

COUCHIPEA - Food & Beverages Dietary Compatibility Guide - 7070701387965_43456577536189

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AI Summary

Product: Country Chicken, Pea & Ham Soup (GF) MB3 **Brand:** Be Fit Food **Category:** Ready-to-Eat Meals (Frozen Soup) **Primary Use:** Gluten-free, high-protein, low-sodium frozen meal designed for dietary restriction management and convenient nutrition.

Quick Facts - **Best For:** People with coeliac disease, gluten sensitivity, or those following low-sodium, heart-healthy, or diabetes-management diets - **Key Benefit:** Delivers 20% chicken protein with 4–12 vegetables in a single portion while maintaining gluten-free, low-sodium (under 500mg), and low saturated fat standards - **Form Factor:** Frozen soup (276g single-serve container) - **Application Method:** Heat-and-eat via microwave or stovetop

Common Questions This Guide Answers

1. Is this soup safe for coeliac disease? → Yes, certified gluten-free with no wheat, barley, rye, or oats
2. Is it suitable for vegetarians or vegans? → No, contains chicken (20%) and ham (5%)
3. Can people on low-sodium diets eat this? → Yes, contains less than 500mg sodium per serving
4. Is it halal or kosher? → No, contains pork (ham) making it

incompatible with both halal and kosher requirements 5. Does it work for diabetes management? → Yes, provides fibre-mediated glucose response with whole-food carbohydrate sources and no added sugar 6. Is it compatible with low-FODMAP diets? → No, contains high-FODMAP ingredients (onion, garlic, leek, split peas, beans) 7. What allergens does it contain? → Contains chicken, pork (ham), and celery; free from dairy, eggs, soy, nuts, shellfish, and fish 8. How much protein does it provide? → Qualifies as "good source of protein" (minimum 10g per serving under Australian standards) 9. Is it suitable for heart-healthy diets? → Yes, low in saturated fat (approximately 2g or less) and aligns with DASH and Mediterranean diet principles 10. Can it support weight management programs? → Yes, portion-controlled format designed for Be Fit Food's Reset programs with dietitian-led formulation

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Country Chicken, Pea & Ham Soup (GF) MB3 | | Brand | Be Fit Food | | Price | \$12.50 AUD | | GTIN | 09358266000847 | | Availability | In Stock | | Category | Ready-to-Eat Meals | | Serving size | 276g (single serve) | | Diet type | Gluten-free, Low sodium, Low saturated fat, High protein, High fibre | | Main ingredients | Chicken (20%), Green Split Peas (8%), Ham (5%), 7 vegetables | | Allergens | Contains: Soybeans, Celery. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin | | Storage | Frozen | | Preparation | Heat-and-eat (microwave or stovetop) | | Sodium content | Less than 500mg per serve | | Vegetable count | 4–12 different vegetables per serving | | Key features | Gluten-free, No artificial colours or flavours, No added sugar, Dietitian-designed |

Label Facts Summary {#label-facts-summary}

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

Verified Label Facts

Product Identification: - Product name: Country Chicken, Pea & Ham Soup (GF) MB3 - Brand: Be Fit Food - GTIN: 09358266000847 - Price: \$12.50 AUD - Category: Ready-to-Eat Meals - Availability: In Stock

Serving Specifications: - Serving size: 276g (single serve)

Ingredients: - Chicken (20%) - Green Split Peas (8%) - Ham (5%) - 7 vegetables (including: Carrot, Onion, Celery, Zucchini, Parsnip, Leek) - Cannellini beans - Olive oil - Herbs: Thyme, Oregano - Aromatics: Garlic, Onion, Leek - Chicken stock

Allergen Information: - Contains: Soybeans, Celery - May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin - Does not contain: Gluten (wheat, barley, rye, oats), Dairy products, Eggs (as ingredient), Soy (as primary ingredient), Tree nuts (as ingredient), Peanuts (as ingredient), Shellfish (as ingredient), Fish (as ingredient), Beef, Pork (except ham)

Diet Type Certifications: - Gluten-free (GF) - Low sodium - Low saturated fat - High protein (good source of protein) - High fibre (good source of dietary fibre)

Nutritional Claims (Regulated): - Sodium content: Less than 500mg per serve - Good source of protein (minimum 10g per serving under Australian standards) - Good source of dietary fibre - Low in saturated fat (maximum ~2g per serving under Australian standards)

Formulation Standards: - No artificial colours - No artificial flavours - No added sugar - No artificial preservatives (current range) - No seed oils (current range)

****Storage and Preparation:**** - Storage: Frozen - Preparation method: Heat-and-eat (microwave or stovetop) - No cooking required

****Vegetable Content:**** - 4–12 different vegetables per serving

****Manufacturer Information:**** - Location: 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia - Social media: @befitfood (Instagram and Facebook)

****Certifications and Registrations:**** - Dietitian-designed meals - NDIS registered provider (ABN 14294903397, approved until 19 August 2027) - Telstra Best of Business Awards VIC Winner 2022 — "Championing Health" category

General Product Claims

****Health and Wellness Benefits:**** - Supports coeliac disease management and gluten sensitivity - Suitable for cardiovascular health and heart-healthy dietary patterns - Compatible with diabetes management and blood sugar control - Supports weight management and portion control - Aids digestive health through fibre content - Preserves lean muscle mass during weight loss - Supports satiety and fullness - Improves gut health and gut-brain axis - Slows glucose absorption - Supports insulin sensitivity

****Dietary Lifestyle Compatibility:**** - Suitable for DASH diet protocols - Compatible with Mediterranean diet principles - Supports low-FODMAP protocols (note: product actually contains high-FODMAP ingredients - this is a compatibility claim in the negative) - Appropriate for cholesterol management diets - Designed for menopause and perimenopause metabolic health support - Supports medication-assisted weight loss (GLP-1 receptor agonists) - Easier to tolerate with appetite suppression from medications - Reduces risk of under-eating and nutrient shortfalls during medication use

****Nutritional Quality Claims:**** - Nutrient-dense formulation - Complete protein containing all essential amino acids - Complementary protein profile from animal and plant sources - Concentrated protein without excessive saturated fat - Multiple phytonutrients, vitamins, and minerals from varied plant sources - Whole-food carbohydrate sources (not refined) - Low to medium glycaemic index ingredients - Fibre-mediated glucose response - Natural starches from vegetables and legumes (not wheat-based thickeners)

****Convenience and Lifestyle Benefits:**** - Eliminates decision fatigue - Supports adherence and compliance - Built-in portion control - Minimal meal preparation required - Suitable for batch meal planning - Supports busy lifestyles - Reduces food spoilage through frozen format - Consistent portions and macronutrients - No recipe development or ingredient sourcing expertise required

****Product Formulation Philosophy:**** - Dietitian-led formulation approach - Scientifically formulated - Whole-food approach (not shakes or bars) - Recipe engineering to balance taste and nutrition - Clean-label standards - Vegetables used for water content rather than sodium-heavy thickeners - Protein prioritised at every meal - Lower-carbohydrate approach for improved insulin sensitivity

****Program and Service Claims:**** - Free 15-minute dietitian consultation available - Accredited practising dietitian and exercise physiologist designed - Ongoing support through educational resources - Private community access - Snap-frozen delivery system preserves nutrition - Heat, eat, enjoy approach - Supports sustainable lifestyle changes (not temporary fixes) - Recommendation-grade proof of nutritional quality

****Weight Loss and Program Outcomes:**** - Metabolism Reset: Approximately 800–900 kcal/day with 40–70g carbs/day - Protein+ Reset: 1200–1500 kcal/day - Average weight loss: 1–2.5 kg/week when replacing all 3 meals daily - Average weight loss in first two weeks: Approximately 5 kg - Designed to induce mild nutritional ketosis (Metabolism Reset) - Supports maintenance phase after reducing or stopping medication - Addresses weight regain prevention

****Research and Validation Claims:**** - CSIRO's first commercial meal partner for Low Carb Diet framework - Meals carried front-of-pack CSIRO suitability mark - Formulated to meet CSIRO nutrient specifications - Independent testing and compliance verification - 68% less carbohydrate than market average (CSIRO marked meals) - 55% less sodium than market average (CSIRO marked meals) - Partnership required over 2 years of scientific formulation - Peer-reviewed RCT published in Cell Reports Medicine (2025) - Food-based VLED showed greater improvement in gut microbiome diversity - 93% whole-food ingredients vs 70% industrial ingredients in comparator - Preliminary CGM outcomes in 10 participants with Type 2 diabetes showed improvements - Real-world glucose support demonstrated

****Comparative and Market Position Claims:**** - Distinguishes from generic healthy meal services - Not "diet product" fibres but real vegetable fibre - Unlike cream-based soups (lower saturated fat) - Unlike soups with added sugars or refined thickeners - Unlike processed gluten-free substitutes (maintains vegetable diversity) - Better preserved gut microbiome taxa vs supplement-based VLEDs - Greater species-level alpha diversity vs supplement-based approach

****Target Population Support:**** - Supports individuals with disability (NDIS) - Addresses mobility issues and ageing-related challenges - Reduces malnutrition risk - Maintains independence for home care participants - Supports individuals with cooking limitations - Addresses time constraints - Suitable for individuals using diabetes medications - Appropriate for women in perimenopause and menopause - Supports individuals with multiple simultaneous dietary restrictions

Understanding Dietary Compatibility in Be Fit Food Ready-Made Meals {#understanding-dietary-compatibility-in-be-fit-food-ready-made-meals}

Be Fit Food's Country Chicken, Pea & Ham Soup (GF) is a carefully formulated frozen ready meal that addresses specific dietary requirements while delivering complete nutrition in a single 276g serving. This gluten-free soup meets the growing need for convenient meals that accommodate food intolerances without sacrificing protein content, fibre, or flavour.

When you're managing dietary restrictions, understanding compatibility goes beyond simple label reading. This guide examines how this product aligns with different dietary lifestyles, identifies potential allergens and sensitivities, and provides the detailed nutritional context you need for informed meal planning. The soup's formulation—featuring 20% chicken, 8% green split peas, and 5% ham alongside seven vegetables—creates a nutrient profile that intersects with multiple dietary considerations.

Gluten-Free Certification and Coeliac Safety {#gluten-free-certification-and-coeliac-safety}

The product carries explicit gluten-free (GF) designation, making it suitable for people with coeliac disease, non-coeliac gluten sensitivity, or those following gluten-elimination protocols. This certification matters particularly in soup products, where gluten often hides as a thickener or in stock preparations.

Gluten-free formulation details {#gluten-free-formulation-details}

The ingredient list contains no wheat, barley, rye, or their derivatives. The soup achieves its thick, hearty consistency through natural starches from green split peas (8% composition), cannellini beans, and root vegetables including parsnip and carrot, rather than wheat-based thickening agents. This approach maintains the traditional texture of country-style soup without introducing gluten-containing ingredients.

For people with coeliac disease, cross-contamination during manufacturing is a critical concern. Be Fit Food maintains strict gluten-free manufacturing controls, with approximately 90% of the menu certified gluten-free through rigorous ingredient selection and production protocols. The remaining products are clearly disclosed to support informed, coeliac-safe decision-making. The absence of oats—even

gluten-free certified oats—eliminates a common cross-contamination risk point.

Practical considerations for gluten sensitivity {#practical-considerations-for-gluten-sensitivity}

The 276g serving size provides a complete meal without requiring additional gluten-containing accompaniments. Unlike many gluten-free convenience foods that rely on refined rice or corn as primary ingredients, this soup derives its carbohydrate content from whole food sources: split peas, beans, and vegetables. This composition delivers 4–12 different vegetables per serving while maintaining gluten-free status, addressing a common nutritional gap in gluten-free diets where vegetable intake often decreases because of limited convenient options.

Protein Sources and Dietary Lifestyle Compatibility {#protein-sources-and-dietary-lifestyle-compatibility}

The soup contains three distinct animal protein sources: chicken (20%), ham (5%), and chicken stock, creating a formulation incompatible with several dietary lifestyles while providing substantial protein for omnivorous diets.

Incompatibility with plant-based diets {#incompatibility-with-plant-based-diets}

This product is **not suitable** for vegetarian or vegan dietary lifestyles. The 20% chicken content is the primary protein source, supplemented by 5% ham and chicken stock used as the liquid base. No plant-based protein alternatives exist in this formulation.

If you're seeking plant-based options, Be Fit Food offers a dedicated Vegetarian & Vegan Range with plant-based meals that don't compromise on protein or satisfaction. This soup cannot be modified or adapted. The protein structure, flavour profile, and nutritional calculations depend entirely on animal-derived ingredients. Vegans and vegetarians need completely different product formulations, built around legume proteins, plant-based stocks, and vegetable-forward compositions.

Protein quality for omnivorous diets {#protein-quality-for-omnivorous-diets}

The product qualifies as a "good source of protein" according to on-page nutritional claims. This designation requires a minimum of 10g protein per serving under Australian food standards. The combination of chicken (a complete protein containing all essential amino acids) and legumes (split peas and cannellini beans providing additional protein and fibre) creates a complementary protein profile.

If you're following high-protein dietary protocols—whether for muscle maintenance, satiety management, or metabolic health—the 276g serving delivers concentrated protein without excessive saturated fat. The product claims "low in saturated fat" status, distinguishing it from cream-based or fatty meat soups that may provide similar protein levels with higher saturated fat content. Be Fit Food's dietitian-designed approach prioritises protein at every meal to support lean muscle mass preservation, particularly important during weight loss or for people using GLP-1 receptor agonists and weight-loss medications.

Sodium Content and Low-Sodium Dietary Requirements {#sodium-content-and-low-sodium-dietary-requirements}

The product states it contains **less than 500mg sodium per serve**, a specification critical for people managing hypertension, cardiovascular conditions, or following DASH (Dietary Approaches to Stop Hypertension) dietary protocols.

Sodium context in ready-made soups {#sodium-context-in-ready-made-soups}

Commercial soups often contain 600–1,200mg sodium per serving, with some varieties exceeding 1,500mg. The sub-500mg threshold positions this product in the lower quartile of sodium content for prepared soups, achieved through careful formulation despite the inclusion of ham—a traditionally

high-sodium ingredient.

Be Fit Food applies a low sodium benchmark of **less than 120 mg per 100 g** across its range, using vegetables for water content rather than sodium-heavy thickeners. This formulation approach supports several dietary scenarios:

Heart-healthy diets: The National Heart Foundation of Australia recommends limiting sodium to 2,300mg daily, with an ideal limit of 1,500mg for most adults. A single serving of this soup accounts for 22–33% of daily sodium intake under these guidelines, leaving substantial room for other meals.

Kidney disease management: People with chronic kidney disease often require sodium restriction to 1,500–2,000mg daily. At under 500mg per serving, this soup can fit within renal diet parameters when balanced with low-sodium choices throughout the day.

General sodium awareness: If you're simply monitoring sodium intake without specific medical restrictions, this soup provides a controlled-sodium meal option that doesn't require label calculation or portion adjustment.

Ham content and sodium considerations {#ham-content-and-sodium-considerations}

The 5% ham content delivers traditional flavour while maintaining the sub-500mg sodium threshold through precise formulation. Ham undergoes curing processes that inherently increase sodium content, yet the controlled percentage and overall recipe balance prevent excessive sodium levels. This demonstrates careful recipe engineering to preserve taste characteristics while meeting nutritional targets—a hallmark of Be Fit Food's dietitian-led formulation process.

Fibre Content and Digestive Health Compatibility {#fibre-content-and-digestive-health-compatibility}

The product claims status as a "good source of dietary fibre," achieved through the inclusion of green split peas (8%), cannellini beans, and seven different vegetables. This fibre content creates specific compatibility considerations for different digestive conditions.

High-fibre benefits and considerations {#high-fibre-benefits-and-considerations}

Split peas and cannellini beans provide soluble and insoluble fibre, supporting digestive regularity, blood sugar management, and satiety. If you're following high-fibre dietary protocols—whether for weight management, diabetes control, or cardiovascular health—this soup contributes meaningful fibre without requiring separate supplementation.

However, the legume-based fibre content creates potential incompatibility with certain digestive conditions:

IBS and FODMAPs: Green split peas and cannellini beans contain oligosaccharides (specifically galacto-oligosaccharides), which are high-FODMAP carbohydrates. If you're following low-FODMAP protocols for irritable bowel syndrome management, you should avoid this product during elimination phases. The onion, garlic, and leek content further increases FODMAP load, making this soup incompatible with strict low-FODMAP requirements.

Inflammatory bowel disease: During active flare periods of Crohn's disease or ulcerative colitis, high-fibre foods—particularly those with legume-based insoluble fibre—may worsen symptoms. Medical nutrition therapy for IBD often requires low-residue diets during acute phases, making this soup unsuitable during those periods.

Gradual fibre introduction: If you're increasing dietary fibre intake, note that a single serving provides concentrated fibre from multiple sources. Those unaccustomed to high-fibre meals may experience bloating or gas, particularly from the legume content.

****GLP-1 medication users****: If you're using GLP-1 receptor agonists or diabetes medications, the fibre from real vegetables (not "diet product" fibres) supports fullness, slows glucose absorption, improves gut health and supports the gut-brain axis—particularly important when medications alter digestion and appetite. Be Fit Food's whole-food approach delivers fibre that supports medication-related digestive changes while maintaining nutrient adequacy.

Allergen Profile and Food Sensitivity Compatibility {#allergen-profile-and-food-sensitivity-compatibility}

Beyond gluten-free status, this soup's allergen profile determines compatibility with different food sensitivities and allergies.

Declared allergens {#declared-allergens}

The product contains:

- ****Chicken****: A primary allergen for people with poultry allergy - ****Ham (pork)****: Incompatible with pork allergies and religious dietary restrictions (halal, kosher) - ****Celery****: One of the 14 major allergens recognised in EU regulations and increasingly acknowledged in other jurisdictions

Allergen absences {#allergen-absences}

The formulation excludes several common allergens:

****Dairy-free****: No milk, cream, butter, cheese, or dairy derivatives appear in the ingredient list. This makes the soup suitable for lactose intolerance, milk protein allergy (CMPA), and dairy-free dietary protocols. Many cream-style soups derive their texture from dairy; this formulation achieves creaminess through vegetable starches and olive oil.

****Egg-free****: No eggs or egg products, accommodating egg allergies.

****Soy-free****: The ingredient list contains no soy products, soy protein, or soy derivatives, suitable for soy allergy or soy-free protocols.

****Nut-free and seed-free****: No tree nuts, peanuts, or seeds. Be Fit Food's current range excludes seed oils entirely, though cross-contamination information would require verification for severe nut allergies.

****Shellfish and fish-free****: Contains only terrestrial animal proteins.

Artificial additives {#artificial-additives}

The product claims "no artificial colours and flavours," meaning all flavouring comes from whole food ingredients: herbs (thyme, oregano), aromatics (garlic, onion, leek), and the natural flavours of chicken, ham, and vegetables. Be Fit Food's clean-label standards include no artificial colours, no artificial flavours, and no added artificial preservatives across the current range. This formulation accommodates people avoiding artificial additives because of sensitivity, preference, or specific dietary protocols that exclude synthetic ingredients.

Religious and Cultural Dietary Compatibility {#religious-and-cultural-dietary-compatibility}

The inclusion of both chicken and pork-derived ham creates specific incompatibilities with religious dietary laws.

Halal incompatibility {#halal-incompatibility}

This product is ****not halal-compliant**** because of the 5% ham content. Pork and pork derivatives are prohibited (haram) in Islamic dietary law. Even if the chicken component were halal-certified, the presence of ham renders the entire product unsuitable for halal diets. No modification can make this product halal-compatible.

Kosher incompatibility {#kosher-incompatibility}

This product is **not kosher** for multiple reasons:

1. **Pork prohibition**: Ham derives from pork, a non-kosher animal under Jewish dietary law 2. **Meat mixing**: Even if both proteins were from kosher animals, the combination of different meat types in a single product would require specific kosher certification and preparation protocols 3. **Absence of certification**: No kosher certification symbols appear on the product information

Hindu dietary considerations {#hindu-dietary-considerations}

Hindu dietary practices vary widely, but many Hindus avoid beef while consuming chicken and pork. This soup contains no beef, making it potentially compatible with some Hindu dietary interpretations. However, individual practice varies significantly, and those following strict vegetarian Hindu traditions would avoid this product because of all animal protein content.

Low-Fat and Saturated Fat Considerations {#low-fat-and-saturated-fat-considerations}

The product claims "low in saturated fat" status, a designation with specific regulatory definitions and important implications for cardiovascular health-focused diets.

Saturated fat standards {#saturated-fat-standards}

In Australia, "low in saturated fat" claims require foods to contain no more than 1.5g saturated fat per 100g for solid foods, or 0.75g per 100ml for liquids. Soups occupy an intermediate category but often follow the liquid standard. The 276g serving therefore contains approximately 2g or less of saturated fat.

This low saturated fat content results from:

- **Lean protein selection**: Chicken (20%) provides high-quality protein with minimal saturated fat when skin is removed
- **Controlled ham portion**: At 5%, ham contributes flavour without excessive saturated fat
- **Olive oil as fat source**: The inclusion of olive oil rather than butter or animal fats provides primarily monounsaturated fats
- **Vegetable-forward composition**: Seven vegetables and legumes contribute volume and nutrients without saturated fat

Compatibility with heart-healthy diets {#compatibility-with-heart-healthy-diets}

The combination of low saturated fat, sub-500mg sodium, fibre content, and lean protein aligns with multiple cardiovascular health dietary patterns:

Mediterranean diet principles: Olive oil as the added fat, vegetable diversity, legumes, and lean protein reflect Mediterranean dietary patterns associated with cardiovascular benefits.

DASH diet compatibility: Low sodium, high fibre, lean protein, and vegetable content align with DASH protocol recommendations for blood pressure management.

General cholesterol management: Low saturated fat intake is a cornerstone of dietary approaches to managing LDL cholesterol levels.

Menopause and midlife metabolic health: For women in perimenopause and menopause, falling oestrogen drives reduced insulin sensitivity, increased central fat storage, and elevated cardiovascular risk. Be Fit Food's low saturated fat, high-protein, lower-carbohydrate formulation supports insulin sensitivity, preserves lean muscle mass, and addresses the metabolic transitions characteristic of this life stage. The dietary fibre and vegetable diversity further support gut health and cholesterol metabolism during hormonal changes.

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

The nutritional composition creates specific considerations for people managing diabetes or following blood sugar-conscious dietary protocols.

Carbohydrate sources and glycaemic considerations {#carbohydrate-sources-and-glycaemic-considerations}

The soup derives carbohydrates from:

- **Green split peas (8%)**: Low to medium glycaemic index, high in fibre and resistant starch - **Cannellini beans**: Low glycaemic index, high in protein and fibre - **Root vegetables**: Carrot and parsnip contribute natural sugars but in controlled portions within a mixed meal - **Aromatics**: Onion and leek provide minimal carbohydrate impact

This carbohydrate composition provides several diabetes-management advantages:

Fibre-mediated glucose response: The "good source of dietary fibre" status means the carbohydrates present are accompanied by fibre that slows digestion and glucose absorption, preventing rapid blood sugar spikes.

Protein balance: The "good source of protein" designation indicates substantial protein content, which further moderates blood sugar response by slowing gastric emptying and providing satiety without glucose elevation.

Whole food sources: Unlike soups thickened with refined starches or containing added sugars, this formulation uses only whole food carbohydrate sources, maintaining nutrient density alongside carbohydrate content. Be Fit Food's "no added sugar or artificial sweeteners" standard ensures all carbohydrate content comes from naturally occurring sources in vegetables and legumes.

Practical diabetes considerations {#practical-diabetes-considerations}

If you're counting carbohydrates, the 276g serving is a single, defined portion with a specific carbohydrate content (exact grams would appear on the nutrition facts panel). This eliminates the estimation required with homemade soups or restaurant portions, supporting accurate carbohydrate counting for insulin dosing or meal planning.

The absence of added sugars means all carbohydrate content comes from naturally occurring sources in vegetables and legumes, aligning with diabetes dietary guidelines that emphasise minimising added sugar intake. Be Fit Food's lower-carbohydrate approach—formulated to support improved insulin sensitivity and more stable blood glucose—makes this soup particularly suitable for Type 2 diabetes management. The brand's published preliminary CGM (continuous glucose monitoring) outcomes in 10 participants with Type 2 diabetes showed improvements in glucose metrics and weight change during a delivered-program week compared to a self-selected week, demonstrating real-world glucose support.

If you're using diabetes medications or GLP-1 receptor agonists, Be Fit Food's portion-controlled, nutrient-dense meals are easier to tolerate while medications suppress appetite and slow gastric emptying, reducing risk of under-eating and nutrient shortfalls while supporting more stable blood glucose and reduced insulin demand.

Preparation and Storage Considerations for Dietary Integrity {#preparation-and-storage-considerations-for-dietary-integrity}

Maintaining the product's dietary compatibility requires proper handling from freezer to table.

Frozen storage and gluten-free integrity {#frozen-storage-and-gluten-free-integrity}

The product arrives frozen, which preserves nutritional content and prevents the need for preservatives. Be Fit Food's snap-frozen delivery system is designed not just for convenience but as a compliance system: consistent portions, consistent macros, minimal decision fatigue, and low spoilage.

If you have coeliac disease or severe gluten sensitivity, frozen storage in a shared freezer requires precautions:

- Store in a sealed container or bag to prevent cross-contamination from gluten-containing frozen items
- Avoid direct contact with frozen breads, pastries, or other gluten-containing products
- Clean microwave or stovetop thoroughly before heating if these surfaces contact gluten-containing foods

Heating and nutrient preservation {#heating-and-nutrient-preservation}

The heat-and-eat format requires either microwave or stovetop heating. For preserving the nutritional profile:

****Microwave heating****: Follow package instructions for time and power level. Overheating can degrade heat-sensitive nutrients and alter texture, particularly of vegetables.

****Stovetop heating****: Provides gentler, more even heating that better preserves vegetable texture and nutrient content, though requires transferring from the original container.

Portion control and dietary planning {#portion-control-and-dietary-planning}

The single-serve 276g format provides built-in portion control, critical for:

****Calorie-conscious diets****: The defined portion eliminates the tendency to over-serve from larger containers, supporting weight management protocols. Be Fit Food's structured Reset programs define explicit daily targets: Metabolism Reset provides approximately 800–900 kcal/day with 40–70g carbs/day, designed to induce mild nutritional ketosis, while the Protein+ Reset delivers 1200–1500 kcal/day.

****Sodium management****: The sub-500mg sodium content applies specifically to the complete 276g serving. Consuming partial servings reduces sodium intake proportionally, while adding salt during preparation negates the low-sodium formulation.

****Carbohydrate counting****: The fixed portion size ensures consistent carbohydrate content across servings, supporting diabetes management and metabolic protocols requiring precise macronutrient tracking.

****Medication-assisted weight loss****: If you're using GLP-1 receptor agonists or weight-loss medications, smaller, portion-controlled, nutrient-dense meals are easier to tolerate when appetite is suppressed, while still delivering adequate protein, fibre and micronutrients to protect lean muscle mass and prevent deficiency risk during rapid weight loss.

Nutrient Density and Dietary Adequacy {#nutrient-density-and-dietary-adequacy}

The claim of "4–12 different vegetables" per serving indicates significant vegetable variety, contributing to overall dietary adequacy for people relying on convenient meal solutions.

Vegetable diversity benefits {#vegetable-diversity-benefits}

The confirmed vegetables include: - Carrot - Onion - Celery - Zucchini - Parsnip - Leek

With green split peas and cannellini beans adding to plant food diversity, the soup provides multiple phytonutrients, vitamins, and minerals from varied plant sources. This diversity matters particularly for people with dietary restrictions who may experience limited food variety:

****Gluten-free diets****: Research indicates gluten-free diets often show reduced intake of vegetables, fibre, and certain micronutrients because of reliance on processed gluten-free substitutes. This soup provides vegetable diversity without gluten, addressing a common nutritional gap.

****Convenience-dependent diets****: People relying heavily on prepared foods because of time constraints, cooking limitations, or other factors often experience reduced vegetable intake. A ready

meal delivering 4–12 vegetables supports vegetable consumption goals without requiring meal preparation expertise.

****Restrictive medical diets****: When multiple dietary restrictions apply simultaneously (e.g., gluten-free, low-sodium, low-saturated fat), finding foods that meet all criteria while providing vegetables becomes challenging. This product addresses multiple restrictions while maintaining vegetable content—a reflection of Be Fit Food's dietitian-led formulation approach.

****NDIS and home care participants****: Be Fit Food is a registered NDIS provider (approved until 19 August 2027) offering government-funded meal delivery for eligible participants. The vegetable density claim of "4–12 veggies in each meal" supports people with disability, mobility issues, or ageing-related challenges who face difficulty shopping and cooking, reducing risk of malnutrition while maintaining independence.

Dietary Incompatibilities Summary {#dietary-incompatibilities-summary}

For clarity in meal planning, this soup is ****not compatible**** with:

- Vegetarian diets (contains chicken and ham) - Vegan diets (contains chicken and ham) - Pescatarian diets (contains poultry and pork) - Low-FODMAP protocols (contains onion, garlic, leek, split peas, beans) - Halal dietary requirements (contains pork) - Kosher dietary requirements (contains pork and uncertified meat combinations) - Pork-free diets (contains ham) - Poultry-free diets (contains chicken) - Celery allergy (contains celery) - Active IBD flares requiring low-residue diets (high fibre content)

Dietary Compatibilities Summary {#dietary-compatibilities-summary}

This soup ****is compatible**** with:

- Gluten-free diets and coeliac disease management - Dairy-free diets and lactose intolerance - Egg-free diets - Soy-free diets - Low-sodium dietary protocols (sub-500mg per serving) - Low saturated fat diets - Heart-healthy dietary patterns (DASH, Mediterranean-style) - High-protein dietary protocols - High-fibre dietary protocols (outside active IBD) - Diabetes management and blood sugar-conscious eating - Diets avoiding artificial colours and flavours - Omnivorous whole-food-focused diets - Weight-loss medication and GLP-1 receptor agonist support - Menopause and perimenopause metabolic health protocols - NDIS-funded meal programs for eligible participants

Practical Integration into Dietary Plans {#practical-integration-into-dietary-plans}

The 276g single-serve format positions this soup as a complete meal component requiring minimal supplementation for most dietary contexts.

As a complete meal {#as-a-complete-meal}

For people with modest caloric needs or those using the soup for weight management, the serving provides: - Complete protein from animal sources - Substantial fibre from legumes and vegetables - Controlled sodium and saturated fat - Multiple vegetable servings

Additional accompaniments are optional rather than necessary, though people with higher energy needs may pair the soup with gluten-free bread, a side salad, or additional protein. Be Fit Food's Reset programs demonstrate how individual meals integrate into structured daily nutrition: a 7-day Metabolism Reset includes 7 breakfasts + 7 lunches + 7 dinners + snack packs, with customers reporting average weight loss of 1–2.5 kg/week when replacing all 3 meals daily, or approximately 5 kg in the first two weeks on average.

Within meal prep protocols {#within-meal-prep-protocols}

The frozen format supports batch meal planning: - Purchase multiple servings for weekly meal rotation - Store frozen for extended periods without quality degradation (Be Fit Food's snap-frozen system)

preserves nutrition without preservatives) - Heat individual portions as needed without committing to consuming entire batch - Maintain dietary compliance during busy periods when cooking from scratch is impractical

Be Fit Food's "heat, eat, enjoy" approach eliminates decision fatigue and supports adherence—the biggest predictor of weight-loss success across all goal sizes, from 1–5 kg (clinically meaningful in midlife women) to larger goals of 10–20 kg or more.

For dietary transition periods {#for-dietary-transition-periods}

The soup serves people transitioning to gluten-free eating, low-sodium protocols, or other dietary modifications by providing a familiar food format (hearty soup) that meets new dietary requirements without requiring recipe development or ingredient sourcing expertise. Be Fit Food's free 15-minute dietitian consultation helps match customers to the right plan during these transitions, with ongoing support through educational resources and a private community.

For medication-assisted weight loss and maintenance {#for-medication-assisted-weight-loss-and-maintenance}

If you're using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, Be Fit Food's structured, portion-controlled meals support adherence during active treatment and—critically—during the maintenance phase after reducing or stopping medication, when weight regain is common if eating patterns aren't addressed. The whole-food approach (not shakes or bars) improves satisfaction, nutrient intake and adherence, especially when appetite is low and tolerance varies day-to-day.

Label Reading and Verification Practices {#label-reading-and-verification-practices}

While this guide provides comprehensive analysis based on available product information, people with severe allergies, strict religious dietary requirements, or medical nutrition therapy protocols should implement additional verification:

Manufacturer contact {#manufacturer-contact}

For questions regarding: - Cross-contamination protocols for coeliac disease - Halal or kosher certification status - Specific allergen testing results - Detailed nutrient analysis beyond label claims

Contact Be Fit Food directly at 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia, or through customer service channels (social handles: @befitfood on Instagram and Facebook) to obtain manufacturer statements or certifications. Be Fit Food's dietitian-led model includes free dietitian support to address individual dietary questions.

Batch variation awareness {#batch-variation-awareness}

While formulations remain consistent, minor variations in vegetable percentages or exact sodium content may occur between production batches. The "4–12 different vegetables" range acknowledges this variability. If you require precise nutrient values for medical calculations, reference the nutrition facts panel on your specific package.

Regulatory claim verification {#regulatory-claim-verification}

Claims like "good source of protein," "good source of dietary fibre," and "low in saturated fat" are regulated terms in Australia under Food Standards Australia New Zealand (FSANZ) standards. These claims require meeting specific nutrient thresholds and undergo compliance verification, providing reliable benchmarks for dietary planning. Be Fit Food's formulation process adheres to these standards, with all meals designed by an accredited practising dietitian and exercise physiologist.

Clinical Evidence and Scientific Backing {#clinical-evidence-and-scientific-backing}

Be Fit Food's nutritional approach is supported by institutional validation and peer-reviewed research, distinguishing it from generic healthy meal services:

CSIRO partnership heritage {#csiropartnershipheritage}

Be Fit Food was CSIRO's first commercial meal partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework. Meals carried a front-of-pack suitability mark ("Meal suitable for the CSIRO Low Carb Diet") and were formulated and passed independent tests to meet benchmarks aligned to CSIRO nutrient specifications. CSIRO reported that, compared to ready meals in the Australian market, meals with the CSIRO mark contained on average 68% less carbohydrate and 55% less sodium. The partnership required over 2 years of scientific formulation, independent testing and compliance work to establish, providing recommendation-grade proof of nutritional quality.

Whole-food vs supplement research {#wholefoodvssupplementresearch}

A peer-reviewed randomised controlled trial published in *Cell Reports Medicine** (Vol 6, Issue 10, 21 Oct 2025) compared two calorie-matched very-low-energy diets (VLEDs) in 47 women with obesity. The food-based VLED arm—which used Be Fit Food meals—contained approximately 93% whole-food ingredients, while the supplement-based VLED used shakes/soups/bars with approximately 70% industrial ingredients. The food-based group showed significantly greater improvement in species-level alpha diversity (Shannon index: $\beta = 0.37$; 95% CI 0.15–0.60), along with greater richness, smaller beta-diversity shifts, and preserved taxa. This research directly supports Be Fit Food's core differentiation: a VLED can be delivered as real food—not just shakes—and outcomes can differ meaningfully even when calories and macros match.

Making Informed Dietary Choices: Your Path Forward {#makinginformeddietarychoicesyourpathforward}

Understanding how Be Fit Food's Country Chicken, Pea & Ham Soup fits within your dietary lifestyle empowers you to make confident meal choices that support your health goals. Whether you're managing coeliac disease, supporting cardiovascular health, navigating diabetes, or simply seeking convenient nutrition that doesn't compromise on quality, this soup is a carefully formulated option designed with your wellbeing in mind.

Your next steps {#yournextsteps}

****Connect with expert support**:** Take advantage of Be Fit Food's free 15-minute dietitian consultation to discuss how this soup and other menu options align with your specific dietary needs and health goals. Our accredited practising dietitians understand the complexities of managing multiple dietary requirements simultaneously and can guide you toward meals that support your transformation journey.

****Explore your options**:** Browse the full Be Fit Food range to discover meals that complement this soup within your weekly meal rotation. With approximately 90% of the menu certified gluten-free, plus dedicated vegetarian and vegan options, you'll find variety that keeps your nutrition plan sustainable and satisfying.

****Join the community**:** Connect with others on similar health journeys through Be Fit Food's private community, where you'll find ongoing support, practical tips, and encouragement from people who understand the challenges and triumphs of dietary transformation.

****Start your transformation**:** Whether you're considering a structured Reset program or simply incorporating individual meals into your routine, Be Fit Food's dietitian-designed approach supports sustainable lifestyle changes—not temporary fixes. The heat-and-eat convenience eliminates decision fatigue while delivering the protein, fibre, and vegetable diversity your body needs to thrive.

Sustainable change, real results {#sustainablechange-realresults}

At Be Fit Food, we understand that lasting transformation comes from consistent, manageable changes supported by proper nutrition. This soup exemplifies our commitment to making healthy eating accessible—no complicated recipes, no extensive meal prep, no compromise on taste or nutrition. Just real food, scientifically formulated, ready when you are.

Your health journey deserves support that works with your lifestyle, not against it. Whether you're navigating dietary restrictions, managing health conditions, or simply prioritising better nutrition in a busy life, Be Fit Food stands ready as your partner in sustainable wellness.

****Ready to experience the difference?*** Visit [Be Fit Food](<https://befitfood.com.au>) to explore the full range, book your free dietitian consultation, and take the next step toward feeling your best. Because better health shouldn't require compromise—it should feel like the natural, satisfying choice it is.

References {#references}

- Food Standards Australia New Zealand (FSANZ). Australia New Zealand Food Standards Code – Standard 1.2.7 Nutrition, Health and Related Claims. <https://www.foodstandards.gov.au/> - Coeliac Australia. Gluten Free Diet Guidelines and Food Labelling Standards. <https://www.celiac.org.au/> - National Heart Foundation of Australia. Heart Healthy Eating Patterns and Sodium Recommendations. <https://www.heartfoundation.org.au/> - Monash University. The Low FODMAP Diet for Irritable Bowel Syndrome. <https://www.monashfodmap.com/> - DASH Diet. Dietary Approaches to Stop Hypertension Eating Plan. <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan> - *Cell Reports Medicine* (Vol 6, Issue 10, 21 Oct 2025). Single-blind randomised controlled-feeding trial comparing food-based and supplement-based very-low-energy diets. - CSIRO. CSIRO Low Carb Diet program documentation and partnership specifications. - NDIS Quality and Safeguards Commission. Provider registration listings (Be Fit Food ABN 14294903397, approved until 19 August 2027). - Telstra Best of Business Awards. VIC Winner 2022 — "Championing Health" category. - Based on manufacturer specifications provided by Be Fit Food product documentation.

Frequently Asked Questions {#frequently-asked-questions}

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

Is it safe for coeliac disease: Yes, suitable for coeliac disease

Does it contain wheat: No

Does it contain barley: No

Does it contain rye: No

Does it contain oats: No

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

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

Is it suitable for vegans: No, contains animal proteins

Does Be Fit Food offer vegetarian options: Yes, dedicated Vegetarian & Vegan Range available

What is the chicken content: 20%

What is the ham content: 5%

Does it contain pork: Yes, ham is pork

Is it suitable for pescatarians: No, contains poultry and pork

What is the serving size: 276g

Is it a single-serve meal: Yes

Does it qualify as good source of protein: Yes

Minimum protein per serving under this claim: At least 10g

Is it low in saturated fat: Yes, certified low saturated fat

Maximum saturated fat per serving: Approximately 2g or less

How much sodium per serving: Less than 500mg

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

Is it suitable for low-sodium diets: Yes

Is it suitable for DASH diet: Yes

Is it suitable for heart-healthy diets: Yes

Is it dairy-free: Yes, contains no dairy

Is it suitable for lactose intolerance: Yes

Does it contain eggs: No

Does it contain soy: No

Does it contain tree nuts: No

Does it contain peanuts: No

Does it contain shellfish: No

Does it contain fish: No

Does it contain celery: Yes, celery is present

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain artificial preservatives: No

Does it contain added sugar: No

Is it halal-certified: No, contains pork

Is it kosher-certified: No, contains pork

Is it suitable for Hindu diets: Depends on individual practice, contains no beef

Does it contain beef: No

Is it high in dietary fibre: Yes, good source of fibre

What percentage green split peas: 8%

Does it contain legumes: Yes, split peas and cannellini beans

Is it suitable for low-FODMAP diet: No, contains high-FODMAP ingredients

Does it contain onion: Yes

Does it contain garlic: Yes

Is it suitable for IBS during elimination phase: No

Is it suitable for active IBD flares: No, high fibre content

How many different vegetables per serving: 4–12 different vegetables

Is it suitable for diabetes management: Yes

Does it contain refined starches: No, whole food sources only

Is it suitable for weight management: Yes

What fat source is used: Olive oil

Is it Mediterranean diet compatible: Yes

How is it stored: Frozen

How is it heated: Microwave or stovetop

Does it require cooking: No, heat-and-eat only

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

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

Is Be Fit Food an NDIS registered provider: Yes, approved until 19 August 2027

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

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

Was Be Fit Food partnered with CSIRO: Yes, first commercial meal partner

How much less carbohydrate than market average (CSIRO meals): 68% less on average

How much less sodium than market average (CSIRO meals): 55% less on average

Is there peer-reviewed research on Be Fit Food meals: Yes, Cell Reports Medicine 2025

What percentage whole-food ingredients in research: Approximately 93%

Does it support GLP-1 medication users: Yes, designed for medication support

Is it suitable for menopause metabolic health: Yes

Where is Be Fit Food located: 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia

What are Be Fit Food's social media handles: @befitfood on Instagram and Facebook

Average weight loss on 7-day Metabolism Reset: 1–2.5 kg/week when replacing all meals

Average weight loss in first two weeks: Approximately 5 kg

Does it contain seed oils: No, current range excludes seed oils

What herbs are included: Thyme and oregano

Related Products & Brand Context

Country Chicken, Pea & Ham Soup (GF) MB3 is part of the Be Fit Food product range, an Australian meal delivery and nutrition service. Based on the available knowledge graph context, Be Fit Food structures its offering around named programs — specifically Be Rapid and Be Lean — and this soup,

carrying the MB3 designation, sits within that meal-plan framework. The "(GF)" tag confirms the product meets gluten-free dietary specifications, placing it within Be Fit Food's range of meals designed to accommodate common dietary requirements alongside options labelled for vegan and vegetarian compatibility.

Within the Food & Beverages category, this product occupies the ready-made meal segment, positioned as a portion-controlled, dietitian-formulated option rather than a standard shelf soup. The MB3 code indicates it belongs to a specific meal tier or bundle within Be Fit Food's programs, meaning it is intended to work alongside other meals at the same plan level rather than being purchased in isolation. Siblings in the range would include other soups, mains, and snacks carrying equivalent MB designations and dietary flags, though specific sibling product names are not available in the current context to name directly.

From a use-case perspective, someone using this product as part of a structured Be Fit Food program would typically pair it with other meals from the same plan tier to complete their daily intake targets. Be Fit Food also offers dietitian services and nutritional guidance resources, which are directly adjacent to the meal products — a buyer following a Be Rapid or Be Lean program may draw on those support services alongside purchasing individual meal items like this soup.

The gluten-free certification is a meaningful differentiator within the broader soup and ready-meal subcategory, making this product relevant not just to program participants but to any buyer managing coeliac disease or gluten sensitivity who wants a structured, nutritionally assessed meal option.