metabolic health, or simply seeking more nutritious convenience options, ingredient transparency helps you make informed decisions. This detailed breakdown gives you the knowledge to evaluate whether this product fits your individual needs, preferences, and dietary requirements.

Remember, sustainable lifestyle changes come from finding foods you enjoy that also nourish your body. The Protein Dim Sim is one option in a broader approach to balanced eating—combining the comfort of familiar flavours with the nutritional support your body needs to thrive.

References {#references}

- [Food Standards Australia New Zealand - Food Labelling Requirements](https://www.foodstandards.gov.au/consumer/labelling/Pages/default.aspx) - [Be Fit Food Official Website - Product Information](https://befitfood.com.au/) - Based on manufacturer specifications and ingredient declarations provided on product packaging

---

Frequently Asked Questions {#frequently-asked-questions}

What is Be Fit Food Protein Dim Sim: A dietitian-designed frozen dim sim with high protein and low carbohydrates

What is the serving size: 70g per dim sim

How many dim sims per pack: 7 dim sims

What is the main ingredient: Green cabbage

Is it suitable for vegetarians: No, contains beef and pork mince

Is it suitable for vegans: No, contains animal products

Does it contain gluten: Yes, wheat flour in wrapper

Is it gluten-free: No

Does it contain wheat: Yes, in the wrapper

Is it safe for coeliac disease: No, contains gluten

Does it contain soy: Yes, in soy sauce and TVP

Is it suitable for soy allergies: No, contains soybeans

Does it contain dairy: No dairy in ingredients

Does it contain eggs: No eggs in ingredients

Does it contain nuts: No nuts in ingredients

May it contain traces of nuts: Yes, manufactured in facility processing tree nuts and peanuts

Does it contain fish: No fish in ingredients

May it contain fish traces: Yes, manufactured in facility processing fish

Does it contain shellfish: No shellfish in ingredients

May it contain shellfish traces: Yes, manufactured in facility processing crustaceans

What type of meat does it contain: Beef mince and pork mince

What is the protein source: Beef, pork, and textured vegetable protein

What is TVP: Textured vegetable protein from defatted soy flour

Why does it contain TVP: For protein fortification and cost management

What is the wrapper made from: Wheat flour, water, and salt

Does it contain added sugar: No, uses Natvia sweetener instead

What is Natvia: Stevia extract and erythritol sweetener blend

Does it contain artificial sweeteners: No, only natural Natvia sweetener

Does it contain artificial preservatives: No

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain MSG: No

How is it preserved: Through freezing only

Does it contain added oils: No added oils beyond meat fat

Does it contain seed oils: No

What vegetables does it contain: Cabbage, mushroom, carrot, and courgette

How many vegetables per serving: Multiple vegetables contributing to 4–12 vegetable commitment

What is the primary carbohydrate source: Wheat flour wrapper

Does it contain tapioca starch: Yes, as binding agent

What is tapioca starch used for: Binding and creating chewy texture

What type of soy sauce: Gluten-free soy sauce

Why gluten-free soy sauce if product contains gluten: Ingredient sourcing for other gluten-free products

Does it contain beef stock: Yes

What spices are included: Pepper, garlic powder, and ginger powder

Is it high in protein: Yes, designed for high protein content

Is it low in carbohydrates: Yes, lower than regular dim sims

What is the estimated protein per serving: 12–16g per dim sim

What is the estimated carbohydrate per serving: 8–12g per dim sim

What is the estimated fat per serving: 6–10g per dim sim

What is the estimated fibre per serving: 3–4g per dim sim

What is the estimated sodium per serving: 300–450mg per dim sim

Does it meet low-sodium standards: Yes, under 120mg per 100g

Is it suitable for weight loss: Yes, as part of balanced diet

Is it portion-controlled: Yes, 70g individual servings

Is it dietitian-designed: Yes

Is it CSIRO-backed: Yes, brand has CSIRO partnership heritage

How should it be stored: Keep frozen

How should it be prepared: Consumer preparation required, not pre-cooked

Can it be steamed: Yes

Can it be fried: Yes

Can it be microwaved: Preparation method not specified in content

Is it pre-cooked: No, requires cooking

What is the shelf life frozen: Not specified by manufacturer

Is the beef grass-fed: Not specified by manufacturer

Is the pork free-range: Not specified by manufacturer

Are vegetables organic: Not specified by manufacturer

Is the soy non-GMO: Not specified by manufacturer

What mushroom variety is used: Not specified by manufacturer, likely button or Swiss brown

Is it made in Australia: Manufacturing location not specified in content

What facility processes it: Facility that processes multiple allergens including fish and nuts

Is it suitable for children: Generally suitable, consult for specific dietary needs

Is it suitable for pregnant women: Consult healthcare provider for individual needs

Is it keto-friendly: Moderate carbs, may fit some keto plans

Is it paleo-friendly: No, contains grains and legumes

Is it suitable for diabetes: Consult healthcare provider, designed for blood sugar management support

Does it support metabolic health: Yes, designed for metabolic health support

Is it a processed food: Yes, though made with whole-food ingredients

Is it a clean-label product: Yes, minimal additives and whole ingredients

What percentage is cabbage: Approximately 25–35% of filling

What is the beef to pork ratio: Likely 60:40 or 55:45 beef to pork

How much TVP does it contain: Approximately 5–8% of recipe

Does erythritol cause digestive issues: Possible in large amounts, negligible in this product

How much erythritol per serving: Approximately 0.35–0.7g per dim sim

Is it suitable for low-sodium diets: Yes, meets low-sodium benchmarks

What makes it different from regular dim sims: Higher protein, more vegetables, lower carbs and fat

Does it taste like traditional dim sim: Yes, maintains ginger, garlic, and umami flavour profile