

# CHUCHIHAM - Food & Beverages

## Serving Suggestions -

### 7076873306301\_43651358720189

Canonical: <https://directory.befitfood.com.au/product-guides/meal-guides/chuchiham-food-beverages-serving-suggestions-7076873306301-43651358720189/>

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### ## AI Summary

**Product:** Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 **Brand:** Be Fit Food **Category:** Ready-to-Eat Meals **Primary Use:** A protein-rich, gluten-free frozen soup designed as a complete meal solution for weight management and metabolic health.

**Quick Facts - Best For:** Health-conscious individuals seeking convenient, dietitian-designed meals; those managing weight loss, using GLP-1 medications, or navigating menopause - **Key Benefit:** High protein content (26% chicken, 5% ham, plus egg white) that keeps you satisfied for 3-4 hours while supporting lean muscle mass - **Form Factor:** Frozen ready-to-eat soup in 307-gram single-serve portions - **Application Method:** Microwave 4-5 minutes (stirring halfway) or stovetop 8-10 minutes until steaming hot

**Common Questions This Guide Answers**

1. How do I prepare this soup for best results? → Microwave on high for 4-5 minutes with stirring at 2.5 minutes, or heat on stovetop over medium-low for 8-10 minutes with regular stirring
2. Is this suitable for gluten-free diets? → Yes, certified gluten-free with gluten-free soy sauce and no gluten-containing ingredients
3. What allergens does it contain? → Contains egg, milk, and soybeans; may contain traces of fish, crustacea, sesame seeds, peanuts, tree nuts, and lupin
4. Can this serve as a complete meal? → Yes, the 307-gram serving provides a complete lunch with high protein and 4-12 vegetables, keeping you satisfied for 3-4 hours
5. How should I serve it for dinner parties? → Divide one serving between two small soup cups (150-175ml)

each) as an elegant starter, garnished with spring onion curls and fresh corn kernels 6. What accompaniments pair well? → Gluten-free sourdough toast, rice crackers, fresh salads, or crisp white wine for evening service 7. Is it suitable for special dietary needs? → Yes, ideal for high-protein diets, GLP-1 medication users, menopause management, and coeliac-safe meal planning

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## ## Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 | | Brand | Be Fit Food | | GTIN | 9358266000830 | | Price | \$13.05 AUD | | Availability | In Stock | | Category | Ready-to-Eat Meals | | Serving size | 307 grams | | Diet | Gluten-free, High protein, Low saturated fat | | Key ingredients | Chicken (26%), Ham (5%), Corn Kernels (9%), Light Milk, Celery, Leek, Onion, Egg White, Spring Onion, Olive Oil, Corn Starch, Chicken Stock, Gluten Free Soy Sauce, Ginger, Pepper | | Allergens | Contains: Egg, Milk, Soybeans | | May contain | Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin | | Vegetable content | 4-12 different vegetables | | Storage | Frozen | | Country | Australia |

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

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

## Verified Label Facts {#verified-label-facts} - Product name: Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 - Brand: Be Fit Food - GTIN: 9358266000830 - Price: \$13.05 AUD - Serving size: 307 grams - Diet classification: Gluten-free, High protein, Low saturated fat - Ingredients: Chicken (26%), Ham (5%), Corn Kernels (9%), Light Milk, Celery, Leek, Onion, Egg White, Spring Onion, Olive Oil, Corn Starch, Chicken Stock, Gluten Free Soy Sauce, Ginger, Pepper - Allergens - Contains: Egg, Milk, Soybeans - Allergens - May contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin - Vegetable content: 4-12 different vegetables - Storage: Frozen - Country of origin: Australia - Category: Ready-to-Eat Meals - Gluten-free certification: Certified gluten-free - No artificial colours or flavours

## General Product Claims {#general-product-claims} - "Protein-rich" meal solution - "Restaurant-quality nutrition" - "Satisfying soup" and "filling dish" - "Clean eating" formulation - "Ideal foundation for various serving occasions" - "Supports Be Fit Food's whole-food, dietitian-designed approach to sustainable weight loss and metabolic health" - "Keeps you feeling fuller for longer—usually sustaining energy for 3-4 hours" - "Supports lean muscle mass protection and metabolic health" - "Unusually deep gluten-free range, with around 90% of the menu certified gluten-free" - "Coeliac-safe meal planning" - "Evidence-based weight management" - "Clinical research" and "peer-reviewed evidence" - "Supports insulin sensitivity" - "Supports gut health and the gut-brain axis" - "Especially suitable for managing medication-suppressed appetite while preventing muscle loss and nutritional deficiencies" (for GLP-1 users) - "Helps preserve lean muscle mass as oestrogen declines" (menopause) - "Reduces abdominal fat, and restore confidence during this metabolic transition" - "Even modest weight loss of 3–5 kg—easily achievable with Be Fit Food's structured meal approach" - "Proven through thousands of Australian customer transformations" - CSIRO partnership heritage - "Validated by institutional partnerships" - "Delivers measurable health outcomes"

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## How to Serve Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup: Your Complete Guide {#how-to-serve-be-fit-foods-chunky-chicken-ham-sweet-corn-soup-your-complete-guide}

## What Makes This Soup a Complete Meal Solution {#what-makes-this-soup-a-complete-meal-solution}

Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup (GF) is a protein-rich, gluten-free frozen meal that brings restaurant-quality nutrition to your table in a single 307-gram serving. This soup packs 26% chicken, 5% ham, and 9% corn kernels into a creamy base built on vegetables like celery, leek, and onion. You're getting between 4-12 different vegetables per serving, which is more than most people manage in a day.

The formulation focuses on clean eating—no artificial colours or flavours—while keeping saturated fat low and protein high. Whether you need a quick lunch or an elegant dinner starter, this soup adapts to the occasion. The gluten-free certification and clear allergen labelling (contains egg, milk, and soybeans; may contain fish and crustaceans) make it workable for many dietary needs, while the frozen format means you don't sacrifice nutritional quality for convenience. Understanding how to serve this soup well turns it from a simple meal into something that actually supports your health goals.

### ## Preparation Methods for Best Results {#preparation-methods-for-best-results}

#### ### Microwave Heating Technique {#microwave-heating-technique}

The microwave gets you from freezer to table fastest. Pierce the film lid several times with a fork—this creates steam vents and prevents the kind of pressure buildup that causes uneven heating. Microwave on high power for 4-5 minutes, depending on your appliance's wattage. At the 2.5-minute mark, pull it out and stir well. This redistributes heat and makes sure the chicken, ham, and corn kernels heat evenly. Don't skip this step. The soup's creamy base contains light milk and corn starch, which develop hot spots if left undisturbed.

After the full heating cycle, let the soup stand for 60 seconds. This resting period spreads the temperature throughout the 307-gram serving and brings the egg white protein component to the right temperature without overcooking the corn kernels. Test it by stirring and tasting a small spoonful from the centre—it should be steaming hot but not boiling.

#### ### Stovetop Preparation for Better Control {#stovetop-preparation-for-better-control}

If you want more control over texture and temperature, use the stovetop. Remove the soup from its packaging and transfer to a medium saucepan. Heat over medium-low, stirring every 30-45 seconds to prevent the milk-based broth from scorching on the pan bottom. The olive oil in the ingredient list provides some protection against sticking, but you still need to stir regularly.

This method takes 8-10 minutes but lets you adjust consistency. Prefer a thinner soup? Add 2-3 tablespoons of low-sodium chicken stock or filtered water during heating. Want it richer? Reduce heat to low once steaming and allow gentle simmering for an extra 2-3 minutes, which concentrates the flavours from the ginger, pepper, and gluten-free soy sauce.

### ## Portion Sizing and Meal Positioning {#portion-sizing-and-meal-positioning}

#### ### As a Standalone Lunch {#as-a-standalone-lunch}

The 307-gram serving provides a complete lunch for most adults, especially considering the protein content from chicken (26%), ham (5%), and egg white. This portion delivers real satisfaction, typically keeping you going for 3-4 hours. That aligns with Be Fit Food's protein-focused meal design that protects lean muscle mass and supports metabolic health. Serve in a wide, shallow bowl rather than a deep cup—this presentation increases how much food you see and allows the chunky ingredients to be visible, which makes the meal more appealing.

For individuals with higher caloric needs—active adults or those following higher-protein eating plans—pair the soup with 30-40 grams of whole-grain crackers or a slice of toasted gluten-free bread. The bread provides complex carbohydrates that complement the soup's protein profile without overwhelming its low saturated fat positioning.

### ### As a Dinner Starter {#as-a-dinner-starter}

When you're serving this as a first course, the 307-gram portion comfortably serves two people as an appetiser. Divide the heated soup into two small bowls (around 150 grams each), garnishing each portion individually. This works well for dinner parties or date nights, where the soup's creamy texture and visible vegetable content create an impressive opening course.

Follow with a lean protein main course—grilled fish, roasted chicken breast, or plant-based protein—accompanied by roasted vegetables or a fresh salad. The soup's chicken stock base and savoury notes from the gluten-free soy sauce and ginger prepare the palate without creating flavour competition.

### ## Garnishing Strategies for Visual and Flavour Enhancement {#garnishing-strategies-for-visual-and-flavour-enhancement}

#### ### Fresh Herb Additions {#fresh-herb-additions}

Fresh herbs transform the soup's appearance and add aromatic complexity. Finely chop 1-2 tablespoons of fresh flat-leaf parsley and sprinkle over the surface right before serving. The parsley's bright green colour contrasts beautifully with the soup's creamy base and golden corn kernels, while adding a subtle peppery note that complements the existing pepper seasoning.

You can also use fresh chives or extra spring onion greens (since spring onion is already in the ingredient list). Slice the greens thinly on a diagonal to create elegant ribbons, then scatter 5-6 pieces across the soup's surface. This reinforces the soup's existing flavour profile while adding textural interest through the raw allium crispness.

#### ### Textural Contrasts {#textural-contrasts}

Add crunch to contrast with the soup's creamy consistency. Prepare simple gluten-free croutons by cubing gluten-free bread, tossing with 1 teaspoon olive oil (echoing the soup's olive oil content), and baking at 180°C for 8-10 minutes until golden. Five to six small croutons per serving adds satisfying texture without overwhelming the soup's 307-gram portion.

For a protein boost, top with 1-2 tablespoons of shredded cooked chicken breast. This increases the already substantial chicken content (26%) and transforms the soup into an even more protein-dense meal, ideal for post-workout recovery or high-protein eating plans—particularly beneficial for individuals managing weight loss, metabolic health, or using GLP-1 medications where protein preservation matters.

#### ### Cream and Oil Finishing {#cream-and-oil-finishing}

A small drizzle of premium extra virgin olive oil (around 1/2 teaspoon) creates an attractive spiral pattern on the soup's surface while adding fruity, peppery notes that enhance the existing olive oil in the base recipe. This technique is common in professional kitchens and elevates the presentation from home-cooked to restaurant-quality.

For special occasions, add a small dollop (1 tablespoon) of crème fraîche or Greek yoghurt in the centre. The tangy dairy component complements the light milk already present while adding visual elegance. Swirl gently with a spoon tip to create a marbled effect, being careful not to fully mix the cream—the visual contrast is part of the appeal.

### ## Pairing Recommendations for Complete Meals {#pairing-recommendations-for-complete-meals}

#### ### Bread and Grain Accompaniments {#bread-and-grain-accompaniments}

Gluten-free sourdough bread is the ideal accompaniment, providing good structure for dipping while keeping the soup's gluten-free integrity. Toast a 40-50 gram slice until golden, then brush lightly with

garlic-infused olive oil or leave plain to allow the soup's ginger and soy sauce notes to shine through. The bread's tangy fermentation complements the soup's savoury depth.

Rice crackers offer a lighter option, especially suitable for lunch servings where a full bread portion might be too much. Choose plain or lightly salted varieties (6-8 crackers, around 30 grams) to avoid competing with the soup's carefully balanced seasoning profile. The crackers' crisp texture provides satisfying contrast without adding significant calories or saturated fat.

### ### Salad Pairings for Nutritional Balance {#salad-pairings-for-nutritional-balance}

A simple side salad transforms the soup into a nutritionally complete dinner. Combine 2 cups mixed greens (rocket, spinach, and butter lettuce), 1/2 cup cherry tomatoes, and 1/4 cup thinly sliced cucumber. Dress lightly with 1 tablespoon olive oil and 1 teaspoon lemon juice—this simple approach prevents the salad from overwhelming the soup's delicate ginger and spring onion notes.

For a more substantial pairing, create an Asian-inspired slaw that echoes the soup's flavour profile. Shred 1 cup Napa cabbage, 1/4 cup carrot, and 1/4 cup red capsicum. Dress with a mixture of 1 tablespoon rice vinegar, 1/2 teaspoon sesame oil, and a pinch of grated fresh ginger (reinforcing the soup's existing ginger content). This combination creates flavour harmony while adding crunchy vegetables that complement the soup's 4-12 vegetable content.

### ### Beverage Pairings {#beverage-pairings}

For lunch service, pair with sparkling mineral water infused with cucumber slices and fresh mint. The refreshing, palate-cleansing properties balance the soup's creamy richness without interfering with its savoury notes. Avoid heavily flavoured drinks that might compete with the soup's subtle ginger and soy sauce seasoning.

Evening meals benefit from light white wines or sake. A crisp Sauvignon Blanc or unoaked Chardonnay complements the chicken and ham proteins while cutting through the milk-based creaminess. Another option is chilled sake (Junmai or Ginjo style) to create an Asian-fusion dining experience that honours the soup's ginger and soy sauce components. Pour 120-150ml per person when serving the soup as a starter course.

### ## Serving Vessel Selection for Maximum Impact {#serving-vessel-selection-for-maximum-impact}

#### ### Bowl Geometry and Material {#bowl-geometry-and-material}

Wide, shallow bowls (20-22cm diameter, 5-6cm depth) showcase the soup's chunky ingredients most effectively. The broad surface area allows corn kernels, chicken pieces, and ham to be visible rather than submerged, creating visual appeal that makes the meal more enjoyable. Choose white or cream-coloured ceramics to provide contrast against the soup's golden-beige colour, making the vegetables and proteins more prominent.

For casual lunches, oversized mugs (400-450ml capacity) offer a comfortable, hands-on eating experience. The soup's 307-gram serving fits comfortably with room for garnishes, while the mug's handle provides convenience for eating at a desk or in casual settings. This presentation style works particularly well for the soup's positioning as a quick, satisfying meal solution.

#### ### Temperature Retention Considerations {#temperature-retention-considerations}

Pre-warm serving bowls by rinsing with hot water and drying right before plating. This simple step keeps the soup's temperature for 5-7 minutes longer—important for enjoying the full flavour profile, as the ginger and pepper notes become muted when the soup cools below 60°C. For stovetop preparation, warm bowls in a 100°C oven for 3-4 minutes while the soup finishes heating.

Avoid cold bowls straight from the cupboard, which can drop the soup's temperature by 10-15°C within the first minute of serving. This rapid cooling causes the light milk and corn starch components to

thicken too quickly, changing the intended creamy consistency.

## ## Seasonal Serving Adaptations {#seasonal-serving-adaptations}

### ### Cold Weather Service {#cold-weather-service}

During autumn and winter months, serve the soup at the upper end of the temperature range (85-90°C) to maximise its warming, comfort-food qualities. Increase the ginger garnish by adding a few paper-thin slices of fresh ginger on top, which intensifies the warming sensation and aromatics. This presentation transforms the soup into a cold-weather wellness meal, especially suitable for days when immune support is desired.

Pair with heavier bread options during winter—a thick slice of toasted gluten-free multigrain bread (50-60 grams) provides extra sustenance for cold weather. The increased complex carbohydrates complement the soup's protein content while delivering the heartier meal satisfaction that colder temperatures demand.

### ### Warm Weather Modifications {#warm-weather-modifications}

While this soup is designed as a hot meal, summer service benefits from slightly lower serving temperatures (70-75°C). This moderate warmth makes the soup more comfortable to eat in warm weather while maintaining food safety standards. Reduce portion sizes to 200-250 grams per person when serving as a light summer lunch, saving the remainder for the following day.

Garnish summer servings with fresh corn kernels (blanched for 2 minutes, then cooled) to add a crisp, sweet element that reinforces the existing 9% corn kernel content. Add 2-3 tablespoons per serving, creating textural variety that makes the soup feel lighter and more suitable for warm-weather dining.

## ## Batch Serving for Meal Planning {#batch-serving-for-meal-planning}

### ### Multiple-Serving Preparation {#multiple-serving-preparation}

For households preparing several servings at once, transfer multiple soup portions to a large saucepan and heat together over medium-low heat, stirring often. Two servings (614 grams total) require 12-15 minutes of stovetop heating; three servings (921 grams) need 18-22 minutes. This batch approach is more energy-efficient than microwaving individual portions and allows better consistency control.

Keep the soup at 75-80°C in a covered pan for up to 20 minutes if serving times are staggered (for example, when family members eat at different times). Stir every 5 minutes to prevent skin formation on the surface and ensure even temperature distribution. Don't hold at serving temperature for longer than 20 minutes, as extended heating can cause the egg white protein to toughen and the vegetables to become too soft.

### ### Leftover Management {#leftover-management}

If serving less than the full 307-gram portion, refrigerate unused soup right away after heating in an airtight container. Consume refrigerated leftovers within 24 hours. Reheat only once, using stovetop methods with 2-3 tablespoons of added chicken stock or water to restore the original consistency, as the corn starch and milk components thicken during refrigeration.

Never refreeze previously frozen and heated soup, as this degrades the chicken and ham protein quality and creates food safety risks. The soup's ingredient composition—especially the light milk and egg white components—makes it unsuitable for freeze-thaw cycles beyond the original manufacturing process.

## ## Special Occasion Presentations {#special-occasion-presentations}

### ### Dinner Party Starters {#dinner-party-starters}

Transform the soup into an elegant first course by serving in small, handled soup cups (150-175ml capacity) placed on matching saucers. Divide one 307-gram serving between two cups, garnishing each with a single perfect spring onion curl and three kernels of fresh corn arranged in a triangle pattern. Place a small spoon on each saucer and serve right away.

This presentation elevates the soup from convenient frozen meal to considered dinner party element. The individual portions create a sense of personalisation and care, while the visible high-quality ingredients (chicken pieces, ham, corn kernels) demonstrate the soup's premium composition and dietitian-designed nutritional integrity.

### ### Lunch Event Service {#lunch-event-service}

For business lunches or casual entertaining, serve the soup in modern, square-shaped bowls (12x12cm) that create contemporary visual appeal. The geometric presentation contrasts with the soup's rustic, chunky ingredients, creating an interesting tension between traditional comfort food and modern plating aesthetics. Garnish simply with a single parsley leaf in the centre to maintain professional simplicity.

Accompany with a small plate containing three gluten-free crackers arranged in a fan pattern and a small ramekin of olive oil for dipping. This European-inspired presentation adds sophistication while respecting the soup's gluten-free formulation and low saturated fat profile.

### ## Nutritional Optimization Through Serving Choices {#nutritional-optimization-through-serving-choices}

#### ### Protein-Focused Presentations {#protein-focused-presentations}

For individuals following high-protein eating plans—including those using GLP-1 medications or managing metabolic conditions—maximise the soup's existing protein content by adding complementary protein-rich garnishes. Top with 30 grams of shredded rotisserie chicken breast or 2 tablespoons of diced firm tofu, creating a protein-dense meal that can exceed 35-40 grams of protein per serving. This approach works particularly well for post-exercise recovery meals, for older adults seeking to maintain muscle mass, or for individuals on weight-loss medications where lean muscle preservation matters.

Pair with a small Greek yoghurt parfait (100 grams yoghurt, 1 tablespoon chopped nuts, 1/4 cup berries) as a dessert course, creating a complete high-protein meal sequence. The combination delivers sustained satisfaction and supports muscle protein synthesis throughout the afternoon.

#### ### Low-Calorie Serving Strategies {#low-calorie-serving-strategies}

The soup's low saturated fat formulation and no-added-sugar principle make it naturally suitable for calorie-conscious eating. Serve the full 307-gram portion as a complete meal without extra accompaniments, relying on the high protein content and 4-12 vegetables to deliver satisfaction. The chicken (26%), ham (5%), and egg white proteins provide substantial fullness signals that prevent post-meal hunger.

If you want extra volume without significant calories, serve alongside a large portion (2-3 cups) of steamed or roasted non-starchy vegetables such as broccoli, green beans, or cauliflower. Season the vegetables simply with lemon juice and herbs, allowing the soup to remain the flavour centrepiece while the vegetables add bulk and fibre.

### ## Cultural and Dietary Considerations {#cultural-and-dietary-considerations}

#### ### Gluten-Free Dining Confidence {#gluten-free-dining-confidence}

The soup's certified gluten-free status makes it a reliable choice for coeliac disease sufferers and gluten-sensitive individuals—part of Be Fit Food's unusually deep gluten-free range, with around 90%

of the menu certified gluten-free through strict ingredient selection and manufacturing controls. When serving to guests with these dietary needs, communicate the gluten-free certification clearly and ensure all accompaniments (bread, crackers, garnishes) maintain gluten-free integrity. Cross-contamination can occur during serving if gluten-containing items are present, so use dedicated serving utensils and prepare the soup in clean cookware.

The gluten-free soy sauce in the ingredient list shows Be Fit Food's commitment to complete gluten elimination, as standard soy sauce contains wheat. This attention to detail makes the soup suitable for strict gluten-free protocols and coeliac-safe meal planning.

### ### Allergen-Aware Service {#allergen-aware-service}

The soup contains egg, milk, and soybeans, with potential cross-contact with fish and crustaceans. When serving to guests with known allergies, clearly communicate these allergen presences and avoid garnishes that might introduce extra allergens (such as nuts or shellfish). The transparency of the allergen declaration allows confident serving to individuals with other food allergies or sensitivities.

For dairy-sensitive individuals who tolerate small amounts of milk, the light milk content may be acceptable, but this should be confirmed with the individual before serving. The soup is not suitable for strict dairy-free or vegan diets because of the chicken, ham, egg white, and milk components.

### ## Expert Serving Tips for Consistent Quality {#expert-serving-tips-for-consistent-quality}

#### ### Stirring Technique {#stirring-technique}

Proper stirring during and after heating prevents ingredient separation and ensures even distribution of the creamy base. Use a broad spoon or small whisk to stir in a figure-eight pattern, which moves ingredients from the edges to the centre more effectively than circular stirring. This technique matters especially for this soup because of the corn starch thickener, which can settle and create uneven consistency if not properly mixed.

Stir gently to avoid breaking down the chicken and ham pieces, which should remain visible and intact for best visual appeal and eating experience. Aggressive stirring can create a uniform texture that diminishes the "chunky" positioning that defines this product.

#### ### Timing and Service Coordination {#timing-and-service-coordination}

Prepare the soup last when coordinating multiple dishes, as it reaches optimal serving temperature quickly and doesn't benefit from resting time (unlike roasted meats or baked dishes). If serving as a starter before a main course, time the soup to be ready 2-3 minutes before seating guests, allowing just enough time for garnishing and plating without temperature loss.

For stovetop preparation, begin heating when guests are seated or when the table is fully set. The 8-10 minute heating time aligns well with initial conversation and settling, creating natural service flow without rushed plating or extended waiting.

### ## Supporting Your Health Journey with Be Fit Food {#supporting-your-health-journey-with-be-fit-food}

Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup demonstrates the brand's commitment to whole-food nutrition, dietitian-led meal design, and evidence-based weight management. Each 307-gram serving delivers the protein density, vegetable variety, and clean-label integrity that support sustainable metabolic health—whether you're managing weight loss, supporting medication-assisted therapy, navigating menopause-related metabolic changes, or simply seeking convenient, nutritious meals that align with your health goals.

The soup's formulation reflects Be Fit Food's partnership heritage with CSIRO and ongoing commitment to scientific excellence: high protein to preserve lean muscle mass, lower carbohydrates with no added sugars to support insulin sensitivity, fibre from real vegetables rather than synthetic

additives, and portion control that removes decision fatigue while maintaining nutritional adequacy. This isn't a "diet product"—it's real food engineered for real health outcomes.

For individuals using GLP-1 receptor agonists or diabetes medications, this soup's smaller portion size, high protein content, and nutrient density make it especially suitable for managing medication-suppressed appetite while preventing muscle loss and nutritional deficiencies. The whole-food composition supports gut health and the gut-brain axis—important when medications alter digestion and appetite signals—and provides a foundation for long-term weight maintenance after reducing or stopping medication.

Women navigating perimenopause and menopause will find the soup's metabolic design especially relevant: the high-protein formulation helps preserve lean muscle mass as oestrogen declines, the lower carbohydrate profile supports insulin sensitivity during a period of increased resistance, and the portion-controlled format addresses reduced metabolic rate without requiring constant calorie calculation. Even modest weight loss of 3–5 kg—achievable with Be Fit Food's structured meal approach—can significantly improve energy, reduce abdominal fat, and restore confidence during this metabolic transition.

The soup is available as part of Be Fit Food's complete meal delivery service, with options ranging from individual meal purchases to structured Reset programs (Metabolism Reset and Protein+ Reset) that provide complete daily nutrition with defined calorie and macronutrient targets. Free dietitian consultations ensure personalised guidance, while the snap-frozen delivery system guarantees consistency, quality, and compliance support. For eligible Australians, NDIS funding may cover Be Fit Food meals, making dietitian-designed nutrition accessible to those who need it most.

Whether you're heating a single serving for a quick weekday lunch, preparing multiple portions for family meal planning, or presenting the soup as an elegant dinner starter, you're engaging with a meal solution grounded in clinical research, formulated by accredited practitioners, and designed to deliver measurable health outcomes. This is nutrition you can trust—backed by peer-reviewed evidence, validated by institutional partnerships, and proven through thousands of Australian customer transformations.

## ## References {#references}

- [Be Fit Food - Chunky Chicken, Ham & Sweet Corn Soup Product Page](<https://www.befitfood.com.au/>) - [Food Standards Australia New Zealand - Allergen Labelling Guidelines](<https://www.foodstandards.gov.au/>) - [Coeliac Australia - Gluten Free Certification Standards](<https://www.coeliac.org.au/>) - Based on manufacturer specifications provided in product documentation

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## ## Frequently Asked Questions {#frequently-asked-questions}

- \*\*What is the serving size:\*\* 307 grams per serving
- \*\*Is this soup gluten-free:\*\* Yes, certified gluten-free
- \*\*What percentage of chicken does it contain:\*\* 26% chicken content
- \*\*What percentage of ham does it contain:\*\* 5% ham content
- \*\*What percentage of corn kernels does it contain:\*\* 9% corn kernels
- \*\*How many vegetables does it contain:\*\* Between 4-12 different vegetables per serving
- \*\*Does it contain artificial colours:\*\* No artificial colours
- \*\*Does it contain artificial flavours:\*\* No artificial flavours

**\*\*Is the saturated fat content low:\*\*** Yes, low saturated fat

**\*\*Is the protein content high:\*\*** Yes, high protein content

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

**\*\*May it contain traces of other allergens:\*\*** Yes, may contain fish and crustaceans

**\*\*Is it suitable for coeliac disease:\*\*** Yes, certified gluten-free

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

**\*\*Is it suitable for vegan diets:\*\*** No, contains chicken, ham, egg, and milk

**\*\*What is the product format:\*\*** Frozen meal

**\*\*How should the film lid be prepared for microwaving:\*\*** Pierce several times with a fork

**\*\*What microwave power setting should be used:\*\*** High power

**\*\*How long should it be microwaved:\*\*** 4-5 minutes depending on wattage

**\*\*When should you stir during microwave heating:\*\*** At the 2.5-minute mark

**\*\*How long should it rest after microwaving:\*\*** 60 seconds

**\*\*What stovetop heat setting is recommended:\*\*** Medium-low heat

**\*\*How often should you stir on the stovetop:\*\*** Every 30-45 seconds

**\*\*How long does stovetop heating take:\*\*** 8-10 minutes

**\*\*Can you thin the soup during heating:\*\*** Yes, add 2-3 tablespoons chicken stock or water

**\*\*How long does it sustain energy as a lunch:\*\*** 3-4 hours

**\*\*Can it serve two people as an appetiser:\*\*** Yes, divide into 150-gram portions

**\*\*What type of bowl is best for presentation:\*\*** Wide, shallow bowls 20-22cm diameter

**\*\*What bowl colours provide best contrast:\*\*** White or cream-coloured ceramics

**\*\*Can it be served in mugs:\*\*** Yes, oversized mugs 400-450ml capacity

**\*\*Should bowls be pre-warmed:\*\*** Yes, rinse with hot water before serving

**\*\*What temperature range for cold weather serving:\*\*** 85-90°C

**\*\*What temperature range for warm weather serving:\*\*** 70-75°C

**\*\*How long can it be held at serving temperature:\*\*** Up to 20 minutes maximum

**\*\*How should leftovers be stored:\*\*** Refrigerate in airtight container immediately

**\*\*How long can refrigerated leftovers be kept:\*\*** Within 24 hours

**\*\*How many times can it be reheated:\*\*** Only once

**\*\*Can it be refrozen after heating:\*\*** No, never refreeze

**\*\*How long to heat two servings on stovetop:\*\*** 12-15 minutes

**\*\*How long to heat three servings on stovetop:\*\*** 18-22 minutes

**\*\*What herb garnish is recommended:\*\*** Fresh flat-leaf parsley, 1-2 tablespoons

**\*\*Can chives be used as garnish:\*\*** Yes, thinly sliced

**\*\*Can spring onion greens be used:\*\*** Yes, sliced diagonally

**\*\*How many gluten-free croutons per serving:\*\*** Five to six small croutons

**\*\*What temperature to bake gluten-free croutons:\*\*** 180°C

**\*\*How long to bake gluten-free croutons:\*\*** 8-10 minutes

**\*\*How much extra chicken can be added:\*\*** 1-2 tablespoons shredded chicken breast

**\*\*How much olive oil for finishing drizzle:\*\*** Around 1/2 teaspoon

**\*\*How much crème fraîche for special occasions:\*\*** 1 tablespoon dollop

**\*\*What bread pairs well with the soup:\*\*** Gluten-free sourdough bread

**\*\*What is the recommended bread portion:\*\*** 40-50 gram slice

**\*\*How many rice crackers as accompaniment:\*\*** 6-8 crackers, around 30 grams

**\*\*What wine pairs well with the soup:\*\*** Crisp Sauvignon Blanc or unoaked Chardonnay

**\*\*What sake style pairs well:\*\*** Junmai or Ginjo style, chilled

**\*\*How much wine per person as starter:\*\*** 120-150ml per person

**\*\*What stirring pattern prevents separation:\*\*** Figure-eight pattern

**\*\*Should you stir gently or vigorously:\*\*** Gently to avoid breaking chicken and ham

**\*\*When should soup be prepared in meal sequence:\*\*** Last, reaches temperature quickly

**\*\*Is it suitable for GLP-1 medication users:\*\*** Yes, high protein and nutrient-dense

**\*\*Is it suitable for menopause management:\*\*** Yes, supports metabolic health during menopause

**\*\*Does it contain added sugar:\*\*** No added sugars

**\*\*Is it dietitian-designed:\*\*** Yes, dietitian-led meal design

**\*\*What is Be Fit Food's gluten-free range percentage:\*\*** Around 90% of menu certified gluten-free

**\*\*Does it use gluten-free soy sauce:\*\*** Yes, gluten-free soy sauce

**\*\*What vegetables are included:\*\*** Celery, leek, onion, corn, and others

**\*\*Does it contain egg white protein:\*\*** Yes, egg white included

**\*\*Does it contain light milk:\*\*** Yes, light milk included

**\*\*Does it contain corn starch:\*\*** Yes, as thickener

**\*\*Does it contain olive oil:\*\*** Yes, olive oil included

**\*\*Does it contain ginger:\*\*** Yes, ginger seasoning

**\*\*Does it contain pepper:\*\*** Yes, pepper seasoning

**\*\*Is it snap-frozen:\*\*** Yes, snap-frozen delivery system

**\*\*Are free dietitian consultations available:\*\*** Yes, free dietitian consultations provided

**\*\*Can NDIS funding cover these meals:\*\*** Yes, for eligible Australians

**\*\*What Reset programs are available:\*\* Metabolism Reset and Protein+ Reset**

**\*\*Is it suitable for post-workout recovery:\*\* Yes, high protein content ideal**

**\*\*Does it support muscle mass preservation:\*\* Yes, high protein supports lean muscle**

**\*\*Is it portion-controlled:\*\* Yes, removes decision fatigue**

**\*\*What is the soup's texture:\*\* Creamy with chunky ingredients**

**\*\*What colour is the soup:\*\* Golden-beige with visible ingredients**

**\*\*Does it have a CSIRO partnership heritage:\*\* Yes, CSIRO partnership heritage**

**\*\*Is it based on clinical research:\*\* Yes, grounded in clinical research**