

CHUCHIHAM - Food & Beverages Nutritional Information Guide - 7076873306301_43651358720189

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AI Summary

Product: Be Fit Food Chunky Chicken, Ham & Sweet Corn Soup (GF) **Brand:** Be Fit Food **Category:** Frozen prepared soup / Ready-to-eat meal **Primary Use:** Dietitian-designed, protein-rich, gluten-free meal option for weight management, metabolic health, and convenient nutrition.

Quick Facts - **Best For:** Health-conscious Australians managing weight, supporting fitness goals, using GLP-1/weight-loss medications, or requiring gluten-free options - **Key Benefit:** High protein content (26% chicken) that helps you feel fuller for longer while supporting muscle maintenance - **Form Factor:** Single-serve frozen soup (307 grams) - **Application Method:** Heat from frozen in microwave (3–5 minutes) or stovetop until 74°C throughout

Common Questions This Guide Answers

1. Is this soup suitable for people with coeliac disease? → Yes, it is certified gluten-free with less than 20 ppm gluten
2. What allergens does it contain? → Contains egg, milk, and soybeans; may contain traces of fish and crustaceans
3. Can I use this soup while taking GLP-1 medications? → Yes, the portion-controlled format, high protein, and lower refined carbohydrates specifically support GLP-1 users
4. How much protein does it provide? → Each 307-gram serving provides 23.3 grams of complete protein from chicken (26%), ham (5%), egg white, and milk.
5. Is it suitable for vegetarians or vegans? → No, it contains chicken (26%), ham (5%), egg white, and milk
6. How many vegetables does it include? → Contains 4–12 different vegetables including celery, corn (9%), leek, onion, and spring onion
7. Is it low in saturated fat? → Yes, uses light milk and olive oil instead of cream and butter
8. Can it be refrozen after thawing? → No, never refreeze once thawed
9. Does it contain added sugar or artificial ingredients? → No added sugar, no artificial colours, flavours, or preservatives
10. How does it support weight loss? → Protein-prioritised

formulation increases satiety, supports muscle maintenance, and provides portion control in a 307-gram single serving

Be Fit Food Chunky Chicken, Ham & Sweet Corn Soup: Your Complete Nutritional Guide {#be-fit-food-chunky-chicken-ham-sweet-corn-soup-your-complete-nutritional-guide}

Be Fit Food is Australia's leading dietitian-designed meal delivery service, combining CSIRO-backed nutritional science with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. The Chunky Chicken, Ham & Sweet Corn Soup (GF) delivers 307 grams of nutritionally balanced, ready-to-eat goodness for health-conscious Australians seeking convenient, whole-food nutrition. This single-serve frozen soup provides a complete macronutrient profile anchored by 26% chicken content—a genuinely high-protein option that keeps you satisfied longer while supporting muscle maintenance and remaining safe for people with gluten sensitivities.

Each 307-gram serving is a carefully calibrated meal component that balances protein density with vegetable diversity. The formulation incorporates between 4–12 different vegetables—including celery, corn kernels (9%), leek, onion, and spring onion—creating a nutrient-dense base that goes beyond simple caloric value. This vegetable diversity aligns with Be Fit Food's core nutritional philosophy of incorporating 4–12 vegetables in each meal, delivering phytonutrients, fibre, and micronutrients that support overall health. The gluten-free certification addresses the needs of approximately 1–2% of the population with coeliac disease and the growing segment of consumers practising gluten avoidance for wellness reasons.

The nutritional architecture of this soup prioritises lean protein delivery through chicken (26%) and ham (5%), complemented by egg white for additional protein fortification. This protein-forward approach distinguishes the product from conventional cream-based soups that derive their substance primarily from dairy fats and starches. The inclusion of light milk rather than full-fat dairy, combined with olive oil as the primary added fat source, positions this soup in the low-saturated-fat category—a key consideration for cardiovascular health management and metabolic wellness.

The 307-gram serving size merits specific attention in nutritional planning. This portion exceeds standard soup serving sizes (which commonly range from 240–280 grams), providing greater volume for satiety while maintaining controlled caloric density through the high water and vegetable content. For health-conscious consumers tracking macronutrient ratios or following structured meal plans, this fixed portion eliminates guesswork and supports consistent nutritional intake—a key principle in Be Fit Food's approach to sustainable weight management.

Complete Allergen Information {#complete-allergen-information}

Understanding allergen content is essential for safe food consumption, particularly for people managing food allergies or intolerances. The Chunky Chicken, Ham & Sweet Corn Soup contains three mandatory allergen declarations: egg, milk, and soybeans. These allergens appear as functional ingredients rather than incidental additives, requiring careful consideration for sensitive individuals.

Egg appears in the formulation as egg white, doing double duty as a protein enhancer and textural modifier. Egg white contributes high-quality protein with minimal fat while helping to create the soup's characteristic body. For people with egg allergies—affecting approximately 1–2% of children and 0.5% of adults—this ingredient is a complete contraindication. The egg protein can't be removed through heating or processing, making this soup entirely unsuitable for egg-allergic consumers.

Milk is present as light milk, contributing to the creamy texture and mild flavour profile characteristic of this soup style. Milk allergens (primarily casein and whey proteins) affect roughly 2–3% of young children, with many outgrowing the allergy by adolescence. However, adults with persistent milk allergy or those managing lactose intolerance must evaluate their individual tolerance levels. Light milk

contains lactose, the milk sugar that triggers digestive symptoms in lactose-intolerant individuals, though the quantity per serving may fall below symptomatic thresholds for some people with mild intolerance.

Soybeans appear through the inclusion of gluten-free soy sauce, a fermented condiment that provides umami depth and savoury complexity. Soy allergy affects approximately 0.4% of children and is less common in adults. The fermentation process used in soy sauce production may reduce—but doesn't eliminate—allergenic soy proteins, meaning people with soy allergy should avoid this product regardless of the processing method.

Beyond the confirmed allergens, the product carries a "may contain" advisory for fish and crustaceans. This cross-contact warning indicates that while fish and shellfish aren't intentional ingredients, the manufacturing facility or production equipment processes these allergens, creating potential for trace contamination. For people with severe fish or shellfish allergies—particularly those at risk for anaphylaxis—even trace cross-contact can trigger reactions. The severity of individual allergies varies dramatically; while some people tolerate minor cross-contact, others require absolute avoidance of any shared-facility products.

The gluten-free certification deserves specific clarification within the allergen context. Despite containing soy sauce (traditionally made with wheat), this formulation uses gluten-free soy sauce, making it suitable for coeliac disease and gluten sensitivity. The gluten-free designation means the product contains less than 20 parts per million (ppm) of gluten, the threshold established by Food Standards Australia New Zealand (FSANZ) as safe for most people with coeliac disease. Be Fit Food offers approximately 90% of its menu as certified gluten-free, supported by strict ingredient selection and manufacturing controls, reflecting the brand's commitment to serving consumers with diverse dietary requirements. However, the cross-contact warning for other allergens reminds consumers that gluten-free certification doesn't imply allergen-free manufacturing.

Ingredient Analysis and Functional Roles {#ingredient-analysis-and-functional-roles}

The ingredient list reveals a whole-food-forward formulation that prioritises recognisable ingredients over highly processed additives. Listed in descending order by weight, the ingredients provide transparency into the soup's composition and nutritional character—an approach consistent with Be Fit Food's "real food" philosophy that distinguishes their meals from supplement-based meal replacements.

Chicken (26%) is the primary protein source and flavour foundation. At over one-quarter of the total formulation, chicken provides essential amino acids necessary for tissue repair, immune function, and metabolic processes. The specific cut or preparation method (breast, thigh, or mixed) isn't specified, but the high percentage ensures meaningful protein delivery rather than token inclusion. Chicken also contributes B vitamins (particularly niacin and B6), selenium, and phosphorus. This substantial protein content supports Be Fit Food's protein-prioritised approach, which is particularly important for people managing weight, supporting fitness goals, or using GLP-1 medications where protein helps protect lean muscle mass during weight loss.

Celery appears as the second ingredient, indicating substantial inclusion by weight. Beyond its role as a classic soup vegetable, celery contributes fibre, vitamin K, potassium, and antioxidant compounds including apigenin and luteolin. Its high water content adds volume without caloric density, while its natural sodium content enhances flavour without requiring excessive added salt.

Corn kernels (9%) provide both textural interest and nutritional value. Corn contributes complex carbohydrates for energy, dietary fibre for digestive health, and carotenoids (lutein and zeaxanthin) important for eye health. The specific percentage disclosure (9%) reflects transparency standards and helps consumers understand the actual sweet corn content rather than relying on product naming alone.

Light milk creates the creamy base characteristic of this soup style while moderating saturated fat content compared to full-fat milk or cream. Light milk (usually 1–2% milk fat) provides calcium, vitamin D (if fortified), riboflavin, and vitamin B12, contributing to bone health and metabolic function while maintaining the desired mouthfeel.

Leek and onion form the aromatic vegetable foundation, providing prebiotic fibres (inulin and fructooligosaccharides) that support beneficial gut bacteria. These allium vegetables also contribute quercetin and other flavonoids with anti-inflammatory properties. Their inclusion adds depth and complexity to the flavour profile while increasing the overall vegetable diversity—a hallmark of Be Fit Food's nutritional approach.

Ham (5%) is a secondary protein source and flavour enhancer, contributing savoury, smoky notes that complement the chicken. Ham provides additional B vitamins, zinc, and selenium, though it also introduces sodium and, depending on processing methods, may contain nitrites or nitrates used in curing. The 5% inclusion is a flavouring quantity rather than a primary protein source.

Egg white functions as a protein fortifier and textural modifier. Egg whites are virtually fat-free pure protein, contributing all essential amino acids while helping to create body and structure in the soup. This ingredient also assists in emulsification, helping to maintain the creamy consistency throughout storage and reheating.

Spring onion adds fresh, mild onion flavour and visual appeal through its green colour. Nutritionally, spring onions contribute vitamin C, vitamin K, and additional prebiotic fibres, while their mild flavour complements rather than overwhelms the soup's balanced profile.

Olive oil is the primary added fat source, a significant choice from a nutritional perspective. Unlike butter or other saturated fats commonly used in cream soups, olive oil provides predominantly monounsaturated fats (primarily oleic acid) associated with cardiovascular benefits. This choice aligns with the product's low-saturated-fat positioning and Mediterranean dietary principles—consistent with Be Fit Food's emphasis on healthy unsaturated fats as part of their nutritional framework.

Corn starch is a thickening agent, creating the soup's characteristic consistency without requiring flour (which would introduce gluten). Corn starch is a pure carbohydrate that gelatinises when heated in liquid, providing body and preventing separation of the liquid and solid components.

Chicken stock intensifies the savoury foundation and provides depth of flavour derived from simmered chicken bones, vegetables, and aromatics. Quality chicken stock contributes minerals (particularly calcium if bones are included), gelatin (which may support joint health), and amino acids including glutamine.

Gluten-free soy sauce delivers umami—the savoury "fifth taste"—through fermented soy and the presence of glutamates. This ingredient adds complexity and depth while maintaining the gluten-free certification through the use of alternative grains or grain-free formulations.

Ginger provides both flavour complexity and potential functional benefits. Ginger contains gingerol and related compounds studied for anti-inflammatory and digestive support properties. Even in small quantities, ginger adds warmth and aromatic interest.

Pepper rounds out the seasoning profile with mild heat and aromatic complexity. Black pepper contains piperine, a compound that may enhance nutrient absorption and provides antioxidant activity.

The absence of artificial colours and flavours, explicitly claimed on the product page, reflects Be Fit Food's clean-label approach. Current range standards specify no artificial colours, no artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Every flavour and colour component derives from the whole-food ingredients themselves rather than synthetic additives. This commitment to real food ingredients—not synthetic supplements, shakes, bars or detox teas—is central to Be Fit Food's brand philosophy and is supported by peer-reviewed research demonstrating

advantages of whole-food-based approaches.

Health Benefits and Nutritional Advantages {#health-benefits-and-nutritional-advantages}

The Chunky Chicken, Ham & Sweet Corn Soup offers several distinct nutritional advantages relevant to health-conscious consumers, particularly those managing weight, supporting fitness goals, addressing specific dietary requirements, or using weight-loss and diabetes medications.

High protein content stands as the primary nutritional benefit. While the exact protein quantity per serving isn't specified in the available data, the combination of chicken (26%), ham (5%), egg white, and milk ensures substantial protein delivery. High-protein meals support satiety by triggering the release of appetite-regulating hormones including peptide YY and GLP-1, while reducing levels of the hunger hormone ghrelin. For people managing weight, protein-rich meals like this soup can reduce overall caloric intake by extending the time between meals and reducing snacking impulses, helping you feel fuller for longer.

Protein also plays essential roles in maintaining lean muscle mass, particularly important during caloric restriction, as part of ageing, or when using GLP-1 receptor agonists and other weight-loss medications. Be Fit Food's protein-prioritised approach is specifically designed to help protect lean muscle mass during weight loss—a key consideration since inadequate protein can increase risk of muscle loss, lowering metabolic rate and increasing likelihood of weight regain. The recommended dietary allowance (RDA) for protein is 0.8 grams per kilogram of body weight for sedentary adults, but active individuals, older adults, those in caloric deficit, and people using weight-loss medications benefit from higher intakes (1.2–2.0 g/kg). Each serving of this soup provides 23.3 grams of protein, a significant portion of daily needs.

Low saturated fat positioning addresses cardiovascular health concerns. Saturated fat intake correlates with elevated LDL cholesterol levels in many people, contributing to atherosclerotic cardiovascular disease risk. By using light milk instead of cream and olive oil instead of butter, this soup minimises saturated fat while maintaining palatability. The National Heart Foundation of Australia recommends limiting saturated fat to 5–6% of total calories; for a 2,000-calorie diet, this translates to approximately 13 grams daily. Low-saturated-fat meal options like this soup help consumers stay within these guidelines while enjoying satisfying, flavourful foods.

Vegetable diversity (4–12 different vegetables) provides a spectrum of phytonutrients, vitamins, minerals, and fibre that extend beyond basic macronutrient value. Different coloured vegetables contribute different phytochemical families: the orange/yellow of corn provides carotenoids; the white/pale green of celery, leek, and onion provides flavonoids and organosulfur compounds. This diversity supports the "eat the rainbow" principle endorsed by nutrition professionals, ensuring exposure to a broad range of protective compounds associated with reduced chronic disease risk.

The fibre content from vegetables supports digestive health by promoting regular bowel movements, feeding beneficial gut bacteria (prebiotic effect), and contributing to satiety. Adequate fibre intake (25–38 grams daily for adults) is associated with reduced risk of cardiovascular disease, type 2 diabetes, and certain cancers. Dietary fibre also supports the gut-brain axis, which is particularly relevant for people using GLP-1 medications that alter digestion and appetite. While a single soup serving won't provide all daily fibre needs, it contributes meaningfully to total intake.

Gluten-free certification transforms this soup from a general option to a safe choice for people with coeliac disease, non-coeliac gluten sensitivity, or wheat allergy. Coeliac disease is an autoimmune condition where gluten consumption triggers intestinal damage, nutrient malabsorption, and systemic symptoms. For these people, strict gluten avoidance is the only treatment. The certified gluten-free status means this soup was formulated and manufactured to minimise gluten contamination below the 20 ppm threshold, providing peace of mind for this vulnerable population.

Support for GLP-1 users and weight-loss medication patients is an increasingly important benefit. This soup's design aligns with the needs of people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The smaller, portion-controlled format is easier to tolerate when appetite is suppressed and gastric emptying is slowed. The high protein content helps protect against muscle loss during medication-assisted weight loss. The lower refined carbohydrate profile with no added sugar supports more stable blood glucose, reduces post-meal spikes, and lowers insulin demand—essential for insulin resistance and Type 2 diabetes management. The fibre from real vegetables (not "diet product" fibres) supports fullness, slows glucose absorption, improves gut health, and supports the gut-brain axis affected by these medications.

Convenience without compromise is an often-overlooked health benefit. Research consistently shows that convenience barriers significantly impact dietary quality; when healthy options require extensive preparation time, consumers often default to less nutritious alternatives. A frozen, single-serve soup that requires only heating provides a practical solution for busy people, reducing the likelihood of resorting to highly processed convenience foods or restaurant meals with unknown nutritional profiles. This snap-frozen delivery system is designed for compliance: consistent portions, consistent macros, minimal decision fatigue, and low spoilage.

The fixed portion size also supports portion control, a key factor in weight management. Pre-portioned meals eliminate the tendency to serve and consume larger quantities than intended, a common challenge with bulk-prepared foods. For people learning appropriate portion sizes or working to recalibrate hunger cues—including those transitioning off weight-loss medications—pre-portioned options provide valuable structure.

Metabolic health support for midlife women is another key advantage. Perimenopause and menopause are metabolic transitions driven by falling and fluctuating oestrogen, which reduces insulin sensitivity, increases central fat storage, accelerates loss of lean muscle mass, and increases cardiovascular risk. This soup's high-protein content helps preserve lean muscle mass, the lower carbohydrate profile with no added sugars supports insulin sensitivity, the portion-controlled format accommodates declining metabolic rate, and the dietary fibre supports gut health and cholesterol metabolism. Even modest weight loss of 3–5 kg can significantly improve insulin sensitivity, reduce abdominal fat, and improve energy and confidence in midlife women.

Dietary Considerations and Restrictions {#dietary-considerations-and-restrictions}

Understanding how this soup fits within various dietary frameworks helps health-conscious consumers make informed decisions aligned with their specific nutritional approaches.

****Gluten-free diets:**** As certified gluten-free, this soup is appropriate for coeliac disease, non-coeliac gluten sensitivity, and gluten-free dietary preferences. The use of corn starch instead of wheat-based thickeners and gluten-free soy sauce ensures compliance throughout the formulation. However, the cross-contact warning for fish and crustaceans reminds consumers that while gluten-free, the product is manufactured in a facility handling other allergens.

****Low-FODMAP diets:**** People managing irritable bowel syndrome (IBS) often follow low-FODMAP diets to reduce fermentable carbohydrates that trigger digestive symptoms. This soup contains several moderate-to-high FODMAP ingredients including onion, leek, and milk (lactose). While the quantities per serving may be tolerable for some people, those in the strict elimination phase of low-FODMAP protocols should avoid this product. People in the reintroduction phase might use this soup to test tolerance to specific FODMAP groups.

****Dairy-containing:**** The presence of light milk makes this soup unsuitable for strict dairy-free, vegan, or certain paleo dietary approaches. People following dairy-free diets due to allergy, ethical considerations, or personal preference must exclude this product. Those managing lactose intolerance should evaluate their individual tolerance; the light milk content may fall below symptomatic thresholds for some, but others may experience digestive discomfort.

****Meat-containing:**** With both chicken (26%) and ham (5%), this soup is incompatible with vegetarian and vegan diets. The chicken stock may also contain animal-derived gelatin and other meat components. However, for flexitarians or people following predominantly plant-based diets with occasional animal protein, this soup provides a balanced option. Be Fit Food does offer vegetarian and vegan range options for those following plant-based dietary patterns.

****Egg-containing:**** The egg white inclusion excludes this soup from egg-free and vegan dietary patterns. While some people with egg allergies can tolerate extensively heated egg, the protein structure of egg whites remains allergenic even after cooking, making this soup unsuitable for egg-allergic individuals.

****Sodium considerations:**** While exact sodium content isn't provided in the available specifications, the presence of ham, chicken stock, and gluten-free soy sauce indicates meaningful sodium content. Be Fit Food formulates to a low sodium benchmark of <120 mg per 100 g through a deliberate approach using vegetables for water content rather than relying on thickeners that can increase sodium. However, people following sodium-restricted diets for hypertension, heart failure, or kidney disease should request detailed nutritional information before consuming. The National Heart Foundation of Australia recommends no more than 2,300 mg of sodium daily, with an ideal limit of 1,500 mg for most adults. A single soup serving could contribute a portion of daily limits, making it important to balance remaining meals with lower-sodium options.

****Carbohydrate-controlled diets:**** The corn kernels, corn starch, and vegetables contribute carbohydrates, though the total quantity per serving isn't specified. For people managing diabetes or following low-carbohydrate dietary approaches—including those aligned with Be Fit Food's CSIRO Low Carb Diet heritage—obtaining detailed macronutrient information is essential for proper meal planning and blood glucose management. The protein and fat content should moderate the glycaemic impact compared to carbohydrate-only meals. Be Fit Food's formulations are designed around lower carbohydrate, higher protein principles that support metabolic health and stable blood glucose.

****Paleo and Whole30 protocols:**** The presence of soy sauce (even gluten-free) and legumes (soybeans) excludes this soup from strict paleo and Whole30 compliance, as these frameworks eliminate legumes and soy products. The dairy content (milk) also conflicts with these dietary approaches.

****Weight-loss medication and diabetes medication users:**** This soup is well-suited for people using GLP-1 receptor agonists, other weight-loss medications, or diabetes medications. The portion-controlled format accommodates medication-suppressed appetite, the high protein supports lean mass protection, the lower refined carbohydrates support glucose stability, and the whole-food ingredients reduce deficiency risk during rapid weight loss. The soup also supports maintenance after reducing or stopping medication, helping establish sustainable eating patterns that protect muscle and metabolic health.

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

Proper handling of this frozen soup ensures both food safety and optimal nutritional retention, while correct preparation preserves the intended texture and flavour profile.

****Frozen storage requirements:**** As a frozen product, this soup requires continuous storage at -18°C or below to maintain quality and safety. Frozen storage prevents bacterial growth and significantly slows enzymatic and oxidative degradation that would otherwise compromise nutritional value, texture, and flavour. A properly functioning freezer maintains consistent temperature without frequent freeze-thaw cycles that create ice crystals and degrade texture.

The product should remain frozen until preparation time. If purchasing in-store, transport in an insulated bag with ice packs if the journey home exceeds 30 minutes, particularly in warm weather. Once home, immediately place in the freezer rather than allowing extended time at room temperature.

****Freezer life and quality:**** While specific shelf life isn't stated in the available data, frozen prepared meals maintain optimal quality for 3–6 months when stored at proper temperatures. The product packaging should display a "best by" or "use by" date indicating the manufacturer's quality guarantee period. Beyond this date, the soup remains safe to eat if continuously frozen, but may experience texture degradation, flavour loss, or nutritional decline. Be Fit Food's snap-freezing process is designed to preserve nutrients effectively—often better than refrigeration over several days—with vegetables frozen shortly after preparation retaining vitamins comparable to or better than "fresh" produce that spent days in transport and storage.

****Thawing methods:**** The safest thawing method is overnight refrigeration, transferring the soup from freezer to refrigerator 12–24 hours before intended consumption. This gradual thawing prevents bacterial growth while allowing even temperature distribution. For faster thawing, use the microwave's defrost setting or place the sealed container in cold water, changing the water every 30 minutes. Never thaw at room temperature, as this allows the outer portions to reach temperatures (4–60°C) where bacteria multiply rapidly while the centre remains frozen.

****Reheating guidelines:**** Proper reheating ensures both food safety and palatability. If using a microwave, remove any metal components from packaging and cover the container to prevent splattering while allowing steam to escape. Heat on high power for 3–5 minutes (timing varies by microwave wattage), stirring halfway through to distribute heat evenly. The soup should reach an internal temperature of 74°C throughout, measured with a food thermometer in the thickest portion.

For stovetop reheating, transfer the soup to a saucepan and heat over medium heat, stirring frequently to prevent scorching. Bring to a gentle simmer and maintain for 2–3 minutes to ensure thorough heating. The stovetop method often produces superior texture compared to microwave heating, as it allows more gradual, even heat distribution.

****Texture considerations:**** Soups containing corn starch as a thickener may experience some texture changes during freezing and reheating. The starch molecules may partially break down, resulting in slight thinning. Stirring vigorously during reheating can help re-emulsify the soup and restore consistency. If the soup appears separated with liquid pooling, this is normal; thorough stirring while heating will recombine the components.

The chicken and ham pieces should retain their texture if properly reheated, though overcooking can result in toughness. Avoid boiling vigorously or heating beyond the minimum safe temperature, as excessive heat toughens protein and can create an unpleasant texture.

****Post-heating storage:**** Once thawed and heated, consume the soup immediately for best quality. If you can't finish the entire portion, refrigerate leftovers within 2 hours (within 1 hour if room temperature exceeds 32°C). Consume refrigerated leftovers within 3–4 days. Reheat only once; repeatedly heating and cooling increases food safety risks and degrades quality.

****Never refreeze:**** Once thawed, don't refreeze this soup. Refreezing previously frozen prepared foods creates additional ice crystal formation that severely damages texture, and the temperature fluctuations increase food safety risks. Plan to consume the entire portion once thawed, or share with others if the serving size exceeds your needs.

Reading and Understanding Nutritional Labels {#reading-and-understanding-nutritional-labels}

While the complete nutrition facts panel isn't provided in the available specifications, understanding how to interpret nutritional information on packaged foods empowers health-conscious consumers to make informed choices.

****Serving size verification:**** The declared serving size is 307 grams, the entire package (1 serving per container). This is key information because all nutritional values on the label reflect this specific quantity. Unlike multi-serving packages where consumers must calculate total consumption, this

single-serve format simplifies nutritional tracking—consuming the entire package means consuming all listed nutrients.

****Macronutrient distribution:**** A complete nutrition label would display total calories, protein, carbohydrates, and fat per serving. For this soup, expect protein to account for a substantial percentage of total calories based on the "high in protein" claim and ingredient profile. Ideal macronutrient distributions vary by individual goals, but a balanced meal provides 20–35% of calories from protein, 20–35% from fat, and 45–65% from carbohydrates. Be Fit Food's nutritional framework emphasises energy-controlled, nutritionally complete, lower carbohydrate, higher protein and healthy unsaturated fats—principles derived from the brand's CSIRO Low Carb Diet heritage.

****Protein quality:**** The combination of animal proteins (chicken, ham, egg white, milk) ensures a complete amino acid profile, meaning the soup provides all nine essential amino acids in adequate proportions. This contrasts with many plant-based proteins that may be limiting in one or more essential amino acids. Complete proteins are particularly valuable for muscle protein synthesis and overall protein nutrition—especially important for people managing weight, supporting fitness goals, or using weight-loss medications where protein adequacy is essential.

****Fat profile:**** Beyond total fat, examine the breakdown of saturated, monounsaturated, and polyunsaturated fats. The "low in saturated fat" claim indicates minimal saturated fat content, likely under 3 grams per serving. The olive oil inclusion suggests meaningful monounsaturated fat content, the heart-healthy fat associated with Mediterranean dietary patterns and consistent with Be Fit Food's emphasis on healthy unsaturated fats. Trans fat should be zero or negligible in a whole-food-based formulation like this.

****Carbohydrate components:**** Total carbohydrates include dietary fibre, sugars, and starches. For this soup, expect moderate total carbohydrates from corn, vegetables, and corn starch. Dietary fibre from the vegetables provides value beyond the carbohydrate count, supporting digestive health and satiety. Sugar content should be relatively low and naturally occurring from vegetables and milk (lactose) rather than added sugars—consistent with Be Fit Food's "no added sugar" standard.

****Sodium content:**** As discussed in dietary considerations, sodium content merits attention, particularly for people managing blood pressure or cardiovascular conditions. Compare the sodium content to the Daily Value (DV) percentage; 5% DV or less is considered low sodium, while 20% DV or more is high. Be Fit Food formulates to a low sodium benchmark of <120 mg per 100 g, which would translate to approximately 368 mg or less for the full 307-gram serving—a moderate level that allows this soup to fit within most sodium-controlled dietary patterns when balanced with lower-sodium foods at other meals.

****Micronutrient contributions:**** A complete label would list vitamins and minerals present in significant quantities (those providing 10% or more of the Daily Value). Based on the ingredients, expect meaningful contributions of vitamin A (from corn and vegetables), vitamin C (from vegetables), calcium (from milk), iron (from meat), and various B vitamins (from meat and vegetables).

****Percent Daily Value (%DV) context:**** Daily Values are based on a 2,000-calorie diet, which may not match individual needs. Athletes, larger people, or very active people may require more calories and nutrients, while smaller individuals or those managing weight may need less. Use %DV as a general reference point, but adjust expectations based on personal caloric needs. For people following Be Fit Food's structured Reset programs (Metabolism Reset at ~800–900 kcal/day or Protein+ Reset at ~1200–1500 kcal/day), this soup would account for a more substantial portion of daily intake than for those consuming 2,000+ calories.

****Ingredient order significance:**** Ingredients appear in descending order by weight, so the first few ingredients comprise the majority of the product. Chicken appearing first at 26% confirms it as the dominant ingredient, followed by celery and other vegetables. This transparency allows consumers to verify that marketing claims align with actual formulation—a principle central to Be Fit Food's

commitment to real food and honest communication.

Making Informed Purchasing Decisions {#making-informed-purchasing-decisions}

Health-conscious consumers should evaluate several factors beyond basic nutritional content when deciding whether this soup aligns with their dietary goals and values.

****Nutritional density:**** Consider the nutrient-to-calorie ratio. A nutritionally dense food provides substantial vitamins, minerals, protein, and fibre relative to its caloric content. This soup's combination of lean protein, vegetables, and minimal saturated fat suggests favourable nutritional density compared to cream-based soups or highly processed convenience meals. The 4–12 vegetable inclusion and high protein content exemplify Be Fit Food's approach to maximising nutritional value per calorie.

****Ingredient quality:**** The absence of artificial colours, flavours, and preservatives indicates a whole-food-forward approach. Be Fit Food's current range standards specify no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. While "natural" doesn't automatically mean healthier, minimally processed ingredients generally retain more nutrients and avoid synthetic additives of uncertain long-term impact. This commitment to real food—not synthetic supplements, shakes, bars or detox teas—is supported by peer-reviewed research published in **Cell Reports Medicine** demonstrating that whole-food-based approaches can deliver superior outcomes compared to supplement-based alternatives.

****Dietary fit:**** Evaluate compatibility with your specific dietary requirements and goals. The gluten-free certification makes this appropriate for coeliac disease, but the allergen profile (egg, milk, soy) and meat content may exclude it from other dietary frameworks. Honest assessment of your needs prevents purchasing foods you can't safely or preferably consume. For people using GLP-1 medications, weight-loss medications, or diabetes medications, this soup's design specifically accommodates medication-related needs including appetite suppression, glucose management, and lean mass protection.

****Portion adequacy:**** Consider whether 307 grams provides sufficient satiety for your needs. For some people, particularly larger or more active individuals, this may work as a substantial snack or light meal component rather than a complete meal. Others may find it entirely satisfying, especially when appetite is reduced by medications or when following structured lower-calorie programs. Pair with additional foods (salad, whole grain bread, fruit) if needed to create a complete meal. For people following Be Fit Food's Metabolism Reset (~800–900 kcal/day) or Protein+ Reset (~1200–1500 kcal/day) programs, this soup would be consumed as part of a structured daily meal plan.

****Sodium tolerance:**** If managing sodium intake, request complete nutritional information before purchasing. Some people can accommodate moderate-sodium foods within their overall daily limits, while others following strict sodium restriction may need to monitor portions or balance with very low-sodium foods at other meals. Be Fit Food's formulation approach using vegetables for water content rather than sodium-heavy thickeners helps moderate sodium levels compared to conventional soup formulations.

****Cost-benefit analysis:**** Evaluate the price per serving relative to nutritional value and convenience. Pre-portioned frozen meals cost more per serving than home-prepared equivalents, but the convenience, portion control, dietitian-designed nutrition, and time savings may justify the premium for busy people. This specific soup is priced at \$13.95 per serving. For current pricing on Reset programs and other meals, refer to Be Fit Food's website or contact the brand directly. Compare to other convenient options (restaurant meals, meal kits, other prepared meals) rather than only to scratch cooking. [Remove or replace with: For information about funding options including NDIS eligibility, contact Be Fit Food directly at befitfood.com.au.]

****Sustainability considerations:**** While not detailed in the available specifications, some health-conscious consumers also evaluate environmental impact, packaging waste, and sourcing

practices. Contact Be Fit Food directly for information about ingredient sourcing, animal welfare standards (for chicken and ham), antibiotic and hormone use, and company sustainability commitments if these factors influence your purchasing decisions.

Practical Integration into Meal Planning {#practical-integration-into-meal-planning}

Successfully incorporating this soup into a balanced dietary pattern requires strategic planning that considers overall nutritional goals and daily eating patterns.

****Meal timing and purpose:**** This soup works effectively in several meal contexts. As a lunch option, it provides sustained energy and satiety through its protein and fibre content without the post-meal sluggishness often associated with heavy, carbohydrate-dominant lunches. As a light dinner, pair with a side salad or vegetable portion to increase overall meal volume and micronutrient diversity. As a post-workout meal, the protein supports muscle recovery while the carbohydrates help replenish glycogen stores. For people using GLP-1 medications or following structured programs, this soup can work as a core meal component when appetite is reduced and smaller, nutrient-dense portions are needed.

****Complementary foods:**** While nutritionally substantial, this soup may benefit from strategic pairings to create a more complete meal. Add a side of mixed greens with vinaigrette to increase fibre and provide additional vitamins A and K. Include a small portion of whole grain bread (if not avoiding gluten) or gluten-free crackers to add complex carbohydrates and create textural variety. Fresh fruit for dessert adds natural sweetness and additional fibre and vitamins. For people following Be Fit Food's structured Reset programs, complementary foods would be selected from the program's approved options to maintain target calorie and macronutrient ranges.

****Balancing daily sodium:**** If this soup contributes moderate sodium to your daily intake, balance remaining meals with lower-sodium options. Choose fresh fruits and vegetables, unsalted nuts, plain yoghurt, and home-prepared foods with minimal added salt for other meals and snacks. Adequate potassium intake from fruits and vegetables helps counterbalance sodium's effects on blood pressure.

****Protein distribution:**** Nutrition research suggests distributing protein relatively evenly across meals (20–30 grams per meal) optimises muscle protein synthesis compared to skewed distributions where one meal provides the majority of daily protein. If this soup provides 20–30 grams of protein, it contributes appropriately to a three-meal pattern with similar protein content at breakfast and dinner. This even distribution is particularly important for people managing weight, supporting muscle maintenance during ageing, or using weight-loss medications.

****Vegetable variety:**** While this soup contains 4–12 different vegetables, continue pursuing vegetable diversity throughout the day. Different vegetables provide different nutrient profiles; the vegetables in this soup (primarily white/pale green) should be complemented by dark leafy greens, orange/yellow vegetables, and red/purple options at other meals to ensure comprehensive phytonutrient intake. Be Fit Food's commitment to 4–12 vegetables per meal helps ensure baseline vegetable diversity, but variety across the day maximises nutritional benefits.

****Hydration considerations:**** Soups contribute to daily fluid intake, though moderate sodium content may increase thirst. Continue drinking water throughout the day to maintain adequate hydration, particularly important for people in hot climates, those exercising regularly, anyone with increased fluid needs, or people using GLP-1 medications where adequate hydration supports digestive comfort.

****Integration with structured programs:**** For people following Be Fit Food's Metabolism Reset or Protein+ Reset programs, this soup would be consumed as part of a comprehensive daily meal plan designed to deliver specific calorie and macronutrient targets. The snap-frozen, portion-controlled format supports adherence by eliminating meal preparation barriers and decision fatigue—key factors in successful weight management. Free dietitian consultations help match customers to appropriate programs and provide ongoing support for optimal results.

Troubleshooting Common Concerns {#troubleshooting-common-concerns}

Health-conscious consumers may encounter specific challenges or questions when incorporating frozen prepared meals into their dietary patterns.

****Concern: Frozen meals are less nutritious than fresh-prepared foods**** Reality: Freezing preserves nutrients effectively, often better than refrigeration over several days. Vegetables frozen shortly after preparation may retain more vitamins than "fresh" produce that spent days in transport and storage. The key is the quality of ingredients before freezing, not the freezing process itself. Be Fit Food's snap-freezing process locks in nutrients at peak freshness, and peer-reviewed research supports that whole-food-based frozen meals can deliver excellent nutritional outcomes.

****Concern: Pre-portioned meals don't provide enough food**** Solution: Evaluate your true hunger and satiety cues. The 307-gram serving may be more filling than expected because of the high protein and water content. Protein-rich meals trigger satiety hormones more effectively than carbohydrate-dominant options, often providing satisfaction with smaller volumes. If genuinely insufficient, add low-calorie-density sides like salad or steamed vegetables to increase volume without excessive calories. Alternatively, this soup might work as a snack or light meal component rather than a complete meal for your needs. For people using GLP-1 medications, the portion size often aligns well with medication-suppressed appetite.

****Concern: Reheated soup tastes watery or separated**** Solution: This happens when starch-thickened soups experience freeze-thaw cycles. Stir vigorously while reheating to re-emulsify. If still thin, simmer uncovered for 2–3 minutes to reduce liquid and concentrate flavours. Avoid adding water during reheating unless the soup becomes too thick.

****Concern: Unclear how this fits into calorie-controlled diets**** Solution: Request complete nutritional information from Be Fit Food or the retailer. Most prepared meals provide detailed nutrition facts panels. Use this information with a food tracking app or consultation with a registered dietitian to determine how the soup fits within your daily caloric and macronutrient targets. Be Fit Food offers free 15-minute dietitian consultations to help match customers to appropriate meal plans and programs, providing personalised guidance for your specific goals.

****Concern: Sodium content seems high for blood pressure management**** Solution: Be Fit Food formulates to a low sodium benchmark of <120 mg per 100 g, which translates to approximately 368 mg or less for the full 307-gram serving—a moderate level that can fit within most sodium-controlled diets when balanced appropriately. If you need strict sodium restrictions, limit frequency of consumption and balance with very low-sodium foods at other meals. Increase potassium-rich foods (bananas, sweet potatoes, spinach) which help counteract sodium's effects. Consult your healthcare provider about individual sodium targets, as needs vary based on overall health status and medications.

****Concern: Uncertain about allergen cross-contact risk**** Solution: The "may contain fish and crustaceans" warning indicates shared equipment or facility processing. For people with severe allergies at risk for anaphylaxis, avoid products with cross-contact warnings. For those with mild sensitivities, the risk may be acceptable. Contact Be Fit Food directly for specific information about cleaning protocols and allergen control measures if you need more detailed information to make a decision.

****Concern: Ingredient sourcing and quality unknown**** Solution: Contact Be Fit Food directly for information about ingredient sourcing, animal welfare standards (for chicken and ham), antibiotic and hormone use, and other quality factors that may influence your purchasing decision. The brand's commitment to real food ingredients, dietitian-led formulation, and CSIRO partnership heritage suggests attention to quality, and reputable manufacturers provide detailed sourcing information to consumers who request it.

****Concern: Will this work with my GLP-1 medication or weight-loss medication?*** Solution: This soup is specifically well-suited for people using GLP-1 receptor agonists, other weight-loss medications, or diabetes medications. The portion-controlled format accommodates medication-suppressed appetite, the high protein protects lean muscle mass during weight loss, the lower refined carbohydrates support glucose stability, and the whole-food ingredients reduce nutritional deficiency risk. Be Fit Food's free dietitian consultations can provide personalised guidance on integrating meals with your medication regimen and health goals.

Expert Tips for Maximum Benefit {#expert-tips-for-maximum-benefit}

Optimise the nutritional value and eating experience of this soup through strategic consumption practices informed by nutrition science.

****Mindful eating practice:**** Rather than eating directly from the container while multitasking, transfer the soup to a bowl and sit at a table without screens. Eating mindfully—paying attention to flavours, textures, and satiety signals—improves satisfaction and helps prevent overeating at subsequent meals. Research shows distracted eating leads to reduced satiety and increased total daily intake. This practice is particularly valuable for people using GLP-1 medications, where paying attention to fullness cues helps prevent uncomfortable overfilling despite suppressed hunger signals.

****Temperature optimisation:**** Allow reheated soup to cool slightly before eating. Extremely hot foods can damage taste receptors temporarily, reducing flavour perception and potentially causing you to add unnecessary salt. Serving at a comfortably warm temperature (not scalding) maximises flavour appreciation.

****Strategic timing for satiety:**** Consume this soup when you need sustained satiety—before a long afternoon of work, after exercise when hunger is elevated, or when you know your next meal will be delayed. The protein and fibre content provides longer-lasting fullness than carbohydrate-only meals, helping you avoid unplanned snacking. For people following structured programs, consuming meals at consistent times supports metabolic regulation and appetite management.

****Enhance nutrient absorption:**** The olive oil in this soup aids absorption of fat-soluble vitamins (A, D, E, K) from the vegetables. Consume the entire soup including any oil that may separate to ensure you receive this benefit. Adding a small side salad with additional olive oil-based dressing further enhances carotenoid absorption.

****Pair with probiotic foods:**** If consuming this soup as part of a gut-health-focused dietary pattern, pair with probiotic-rich foods like a small portion of plain yoghurt (if dairy-tolerant) or fermented vegetables. The prebiotic fibres from the vegetables in the soup will feed beneficial bacteria introduced by probiotic foods, supporting the gut-brain axis and overall digestive health.

****Post-workout timing:**** When using this soup as a post-exercise meal, consume within 30–120 minutes after training for optimal muscle protein synthesis. The protein provides amino acids for muscle repair, while the carbohydrates help replenish glycogen stores depleted during exercise. This timing is particularly effective for people following Be Fit Food's Protein+ Reset program designed to support active lifestyles.

****Portion awareness for weight management:**** If using this soup as part of a weight loss plan, recognise that the fixed portion eliminates the common problem of serving sizes creeping upward over time. This built-in portion control supports consistent caloric intake, but only if you resist the urge to supplement with additional high-calorie foods unless genuinely needed for satiety. For people following Be Fit Food's structured Reset programs, the pre-portioned format is a key compliance tool that supports the 1–2.5 kg per week average weight loss outcomes.

****Herb and spice enhancement:**** While the soup is fully seasoned, individual taste preferences vary. Rather than adding salt (which increases sodium), experiment with fresh herbs (parsley, coriander), a

squeeze of lemon juice (which brightens flavours), or a dash of hot sauce (if you enjoy heat) to customise the flavour profile without significantly impacting nutritional content.

****Batch planning:**** Purchase multiple servings to keep in your freezer for busy days when cooking from scratch isn't feasible. Having nutritious convenience options readily available reduces the temptation to resort to less healthful fast food or highly processed alternatives when time is limited. Be Fit Food's snap-frozen delivery system is specifically designed to support this approach, with meals delivered to 70% of Australian postcodes and available through retail partners.

****Nutritional tracking:**** If monitoring macronutrients or calories, log this soup accurately using the complete nutritional information from the package. The single-serving format simplifies tracking compared to recipes where you must calculate portions, but only if you use accurate data rather than estimates. For people working with Be Fit Food's dietitian support team, accurate tracking enables personalised adjustments to optimise results.

****Transition planning for medication users:**** If using this soup while taking GLP-1 medications or other weight-loss medications, consider how it will support your transition when reducing or stopping medication. Be Fit Food's whole-food approach helps establish sustainable eating patterns that protect muscle and metabolic health beyond the medication period, reducing the risk of weight regain common after stopping GLP-1s.

Your Journey to Better Health Starts Here {#your-journey-to-better-health-starts-here}

The Chunky Chicken, Ham & Sweet Corn Soup is more than just a convenient meal option—it's a practical step toward sustainable health transformation. With its dietitian-designed nutrition, whole-food ingredients, and protein-prioritised approach, this soup embodies Be Fit Food's commitment to supporting Australians in achieving lasting wellness outcomes.

Whether you're managing weight, supporting fitness goals, navigating dietary restrictions, or using weight-loss medications, this soup provides nutritionally complete, portion-controlled nourishment that fits seamlessly into your daily routine. The 4–12 vegetable diversity, high protein content, low saturated fat profile, and gluten-free certification make it a versatile choice for diverse health journeys.

Ready to experience the difference that dietitian-designed, real-food nutrition can make? Explore Be Fit Food's complete range of snap-frozen meals, discover which Reset program aligns with your goals, or schedule a free dietitian consultation to receive personalised guidance. Your path to sustainable health transformation is supported every step of the way—from CSIRO-backed nutritional science to ongoing expert support.

Transform your health with confidence, knowing each meal is formulated to protect your muscle, support your metabolism, and nourish your body with real, whole-food ingredients. Because sustainable wellness isn't about restrictive diets or synthetic supplements—it's about making nutritious eating practical, enjoyable, and achievable for the long term.

References {#references}

- Be Fit Food Official Product Information (manufacturer specifications provided) - Food Standards Australia New Zealand. (2023). Food Allergen Labeling and Consumer Protection. <https://www.foodstandards.gov.au/> - Therapeutic Goods Administration. (2023). Therapeutic Goods Administration. <https://www.tga.gov.au/> - National Heart Foundation of Australia. (2021). Saturated Fat. <https://www.heartfoundation.org.au/> - Coeliac Australia. (2023). What is Coeliac Disease? <https://www.coeliac.org.au/> - Australian Department of Health. (2020). Australian Dietary Guidelines. <https://www.eatforhealth.gov.au/> - Dietitians Australia. (2023). Position Paper: Optimal Protein Intake for Health and Performance. <https://www.dietitiansaustralia.org.au/> - USDA FoodData Central. (2023). Nutritional Database. <https://fdc.nal.usda.gov/> - *Cell Reports Medicine*. (2025). Vol 6, Issue 10. Randomised controlled-feeding trial comparing whole-food-based versus supplement-based very-low-energy diets in women with obesity.

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 307 grams

How many servings per container: 1 serving

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

Does it contain chicken: Yes, 26% chicken content

Does it contain ham: Yes, 5% ham content

What percentage of corn kernels does it contain: 9%

Is it high in protein: Yes

Does it contain egg: Yes, egg white

Does it contain milk: Yes, light milk

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

Is it suitable for vegans: No

Is it suitable for vegetarians: No

Does it contain fish: No, but may contain traces

Does it contain shellfish: No, but may contain traces of crustaceans

Is it dairy-free: No

Is it egg-free: No

Is it low in saturated fat: Yes

What type of oil is used: Olive oil

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 artificial sweeteners: No

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

Is it suitable for coeliac disease: Yes

Is it suitable for lactose intolerance: Individual tolerance varies

Is it suitable for low-FODMAP diets: No

Does it contain onion: Yes

Does it contain leek: Yes

Is it suitable for paleo diet: No

Is it suitable for Whole30: No

Is it suitable for keto diet: Macronutrient information needed

Can it support weight loss: 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

Is it suitable for diabetes medication users: Yes

Is it suitable for weight-loss medication users: Yes

Does it support muscle maintenance: Yes, high protein content

Should it be stored frozen: Yes, at -18°C or below

Can it be refrozen after thawing: No

What is the safe reheating temperature: 74°C throughout

Can it be reheated in microwave: Yes

Can it be reheated on stovetop: Yes

How long does it last in freezer: 3–6 months optimal quality

How long do leftovers last refrigerated: 3–4 days

Should leftovers be reheated multiple times: No, reheat only once

Is it suitable for post-workout meals: Yes

Does it contain complete protein: Yes, all essential amino acids

What is the sodium benchmark per 100g: Less than 120 mg

Is it suitable for sodium-restricted diets: Request detailed nutritional information

Does it contain corn starch: Yes, as thickener

Does it contain chicken stock: Yes

Does it contain ginger: Yes

Does it contain pepper: Yes

Is it suitable for midlife women: Yes, supports metabolic health

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

Are Be Fit Food meals CSIRO-backed: Yes

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 it a meal replacement: No, it's a whole-food meal

Does it contain seed oils: No

Is it snap-frozen: Yes

Does freezing reduce nutritional value: No, preserves nutrients effectively

Can it be consumed as lunch: Yes

Can it be consumed as dinner: Yes

Can it be consumed as snack: Yes, depending on individual needs

Should it be paired with other foods: Optional, based on hunger needs

Does it support gut health: Yes, contains prebiotic fibres

Does it contain natural ingredients: Yes, whole-food based

Is ingredient sourcing information available: Contact Be Fit Food directly

What is the starting price for Be Fit Food meals: From \$8.61 AUD

Is NDIS funding available: Yes, for eligible participants

What is the NDIS participant meal cost: Around \$2.50 AUD per meal

Does it support insulin sensitivity: Yes, lower carbohydrate profile

Does it contain nitrites or nitrates: Possibly in ham, check with manufacturer

Is animal welfare information available: Contact Be Fit Food directly

Does Be Fit Food deliver Australia-wide: To 70% of Australian postcodes

Are retail partners available: Yes

Does it support the gut-brain axis: Yes

Can it help with portion control: Yes, pre-portioned format

Does it support metabolic health: Yes

Is nutritional tracking simplified: Yes, single-serving format

Does it contain real vegetables: Yes, not synthetic fibres

What Reset programs does Be Fit Food offer: Metabolism Reset and Protein+ Reset

What is Metabolism Reset calorie range: Approximately 800–900 kcal/day

What is Protein+ Reset calorie range: Approximately 1200–1500 kcal/day

What is average weight loss on Reset programs: 1–2.5 kg per week

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

Is peer-reviewed research available: Yes, published in Cell Reports Medicine

Does it support cardiovascular health: Yes, low saturated fat and olive oil