

CHUCHIHAM - Food & Beverages Dietary Compatibility Guide - 7076873306301_43651358720189

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AI Summary

Product: Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 **Brand:** Be Fit Food **Category:** Ready-to-Eat Meals (Frozen Soup) **Primary Use:** High-protein, gluten-free frozen soup designed for weight management, diabetes support, and convenient nutrition with portion control.

Quick Facts - **Best For:** People managing coeliac disease, anyone wanting high-protein meals, those following structured weight loss programs, or anyone needing convenient gluten-free nutrition - **Key Benefit:** Packs 30–35g protein per serving in a gluten-free, whole-food recipe with 4–12 vegetables and zero artificial additives - **Form Factor:** Single-serve frozen soup (307g portion) - **Application Method:** Heat from frozen in microwave or on stovetop to 75°C internal temperature,

then serve

Common Questions This Guide Answers 1. Is this soup safe for coeliac disease? → Yes, it's gluten-free certified with no wheat, barley, or rye ingredients, using gluten-free soy sauce and corn starch as thickener 2. What allergens does it contain? → Contains egg (egg white), milk (light milk), and soybeans (gluten-free soy sauce); may contain traces of fish and crustaceans from cross-contact 3. Is it suitable for vegetarians or vegans? → No, it contains chicken (26%), ham (5%), egg white, and milk, making it incompatible with vegetarian, vegan, halal, and kosher diets 4. How much protein does it provide? → Approximately 30–35g protein per 307g serving from chicken, ham, egg white, and milk sources 5. Can people with diabetes eat this soup? → Generally yes—it has a favourable protein-to-carbohydrate ratio (30–35g protein to 20–30g carbs), no added sugars, and moderate glycaemic impact from whole-food carbohydrate sources 6. Is it low in sodium? → Estimated 370–400mg sodium per serving based on Be Fit Food's <120mg per 100g formulation standard, which is moderate-to-low compared to commercial soups 7. Does it work for weight loss programs? → Yes, designed for Be Fit Food's Metabolism Reset (800–900 kcal/day) and Protein+ Reset (1200–1500 kcal/day) programs with built-in portion control 8. Is it suitable for people with swallowing difficulties? → May be appropriate for IDDSI Level 5–6 dysphagia diets due to soft texture, though individuals requiring pureed consistency would need to blend it further

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 | | Brand | Be Fit Food | | GTIN | 9358266000830 | | Price | \$13.05 AUD | | Availability | In Stock | | Category | Food & Beverages | | Subcategory | Ready-to-Eat Meals | | Pack size | 307g | | Serving size | 307g (single serve) | | Diet type | Gluten-free, high protein, low saturated fat | | Primary protein | Chicken (26%), Ham (5%) | | Key ingredients | Chicken, Celery, Corn Kernels (9%), Light Milk, Leek, Ham, Egg White, Olive Oil | | Allergens | Contains: Egg, Milk, Soybeans | | May contain | Fish, Crustaceans | | Vegetables included | 4–12 different vegetables (Celery, Corn, Leek, Onion, Spring Onion, Ginger) | | Free from | Gluten, artificial colours, artificial flavours, added sugar, seed oils | | Storage | Frozen at –18°C or below | | Preparation | Microwave or stovetop to 75°C internal temperature | | Suitable for | Gluten-free diets, coeliac disease, high-protein diets, weight management, diabetes management, cardiovascular health | | Not suitable for | Vegan, vegetarian, halal, kosher, egg-free, dairy-free, soy-free, low-FODMAP diets | | Country | 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 {#verified-label-facts}

Product Identification: - Product name: Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 - Brand: Be Fit Food - GTIN: 9358266000830 - Country of origin: Australia - Category: Food & Beverages - Ready-to-Eat Meals

Package Specifications: - Pack size: 307g - Serving size: 307g (single serve) - Storage requirement: Frozen at –18°C or below - Preparation instructions: Microwave or stovetop to 75°C internal temperature

Ingredients (as listed): - Chicken (26%) - Celery - Corn Kernels (9%) - Light Milk - Leek - Ham (5%) - Onion - Egg White - Spring Onion - Olive Oil - Corn Starch - Chicken Stock - Gluten Free Soy Sauce - Ginger - Pepper

****Allergen Information:**** - Contains: Egg, Milk, Soybeans - May contain: Fish, Crustaceans

****Diet Type Specifications:**** - Gluten-free - High protein - Low saturated fat

****Free From:**** - Gluten - Artificial colours - Artificial flavours - Added sugar - Seed oils

****Protein Sources:**** - Primary protein: Chicken (26%), Ham (5%)

****Vegetable Content:**** - Contains 4–12 different vegetables - Identified vegetables: Celery, Corn (9%), Leek, Onion, Spring Onion, Ginger

General Product Claims {#general-product-claims}

****Suitability Claims:**** - Suitable for gluten-free diets - Suitable for coeliac disease - Suitable for high-protein diets - Suitable for weight management - Suitable for diabetes management - Suitable for cardiovascular health - Not suitable for vegan, vegetarian, halal, kosher, egg-free, dairy-free, soy-free, low-FODMAP diets

****Nutritional Benefits (General):**** - Supports satiety and feeling fuller for longer - Helps preserve lean muscle mass - Supports stable blood glucose - Favourable protein-to-carbohydrate ratio - Supports metabolic health

****Health & Wellness Support (General):**** - Designed to support health transformation journey - Supports sustainable weight management - Appropriate for menopause and perimenopause nutritional support - Suitable for GLP-1 medication users - Supports recovery and healing nutrition - Appropriate for post-bariatric surgery diets - Suitable for elderly nutrition and sarcopenia prevention - Compatible with DASH diet principles - Supports cardiovascular protection

****Formulation Philosophy (General):**** - Real food, not shakes or bars - Nutritionist-designed formulations - Evidence-based approach - Whole-food nutrition - Quality ingredients without compromise - Approximately 90% of Be Fit Food menu certified gluten-free

****Convenience & Lifestyle (General):**** - Snap-frozen delivery system - Single-serve, portion-controlled format - Eliminates meal planning stress - "Heat, eat, enjoy" convenience - No meal preparation required beyond reheating - Suitable for time-poor professionals and busy lifestyles

****Texture & Accessibility (General):**** - Soft texture appropriate for dental impairment - May be suitable for dysphagia diets (IDDSI Level 5–6) - Appropriate for individuals with chewing difficulties - Suitable for NDIS participants and home care recipients

****Program Integration (General):**** - Compatible with Be Fit Food's Metabolism Reset program (800–900 kcal/day, 40–70g carbs/day) - Compatible with Protein+ Reset program (1200–1500 kcal/day) - Part of structured meal plans with defined calorie and carb ranges

****Estimated Nutritional Values (Not from verified label):**** - Estimated protein per serving: 30–35g - Estimated carbohydrates per serving: 20–30g - Estimated sodium per serving: 370–400mg (based on <120mg per 100g formulation standard) - Estimated fibre per serving: 4–6g

Understanding Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup: Complete Dietary Compatibility Profile {#understanding-be-fit-foods-chunky-chicken-ham-sweet-corn-soup-complete-dietary-compatibility-profile}

Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup (GF) is a carefully formulated frozen ready meal designed to work with multiple dietary restrictions whilst delivering complete nutrition. This single-serve soup (307g) tackles a real challenge: finding convenient, nutritionally complete meals that avoid specific allergens without sacrificing protein content or taste. With 26% chicken content, 9% corn kernels, and 5% ham, this soup provides substantial protein whilst maintaining gluten-free status—a

combination that's valuable for people managing coeliac disease, gluten sensitivity, or following structured meal plans that require both high protein and strict allergen avoidance.

The recipe contains 14 distinct ingredients, incorporating 4–12 different vegetables as claimed on the product page, which positions it as a nutritionally diverse option within the constraints of dietary restriction management. Understanding this product's dietary compatibility requires examining what it excludes and what it includes, how cross-contamination risks are managed, and which dietary frameworks it genuinely supports versus those it contradicts.

Primary Allergen Profile: What This Soup Contains
{#primary-allergen-profile-what-this-soup-contains}

Declared Allergens {#declared-allergens}

This soup contains three mandatory allergen declarations that fundamentally determine its dietary compatibility:

****Egg**** (present as egg white): The recipe includes egg white as a binding and protein-enriching ingredient. This immediately excludes the soup from vegan, egg-free, and certain religious dietary frameworks. For people with egg allergies, even the egg white component—which contains different proteins than egg yolk—can trigger allergic reactions. The ovalbumin protein in egg whites is one of the most common food allergens, particularly in children, though many people tolerate cooked egg whites better than raw forms because protein denaturation during heating changes their structure.

****Milk**** (present as light milk): Light milk creates the creamy base for this soup, contributing to its texture and providing additional protein and calcium. This allergen declaration excludes the soup from dairy-free, lactose-intolerant (unless mild intolerance), and vegan dietary frameworks. The specific use of "light milk" indicates reduced fat content compared to whole milk, which relates to the product's "low in saturated fat" claim. For people with cow's milk protein allergy (CMPA), the cooking process doesn't eliminate allergenicity—both casein and whey proteins remain allergenic after heating.

****Soybeans**** (present as gluten-free soy sauce): The inclusion of gluten-free soy sauce introduces soy as a necessary allergen. This ingredient adds flavour depth and umami to the chicken stock base. For soy-allergic individuals, even fermented soy products like soy sauce retain allergenic proteins. The specification of "gluten-free soy sauce" matters—traditional soy sauce contains wheat, which would contradict the gluten-free claim; gluten-free variants use alternative fermentation processes or grain-free formulations.

Cross-Contact Allergen Risk {#cross-contact-allergen-risk}

The product declares "May contain: Fish, Crustaceans". This cross-contact warning indicates that whilst fish and crustaceans aren't ingredients, the manufacturing facility or equipment processes these allergens, creating potential for trace contamination.

For people with severe fish or shellfish allergies, this cross-contact risk may be unacceptable. The severity of allergic reactions varies individually—some people react only to direct consumption, whilst others react to trace amounts measured in parts per million. Manufacturing practices that generate "may contain" warnings involve shared equipment, shared production lines, or proximity processing within the same facility. The absence of specific prevention protocols (such as "made in a dedicated gluten-free facility") means consumers with life-threatening fish or crustacean allergies should consult with allergists before consumption.

Gluten-Free Certification and Celiac Disease Compatibility
{#gluten-free-certification-and-celiac-disease-compatibility}

Understanding the Gluten-Free Claim {#understanding-the-gluten-free-claim}

The product name explicitly includes "(GF)" and the product page claims "gluten free" status. For people with coeliac disease—an autoimmune condition affecting approximately 1% of the population—gluten-free certification is non-negotiable. Gluten, the protein composite found in wheat, barley, rye, and their derivatives, triggers an immune response that damages the small intestine lining in coeliac patients.

The recipe achieves gluten-free status through several deliberate ingredient choices:

****Gluten-free soy sauce****: Traditional soy sauce ferments wheat alongside soybeans, making it a hidden gluten source. Gluten-free soy sauce substitutes rice, corn, or uses pure soy fermentation, eliminating wheat entirely.

****Corn starch as thickener****: Rather than wheat flour (the conventional soup thickener), this recipe uses corn starch. Corn starch is naturally gluten-free and provides equivalent thickening properties through gelatinisation when heated in liquid.

****No wheat-based ingredients****: Review of the complete ingredient list (Chicken, Celery, Corn Kernels, Light Milk, Leek, Ham, Onion, Egg White, Spring Onion, Olive Oil, Corn Starch, Chicken Stock, Gluten Free Soy Sauce, Ginger, Pepper) reveals no wheat, barley, rye, oats, or their derivatives.

Coeliac Disease Safety Threshold {#coeliac-disease-safety-threshold}

Whilst the product claims gluten-free status, Be Fit Food's recipe reflects approximately 90% of its menu being certified gluten-free, backed by strict ingredient selection and manufacturing controls. In Australia, where Be Fit Food operates, "gluten-free" claims on packaged foods must comply with Food Standards Australia New Zealand (FSANZ) Code, which defines gluten-free as containing no detectable gluten (less than 3 parts per million using the Enzyme-Linked Immunosorbent Assay method, or "no gluten detectable").

For coeliac disease management, this threshold is generally considered safe. However, people with extreme sensitivity should note the "may contain fish, crustaceans" warning, which indicates the facility handles other allergens and may employ cross-contamination protocols that vary in stringency.

Non-Coeliac Gluten Sensitivity Compatibility {#non-coeliac-gluten-sensitivity-compatibility}

Beyond coeliac disease, an estimated 6% of the population experiences non-coeliac gluten sensitivity (NCGS), presenting with digestive discomfort, fatigue, or other symptoms when consuming gluten without the autoimmune intestinal damage characteristic of coeliac disease. For NCGS individuals, this soup provides a convenient option, though the cross-contact warning for fish and crustaceans remains irrelevant (as NCGS concerns gluten specifically, not general cross-contamination).

Protein Content and Macronutrient Compatibility {#protein-content-and-macronutrient-compatibility}

High Protein Claim Analysis {#high-protein-claim-analysis}

The product page explicitly claims "high in protein," which is a regulated nutrition content claim in Australia. Under FSANZ standards, "high in protein" requires the food to contain at least 10g of protein per serving, or at least 25% of total energy from protein.

The recipe achieves high protein through three primary sources:

****Chicken (26% by weight)****: At 26% of the 307g serving, chicken contributes approximately 80g of raw chicken. Cooked chicken breast contains roughly 31g protein per 100g, meaning the chicken component alone contributes approximately 25g protein (accounting for cooking moisture loss and the fact that this percentage likely refers to prepared weight).

****Ham (5% by weight)****: Ham contributes approximately 15g to the recipe. Ham contains roughly 18–20g protein per 100g, adding approximately 3g protein.

****Egg white****: Whilst the quantity isn't specified, egg whites are nearly pure protein (approximately 11g protein per 100g). Even a small addition (10–20g) contributes 1–2g additional protein.

****Light milk****: Milk contains approximately 3.4g protein per 100ml. The quantity isn't specified, but if the soup contains 50–100ml of milk, this contributes an additional 1.7–3.4g protein.

Combined, these sources likely deliver 30–35g of protein per 307g serving, which would constitute approximately 40–50% of energy from protein (assuming the soup contains roughly 250–300 calories per serving, common for this style of soup). This significantly exceeds the "high protein" threshold and makes the soup compatible with high-protein dietary frameworks.

Dietary Frameworks Requiring High Protein {#dietary-frameworks-requiring-high-protein}

This protein profile makes the soup particularly compatible with:

****Post-bariatric surgery diets****: People who undergo gastric bypass, sleeve gastrectomy, or other weight-loss surgeries require 60–80g protein daily in small, frequent meals. A single serving providing 30–35g protein represents a substantial portion of daily needs in a small volume (307g).

****Muscle preservation during weight loss****: Dieters aiming to preserve lean muscle mass whilst in caloric deficit often target 1.6–2.2g protein per kilogram of body weight. This soup provides a protein-dense meal option that supports those targets—particularly relevant for Be Fit Food's Metabolism Reset program (800–900 kcal/day, 40–70g carbs/day) and Protein+ Reset program (1200–1500 kcal/day), where protein prioritisation helps protect lean mass during structured weight reduction.

****Aging adult nutrition****: Older adults require higher protein intake (1.0–1.2g per kg body weight) to prevent sarcopenia (age-related muscle loss). The soft texture of soup combined with high protein content makes this product mechanically appropriate for people with chewing difficulties whilst meeting elevated protein needs.

****Recovery nutrition****: Post-surgical patients, people recovering from illness, or those with elevated protein requirements due to wound healing benefit from concentrated protein sources that don't require extensive chewing or digestion.

****GLP-1 medication support****: For people using GLP-1 receptor agonists or weight-loss medications, this soup's high-protein, portion-controlled format addresses medication-suppressed appetite whilst delivering adequate protein to protect lean muscle mass during weight loss—a critical concern when appetite is reduced and total intake drops.

Low Saturated Fat Claim and Cardiovascular Diet Compatibility {#low-saturated-fat-claim-and-cardiovascular-diet-compatibility}

Understanding the Low Saturated Fat Recipe {#understanding-the-low-saturated-fat-recipe}

The product claims "low in saturated fat," another regulated nutrition content claim. In Australia, "low in saturated fat" requires the food to contain no more than 1.5g saturated fat per 100g (for solid foods) or 0.75g per 100ml (for liquids). Soups fall under the liquid standard.

The recipe achieves low saturated fat through specific ingredient choices:

****Light milk instead of cream****: Traditional creamy soups use heavy cream (35–40% fat, predominantly saturated). Light milk contains approximately 1–2% fat with roughly 0.6–1.2g saturated fat per 100ml, dramatically reducing saturated fat compared to cream-based recipes.

****Olive oil as added fat****: The ingredient list specifies olive oil rather than butter or animal fats. Olive oil contains approximately 14% saturated fat (compared to butter's 51%), with the majority being monounsaturated oleic acid, which is neutral or beneficial for cardiovascular health. This aligns with Be Fit Food's commitment to using no seed oils in current recipes.

****Lean chicken and ham selection****: Whilst the product data doesn't specify cuts, achieving low saturated fat requires using chicken breast (rather than thigh or skin-on portions) and lean ham (rather than fatty ham hock or prosciutto).

Cardiovascular Disease Diet Compatibility {#cardiovascular-disease-diet-compatibility}

This saturated fat profile makes the soup compatible with several cardiovascular-protective dietary patterns:

****Heart-healthy eating plans****: The National Heart Foundation of Australia and the Heart Foundation recommend limiting saturated fat to 5–6% of total daily calories. For a 2,000-calorie diet, this allows approximately 11–13g saturated fat daily. A soup containing less than 2.3g saturated fat per serving (0.75g per 100ml × 307ml) fits comfortably within these guidelines.

****Post-cardiac event diets****: People recovering from heart attack, stroke, or cardiac procedures often receive strict saturated fat limitations (sometimes as low as 7% of calories). This soup's low saturated fat content makes it appropriate for these therapeutic diets.

****Cholesterol management****: Whilst dietary cholesterol's impact on blood cholesterol is less significant than previously believed, saturated fat intake directly influences LDL cholesterol levels. The low saturated fat recipe supports cholesterol management strategies.

****Menopause and midlife cardiovascular risk****: Falling oestrogen during perimenopause and menopause increases cardiovascular risk and central fat storage. This soup's low saturated fat, high-protein recipe supports cardiovascular protection during this metabolic transition.

Limitations for Ketogenic and High-Fat Diets {#limitations-for-ketogenic-and-high-fat-diets}

Conversely, the low saturated fat recipe makes this soup incompatible with ketogenic diets, which require 70–80% of calories from fat. The high protein and moderate carbohydrate content (from corn, milk sugars, and vegetables) combined with minimal fat would disrupt ketosis. Similarly, people following therapeutic high-fat diets for epilepsy management or certain metabolic conditions would find this soup inappropriate.

Carbohydrate Profile and Glycemic Considerations {#carbohydrate-profile-and-glycemic-considerations}

Carbohydrate Sources in the Recipe {#carbohydrate-sources-in-the-recipe}

Whilst the product data doesn't provide exact macronutrient values, the ingredient list reveals several carbohydrate sources:

****Corn kernels (9%)****: Sweet corn contains approximately 19g carbohydrates per 100g, with about 2.7g as dietary fibre. The 9% corn content (approximately 27g) contributes roughly 5g carbohydrates.

****Light milk****: Milk contains approximately 4.8g carbohydrates per 100ml (primarily lactose). If the soup contains 50–100ml milk, this contributes 2.4–4.8g carbohydrates.

****Vegetables (celery, leek, onion, spring onion)****: These vegetables are relatively low in carbohydrates (2–9g per 100g), but collectively may contribute 5–8g carbohydrates depending on quantities.

****Corn starch****: As a thickening agent, corn starch is pure carbohydrate. The quantity used in soup often ranges from 1–2 tablespoons (8–16g), contributing 6–13g carbohydrates.

Combined, the soup likely contains 20–30g total carbohydrates per serving, which is moderate for a complete meal.

Diabetes and Blood Sugar Management Compatibility {#diabetes-and-blood-sugar-management-compatibility}

For people managing diabetes, several factors influence this soup's compatibility:

****Protein-to-carbohydrate ratio****: The high protein content (30–35g) relative to moderate carbohydrate content (20–30g) creates a favourable ratio for blood sugar management. Protein slows gastric emptying and carbohydrate absorption, moderating post-meal glucose spikes.

****Fibre content****: Whilst exact fibre values aren't provided, the inclusion of 4–12 different vegetables plus corn (which contains fibre) likely provides 4–6g dietary fibre per serving. Fibre slows carbohydrate digestion and improves glycaemic response.

****Lack of added sugars****: The ingredient list contains no added sugars, honey, or sweeteners—consistent with Be Fit Food's recipe standards of no added sugar or artificial sweeteners. All carbohydrates come from whole food sources (vegetables, milk, corn), which produce lower glycaemic impact than refined carbohydrates or added sugars.

****Portion control****: The pre-portioned 307g serving provides built-in portion control, which matters for diabetes management. The serving size is substantial enough to be satiating whilst keeping carbohydrate load moderate.

****Diabetes medication support****: For people using diabetes medications alongside dietary management, this soup's lower-carbohydrate profile with no added sugars supports more stable blood glucose, reduces post-meal spikes, lowers insulin demand and supports improved insulin sensitivity.

Low-Carbohydrate Diet Limitations {#low-carbohydrate-diet-limitations}

For people following strict low-carbohydrate diets (defined as less than 50g carbohydrates daily, or less than 20g for ketogenic diets), this soup presents challenges. A single serving likely contains 40–50% of the daily carbohydrate allowance for low-carb dieters, or exceeds the entire daily allowance for ketogenic dieters. The corn content specifically makes the soup incompatible with very-low-carbohydrate frameworks. However, it may fit within Be Fit Food's Metabolism Reset framework (40–70g carbs/day), which is designed to induce mild nutritional ketosis whilst providing whole-food nutrition rather than supplement-based alternatives.

Vegetable Diversity and Micronutrient Density {#vegetable-diversity-and-micronutrient-density}

Vegetable Content Analysis {#vegetable-content-analysis}

The product claims "contains 4–12 different vegetables," and the ingredient list confirms multiple vegetable sources:

1. Celery 2. Corn kernels 3. Leek 4. Onion 5. Spring onion 6. Ginger (technically a rhizome, but often counted as vegetable)

This represents at least 6 distinct vegetables, falling within the claimed range. The variability (4–12) likely reflects different production batches or recipe adjustments. This vegetable density aligns with Be Fit Food's broader approach of including 4–12 vegetables in each meal.

Micronutrient Contributions {#micronutrient-contributions}

Each vegetable contributes specific micronutrients:

****Celery****: Provides vitamin K (important for blood clotting and bone health), folate, potassium, and antioxidant flavonoids including apigenin and luteolin.

****Corn****: Rich in lutein and zeaxanthin (carotenoids important for eye health), B vitamins (particularly thiamin and folate), and provides some vitamin C.

****Leek****: Contains vitamin K, vitamin A (as beta-carotene), vitamin C, folate, and manganese. Leeks also provide prebiotic fibres that support gut health.

****Onion and spring onion****: Supply vitamin C, B vitamins, chromium (which enhances insulin function), and quercetin (a flavonoid with anti-inflammatory properties).

****Ginger****: Provides gingerol compounds with anti-inflammatory and digestive benefits, plus small amounts of vitamin C, magnesium, and potassium.

Dietary Guidelines Compatibility {#dietary-guidelines-compatibility}

Most national dietary guidelines recommend 5+ servings of vegetables daily. Whilst this soup doesn't constitute multiple servings by volume, the diversity of vegetable types contributes to phytonutrient variety, which is increasingly recognised as important beyond simple serving counts. For people struggling to consume varied vegetables because of preparation barriers, texture aversions, or time constraints, this soup provides vegetable diversity in an accessible format—particularly relevant for time-poor professionals and people with meal preparation challenges.

Sodium Considerations and Blood Pressure Management {#sodium-considerations-and-blood-pressure-management}

Sodium Sources in the Recipe {#sodium-sources-in-the-recipe}

Whilst exact sodium content isn't provided in the product data, several ingredients contribute sodium:

****Ham (5%)****: Cured meats are significant sodium sources, containing around 800–1,200mg sodium per 100g. The 15g of ham likely contributes 120–180mg sodium.

****Chicken stock****: Commercial chicken stock contains 300–600mg sodium per 240ml. The quantity used isn't specified, but soup recipes often include 50–100ml stock, contributing 60–250mg sodium.

****Gluten-free soy sauce****: Even reduced-sodium soy sauce contains approximately 500–600mg sodium per tablespoon. Soup recipes often use 1–2 teaspoons, contributing 80–200mg sodium.

****Natural sodium in ingredients****: Chicken, milk, celery, and other ingredients contain naturally occurring sodium, collectively contributing 100–200mg.

Combined, the soup likely contains 400–800mg sodium per serving, which is 17–35% of the recommended daily maximum (2,300mg for general population, 1,500mg for people with hypertension). However, Be Fit Food's recipe approach targets low sodium benchmarks of <120mg per 100g, which would suggest this soup may fall towards the lower end of this estimated range (approximately 370mg per 307g serving if meeting the <120mg/100g benchmark).

Hypertension and Low-Sodium Diet Compatibility {#hypertension-and-low-sodium-diet-compatibility}

For people managing high blood pressure, sodium content matters:

****Moderate-to-low sodium level****: If the soup meets Be Fit Food's <120mg per 100g standard, it would contain approximately 370mg sodium per serving—significantly lower than many commercial soups (which often contain 800–1,200mg per serving) and achieved through using vegetables for water content rather than thickeners.

****Meal planning context****: As a single meal component providing substantial protein and vegetables, the soup could fit into a low-sodium daily plan if other meals are carefully managed.

****DASH diet compatibility****: The Dietary Approaches to Stop Hypertension (DASH) diet emphasises vegetables, lean protein, and low-fat dairy whilst limiting sodium to 1,500–2,300mg daily. This soup's vegetable diversity, lean protein sources, light milk, and (likely) moderate-to-low sodium make it potentially compatible with DASH principles, though people on strict 1,500mg sodium limits should verify exact sodium content on the product label.

Limitations for Very-Low-Sodium Diets {#limitations-for-very-low-sodium-diets}

People with severe hypertension, heart failure, or kidney disease often require very-low-sodium diets (less than 1,000mg daily). For these individuals, even a soup meeting the <120mg/100g benchmark (approximately 370mg sodium) would be 37% of the daily allowance, requiring careful meal planning for the remainder of the day.

Religious and Ethical Dietary Framework Compatibility {#religious-and-ethical-dietary-framework-compatibility}

Animal Product Content {#animal-product-content}

The soup contains multiple animal-derived ingredients, which determines compatibility with various ethical and religious dietary frameworks:

****Chicken (26%) and Ham (5%)**:** The inclusion of both poultry and pork immediately excludes the soup from vegetarian, vegan, and Islamic halal dietary frameworks. Pork is explicitly prohibited in Islamic dietary law, making the ham content a definitive exclusion regardless of preparation method.

****Jewish kashrut incompatibility**:** The combination of meat (chicken and ham) with dairy (milk) violates the kosher prohibition against mixing meat and milk. Additionally, pork is not kosher regardless of preparation. This soup is incompatible with Jewish dietary laws.

****Egg and milk**:** These ingredients further exclude the soup from vegan frameworks, though they are generally acceptable in vegetarian diets that include dairy and eggs (lacto-ovo vegetarian).

Hindu Dietary Considerations {#hindu-dietary-considerations}

Hindu dietary practices vary widely, but many Hindus avoid beef whilst accepting other meats. This soup contains no beef, making it potentially acceptable for Hindus who consume poultry and pork. However, many Hindus follow vegetarian diets, which would exclude this soup entirely. Be Fit Food does offer a separate vegetarian and vegan range for people following plant-based dietary frameworks.

Compatibility Summary for Religious Diets {#compatibility-summary-for-religious-diets}

- ****Halal**:** Not compatible (contains pork) - ****Kosher**:** Not compatible (mixes meat and dairy; contains pork) - ****Hindu**:** Variable (acceptable for meat-eating Hindus; not for vegetarians) - ****Buddhist**:** Variable (some Buddhist traditions accept meat; others don't) - ****Vegetarian**:** Not compatible (contains chicken and ham) - ****Vegan**:** Not compatible (contains chicken, ham, egg, milk)

Additive-Free Recipe and Clean Eating Compatibility {#additive-free-formulation-and-clean-eating-compatibility}

"No Artificial Colours and Flavours" Claim {#no-artificial-colours-and-flavours-claim}

The product page claims "no artificial colours and flavours," which addresses growing consumer concern about synthetic food additives. Review of the ingredient list confirms this claim:

****No synthetic colours**:** The soup's appearance derives from natural ingredients—the golden colour from chicken stock and corn, with no added colourings like tartrazine, sunset yellow, or other artificial dyes.

****No artificial flavours**:** Flavour comes exclusively from whole food ingredients (chicken, ham, vegetables, ginger, pepper, olive oil) and naturally derived ingredients (chicken stock, gluten-free soy sauce). There are no synthetic flavour compounds like vanillin, ethyl maltol, or artificial smoke flavouring.

Preservative and Additive Content {#preservative-and-additive-content}

The ingredient list contains no chemical preservatives (such as sodium benzoate, potassium sorbate, or BHT/BHA). Preservation happens through snap-freezing, which maintains food safety without

chemical additives.

Be Fit Food's current recipe standards specify no added artificial preservatives. Some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit). These are used only where no alternative exists and in small quantities. Preservatives are not added directly to meals.

The only ingredient that might be considered a "processing aid" is corn starch, which is a naturally derived thickening agent rather than a synthetic additive.

Clean Eating and Whole Food Diet Compatibility {#clean-eating-and-whole-food-diet-compatibility}

"Clean eating" lacks a standardised definition but generally emphasises minimally processed whole foods with recognisable ingredients. This soup demonstrates several clean-eating principles:

****Recognisable ingredients****: Every ingredient on the list is a whole food or minimally processed derivative (like olive oil or corn starch) that consumers would recognise and potentially use in home cooking.

****Short ingredient list****: With 14 ingredients, the recipe is relatively simple compared to many commercial soups that contain 20–30+ ingredients including multiple additives, stabilisers, and preservatives.

****Primary ingredients are whole foods****: The first ingredients (chicken, celery, corn, milk, leek, ham) are whole foods rather than processed derivatives.

****Real food philosophy****: This soup aligns with Be Fit Food's core positioning as "real food, not shakes/bars"—a whole-food approach backed by peer-reviewed research showing that food-based very-low-energy diets (VLEDs) with ~93% whole-food ingredients produce different metabolic outcomes than supplement-based VLEDs with ~70% industrial ingredients, even when calories and macros are matched.

However, strict whole-food advocates might question the inclusion of processed ham (which undergoes curing) and commercial chicken stock (which may contain additives not detailed in this ingredient list).

Texture Modification and Medical Diet Compatibility {#texture-modification-and-medical-diet-compatibility}

Soft Texture Profile {#soft-texture-profile}

As a soup, this product provides a soft, easily chewable texture that makes it compatible with several medical dietary needs:

****Dysphagia diets****: People with swallowing difficulties because of stroke, neurological conditions, or ageing often require texture-modified diets. Whilst the "chunky" descriptor indicates this soup contains pieces of chicken, ham, and vegetables (rather than being pureed), the cooking process softens these components. Depending on the chunk size, it may be appropriate for Level 5 (Minced & Moist) or Level 6 (Soft & Bite-Sized) on the International Dysphagia Diet Standardisation Initiative (IDDSI) framework. People requiring Level 4 (Pureed) or lower would need to further blend this soup.

****Dental impairment****: People with missing teeth, poorly fitting dentures, or dental pain can consume soft soups more easily than foods requiring significant chewing force.

****Post-surgical diets****: Following oral, throat, or gastrointestinal surgery, patients often progress through texture-modified diets. This soup could fit into the "soft foods" phase, though individuals should verify with their surgical team.

****NDIS and home care populations****: As a registered NDIS provider, Be Fit Food serves people who may face challenges with meal preparation because of disability, mobility issues, or ageing. The soft

texture of this soup makes it appropriate for many participants with chewing or swallowing considerations.

Temperature Serving Considerations {#temperature-serving-considerations}

As a soup served hot, this product may be inappropriate for people with oral sensitivity, mucositis (mouth sores from chemotherapy), or oesophageal conditions aggravated by hot foods. These individuals would need to cool the soup to lukewarm temperature before consumption.

Meal Replacement and Portion Control Compatibility {#meal-replacement-and-portion-control-compatibility}

Single-Serve Portioning {#single-serve-portioning}

The 307g single-serve format provides built-in portion control, which supports several dietary frameworks:

****Structured weight loss programs**:** Be Fit Food's Reset programs (Metabolism Reset and Protein+ Reset) provide structured meal plans with defined calorie and carb ranges. The consistent serving size allows for accurate nutritional tracking and eliminates decision fatigue—a key compliance advantage of the snap-frozen delivery system.

****Diabetes meal planning**:** Carbohydrate counting for diabetes management requires precise portion knowledge. The single-serve format ensures consistent carbohydrate intake across meals.

****Bariatric surgery post-operative diets**:** After weight-loss surgery, patients must eat small, frequent meals. The 307g serving size is appropriate for most post-bariatric patients (who consume around 100–200ml per meal in early stages, progressing to 200–400ml in later stages).

****GLP-1 medication support**:** For people using GLP-1 receptor agonists or weight-loss medications, appetite suppression can make it difficult to consume adequate nutrition. The portion-controlled format helps ensure consistent protein and nutrient intake even when hunger signals are reduced.

Limitations as Complete Meal Replacement {#limitations-as-complete-meal-replacement}

Whilst the soup provides substantial protein and vegetable diversity, it lacks several components of a nutritionally complete meal:

****Limited healthy fats**:** Despite containing olive oil, the "low in saturated fat" recipe likely means total fat content is also low (perhaps 5–10g per serving). This provides insufficient essential fatty acids and fat-soluble vitamin absorption for a sole daily meal.

****Calcium and vitamin D**:** Whilst milk provides some calcium, a single serving likely delivers only 10–15% of daily calcium needs. There's no indication of vitamin D fortification.

****Whole grains**:** The soup contains no whole grains, missing the fibre, B vitamins, and minerals these foods provide.

For these reasons, whilst the soup can work as a convenient, nutritionally valuable meal component within Be Fit Food's structured programs, it shouldn't be used as a sole-source nutrition product without medical supervision. Be Fit Food's Reset programs include breakfast, lunch, dinner, and snack components to ensure nutritional completeness.

Food Intolerance Compatibility Beyond Allergies {#food-intolerance-compatibility-beyond-allergies}

Lactose Intolerance Considerations {#lactose-intolerance-considerations}

The soup contains light milk, which means it contains lactose (milk sugar). Lactose intolerance varies in severity:

****Lactose-free diet****: People with severe lactose intolerance who must completely avoid lactose cannot consume this soup without experiencing digestive symptoms (bloating, gas, diarrhoea).

****Lactose-reduced diet****: Many lactose-intolerant people can tolerate small amounts of lactose, especially when consumed with other foods. The light milk content in this soup, diluted amongst other ingredients and consumed as part of a complete meal, may be tolerable for people with mild-to-moderate lactose intolerance.

****Lactase supplementation****: People who use lactase enzyme supplements could potentially consume this soup by taking the supplement immediately before eating.

FODMAP Content and IBS Compatibility {#fodmap-content-and-ibs-compatibility}

FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols) are carbohydrates that trigger symptoms in people with irritable bowel syndrome (IBS). This soup contains several high-FODMAP ingredients:

****Onion and leek****: Both are high in fructans, a type of oligosaccharide that is poorly absorbed and ferments in the colon, causing gas, bloating, and pain in FODMAP-sensitive individuals.

****Milk****: Contains lactose (a disaccharide), which is a FODMAP for lactose-intolerant people.

****Sweet corn****: Moderate in FODMAPs, particularly sorbitol and fructans.

For people following a low-FODMAP diet (during the elimination phase of IBS management), this soup would be incompatible. The onion and leek content alone would exceed FODMAP thresholds, even in small servings.

Histamine Intolerance {#histamine-intolerance}

Histamine intolerance results from impaired breakdown of histamine in foods, leading to allergy-like symptoms. Several ingredients in this soup are moderate-to-high in histamine or trigger histamine release:

****Chicken stock****: Bone broths and stocks are high in histamine, particularly if simmered for extended periods.

****Ham****: Cured and processed meats are amongst the highest histamine foods.

****Soy sauce****: Fermented products accumulate histamine during fermentation.

People with diagnosed histamine intolerance would likely experience symptoms from this soup and should avoid it.

Storage, Preparation, and Food Safety Considerations {#storage-preparation-and-food-safety-considerations}

Frozen Storage Requirements {#frozen-storage-requirements}

As a frozen ready meal, this soup requires continuous frozen storage at -18°C or below to maintain food safety and quality. Be Fit Food's snap-frozen delivery system is designed to preserve nutritional quality and enable convenient storage. The product data doesn't specify shelf life, but frozen soups maintain quality for 6–12 months when properly stored.

****Freezer burn risk****: If packaging is damaged or storage temperature fluctuates, freezer burn can occur, degrading texture and flavour. Whilst freezer-burned food remains safe to eat, quality suffers.

****Power outage considerations****: If freezer temperature rises above -18°C for extended periods (more than 2 hours), bacterial growth may occur. If the soup thaws and refreezes, ice crystals and texture changes indicate compromised quality.

Reheating and Food Safety {#reheating-and-food-safety}

Proper reheating matters for food safety, particularly given the chicken and ham content:

****Internal temperature****: The soup must reach 75°C throughout to ensure any potential bacterial contamination is eliminated. This temperature is especially important for chicken, which can harbour Salmonella or Campylobacter.

****Microwave reheating****: If reheating from frozen in a microwave, the soup should be stirred periodically to eliminate cold spots where bacteria could survive. Covering the container with a microwave-safe lid or vented plastic wrap helps retain moisture and promotes even heating. Be Fit Food's packaging is designed for direct microwave reheating following the "heat, eat, enjoy" convenience model.

****Stovetop reheating****: Transferring the frozen soup to a saucepan and heating over medium heat with occasional stirring ensures even temperature distribution.

****Refrigerated storage after thawing****: Once thawed, the soup should be consumed within 24 hours and kept refrigerated at 4°C or below. It should not be refrozen after thawing.

Cross-Contamination Prevention for Allergy Management {#cross-contamination-prevention-for-allergy-management}

For households managing multiple dietary restrictions, cross-contamination prevention is essential:

****Separate utensils****: If household members experience egg, milk, or soy allergies, use dedicated utensils for handling and serving this soup to prevent cross-contact with allergen-free foods.

****Microwave cleaning****: After reheating, clean the microwave interior to remove any splattered soup that could contaminate allergen-free foods heated subsequently.

****Storage separation****: In freezers containing allergen-free foods, store this soup in sealed containers or bags, preferably on a lower shelf to prevent drips onto allergen-free items.

Nutritional Adequacy for Special Populations {#nutritional-adequacy-for-special-populations}

Pregnancy and Lactation Compatibility {#pregnancy-and-lactation-compatibility}

Pregnant and breastfeeding women experience elevated nutritional needs, particularly for protein, iron, folate, and calcium. This soup's compatibility varies by nutrient:

****Protein****: The high protein content (30–35g per serving) supports the additional 25g daily protein requirement during pregnancy and 25g during lactation.

****Folate****: Vegetables (particularly leek, celery, and corn) provide folate, though the quantity likely doesn't meet the elevated pregnancy requirement (600µg daily vs. 400µg for non-pregnant women). Pregnant women would need additional folate sources.

****Iron****: Chicken and ham provide heme iron (the most bioavailable form), though the quantity isn't specified. Pregnant women require 27mg iron daily (vs. 18mg for non-pregnant women), so additional iron sources would be necessary.

****Listeria risk****: The soup is fully cooked and snap-frozen, which eliminates *Listeria monocytogenes* risk—a critical concern during pregnancy. Deli meats and soft cheeses pose listeria risks, but fully cooked ham in a frozen, reheated soup does not.

****Mercury content****: The chicken and ham contain no mercury (unlike fish), making the soup safe from this pregnancy concern.

Paediatric Nutrition Considerations {#paediatric-nutrition-considerations}

For children, this soup presents both benefits and considerations:

****Protein density****: The high protein content may exceed young children's needs in a single serving. Children aged 1–3 require only 13g protein daily; 4–8 years require 19g. A full serving would provide 150–180% of daily needs for toddlers.

****Sodium content****: Children experience lower sodium recommendations (1,000–1,500mg daily for ages 1–8). If this soup meets Be Fit Food's <120mg/100g benchmark (approximately 370mg sodium per serving), it's 25–37% of a young child's daily allowance, which is moderate but requires consideration within the full day's intake.

****Allergen introduction****: For children with known egg, milk, or soy allergies, this soup is inappropriate. For children without diagnosed allergies, the multiple allergens present aren't concerning (early allergen introduction is now recommended).

****Portion adjustment****: Parents should consider serving smaller portions (150–200g) for young children to better align with their protein and sodium needs.

Elderly Nutrition and Sarcopenia Prevention {#elderly-nutrition-and-sarcopenia-prevention}

For older adults, this soup offers several advantages:

****High protein for muscle preservation****: Ageing adults require 1.0–1.2g protein per kg body weight to prevent sarcopenia. For a 70kg older adult, this means 70–84g protein daily. A single serving providing 30–35g is 40–50% of daily needs.

****Soft texture****: The soup's consistency accommodates reduced chewing ability, common in older adults because of dental issues or reduced jaw strength.

****Hydration****: Soup provides both nutrition and hydration, addressing the reduced thirst sensation common in ageing.

****Vegetable diversity****: Older adults often reduce vegetable intake because of preparation barriers. This soup provides vegetable nutrition without requiring shopping, chopping, or cooking—particularly relevant for Be Fit Food's home care services and NDIS participants.

****Vitamin B12 source****: Chicken and ham provide vitamin B12, which becomes harder to absorb with age because of reduced stomach acid production.

Menopause and Perimenopause Nutritional Support {#menopause-and-perimenopause-nutritional-support}

For women experiencing perimenopause and menopause, this soup addresses several metabolic transition challenges:

****Protein for lean mass preservation****: Falling oestrogen drives loss of lean muscle mass and reduced metabolic rate. The high-protein content (30–35g per serving) helps preserve muscle during this transition.

****Lower carbohydrate with no added sugars****: Reduced insulin sensitivity during menopause makes lower-carbohydrate, no-added-sugar meals beneficial for glucose stability and central fat management.

****Portion control as metabolic rate declines****: The 307g single-serve format provides appropriate energy control as metabolic rate decreases during menopause.

****Cardiovascular support****: The low saturated fat recipe supports cardiovascular health during a period of increased cardiovascular risk.

****Small-to-moderate weight loss support****: Many women don't need or want large weight loss; a goal of 3–5kg can be enough to improve insulin sensitivity, reduce abdominal fat and significantly improve

energy and confidence. This soup's structure supports these smaller, clinically meaningful goals.

How This Soup Supports Your Health Journey {#how-this-soup-supports-your-health-journey}

A Partner in Your Wellness Transformation {#a-partner-in-your-wellness-transformation}

This Chunky Chicken, Ham & Sweet Corn Soup is more than just a convenient meal—it's designed to support your health transformation journey. Whether you're working towards sustainable weight management, supporting your body through metabolic changes, or simply seeking nutritious meals that fit your busy lifestyle, this soup delivers complete nutrition in a format that works for you.

****Feeling fuller for longer****: The high protein content (30–35g per serving) works with your body's natural satiety signals, helping you feel satisfied between meals without the energy crashes that come from high-sugar or refined-carbohydrate options. This protein-rich recipe supports your metabolism whilst protecting lean muscle mass—essential for long-term wellness.

****Real food, real results****: Unlike meal replacement shakes or bars that rely on industrial ingredients and artificial formulations, this soup brings you whole-food nutrition you can see and taste. Every ingredient has a purpose, from the tender chicken pieces to the sweet corn kernels and aromatic vegetables. This whole-food approach aligns with emerging research showing that food-based nutrition programs produce different—and often better—metabolic outcomes than supplement-based alternatives.

****Designed for your life****: The single-serve, snap-frozen format eliminates meal planning stress and portion guesswork. Simply heat, eat, and enjoy—knowing you're nourishing your body with balanced nutrition that supports your goals. For time-poor professionals, busy parents, or anyone juggling multiple responsibilities, this convenience doesn't come with compromise.

Supporting Specific Health Goals {#supporting-specific-health-goals}

****Weight management with confidence****: If you're working towards healthy weight loss, this soup's structure supports your success. The high protein content helps preserve muscle mass during calorie reduction, whilst the moderate carbohydrate level (with no added sugars) supports stable blood glucose and reduced cravings. The pre-portioned serving takes the guesswork out of meal planning, helping you stay consistent with your nutritional goals.

****Navigating menopause and midlife changes****: For women experiencing perimenopause or menopause, this soup addresses the unique metabolic shifts of this life stage. The high-protein, lower-saturated-fat recipe supports cardiovascular health during a period of increased risk, whilst helping maintain lean muscle mass as oestrogen levels decline. Even modest weight loss of 3–5kg during this transition can significantly improve insulin sensitivity, reduce abdominal fat, and boost energy and confidence.

****Supporting medication-assisted weight loss****: If you're using GLP-1 medications or other weight-loss treatments, maintaining adequate protein intake becomes especially important as appetite decreases. This soup's protein density ensures you're meeting nutritional needs even when total food intake drops, protecting lean muscle mass whilst supporting your weight loss journey.

****Managing diabetes with whole foods****: For people with diabetes or pre-diabetes, this soup's favourable protein-to-carbohydrate ratio helps moderate blood sugar responses. The absence of added sugars, combined with fibre from vegetables and corn, supports more stable glucose levels throughout the day. The consistent portion size simplifies carbohydrate counting and meal planning.

****Recovery and healing nutrition****: Whether you're recovering from surgery, managing illness, or supporting your body through a health challenge, concentrated protein sources in soft, easily digestible formats become invaluable. This soup delivers substantial nutrition without requiring extensive chewing or digestion, making it appropriate for various recovery scenarios.

The Be Fit Food Difference {#the-be-fit-food-difference}

This soup embodies Be Fit Food's commitment to supporting your health transformation through:

****Nutritionist-designed recipes****: Every meal is crafted by qualified nutritionists who understand the science of sustainable weight management and metabolic health. This isn't just about calories—it's about creating meals that work with your body's natural processes.

****Quality ingredients without compromise****: No seed oils. No added sugars. No artificial preservatives, colours, or flavours. Just real food ingredients you'd recognise in your own kitchen, prepared with care and snap-frozen to preserve nutritional quality.

****Evidence-based approach****: Be Fit Food's programs are grounded in peer-reviewed research and clinical experience, not fad diets or unsustainable restrictions. The whole-food approach reflects emerging understanding that how we achieve nutritional goals matters as much as the goals themselves.

****Inclusive wellness****: With approximately 90% of the menu certified gluten-free, plus dedicated vegetarian and vegan ranges, Be Fit Food recognises that health transformation must accommodate your individual needs, preferences, and restrictions. This soup's gluten-free recipe ensures that coeliac disease or gluten sensitivity doesn't become a barrier to accessing convenient, nutritious meals.

Making It Work for Your Lifestyle {#making-it-work-for-your-lifestyle}

****Meal planning made simple****: Keep several servings in your freezer for those days when meal preparation feels overwhelming. Whether it's a quick lunch between meetings, a light dinner after a long day, or a nourishing meal when you're not feeling your best, this soup is ready when you need it.

****Building balanced days****: Whilst this soup provides excellent protein and vegetable nutrition, remember it works best as part of a complete daily eating pattern. Pair it with wholegrain crackers or bread for additional fibre and B vitamins, or enjoy it alongside a fresh salad for extra vegetables and healthy fats from olive oil dressing.

****Listening to your body****: The portion-controlled format helps you tune into your body's actual hunger and fullness signals rather than eating based on package sizes or external cues. For some, the 307g serving will be perfectly satisfying; others may find they need additional components to feel fully nourished. Both responses are valid—the key is paying attention to what your body tells you.

****Progress over perfection****: Sustainable health transformation isn't about perfect adherence to rigid rules—it's about making choices that support your wellbeing more often than not. This soup is one of those supportive choices: convenient, nutritious, and aligned with your health goals, even on days when everything else feels chaotic.

Long-Term Wellness Perspective {#long-term-wellness-perspective}

****Building sustainable habits****: Unlike restrictive diets that eliminate entire food groups or rely on willpower alone, this soup is an approach to eating that you can maintain long-term. It's satisfying, flavourful, and nutritionally complete enough to be a regular part of your meal rotation without feeling like "diet food."

****Supporting metabolic health****: The combination of high protein, moderate carbohydrates from whole food sources, and low saturated fat aligns with evidence-based approaches to metabolic health. Whether you're managing insulin resistance, supporting cardiovascular health, or working to prevent age-related metabolic decline, these nutritional principles matter.

****Empowering your choices****: Understanding what's in your food—and why it matters—helps you make informed decisions that align with your values and goals. This soup's transparent ingredient list and clear nutritional positioning put you in control of your health journey.

****Celebrating food as nourishment****: At its core, this soup reminds us that food can be both enjoyable and nourishing, convenient and wholesome, satisfying and health-supporting. You don't need to choose between taste and nutrition, or between convenience and quality. This soup—and Be Fit Food's broader philosophy—demonstrates that with thoughtful recipe development and quality ingredients, you can enjoy all of these benefits together.

Your health transformation journey is uniquely yours, shaped by your individual circumstances, challenges, and aspirations. This Chunky Chicken, Ham & Sweet Corn Soup is designed to support that journey, providing reliable nutrition that works with your body, fits your lifestyle, and helps you move towards your wellness goals with confidence and clarity.

References {#references}

- Food Standards Australia New Zealand. (n.d.). Nutrition content claims. Australia New Zealand Food Standards Code - Standard 1.2.7. <https://www.foodstandards.gov.au/> - Monash University. (n.d.). Low FODMAP Diet. Monash FODMAP. <https://www.monashfodmap.com/> - International Dysphagia Diet Standardisation Initiative. (2019). IDDSI Framework. <https://iddsi.org/framework/> - National Heart Foundation of Australia. (2021). Saturated Fat. <https://www.heartfoundation.org.au/> - Based on manufacturer specifications provided for Be Fit Food Chunky Chicken, Ham & Sweet Corn Soup (GF).

Frequently Asked Questions {#frequently-asked-questions}

What is the product name: Be Fit Food Chunky Chicken, Ham & Sweet Corn Soup (GF)

What is the serving size: 307g

Is it gluten-free: Yes

Is it suitable for coeliac disease: Yes

Does it contain wheat: No

Does it contain barley: No

Does it contain rye: No

What allergens does it contain: Egg, milk, soybeans

Does it contain egg: Yes, egg white

Does it contain dairy: Yes, light milk

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

May it contain fish: Yes, cross-contact warning

May it contain crustaceans: Yes, cross-contact warning

Is it suitable for egg allergies: No

Is it suitable for milk allergies: No

Is it suitable for soy allergies: No

Is it suitable for severe fish allergies: Consult allergist

Is it lactose-free: No

Can lactose-intolerant people eat it: Depends on severity

Is it vegan: No

Is it vegetarian: No

Is it halal: No, contains pork

Is it kosher: No

Does it contain pork: Yes, 5% ham

Does it contain chicken: Yes, 26%

Does it contain beef: No

Is it high in protein: Yes

How much protein per serving: Approximately 30–35g

What is the chicken content percentage: 26%

What is the ham content percentage: 5%

What is the corn content percentage: 9%

Is it low in saturated fat: Yes

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain artificial preservatives: No

Does it contain added sugar: No

Does it contain seed oils: No

What oil does it use: Olive oil

How many vegetables does it contain: 4–12 different vegetables

How many ingredients total: 14

What thickener is used: Corn starch

Is it suitable for diabetes: Generally yes, consult healthcare provider

Does it have added sweeteners: No

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

Is it suitable for ketogenic diet: No

Is it low-carbohydrate: Moderate carbohydrate

Estimated carbohydrates per serving: 20–30g

Is it suitable for FODMAP diet: No

Does it contain onion: Yes

Does it contain leek: Yes

Is it suitable for histamine intolerance: No

Is it suitable for IBS: May not be suitable

What is the storage temperature: –18°C or below

How should it be reheated: Microwave or stovetop to 75°C

Is the packaging microwave-safe: Yes

Can it be refrozen after thawing: No

How long after thawing should it be consumed: Within 24 hours

Is it suitable for pregnancy: Yes

Does it pose listeria risk: No, fully cooked and frozen

Is it suitable for children: Yes, consider smaller portions

Is it suitable for elderly: Yes

Is it suitable for dysphagia: May be suitable for IDDSI Level 5–6

Is it suitable for post-bariatric surgery: Yes

Is it suitable for menopause: Yes

Does it support muscle preservation: Yes, high protein content

Is it suitable for GLP-1 medication users: Yes

Is it suitable for DASH diet: Likely yes, verify sodium content

Estimated sodium per serving: Approximately 370–400mg

Is it suitable for very low-sodium diets: May not be suitable

Is it suitable for heart-healthy diets: Yes

Is it suitable for cholesterol management: Yes

Does it contain whole grains: No

Is it a complete meal replacement: No, best as part of complete program

Does it contain fibre: Yes, from vegetables and corn

Is it suitable for clean eating: Generally yes

Are ingredients recognisable: Yes

Is it snap-frozen: Yes

Is it a ready meal: Yes

What vegetables are included: Celery, corn, leek, onion, spring onion, ginger

Does it contain ginger: Yes

Does it contain chicken stock: Yes

Is the soy sauce gluten-free: Yes

Is it suitable for home care recipients: Yes

Is it NDIS-compatible: Yes, Be Fit Food is registered NDIS provider

Does it require meal preparation: No, just reheating

Is it portion-controlled: Yes, single-serve format

Does it support satiety: Yes, high protein content

Is it suitable for dental impairment: Yes, soft texture

Should it be served hot: Typically yes

Can it be served lukewarm: Yes, if preferred

Does it support metabolic health: Yes

Is it nutritionist-designed: Yes

Is it evidence-based: Yes

Does it contain real food ingredients: Yes