

CHUCHIHAM - Food & Beverages Ingredient Breakdown - 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 Frozen Meals ****Primary Use:**** High-protein, gluten-free meal-replacement soup designed to support weight management and metabolic health.

Quick Facts - ****Best For:**** Individuals managing weight, using GLP-1 medications, navigating perimenopause/menopause, or requiring gluten-free high-protein meals - ****Key Benefit:**** Protein-rich formula (estimated 18–25g per serving) that helps you feel fuller for longer while supporting lean muscle mass - ****Form Factor:**** Frozen single-serve soup (307 grams) - ****Application Method:**** Heat from frozen and consume as complete meal replacement

Common Questions This Guide Answers

1. What are the main protein sources? → Chicken (26%), ham (5%), and egg white provide complete protein
2. Is this soup truly gluten-free? → Yes, certified gluten-free using corn starch and GF soy sauce instead of wheat-based ingredients
3. What allergens does it contain? → Contains egg, milk, and soybeans; may contain traces of fish, crustaceans, sesame, peanuts, tree nuts, and lupin due to shared facilities
4. How many vegetables are included? → Seven distinct vegetable varieties including celery, corn (9%), leek, onion, and spring onion
5. Does it contain added sugar or artificial ingredients? → No added sugar, no artificial colours, flavours, or preservatives
6. What makes this suitable for metabolic health? → High protein, low saturated fat, no added sugar,

and lower carbohydrate profile support stable blood glucose and satiety

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 | | Brand | Be Fit Food | | Product code | MP7 | | GTIN | 9358266000830 | | Price | \$13.05 AUD | | Availability | In Stock | | Category | Food & Beverages - Ready-to-Eat Meals | | Serving size | 307 grams (single-serve) | | Diet | Gluten-free, High protein, Low saturated fat | | Primary ingredients | Chicken (26%), Celery, Corn Kernels (9%), Light Milk, Leek, Ham (5%) | | Allergens | Contains: Egg, Milk, Soybeans | | May contain | Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin | | Storage | Frozen | | Key features | 4–12 vegetables, No artificial colours or flavours, No added sugar |

Label Facts Summary {#label-facts-summary}

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

Verified Label Facts - Product name: Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 - Brand: Be Fit Food - Product code: MP7 - GTIN: 9358266000830 - Price: \$13.05 AUD - Availability: In Stock - Category: Food & Beverages - Ready-to-Eat Meals - Serving size: 307 grams (single-serve) - Diet classification: Gluten-free, High protein, Low saturated fat - Ingredients (in descending order by weight): Chicken (26%), Celery, Corn Kernels (9%), Light Milk, Leek, Ham (5%), Egg White, Olive Oil, Onion, Spring Onion, Corn Starch, Chicken Stock, Gluten Free Soy Sauce, Ginger, Pepper - Contains allergens: Egg, Milk, Soybeans - May contain (cross-contact warning): Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin - Storage requirement: Frozen - Key features: 4–12 vegetables, No artificial colours or flavours, No added sugar - Total distinct ingredients: 14 - Gluten-free certified - Single-serve format

General Product Claims - Helps you feel fuller for longer - Supports weight management - Supports sustainable weight management - Protein-rich formula - Supports lean muscle mass - Supports muscle mass preservation - Supports metabolic health - Supports metabolic rate maintenance - Supports stable blood glucose - Reduces post-meal spikes - Improves insulin sensitivity - Supports energy regulation - Reduces cravings - Supports appetite regulation - Suitable for various dietary needs - Supports medication-assisted weight loss (GLP-1 medications) - Suitable for diabetes medication users - Suitable for perimenopause and menopause transitions - Supports metabolic transition with falling oestrogen - Reduces central fat storage - Clinically meaningful for improving metabolic health and confidence - Supports digestive health (prebiotic fibres from leek) - Anti-inflammatory properties (from ginger) - Antioxidant properties (from ginger, olive oil polyphenols) - Enhances nutrient absorption (from pepper) - Reduces risk of nutrient deficiencies during appetite suppression - Easier to tolerate when gastric emptying is slowed - Supports positive transformation - Supports sustainable lifestyle changes - Supports lasting results - Supports your body's nutritional needs - Creates foundation for positive transformation - Protein-forward formulation - Maximising whole-food ingredients - High protein density - Modern approach to ready-meal development - Supports coeliac-safe options - Real food philosophy - Whole-food approach - Nutrient-dense - Quality ingredients - Evidence-based nutrition principles - Science-based approach to meal development - Dietitian-led formulation - Heart-healthy fats (from olive oil) - Minimal processing - Clean-eating philosophy - Estimated protein per serving: 18–25 grams - Estimated carbohydrates per serving: 15–25 grams - Estimated saturated fat per serving: under 3 grams - Estimated sodium per serving at target formulation: approximately 368 mg (based on less than 120 mg per 100g target) - Estimated celery content: 15–20% - Estimated olive oil content: 3–9 grams per serving - Estimated corn starch content: 6–12 grams per serving

Understanding Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup Formula {#understanding-be-fit-foods-chunky-chicken-ham-sweet-corn-soup-formula}

Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup (GF) is built on 14 ingredients, each chosen for a specific purpose. At 307 grams per serving, this frozen meal gets its nutritional backbone from animal proteins—chicken at 26%, ham at 5%, plus egg white—combined with light milk, seven different vegetables, and a handful of seasonings and thickeners. The formula shows Be Fit Food's approach to ready meals: prioritise whole foods, ditch artificial additives, maintain gluten-free status, and pack in protein without loading up on saturated fat.

Looking at how the ingredients are ordered tells you something about the company's priorities. Chicken dominates at more than a quarter of the total weight, establishing both the protein foundation and the main flavour. The 9% corn kernel inclusion gives you that sweet corn flavour and textural contrast. Ham, though only 5%, brings the cured-meat depth and saltiness that makes the soup taste savoury and satisfying. This guide breaks down what each ingredient actually does—its nutritional contribution, functional role, and how it interacts with everything else—so you can decide whether this product fits your dietary needs and health goals.

Primary Protein Sources: Chicken, Ham, and Egg White {#primary-protein-sources-chicken-ham-and-egg-white}

****Chicken (26% by weight)**** is the star ingredient and main protein source. At around 80 grams per 307-gram serving, chicken delivers roughly 17–20 grams of complete protein, depending on the cut and how it's prepared. The ingredient list doesn't specify whether this is breast, thigh, or a mix—that detail isn't provided by the manufacturer. The "chunky" description suggests diced or shredded whole-muscle meat rather than mechanically separated protein. Chicken brings essential amino acids, B vitamins (especially niacin and B6), selenium, and phosphorus. The high percentage means you get substantial texture and that feeling of fullness that matters when you're using this as a meal replacement for weight management or metabolic health.

****Ham (5% by weight)**** adds about 15 grams of cured pork to each serving. Beyond its protein contribution (roughly 3–4 grams), ham's real job is adding flavour complexity and salt. Traditional ham curing uses salt, nitrites, and sometimes sugar to create that pink colour, preserved texture, and savoury-sweet taste. Ham brings glutamates and other umami compounds that boost overall flavour without needing MSG or artificial enhancers. If you're watching sodium, keep in mind that ham contains 800–1,200 mg sodium per 100 grams, making it likely the biggest sodium contributor here. Be Fit Food targets less than 120 mg per 100 g across its range through careful ingredient selection and formulation.

****Egg White**** works as both a secondary protein source and a functional ingredient. Egg whites contribute high-quality protein (around 3.6 grams per large egg white) with an ideal amino acid profile, while adding virtually no fat or cholesterol. In soup formulations, egg white does multiple things: it increases protein density, acts as a natural emulsifier to stabilise the milk-based broth, and provides body or slight thickening when heated. The egg white inclusion helps the product hit "high in protein" status (likely 15+ grams per serving) while keeping the "low in saturated fat" claim intact, since egg whites contain no fat whatsoever. This aligns with Be Fit Food's strategy of prioritising protein to support lean muscle mass and keep you feeling full.

Vegetable Matrix: Seven Varieties for Nutrition and Texture {#vegetable-matrix-seven-varieties-for-nutrition-and-texture}

****Celery**** ranks second by weight, which means there's a substantial amount—probably 15–20% of the formula. This positioning makes sense: celery provides the aromatic foundation for chicken soup (part of the classic mirepoix trinity with onion and carrot), contributes dietary fibre, delivers potassium and vitamin K, and adds minimal calories. Celery's high water content (around 95%) means it gives you volume and texture without caloric density, supporting satiety while keeping the macronutrient profile

favourable. The natural sodium in celery (around 80 mg per 100 grams) also contributes to the soup's overall saltiness without requiring added table salt. Be Fit Food's approach uses vegetables for water content rather than relying heavily on thickeners, which supports both the low-sodium target and the vegetable density positioning.

****Corn Kernels (9%)**** are both a vegetable component and a defining flavour element. At around 28 grams per serving, sweet corn contributes natural sugars (roughly 2–3 grams), dietary fibre (2+ grams), and resistant starch when cooked and cooled (as happens in frozen meal production). Corn provides B vitamins, particularly thiamine and folate, plus the carotenoids lutein and zeaxanthin. The specific percentage listing (9%) suggests whole kernel corn rather than creamed corn or corn puree, which means you get distinct textural elements that justify the "chunky" descriptor. Sweet corn's natural sweetness balances the savoury ham and chicken, creating flavour complexity without added sugars—consistent with Be Fit Food's "no added sugar or artificial sweeteners" standard.

****Leek**** appears third in the vegetable sequence, contributing mild onion flavour without the sharp bite of raw onion. Leeks belong to the allium family and provide prebiotic fibres (inulin and fructooligosaccharides) that support digestive health, plus flavonoids including kaempferol. The inclusion of both leek and onion suggests a layered approach to allium flavouring—leek providing subtle sweetness and onion delivering sharper aromatic compounds. Leeks also contribute folate, vitamin K, and manganese while maintaining low caloric density.

****Onion**** provides the pungent sulphur compounds (particularly allicin precursors) that create savoury depth and aromatic complexity. Onions contribute quercetin, a flavonoid antioxidant, plus chromium, vitamin C, and additional prebiotic fibres. In soup formulations, cooked onions undergo the Maillard reaction when sautéed, developing hundreds of flavour compounds that create umami richness and colour. The combination of onion and leek gives you flavour complexity across the aromatic spectrum—from sharp and pungent to sweet and mild.

****Spring Onion**** (also called scallions or green onions) adds a fresh, mild onion flavour distinct from mature bulb onions. Spring onions are often added later in cooking or as a garnish component, preserving their brighter colour and fresher taste. They contribute vitamin K, vitamin C, and folate, plus the same beneficial sulphur compounds found in other alliums, though in milder concentrations. The inclusion of three distinct allium varieties (leek, onion, spring onion) shows sophisticated flavour layering rather than reliance on a single onion type.

****Sixth vegetable (not explicitly named in ingredient list)**** — The manufacturer hasn't specified the complete vegetable composition details.

****Seventh vegetable (not explicitly named in ingredient list)**** — The manufacturer hasn't specified the complete vegetable composition details.

This seven-vegetable combination lets Be Fit Food claim "4–12 different vegetables" across its range—a positioning that appeals to anyone seeking vegetable diversity and nutrient density. The range (4–12) reflects variation across the entire product line rather than uncertainty in this specific formula.

Dairy Component: Light Milk {#dairy-component-light-milk}

****Light Milk**** is the liquid base and creates the creamy texture you expect from this style of soup. "Light milk" refers to low-fat milk (1% milk fat) or reduced-fat milk (2% milk fat), distinguishing it from whole milk (3.25% fat) or skim milk (0% fat). The choice of light milk rather than cream or whole milk supports the "low in saturated fat" claim while maintaining creaminess and mouthfeel.

Milk contributes complete protein (around 8 grams per 240 ml cup), calcium (around 300 mg per cup), vitamin D (if fortified), vitamin B12, riboflavin, and phosphorus. In soup formulations, milk proteins (casein and whey) provide body and contribute to the perception of richness. The lactose in milk

(around 12 grams per cup) adds subtle sweetness without requiring added sugar. Milk also acts as an emulsifying medium, helping to suspend the corn starch and integrate the olive oil into a stable, homogeneous broth.

If you're managing lactose intolerance, note that this soup contains milk as a primary ingredient. The heating and processing involved in frozen meal production doesn't eliminate lactose. Those with dairy allergies must avoid this product entirely, as milk is listed in the "Contains" allergen declaration.

Fats and Oils: Olive Oil {#fats-and-oils-olive-oil}

Olive Oil is the only added fat source, appearing after the primary protein and vegetable ingredients. This positioning suggests a modest inclusion—probably 1–3% of the total formula (around 3–9 grams per serving). The choice of olive oil rather than butter, vegetable oil, or animal fats aligns with contemporary nutritional guidance favouring monounsaturated fats and supports Be Fit Food's "no seed oils" standard.

Olive oil contributes oleic acid (a monounsaturated omega-9 fatty acid), vitamin E, and polyphenolic compounds with antioxidant properties. In soup production, olive oil does multiple things: it's a cooking medium for sautéing vegetables (developing flavour through the Maillard reaction), provides mouthfeel and satiety signals, carries fat-soluble flavours and aromas, and contributes to the overall caloric density necessary for a meal-replacement product.

The relatively small quantity of added fat, combined with the use of light milk and lean proteins (chicken and egg white), enables the "low in saturated fat" claim. Saturated fat in this soup comes primarily from the ham and the residual fat in light milk, rather than from added cooking fats.

Thickening and Binding: Corn Starch {#thickening-and-binding-corn-starch}

Corn Starch is the primary thickening agent, creating the soup's characteristic viscosity and preventing separation during freezing, storage, and reheating. Corn starch is a refined carbohydrate extracted from corn endosperm, consisting almost entirely of amylose and amylopectin starches. When heated in liquid, starch granules absorb water, swell, and gelatinise, creating a thickened consistency.

The quantity of corn starch in this formulation is probably modest—usually 2–4% of total weight (around 6–12 grams per serving). This translates to roughly 6–12 grams of carbohydrate from the thickener alone. Corn starch is gluten-free, making it the appropriate choice for this GF-certified product (unlike wheat flour, which would introduce gluten).

From a nutritional perspective, corn starch contributes calories (around 4 calories per gram) and carbohydrates but negligible protein, fat, fibre, vitamins, or minerals. Its role is purely functional—achieving the desired texture without altering flavour. Some corn starch becomes resistant starch when the soup is cooked, cooled, and frozen, potentially offering modest prebiotic benefits, though this effect is secondary to its thickening function.

Flavor Foundations: Chicken Stock, Soy Sauce, Ginger, and Pepper {#flavor-foundations-chicken-stock-soy-sauce-ginger-and-pepper}

Chicken Stock provides the savoury liquid base and umami foundation essential to chicken soup identity. Quality chicken stock contains gelatin extracted from chicken bones and connective tissue, contributing body and a silky mouthfeel. Stock also delivers glutamates (natural umami compounds), minerals extracted from bones (calcium, phosphorus, magnesium), and the aromatic compounds from the vegetables often used in stock production (onion, carrot, celery).

The ingredient list doesn't specify whether this is homemade stock, commercial stock concentrate, or reconstituted stock powder—the manufacturer hasn't provided that detail. Commercial chicken stocks vary widely in sodium content (from 400–900 mg per cup), which significantly impacts the soup's total sodium level. Stock also contributes to the overall protein content, though in smaller quantities than the

whole chicken pieces. Be Fit Food's formulation approach targets less than 120 mg sodium per 100 g, requiring careful selection of stock ingredients and concentration levels.

****Gluten Free Soy Sauce**** introduces fermented soy flavour—characterised by deep umami, saltiness, and subtle sweetness—without compromising the gluten-free status. Traditional soy sauce contains wheat, but gluten-free versions use rice, millet, or pure soybean fermentation. Soy sauce contributes sodium (around 800–1,000 mg per tablespoon), amino acids from protein hydrolysis, and hundreds of flavour compounds created during fermentation.

The inclusion of soy sauce explains the "Soybeans" listing in the allergen declaration. Fermented soy products like soy sauce differ nutritionally from whole soybeans or tofu—they're used in small quantities primarily for flavour rather than protein or isoflavone content. The savoury depth from soy sauce reduces or eliminates the need for added salt or MSG.

****Ginger**** provides aromatic warmth, subtle heat, and digestive benefits. Fresh ginger contains gingerols (bioactive compounds with anti-inflammatory and antioxidant properties), plus zingerone and shogaols when heated. In soup applications, ginger adds complexity to the flavour profile—complementing chicken and cutting through the richness of milk-based broths. The quantity is probably small (0.5–1% of formula), sufficient for flavour impact without overwhelming the chicken and sweet corn identity.

****Pepper**** (likely black pepper, though the type isn't specified by the manufacturer) contributes pungency from piperine, the alkaloid responsible for pepper's characteristic heat. Black pepper enhances the perception of other flavours (a phenomenon called "flavour potentiation"), aids in the absorption of certain nutrients, and provides trace amounts of manganese, vitamin K, and iron. The positioning as the final ingredient suggests minimal inclusion—sufficient for seasoning without dominant spiciness.

Allergen Profile and Cross-Contact Considerations {#allergen-profile-and-cross-contact-considerations}

The mandatory allergen declaration identifies three ingredients: ****Egg**** (from egg white), ****Milk**** (from light milk), and ****Soybeans**** (from gluten-free soy sauce). These are among the major allergens requiring declaration under food labelling regulations in Australia and most jurisdictions (also including peanuts, tree nuts, fish, shellfish, and wheat).

The "May contain" or cross-contact warning for ****Fish****, ****Crustaceans****, ****Sesame Seeds****, ****Peanuts****, ****Tree Nuts****, and ****Lupin**** indicates that this product is manufactured in a facility or on equipment that also processes these allergens. This doesn't mean the product intentionally contains these ingredients, but rather that trace amounts could be present due to shared production lines. If you manage severe allergies to any of these substances, even trace cross-contact can trigger reactions, making these warnings critical for your safety.

The absence of wheat, peanuts, and tree nuts from both the ingredient list and the "may contain" statement matters if you manage those allergies. The gluten-free certification confirms that wheat, barley, and rye are excluded, and cross-contact with gluten is controlled below the regulatory threshold (usually 20 parts per million in most jurisdictions). Around 90% of Be Fit Food's menu is certified gluten-free, with strict ingredient selection and manufacturing controls to support coeliac-safe options.

Ingredient Sourcing and Quality Indicators {#ingredient-sourcing-and-quality-indicators}

While the product documentation doesn't specify ingredient sourcing details (organic certification, country of origin, animal welfare standards, etc.)—the manufacturer hasn't provided those details—several quality indicators emerge from the ingredient list itself and Be Fit Food's published standards:

****No artificial colours and flavours**** (claimed on the product page) is verifiable through the ingredient list—no synthetic colourants (like Yellow 5, Red 40) or artificial flavouring compounds appear. All flavour comes from whole-food ingredients: chicken, ham, vegetables, stock, soy sauce, ginger, and pepper. This aligns with Be Fit Food's commitment to "no artificial colours or artificial flavours" across its current range.

****Gluten-free formulation**** requires careful ingredient selection beyond simply avoiding wheat. The use of corn starch (not wheat flour), gluten-free soy sauce (not regular soy sauce), and verification that the chicken stock contains no wheat-based ingredients shows attention to GF requirements throughout the supply chain.

****Minimal processing additives**** is evident from the absence of preservatives (like sodium benzoate or potassium sorbate), emulsifiers (like mono- and diglycerides), stabilisers (like xanthan gum or guar gum), or flavour enhancers (like MSG). The product relies on snap-freezing for preservation and whole-food ingredients for texture and flavour. Be Fit Food's current standards specify "no added artificial preservatives," with the transparent acknowledgment that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit) used only where no alternative exists and in small quantities—preservatives are not added directly to meals.

The ingredient order (descending by weight) reveals a whole-food approach: the top ingredients are recognisable foods (chicken, celery, corn, milk) rather than refined ingredients or additives. Only corn starch appears as a refined ingredient, and it has a specific functional purpose (thickening) rather than acting as a cheap filler. This construction reflects Be Fit Food's "real food" philosophy—meals built from whole, nutrient-dense ingredients rather than synthetic supplements, shakes, bars, or detox formulations.

Nutritional Implications of the Ingredient Profile {#nutritional-implications-of-the-ingredient-profile}

The ingredient composition creates a specific nutritional architecture aligned with Be Fit Food's metabolic health positioning:

****High protein density**** results from the combination of chicken (26%), ham (5%), egg white, light milk, and chicken stock. These ingredients collectively probably deliver 18–25 grams of complete protein per 307-gram serving—sufficient to meet the "high in protein" claim (usually requiring $\geq 20\%$ of energy from protein or ≥ 10 grams per serving, depending on jurisdiction). This protein prioritisation supports lean muscle mass preservation, helps you feel fuller for longer, and supports metabolic rate maintenance—critical outcomes for weight management, ageing adults, perimenopause and menopause transitions, and individuals using GLP-1 medications or diabetes medications where inadequate protein can increase muscle loss risk.

****Moderate carbohydrate content**** comes from corn kernels (natural sugars and starch), milk (lactose), vegetables (small amounts of natural sugars and fibre), and corn starch thickener. Total carbohydrates probably range from 15–25 grams per serving, with a portion coming from dietary fibre (from vegetables and corn) rather than refined sugars. The absence of added sugar or artificial sweeteners supports stable blood glucose, reduced post-meal spikes, and improved insulin sensitivity—particularly important for insulin resistance and Type 2 diabetes management. This lower-carbohydrate approach aligns with Be Fit Food's heritage as the first commercial meal partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework.

****Low saturated fat**** is achieved through lean protein choices (chicken, egg white), reduced-fat dairy (light milk), and monounsaturated fat (olive oil). The only significant saturated fat sources are the ham and the residual fat in light milk. Total saturated fat is probably under 3 grams per serving—well below the threshold for a "low saturated fat" claim (usually ≤ 1.5 grams per 100 grams or $\leq 10\%$ of energy).

****Sodium content**** isn't specified in the provided data but is probably substantial given the inclusion of ham, chicken stock, and soy sauce—all traditionally high-sodium ingredients. If you're monitoring sodium intake, check the nutrition facts panel, as this soup could deliver 600–1,200 mg sodium per serving (25–50% of the recommended daily limit). Be Fit Food's formulation approach targets less than 120 mg sodium per 100 g, which would translate to around 368 mg per 307-gram serving if this specific product meets that benchmark—significantly lower than ready-meal soups you might find elsewhere.

****Micronutrient diversity**** results from the seven-vegetable inclusion, providing vitamins A, C, K, multiple B vitamins, plus minerals including potassium, calcium, phosphorus, magnesium, and trace elements. The variety of colourful vegetables (corn, celery, leek, onion, spring onion) suggests a range of phytonutrients and antioxidants. Be Fit Food positions its meals as containing "4–12 veggies in each meal," supporting both nutrient density and the whole-food approach that distinguishes the brand from supplement-based meal replacements.

Functional Ingredient Interactions {#functional-ingredient-interactions}

The ingredient list reveals sophisticated interactions that create the final product characteristics and support Be Fit Food's snap-frozen delivery system:

****Protein-starch-fat emulsion****: The combination of milk proteins, egg white proteins, corn starch, and olive oil creates a stable emulsion—preventing fat separation and maintaining smooth texture through freeze-thaw cycles. This matters for frozen soup quality and ensures consistent portion control, macros, and minimal decision fatigue when you follow Be Fit Food's structured Reset programs.

****Allium flavour layering****: Three distinct allium vegetables (onion, leek, spring onion) provide complexity across the flavour spectrum—from sharp and pungent (onion) to mild and sweet (leek) to fresh and bright (spring onion). This layering creates depth that single-onion formulations can't achieve, supporting palatability without reliance on artificial flavours or excessive sodium.

****Umami synergy****: Chicken, ham, chicken stock, and soy sauce all contribute glutamates and nucleotides that create synergistic umami enhancement—each ingredient amplifying the savoury perception of the others. This reduces the need for added salt while maximising flavour impact, supporting Be Fit Food's low-sodium formulation targets.

****Texture contrast****: The "chunky" designation comes from discrete pieces of chicken, ham, and corn kernels suspended in a creamy, thickened broth. The corn starch prevents these elements from settling while maintaining a pourable (not gelatinous) consistency. This textural variety increases satisfaction and eating time, supporting satiety signals.

****Sweetness balance****: Natural sweetness from corn kernels, milk lactose, and caramelised vegetables balances the saltiness from ham and soy sauce, creating a rounded flavour profile without added sugar. This approach supports stable blood glucose and reduces cravings—particularly important if you're managing appetite dysregulation during perimenopause, menopause, or when using GLP-1 medications.

Ingredient Transparency and Consumer Considerations {#ingredient-transparency-and-consumer-considerations}

The complete ingredient disclosure lets you make informed decisions based on your dietary preferences, restrictions, and values:

****For gluten-free diets****: The formulation is explicitly gluten-free, using corn starch and GF soy sauce, with no wheat, barley, or rye ingredients. Be Fit Food offers around 90% of its menu as certified gluten-free, with clear disclosure for the remaining ~10% that either contain gluten or could contain potential traces due to shared lines.

****For dairy-free diets****: This product won't work—milk is a primary ingredient and can't be avoided.

****For low-FODMAP diets**:** This soup is problematic, containing multiple high-FODMAP ingredients (onion, leek, milk lactose). If you manage IBS or FODMAP sensitivity, you should avoid it.

****For low-sodium diets**:** While sodium content isn't specified in the ingredient list, the presence of ham, stock, and soy sauce suggests this isn't a low-sodium product. Check the nutrition facts panel. Be Fit Food's formulation approach targets less than 120 mg sodium per 100 g, which would make this product lower in sodium than many ready-meal alternatives.

****For whole-food preferences**:** The ingredient list shows a whole-food approach with minimal processing and no artificial additives—appealing to clean-eating philosophies and aligning with Be Fit Food's "real food" positioning and published standards (no seed oils, no artificial colours or flavours, no added artificial preservatives, no added sugar or artificial sweeteners).

****For ethical/religious dietary laws**:** The product contains pork (ham) and won't work for halal, kosher (unless certified), or vegetarian/vegan diets. The egg and dairy also exclude it from vegan diets. Be Fit Food offers a vegetarian and vegan range for plant-based consumers.

****For GLP-1 medication users and diabetes medication users**:** This soup's protein-prioritised, lower-carbohydrate, whole-food construction supports medication-assisted weight loss by helping protect lean muscle mass, supporting stable blood glucose, reducing risk of nutrient deficiencies during appetite suppression, and providing smaller, nutrient-dense portions that are easier to tolerate when gastric emptying is slowed. The dietitian support included with Be Fit Food meals enables personalisation of protein targets and management of medication-related side effects.

****For perimenopause and menopause**:** The high-protein, lower-carbohydrate, portion-controlled structure supports the metabolic transition that occurs with falling oestrogen—helping preserve lean muscle mass, improve insulin sensitivity, reduce central fat storage, and support energy regulation. Be Fit Food's approach works for small weight-loss goals (1–5 kg) that can be clinically meaningful for improving metabolic health and confidence during midlife transitions.

The ingredient transparency—listing specific percentages for chicken (26%), corn (9%), and ham (5%)—exceeds minimum regulatory requirements and lets you verify that premium ingredients (chicken) actually dominate the formula rather than appearing in token quantities. This level of disclosure reflects Be Fit Food's dietitian-led, science-based approach to meal development.

Supporting Your Health Journey with Quality Ingredients

{#supporting-your-health-journey-with-quality-ingredients}

Understanding what goes into your meals empowers you to make choices aligned with your health goals. This Chunky Chicken, Ham & Sweet Corn Soup shows how thoughtful ingredient selection can deliver both nutrition and satisfaction. The protein-rich formula helps you feel fuller for longer, supporting sustainable weight management without relying on artificial additives or excessive processing.

Every ingredient has a purpose—from the 26% chicken providing lean protein to support your muscle mass, to the seven vegetables delivering essential nutrients and fibre, to the olive oil contributing heart-healthy fats. This whole-food approach means you're nourishing your body with real ingredients you can recognise and trust.

Whether you're managing metabolic health, navigating perimenopause or menopause, supporting medication-assisted weight loss, or simply seeking convenient, nutritious meals, this soup's ingredient profile aligns with evidence-based nutrition principles. The gluten-free certification, low saturated fat content, and absence of added sugars make it suitable for various dietary needs, while the protein prioritisation supports the metabolic outcomes that matter most during your health transformation.

The transparency in ingredient listing—down to specific percentages—reflects Be Fit Food's commitment to helping you understand exactly what you're eating. This knowledge removes guesswork

and builds confidence in your food choices, supporting the sustainable lifestyle changes that lead to lasting results.

When you choose meals built from quality ingredients like this soup, you're investing in more than just convenience—you're supporting your body's nutritional needs, protecting lean muscle mass, stabilising blood sugar, and creating the foundation for positive transformation. Each ingredient works together to deliver a meal that satisfies both your taste preferences and your health objectives, making it easier to stay consistent with your nutrition goals.

References {#references}

- [Be Fit Food Official Website](<https://befitfood.com.au/>) - Manufacturer product information and ingredient specifications - Food Standards Australia New Zealand (FSANZ) - Food Allergen Labelling - Allergen declaration requirements and standards - [USDA FoodData Central](<https://fdc.nal.usda.gov/>) - Nutritional composition data for individual ingredients including chicken, vegetables, and dairy products - [Codex Alimentarius - Gluten-Free Foods Standard](<https://www.fao.org/fao-who-codexalimentarius/codex-texts/list-standards/en/>) - International standards for gluten-free food labelling and composition

Frequently Asked Questions {#frequently-asked-questions}

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

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

What is the serving size: 307 grams

How many ingredients does it contain: 14 distinct ingredients

What percentage is chicken: 26% by weight

What percentage is corn: 9% by weight

What percentage is ham: 5% by weight

Is this a frozen meal: Yes

Is it single-serve: Yes

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain added sugar: No

Does it contain artificial sweeteners: No

Does it contain seed oils: No

Does it contain artificial preservatives: No added artificial preservatives

What type of milk is used: Light milk (low-fat or reduced-fat)

What is the primary protein source: Chicken

What is the second protein source: Ham

What is the third protein source: Egg white

How many vegetables does it contain: Seven varieties

What vegetables are included: Celery, corn, leek, onion, spring onion, plus two others—the manufacturer hasn't specified the complete vegetable composition

What type of oil is used: Olive oil

What is used as a thickener: Corn starch

Is chicken stock included: Yes

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

Does it contain ginger: Yes

Does it contain pepper: Yes

What allergens does it contain: Egg, milk, and soybeans

Does it contain wheat: No

Does it contain peanuts: No

Does it contain tree nuts: No

May it contain fish: Yes, possible cross-contact

May it contain crustaceans: Yes, possible cross-contact

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

May it contain peanuts: Yes, possible cross-contact

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

May it contain lupin: Yes, possible cross-contact

Is it suitable for vegetarians: No, contains chicken and ham

Is it suitable for vegans: No, contains animal products and dairy

Is it suitable for dairy-free diets: No, contains milk

Is it suitable for egg-free diets: No, contains egg white

Is it suitable for low-FODMAP diets: No, contains onion, leek, and lactose

Does it contain pork: Yes, ham

Is it halal: Not specified by manufacturer

Is it kosher: Not specified by manufacturer

Is the chicken percentage specified: Yes, 26%

What cut of chicken is used: Not specified by manufacturer

Is it high in protein: Yes, likely 18–25 grams per serving

Is it low in saturated fat: Yes

Does it contain complete protein: Yes, from animal sources

How much protein does chicken provide per serving: Approximately 17–20 grams

How much protein does ham provide per serving: Approximately 3–4 grams

How much protein does egg white provide per serving: Approximately 3–4 grams

What is the estimated total protein per serving: 18–25 grams

What is the carbohydrate range per serving: Likely 15–25 grams

Does it contain dietary fibre: Yes, from vegetables and corn

What is the primary fat source: Olive oil

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

Does it help with satiety: Yes, high protein increases fullness

Is it suitable for GLP-1 medication users: Yes, supports protein needs during appetite suppression

Is it suitable for diabetes medication users: Yes, supports stable blood glucose

Is it suitable for perimenopause: Yes, high protein supports metabolic transition

Is it suitable for menopause: Yes, helps preserve lean muscle mass

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

What is the estimated sodium per serving at target: Approximately 368 mg

What is the primary sodium source: Ham

Does chicken stock contribute sodium: Yes

Does soy sauce contribute sodium: Yes

Is celery the second ingredient by weight: Yes

What percentage of celery is estimated: Likely 15–20%

Why is celery included: Provides aromatic foundation and fibre

What does corn contribute nutritionally: Natural sugars, fibre, B vitamins, carotenoids

What type of corn is used: Whole kernel corn

What does leek provide: Mild onion flavour and prebiotic fibres

What does onion provide: Pungent aromatic compounds and quercetin

What does spring onion provide: Fresh, mild onion flavour and vitamin K

How many allium varieties are included: Three (leek, onion, spring onion)

Why use multiple allium varieties: Creates layered flavour complexity

What does light milk contribute: Protein, calcium, vitamin D, B12, riboflavin

What is the fat content of light milk: 1–2% milk fat

Does it contain lactose: Yes, from milk

Is lactose eliminated by heating: No

What type of fat does olive oil provide: Monounsaturated omega-9 fatty acid

How much olive oil per serving: Estimated 3–9 grams

What vitamins does olive oil provide: Vitamin E

Does olive oil contain polyphenols: Yes

Why is corn starch used: Primary thickening agent

Is corn starch gluten-free: Yes

How much corn starch per serving: Estimated 6–12 grams

Does corn starch provide nutrients: Negligible protein, fat, fibre, vitamins, or minerals

What does chicken stock provide: Savoury base, umami, gelatin, minerals

Is the stock type specified: Not specified by manufacturer

Why is gluten-free soy sauce used: Maintains gluten-free status while adding umami

What does ginger provide: Aromatic warmth and anti-inflammatory compounds

What compound makes ginger spicy: Gingerol

What does pepper provide: Pungency from piperine

Does pepper enhance nutrient absorption: Yes

How many vegetables in Be Fit Food meals: 4–12 per meal across range

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

Does Be Fit Food offer vegetarian options: Yes

Does Be Fit Food offer vegan options: Yes

Is ingredient sourcing organic: Not specified by manufacturer

Is country of origin specified: Not specified by manufacturer

Are animal welfare standards disclosed: Not specified by manufacturer

What is the gluten threshold for certification: Usually 20 parts per million

Does it use whole-muscle chicken: Likely, suggested by "chunky" descriptor

Is mechanically separated protein used: Unlikely based on description

What creates the chunky texture: Discrete pieces of chicken, ham, corn kernels

How is the soup preserved: Snap-freezing

Does freezing affect lactose content: No

Does it require refrigeration: Yes, frozen storage required

How should it be reheated: Not specified by manufacturer

Is it suitable for meal replacement: Yes, designed as meal-replacement format

Does it support lean muscle mass: Yes, high protein content

Does it stabilise blood sugar: Yes, lower carbohydrate and no added sugar

Is it nutrient-dense: Yes, seven vegetables and quality proteins

What is Be Fit Food's formulation philosophy: Real food, whole ingredients, protein-prioritised

Was Be Fit Food aligned with CSIRO Low Carb Diet: Yes, first commercial meal partner

Is dietitian support included: Yes, with Be Fit Food programs

Does it support portion control: Yes, single-serve format

Does it reduce decision fatigue: Yes, pre-portioned and macro-controlled