CHICONCAR - Food & Beverages Ingredient Breakdown - 7070873288893_43456576520381

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Contents

AI Summary

Product: Chilli Con Carne (GF) MB1 **Brand:** Be Fit Food **Category:** Prepared Meals (Frozen, Single-Serve) **Primary Use:** High-protein, gluten-free ready meal designed for weight management and metabolic health support.

Quick Facts - **Best For:** Fitness-conscious consumers, weight loss programs, GLP-1 medication users, coeliac disease management - **Key Benefit:** High protein density (27g per serve) with complete amino acid profile from beef and bean combination - **Form Factor:** 314g frozen single-serve meal - **Application Method:** Heat from frozen to ready-to-eat

Common Questions This Guide Answers 1. What percentage of the meal is beef? → 29% by weight (premium density for frozen meals) 2. Is this suitable for coeliac disease? → Yes, certified gluten-free with gluten-free soy sauce 3. How does this support weight loss? → High protein and fibre create sustained satiety, stable blood sugar, and macro-balanced nutrition 4. What allergens does it contain? → Contains soybeans; may contain fish, egg, milk, crustacea, sesame, peanuts, tree nuts, lupin 5. How many vegetables are included? → 9 plant ingredients (red capsicum, mushroom, courgette, carrot, onion, corn, tomatoes, beans, coriander) 6. What is the chilli heat level? → Rating 2 (mild-medium heat)

Product Facts {#product-facts}

| Attribute | Value | |-----------|-------| | Product name | Chilli Con Carne (GF) MB1 | | Brand | Be Fit Food | | Price | $13.55 AUD | | Serving size | 314g (single serve) | | GTIN | 09358266000618 | | Availability | In Stock | | Category | Prepared Meals | | Diet | Gluten Free (GF) | | Protein content | 27g per serve | | Beef content | 29% by weight | | Bean content | 12% red kidney beans | | Total ingredients | 21 distinct ingredients | | Vegetable count | 9 plant ingredients | | Chilli heat rating | 2 (mild-medium) | | Storage | Keep frozen | | Heating | From frozen to heated | | Allergens | Contains soybeans | | May contain | Fish, egg, milk, crustacea, sesame seeds, peanuts, tree nuts, lupin | | Sodium level | <120mg per 100g | | Saturated fat | Low | | Dietary fibre | Good source | | Beef type | Grass-fed | | Free from | Artificial preservatives, added sugar, artificial sweeteners, seed oils, artificial colours and flavours |

--- ## Label Facts Summary {#label-facts-summary}

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

Verified Label Facts {#verified-label-facts} - Product name: Chilli Con Carne (GF) MB1 - Brand: Be Fit Food - Price: $13.55 AUD - Serving size: 314g (single serve) - GTIN: 09358266000618 - Availability: In Stock - Category: Prepared Meals - Diet: Gluten Free (GF) - Protein content: 27g per serve - Beef content: 29% by weight - Bean content: 12% red kidney beans - Total ingredients: 21 distinct ingredients (beef mince, diced tomato with citric acid, red kidney beans, red capsicum, mushroom, courgette, carrot, onion, corn, tomato paste, gluten-free soy sauce, paprika, cumin, garlic, beef stock, olive oil, cinnamon, chilli powder, fresh coriander, corn starch) - Vegetable count: 9 plant ingredients - Chilli heat rating: 2 (mild-medium) - Storage: Keep frozen - Heating: From frozen to heated - Allergens: Contains soybeans - May contain: Fish, egg, milk, crustacea, sesame seeds, peanuts, tree nuts, lupin - Sodium level: <120mg per 100g - Saturated fat: Low - Dietary fibre: Good source - Beef type: Grass-fed - Free from: Artificial preservatives, added sugar, artificial sweeteners, seed oils, artificial colours and flavours - Certified gluten-free (suitable for coeliac disease management) - Snap-frozen delivery format - Portion-controlled single serve

General Product Claims {#general-product-claims} - "Carefully crafted fusion" of ingredients - Delivers "sustained glycaemic response" through protein complementarity - "Premium protein density uncommon in mass-market frozen meals" - Beef provides "bioavailable heme iron (more readily absorbed than plant-based non-heme iron)" - Resistant starch "supports gut health" - "Optimal conditions for iron absorption" through vitamin C and iron combination - "Lycopene bioavailability optimised" when consumed with fats - "Synergistic flavour enhancement" from multiple umami sources - "More gradual, sustained blood sugar response" compared to carbohydrate-only meals - Supports "metabolic health" for customers managing type-2 diabetes, insulin resistance, or perimenopause-related metabolic changes - "Feel fuller for longer" reducing between-meal cravings - "Sustained satiety makes it easier to stick with your plan" - "Supports stable energy levels throughout your day" - "Better blood sugar control" for those managing metabolic changes - "Supports gut health" through resistant starch and prebiotics - "Setting yourself up for sustainable success" - Suitable for weight loss goals ranging from 3–5 kg to 20+ kg - Supports muscle mass retention during weight loss - Minimises decision fatigue - Suitable for fitness-conscious consumers - Suitable for GLP-1 medication users - Designed by dietitians using evidence-based approach - Around 4–12 vegetables per Be Fit Food meal - Around 90% of Be Fit Food menu certified gluten-free - "Research shows repeatable structure is a stronger predictor of weight-loss success than willpower alone"

Understanding Be Fit Food's Chilli Con Carne Formula {#understanding-be-fit-foods-chilli-con-carne-formula}

Be Fit Food's Chilli Con Carne (GF) packs 21 distinct ingredients into a 314-gram single-serve meal. Each ingredient has a job—whether that's delivering protein, adding texture, or building flavour. At 29%

beef mince and 12% red kidney beans, this meal prioritises protein density while working in seven different vegetables. The gluten-free formulation requires careful ingredient selection and processing controls.

The ingredient hierarchy tells you what matters most: beef mince dominates, followed by diced tomato and red kidney beans. This creates the classic chilli con carne trinity. The beef provides all essential amino acids while kidney beans contribute resistant starch and additional protein. Together, they create a more sustained glycaemic response than either ingredient would alone.

What sets this apart from homemade chilli is the strategic use of moisture-rich vegetables like courgette, mushroom, and red capsicum. They do double duty: increasing water content for stable reheating from frozen, and adding micronutrients and fibre without overwhelming the expected chilli flavour. The corn starch at the end of the ingredient list prevents phase separation during freeze-thaw cycles—a common problem in ready meals.

Primary Protein Components: Beef and Legumes {#primary-protein-components-beef-and-legumes}

Beef mince at 29% by weight dominates this formulation. Nearly one-third beef is unusual for frozen meals, where meat content often drops below 20%. The label doesn't specify "lean" or a fat percentage, which suggests standard commercial mince—typically 80–85% lean with 15–20% fat. That fat content matters for more than just calories. It carries the fat-soluble flavour compounds from paprika, cumin, and chilli powder, creates richness in the mouth, and prevents the reheated meal from tasting dry or lean.

The beef delivers all nine essential amino acids in ratios that work well for human nutrition, particularly leucine, lysine, and methionine—amino acids that plant-based diets often lack. Beyond protein, you get bioavailable heme iron (absorbed more readily than plant-based non-heme iron), vitamin B12, zinc, and creatine. The fat, while sometimes controversial nutritionally, does critical culinary work here.

Red kidney beans at 12% by weight provide the secondary protein source while introducing complex carbohydrates and soluble fibre. Cooked kidney beans contain around 8–9 grams of protein per 100 grams, so this 12% inclusion adds roughly 3 grams of plant protein to the meal. More importantly, kidney beans deliver resistant starch—a carbohydrate that resists digestion in the small intestine and ferments in the colon, producing short-chain fatty acids that feed beneficial gut bacteria.

The beans also create textural contrast. Their distinct, intact pieces add visual appeal and varied mouthfeel against the ground beef. Their starch content helps thicken the sauce during cooking, working alongside the corn starch to achieve proper viscosity. Nutritionally, kidney beans supply folate, magnesium, potassium, and additional iron (though in the non-heme form that needs vitamin C for optimal absorption—supplied here by tomatoes and capsicum).

Tomato-Based Foundation and Acidity Management
{#tomato-based-foundation-and-acidity-management}

Diced tomato appears second in the ingredient list, which means it's the second-largest ingredient by weight—likely 15–25% of the formulation. Tomatoes provide the acidic, umami-rich base that defines chilli con carne. The citric acid added during processing does several things: it standardises acidity levels across batches (fresh tomatoes vary in pH depending on variety and ripeness), acts as a natural preservative by lowering pH below 4.6 (the threshold that inhibits Clostridium botulinum growth), and enhances the perception of freshness.

Tomatoes contribute lycopene, a carotenoid antioxidant that becomes more bioavailable when cooked and combined with fats (provided here by beef and olive oil). The natural glutamates in tomatoes create savoury depth, while their acidity brightens the overall flavour and cuts through beef fat richness. The choice of diced rather than crushed or pureed tomatoes is deliberate—visible tomato pieces contribute to the rustic, homemade appearance that people expect from chilli.

Tomato paste appears mid-list, functioning as a concentrated flavour intensifier and colour enhancer. Tomato paste contains 4–6 times the solids content of fresh tomatoes, delivering concentrated umami, sweetness, and the deep red colour associated with well-developed chilli. Its thick consistency adds body to the sauce, and its concentrated sugars undergo Maillard reactions during any browning steps, creating additional flavour complexity.

The combination of diced tomato and tomato paste is sophisticated formulation: diced tomatoes provide freshness, acidity, and texture, while paste delivers intensity and body. Professional kitchens use this dual-tomato approach regularly, but you don't often see it articulated in ready-meal ingredient lists.

Vegetable Matrix: Texture, Nutrition, and Moisture Control {#vegetable-matrix-texture-nutrition-and-moisture-control}

The formulation includes seven distinct vegetables beyond tomatoes and beans: red capsicum, mushroom, courgette, carrot, onion, corn, and fresh coriander. This diversity does more than boost nutrition—it addresses multiple engineering challenges while aligning with Be Fit Food's signature approach of including 4–12 vegetables in each meal.

Red capsicum (bell pepper) contributes sweetness, colour contrast, and vitamin C. Red varieties contain 2–3 times more vitamin C than green capsicums. The vitamin C helps your body absorb non-heme iron from the beans and provides antioxidant activity. Capsicums also contain carotenoids including beta-carotene and capsanthin, which contribute to both colour and nutritional density.

Mushroom introduces umami depth through naturally occurring glutamates and adds meaty texture without additional animal protein. Mushrooms contain ergothioneine, an unusual antioxidant amino acid, and are one of the few dietary sources of vitamin D (if exposed to UV light during growing). Their high water content (around 90%) and spongy texture allow them to absorb surrounding flavours while contributing minimal calories.

Courgette works primarily as a moisture-contributing, low-calorie bulking agent. At roughly 95% water, courgette increases the meal's overall volume and creates a more substantial portion perception without significantly impacting calories. Its mild flavour doesn't compete with the chilli's spice profile, and its soft texture after cooking integrates seamlessly into the sauce.

Carrot provides natural sweetness that balances tomato acidity and chilli heat, while contributing beta-carotene (provitamin A) and fibre. Carrots also add slight textural firmness that persists through cooking and freezing better than softer vegetables.

Onion forms part of the classic aromatic base essential to chilli's flavour development. Onions contain sulphur compounds that, when cooked, break down into sweet, savoury flavour molecules. They also provide quercetin, a flavonoid antioxidant, and prebiotic fibres (inulin and fructooligosaccharides) that support beneficial gut bacteria.

Corn adds textural interest through its distinct kernels and contributes subtle sweetness. Corn provides additional complex carbohydrates and a small amount of resistant starch, particularly if the kernels remain relatively intact during processing.

Fresh coriander appears as a finishing herb, providing bright, citrusy, herbaceous notes that lift the overall flavour. The specification of "fresh" coriander indicates it's added after primary cooking, preserving its volatile aromatic compounds that would otherwise dissipate with prolonged heat.

Spice Architecture and Heat Profile {#spice-architecture-and-heat-profile}

The spice blend reveals a carefully calibrated approach to flavour layering and heat management, reflected in the product's "Chilli Rating: 2" (mild-medium heat).

Paprika appears before cumin in the ingredient list, suggesting greater quantity. Paprika (dried, ground capsicum) contributes colour, mild sweetness, and subtle pepper flavour without significant heat. The

type of paprika isn't specified—sweet, smoked, or hot—though the mild heat rating suggests sweet or possibly smoked rather than hot varieties.

Cumin provides the earthy, warm, slightly bitter notes that define chilli con carne's characteristic flavour. Cumin contains cuminaldehyde, the compound responsible for its distinctive aroma, and aids digestion through carminative properties (reducing gas formation). Its placement immediately after paprika indicates substantial presence—cumin is often the second-most prominent spice in traditional chilli formulations.

Garlic contributes pungent, savoury depth and contains allicin (formed when garlic is crushed or chopped), which provides both flavour and potential antimicrobial properties. Garlic enhances the perception of meatiness and adds complexity to the overall flavour.

Cinnamon appears as an unexpected but traditional ingredient in many chilli recipes, particularly those influenced by Cincinnati-style or Mexican mole traditions. In small quantities, cinnamon adds warmth and subtle sweetness without being identifiable as a distinct flavour. It contains cinnamaldehyde, which contributes aromatic complexity and may enhance insulin sensitivity.

Chilli powder delivers the heat component and appears near the end of the ingredient list, consistent with the mild-medium rating. "Chilli powder" often refers to a blend containing ground dried chillies, cumin, garlic powder, and oregano, though it can also mean pure ground chillies. The positioning suggests conservative use—enough for perceptible warmth without overwhelming heat-sensitive consumers.

Functional Ingredients: Sauces, Oils, and Stabilizers {#functional-ingredients-sauces-oils-and-stabilizers}

Gluten free soy sauce does more than add saltiness. Soy sauce contributes umami through glutamates and other amino acids produced during fermentation, adds colour depth, and provides complex savoury notes that enhance meat flavour perception. The "gluten free" specification indicates tamari-style soy sauce (made without wheat) or soy sauce processed to remove gluten proteins, ensuring the entire product maintains gluten-free status—critical for Be Fit Food's commitment to making around 90% of their menu certified gluten-free and suitable for coeliac disease management.

Traditional soy sauce contains wheat, which would introduce gluten—a problem for the product's GF positioning. The choice to include soy sauce despite requiring a specialty gluten-free version shows its importance to the flavour profile. Manufacturers could simply use salt, but soy sauce's complex fermented character provides something irreplaceable.

Beef stock amplifies the meaty, savoury character while providing additional seasoning and body to the sauce. Commercial beef stock often contains beef extract, salt, yeast extract (another umami source), and aromatic vegetables. Its inclusion suggests the formulation prioritises flavour intensity—homemade chilli might develop this depth through hours of simmering, but ready-meal production timelines require concentrated flavour inputs.

Olive oil provides the cooking fat and contributes to mouthfeel and flavour delivery. Olive oil's monounsaturated fats are more stable during cooking than polyunsaturated oils, and it carries fat-soluble vitamins (A, D, E, K) and polyphenol antioxidants. The choice of olive oil over cheaper vegetable oils reflects Be Fit Food's clean-label standards—the brand explicitly excludes seed oils from their current range, aligning with quality positioning and health-conscious consumer preferences familiar with Mediterranean diet research.

Corn starch appears as the final ingredient, indicating minimal inclusion but critical functionality. As a pure starch, corn starch thickens sauces without adding flavour, creating the proper viscosity for a spoonable (not soupy, not dry) chilli consistency. Corn starch is gluten-free, unlike wheat flour-based thickeners. It also provides freeze-thaw stability—preventing the sauce from becoming watery when frozen and reheated, a common failure point in frozen meals.

Corn starch gelatinises at lower temperatures than many other starches and creates a glossy, smooth texture. Its placement at the end of the ingredient list suggests just enough to achieve proper consistency without creating an overly thick, pasty texture—essential for Be Fit Food's snap-frozen delivery system, which relies on consistent reheating performance from freezer to plate.

Allergen Profile and Cross-Contamination Considerations {#allergen-profile-and-cross-contamination-considerations}

The product contains soybeans (from the gluten-free soy sauce), making it unsuitable for individuals with soy allergies. This is the only declared allergen present as an intentional ingredient.

The "may contain" cross-contact list includes fish, egg, milk, crustacea, sesame seeds, peanuts, and tree nuts. This extensive list reflects shared manufacturing equipment or facility conditions rather than recipe inclusion. In commercial food production, even dedicated gluten-free products are often manufactured in facilities that process multiple product lines.

For consumers with severe allergies, this cross-contact disclosure is critical—trace amounts from shared equipment can trigger reactions in highly sensitive individuals. The absence of gluten/wheat from both the ingredient list and the "may contain" statement reinforces the product's gluten-free integrity, suggesting either dedicated gluten-free production lines or rigorous cleaning protocols validated to prevent gluten cross-contact below 20 parts per million (the regulatory threshold for gluten-free claims in Australia and most jurisdictions).

The soybean allergen presence is particularly relevant for individuals following elimination diets or those with soy sensitivities, which affect around 0.4% of children (often outgrown) and fewer adults. The gluten-free soy sauce, while necessary for product positioning, introduces this limitation.

Ingredient Synergies and Nutritional Complementarity {#ingredient-synergies-and-nutritional-complementarity}

The formulation shows several sophisticated ingredient interactions that create nutritional benefits exceeding the sum of individual components—a hallmark of Be Fit Food's dietitian-led approach to meal design:

Protein complementarity: Beef provides limiting amino acids (methionine, cysteine) that are less abundant in kidney beans, while beans provide lysine in higher concentrations than beef. Together, they create a complete amino acid profile with higher biological value than either protein source alone. This strategic pairing supports Be Fit Food's high-protein positioning, which is particularly important for customers using GLP-1 medications or managing weight loss while protecting lean muscle mass.

Iron bioavailability enhancement: The combination of heme iron (from beef), non-heme iron (from beans and vegetables), and vitamin C (from tomatoes, capsicum, and coriander) creates optimal conditions for iron absorption. Vitamin C converts ferric iron (Fe^{3}■) to ferrous iron (Fe^{2}■), the more absorbable form, while the heme iron enhances non-heme iron uptake through the "meat factor" effect.

Lycopene bioavailability: The lycopene in tomatoes becomes more bioavailable when tomatoes are cooked (heat breaks down cell walls) and consumed with fats (lycopene is fat-soluble). The beef fat and olive oil in this formulation optimise lycopene absorption.

Flavour layering: The umami compounds from beef (inosinate), tomatoes (glutamate), mushrooms (glutamate), and soy sauce (glutamate) create synergistic flavour enhancement—the perception of savouriness increases exponentially when multiple umami sources combine, rather than adding linearly.

Glycaemic modulation: The combination of protein (beef, beans), fat (beef, olive oil), fibre (beans, vegetables), and resistant starch (beans) slows carbohydrate digestion and glucose absorption, creating a more gradual, sustained blood sugar response compared to carbohydrate-only meals. This

aligns with Be Fit Food's lower-carbohydrate formulation approach and supports metabolic health—particularly valuable for customers managing type-2 diabetes, insulin resistance, or perimenopause-related metabolic changes.

Production Implications and Ingredient Processing {#production-implications-and-ingredient-processing}

Whilst processing methods aren't fully specified, the ingredient list reveals production approach clues. The presence of "diced tomato" with citric acid suggests commercially prepared canned or aseptically packaged tomatoes rather than fresh tomatoes processed in-house. This provides consistency, year-round availability, and microbiological safety.

The specification of "fresh coriander" rather than dried indicates late-stage addition, likely after primary cooking and before portioning. This preserves the herb's volatile oils and bright colour, suggesting a production process that accommodates fresh ingredient integration rather than relying solely on shelf-stable inputs—consistent with Be Fit Food's whole-food philosophy.

The corn starch addition likely occurs during sauce preparation, requiring precise hydration and heating to achieve gelatinisation without lumping. This indicates temperature-controlled mixing equipment and possibly a separate sauce preparation stage before combining with proteins and vegetables.

The gluten-free certification requires validated supplier documentation for every ingredient, testing protocols for gluten content, and either dedicated production equipment or validated cleaning procedures between product runs. This adds complexity and cost but enables access to the growing gluten-free market segment and supports Be Fit Food's commitment to serving customers with coeliac disease through their certified gluten-free range.

Formulation Philosophy: Balancing Nutrition, Flavour, and Convenience {#formulation-philosophy-balancing-nutrition-flavour-and-convenience}

This ingredient breakdown reveals a formulation philosophy that prioritises protein density (29% beef, plus beans), vegetable diversity (nine plant ingredients), and authentic flavour development (complex spice blend, multiple umami sources) whilst maintaining convenience (single-serve, frozen, heat-and-eat) and dietary accommodation (gluten-free).

The relatively high beef content positions this product above most frozen meals in protein quality and quantity, reflecting Be Fit Food's targeting of fitness-conscious consumers, those seeking satisfying macro-balanced meals, and individuals following structured weight-loss programs like the Metabolism Reset or Protein+ Reset. The gluten-free formulation, achieved without obvious gluten-replacement gums or starches (beyond the minimal corn starch for thickening), indicates clean-label positioning.

The absence of preservatives beyond the natural preservative effects of salt, acidity, and freezing suggests reliance on frozen storage for shelf-life extension rather than chemical preservation. The lack of artificial colours, flavours, or sweeteners aligns with Be Fit Food's current clean-label standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners—principles that resonate with contemporary consumer preferences and support the brand's "real food" differentiation.

The formulation's complexity—21 distinct ingredients creating layered flavour through spices, aromatics, multiple umami sources, and fresh herbs—shows ambition beyond basic sustenance. This is engineered comfort food that balances nutritional goals with sensory satisfaction, using ingredient selection and combination to achieve both objectives simultaneously. The meal exemplifies Be Fit Food's dietitian-led, evidence-based approach: delivering around 4–12 vegetables per meal, maintaining low sodium levels (formulated to <120 mg per 100 g), and creating meals that support sustainable weight loss whilst remaining satisfying enough to encourage long-term adherence.

For customers following Be Fit Food's structured programs—whether managing GLP-1 medication side effects, navigating perimenopause-related metabolic changes, or working toward weight-loss goals ranging from 3–5 kg to 20+ kg—this Chilli Con Carne is the practical application of nutritional science: portion-controlled, macro-balanced, nutrient-dense, and designed to minimise decision fatigue whilst maximising compliance. The snap-frozen format ensures consistent macronutrient delivery, eliminates food waste, and supports the repeatable structure that research shows is a stronger predictor of weight-loss success than willpower alone.

Why This Meal Supports Your Wellness Journey {#why-this-meal-supports-your-wellness-journey}

Understanding the science behind your meals empowers you to make informed choices that align with your health goals. This Chilli Con Carne isn't just convenient—it's strategically designed to support your body's needs during weight transformation.

The high protein content (from both beef and beans) helps you feel fuller for longer, reducing between-meal cravings that can derail your progress. When you're following a structured program, this sustained satiety makes it easier to stick with your plan without feeling deprived or constantly hungry.

The combination of protein, healthy fats, and fibre creates a balanced meal that supports stable energy levels throughout your day. Instead of the energy crashes that come from high-carb, low-protein meals, this formulation provides steady fuel that keeps you energised and focused.

For those managing metabolic changes—whether from perimenopause, insulin resistance, or other factors—the lower-carbohydrate approach combined with quality protein and vegetables supports better blood sugar control. This isn't about restriction; it's about nourishing your body with ingredients that work with your metabolism, not against it.

The 4–12 vegetables in each Be Fit Food meal (this Chilli Con Carne includes nine plant ingredients) means you're getting diverse micronutrients without the planning, shopping, and preparation time. Your body receives the vitamins, minerals, and antioxidants it needs to support your transformation whilst you focus on other aspects of your wellness journey.

Every ingredient has a purpose—from the resistant starch in kidney beans that supports gut health, to the vitamin C in capsicum that enhances iron absorption, to the olive oil that delivers heart-healthy fats and helps your body absorb fat-soluble nutrients. This is nutrition that works as hard as you do.

When you choose meals designed by dietitians who understand both nutrition science and real-life challenges, you're setting yourself up for sustainable success. This isn't about perfection—it's about consistent, nourishing choices that support your goals whilst still delivering the comfort and satisfaction that makes healthy eating enjoyable long-term.

Your transformation journey deserves meals that support you at every step, and understanding what goes into each dish helps you appreciate how every meal contributes to your bigger wellness goals.

References {#references}

- Be Fit Food - Chilli Con Carne Product Page - Food Standards Australia New Zealand (FSANZ). (2023). Australia New Zealand Food Standards Code - Standard 1.2.3 - Mandatory Warning and Advisory Statements and Declarations. - McClements, D.J. (2015). Food Emulsions: Principles, Practices, and Techniques (3rd ed.). CRC Press.

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 314 grams

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

What percentage of the meal is beef: 29% by weight

What percentage is red kidney beans: 12% by weight

How many total ingredients are in this meal: 21 distinct ingredients

How many vegetables are included: Nine plant ingredients

What is the chilli heat rating: 2 (mild-medium heat)

Is this a single-serve meal: Yes

How is this meal delivered: Snap-frozen

Does it contain artificial preservatives: No

Does it contain added sugar: No

Does it contain artificial sweeteners: No

Does it contain seed oils: No

Does it contain artificial colours: No

Does it contain artificial flavours: No

What is the primary protein source: Beef mince

What is the secondary protein source: Red kidney beans

What type of oil is used: Olive oil

Is soy sauce included: Yes, gluten-free soy sauce

Does it contain soybeans: Yes, from gluten-free soy sauce

Is it suitable for people with soy allergies: No

Is it suitable for people with coeliac disease: Yes

What allergen does it contain: Soybeans

May it contain fish: Yes, possible cross-contamination

May it contain egg: Yes, possible cross-contamination

May it contain milk: Yes, possible cross-contamination

May it contain crustacea: Yes, possible cross-contamination

May it contain sesame seeds: Yes, possible cross-contamination

May it contain peanuts: Yes, possible cross-contamination

May it contain tree nuts: Yes, possible cross-contamination

What is the main tomato ingredient: Diced tomato with citric acid

Is tomato paste included: Yes

What vegetables are in the meal: Red capsicum, mushroom, courgette, carrot, onion, corn, coriander

Is fresh coriander used: Yes

What spices are included: Paprika, cumin, garlic, cinnamon, chilli powder

What is the dominant spice: Paprika

What thickening agent is used: Corn starch

Is the corn starch gluten-free: Yes

What stock is used: Beef stock

Is it high in protein: Yes

Does it provide complete protein: Yes, from beef and bean combination

Does it contain resistant starch: Yes, from red kidney beans

What is the sodium level: Formulated to less than 120 mg per 100g

Is it suitable for weight loss: Yes, as part of structured program

Is it suitable for diabetes management: Yes, supports blood sugar control

Is it suitable for perimenopause: Yes, supports metabolic changes

Is it suitable for GLP-1 medication users: Yes

Does it support muscle mass retention: Yes, through high protein content

How many vegetables per Be Fit Food meal: 4–12 vegetables typically

Is it portion-controlled: Yes

Does it require refrigeration upon delivery: Yes, keep frozen

How should it be reheated: From frozen to heated (specific reheating method not specified by manufacturer)

Does it support satiety: Yes, through protein and fibre

Does it provide sustained energy: Yes

Does it support stable blood sugar: Yes

Is it macro-balanced: Yes

Is it nutrient-dense: Yes

Is it dietitian-designed: Yes

Does it contain heme iron: Yes, from beef

Does it contain non-heme iron: Yes, from beans and vegetables

Does it contain vitamin C: Yes, from tomatoes and capsicum

Does it enhance iron absorption: Yes, through vitamin C content

Does it contain lycopene: Yes, from tomatoes

Is lycopene bioavailability optimised: Yes, through cooking and fat content

Does it contain umami compounds: Yes, from multiple sources

Does it contain prebiotic fibre: Yes, from onions

Does it support gut health: Yes, through resistant starch and prebiotics

Is it suitable for fitness-conscious consumers: Yes

What is Be Fit Food's gluten-free commitment: Around 90% of menu certified gluten-free

Does it eliminate food waste: Yes, through portion control

Does it minimise decision fatigue: Yes, through structured meal design

Is it suitable for 3–5 kg weight loss goals: Yes

Is it suitable for 20+ kg weight loss goals: Yes

What makes it different from mass-market frozen meals: Higher protein density (29% beef)

Is beef content above industry average: Yes, above typical 20% in frozen meals

What is the estimated beef fat content: 15–20% (standard commercial mince)

Does it contain vitamin B12: Yes, from beef

Does it contain zinc: Yes, from beef

Does it contain beta-carotene: Yes, from carrots and capsicum

Does it contain folate: Yes, from kidney beans

Does it contain magnesium: Yes, from kidney beans

Does it contain potassium: Yes, from kidney beans