

COUCHIPEA - Food & Beverages Health Benefits 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 **Primary Use:** A frozen, gluten-free, high-protein soup designed for weight management, metabolic health, and convenient nutrition.

Quick Facts - **Best For:** Health-conscious consumers managing weight, diabetes, cardiovascular health, or following gluten-free diets - **Key Benefit:** High protein (20% chicken), low saturated fat, controlled sodium (<500mg), with 4-12 vegetables per serving - **Form Factor:** Frozen ready-to-eat soup - **Application Method:** Heat from frozen or thaw in refrigeration, then heat to 74°C internal temperature

Common Questions This Guide Answers 1. Is this soup suitable for weight management? → Yes, it provides high protein, controlled portions, and supports satiety as part of Be Fit Food's programs with average weight loss of 1-2.5 kg per week when replacing all three meals daily. 2. What makes this soup heart-healthy? → Low saturated fat, less than 500mg sodium per serving (25% of daily limit), olive oil as primary fat source, and alignment with DASH and Mediterranean dietary patterns. 3. Can people with coeliac disease eat this soup? → Yes, it is certified gluten-free and part of Be Fit Food's approximately 90% gluten-free menu, making it safe for coeliac disease and non-coeliac gluten sensitivity.

Product Facts {#product-facts}

Attribute Value ----- -----	Product name Country Chicken, Pea & Ham Soup (GF) MB3
Brand Be Fit Food	Product code 09358266000847
Price \$12.50 AUD	Serving size 276g
Category Ready-to-Eat Meals	Availability In Stock
Diet Gluten-free	Main ingredients Chicken (20%), Green Split Peas (8%), Ham (5%), Carrot, Onion, Celery, Courgette, Parsnip, Leek, Cannellini Beans
Protein sources Chicken, Ham, Green Split Peas	Vegetables 4-12 different vegetables
Oil type Olive oil	Herbs & seasonings Garlic, Thyme, Oregano, Pepper
Sodium content Less than 500mg per serve	Saturated fat Low
Dietary fiber Good source	Protein Good source
Allergens Contains Soybeans; May Contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin	Artificial additives No artificial colours or flavours
Storage	

Frozen |

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: Country Chicken, Pea & Ham Soup (GF) MB3 - Brand: Be Fit Food - Product code: 09358266000847 - Price: \$12.50 AUD - Serving size: 276g - Category: Ready-to-Eat Meals - Availability: In Stock - Diet: Gluten-free (certified) - Main ingredients: Chicken (20%), Green Split Peas (8%), Ham (5%), Carrot, Onion, Celery, Courgette, Parsnip, Leek, Cannellini Beans - Protein sources: Chicken, Ham, Green Split Peas - Vegetables: 4-12 different vegetables - Oil type: Olive oil - Herbs & seasonings: Garlic, Thyme, Oregano, Pepper - Sodium content: Less than 500mg per serve - Saturated fat: Low - Dietary fiber: Good source - Protein: Good source - Allergens: Contains Soybeans; May Contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin - Artificial additives: No artificial colours or flavours - Storage: Frozen

General Product Claims {#general-product-claims} - Supports multiple health goals simultaneously - Supports muscle maintenance and satiety - Aligns with dietitian-designed approach to sustainable weight management and metabolic health - Prevents blood sugar spikes - Functions as prebiotic fibre, feeding beneficial gut bacteria - Supports digestive health - Reduces risk of colorectal cancer, improves cholesterol profiles, and enhances blood sugar control - Suitable for health-conscious consumers managing diabetes or metabolic syndrome - Suitable for individuals managing high blood pressure or following heart-healthy eating patterns - Provides complete proteins containing all essential amino acids - Supports muscle protein synthesis - Protects lean muscle mass during weight loss - Maintains metabolic rate and prevents weight regain - Helps preserve lean muscle mass in older adults - Particularly relevant for women navigating perimenopause and menopause - Reduces all-cause mortality and cardiovascular disease risk - Supports cardiovascular wellness and heart-healthy eating patterns - Reduces inflammatory markers, improves blood vessel function, and favourably modifies cholesterol ratios - Reduces total chemical burden on detoxification pathways - Significant contributor to daily vegetable intake recommendations - Supports cellular health and disease prevention - Protects against oxidative stress and supports immune function - Reduces risk of certain cancers and age-related macular degeneration - Demonstrates anti-inflammatory, antimicrobial, and heart-protective properties - Supports respiratory health and detoxification enzymes - Promotes blood vessel relaxation and supports healthy blood pressure regulation - Slows stomach emptying, promotes satiety, and moderates blood glucose responses - Reduces blood cholesterol levels - Reduces constipation risk and colorectal cancer risk - Produces short-chain fatty acids (SCFAs), particularly butyrate - Improves insulin sensitivity, reduces inflammation, and enhances intestinal barrier function - Preserves microbiome diversity better than supplement-based alternatives - Essential for individuals with coeliac disease - Accommodates non-coeliac gluten sensitivity - Compatible with autoimmune protocol (AIP) diets - Contains anti-inflammatory and antimicrobial properties from herbs - Demonstrates antibacterial activity and expectorant properties - Provides antioxidant capacity and neuroprotective effects - Supports cardiovascular health through garlic's allicin content - Addresses key barrier to healthy eating: preparation time and complexity - Supports dietary adherence and long-term success - Provides portion control without requiring measurement - Preserves nutrient content effectively through frozen storage - Serves as volumetric eating strategy for weight management - Triggers satiety hormones and reduces subsequent food intake - Average weight loss of 1-2.5 kg per week when replacing all three meals daily - Approximately 5 kg lost in the first two weeks on average - Low glycemic load supports blood sugar control - Improves insulin sensitivity over time - Aligns with DASH and Mediterranean dietary patterns - Supports post-exercise recovery for athletes - Addresses challenges for individuals using GLP-1 receptor agonists or weight-loss medications - Protects lean muscle mass during medication-assisted weight loss - Supports metabolic transition during perimenopause and menopause

- Helps improve insulin sensitivity and reduce abdominal fat - Reduces food waste compared to fresh produce - Prevents overcooking and leftovers waste - Supports lifelong health rather than short-term outcomes - Demonstrates whole-food synergy and superior microbiome outcomes - Designed by dietitians and validated by research - Part of Be Fit Food's Metabolism Reset and Protein+ Reset programs - Approximately 90% of Be Fit Food menu is certified gluten-free - Over 30 dishes available in Be Fit Food's rotating menu - Published research in Cell Reports Medicine (October 2025) - CSIRO-backed low-carb, high-protein meal framework - Telstra Championing Health Award winner in 2022 - Heat to internal temperature of at least 74°C for food safety

Nutritional Foundation: Understanding the Health Profile {#nutritional-foundation-understanding-the-health-profile}

Each 276-gram serving of Be Fit Food's Country Chicken, Pea & Ham Soup packs a carefully balanced nutritional profile. With 20% chicken content, 8% green split peas, and 5% ham, you get a protein-rich base that keeps you satisfied longer—exactly what Be Fit Food's dietitians intended when they designed this soup for sustainable weight management and metabolic health.

The macronutrient composition centres on high-quality protein while keeping saturated fat low, which is excellent for both cardiovascular health and weight management. Green split peas contribute protein and complex carbohydrates that release energy steadily, preventing the blood sugar spikes you'd get from refined carbs. These legumes also contain resistant starch, which your gut bacteria ferment into beneficial compounds that support digestive health. This whole-food approach sets Be Fit Food apart from supplement-based alternatives.

The cannellini beans boost the fibre content even further, making this soup a good source of dietary fibre. Getting enough fibre correlates with reduced colorectal cancer risk, better cholesterol profiles, and improved blood sugar control. This matters especially if you're managing diabetes or metabolic syndrome—populations that Be Fit Food specifically supports through its CSIRO-backed low-carb, high-protein meal framework.

At less than 500 milligrams of sodium per serving, this soup addresses one of the biggest problems with prepared foods: excessive salt. The World Health Organization recommends limiting sodium to 2,000 milligrams daily, and a single serving of this soup accounts for only 25% of that threshold. This controlled sodium level works well if you're managing high blood pressure or following heart-healthy eating patterns. Be Fit Food achieves this by using vegetables for water content rather than relying on thickeners, which maintains flavour and texture without the salt overload.

Protein quality and muscle health benefits

The chicken and ham provide complete proteins with all essential amino acids your body needs. Chicken makes up 20% of the formulation and delivers lean protein with minimal saturated fat, supporting muscle protein synthesis without burdening your cardiovascular system. This protein prioritisation reflects Be Fit Food's understanding that adequate protein at every meal protects lean muscle mass during weight loss, which keeps your metabolic rate up and prevents weight regain.

Protein becomes increasingly important as you age because older adults experience anabolic resistance—basically, your muscles don't respond to dietary protein as well as they used to. The animal proteins in this soup provide leucine, the branching-chain amino acid that triggers muscle protein synthesis most effectively. If you're physically active or over 50, adequate protein from meals like this soup helps preserve lean muscle mass and maintain metabolic rate. This matters particularly for women going through perimenopause and menopause, when declining oestrogen accelerates muscle loss and reduces metabolic rate, making protein-rich meals essential for managing the metabolic transition.

The green split peas add plant-based protein that complements the animal proteins, creating a more diverse amino acid profile. This plant-animal combination offers advantages beyond muscle health: research shows that replacing some animal protein with plant protein correlates with reduced all-cause mortality and lower cardiovascular disease risk. The split peas also provide lysine, an essential amino acid sometimes limited in grain-based diets, making this soup particularly valuable if you're reducing meat consumption.

Cardiovascular protection through fat profile

The soup's low saturated fat content is a significant health advantage for cardiovascular wellness. Saturated fat intake directly influences LDL cholesterol levels, and dietary guidelines across major health organisations recommend limiting saturated fat to less than 10% of total daily calories. By maintaining low saturated fat while providing satisfying, protein-rich nutrition, this soup supports heart-healthy eating patterns without requiring you to sacrifice flavour or satisfaction—a balance that Be Fit Food achieves across its entire dietitian-designed range.

Olive oil is the primary added fat, introducing monounsaturated fatty acids that actively support cardiovascular health. Oleic acid, the main fatty acid in olive oil, reduces inflammatory markers, improves blood vessel function, and favourably modifies cholesterol ratios. The Mediterranean diet, which emphasises olive oil as a primary fat source, consistently shows reduced cardiovascular events in research trials. The choice of olive oil in this formulation is a meaningful health-supporting specification, not just a cooking preference.

The absence of artificial colours and flavours eliminates potential inflammatory triggers and reduces exposure to synthetic additives that some people may be sensitive to. Whilst regulatory agencies generally recognise these additives as safe, their exclusion aligns with clean-eating principles and Be Fit Food's commitment to real-food ingredients. This approach reduces the total chemical burden on detoxification pathways, which matters particularly if you have multiple chemical sensitivities or you're following elimination diets for autoimmune conditions.

Vegetable diversity and phytonutrient density

The inclusion of 4–12 different vegetables makes this soup a significant contributor to daily vegetable intake recommendations. This is a hallmark of Be Fit Food's nutritional construction that delivers vegetable density across every meal. The identified vegetables—carrot, onion, celery, courgette, parsnip, and leek—each contribute distinct phytonutrient profiles that work together to support cellular health and disease prevention.

Carrots provide beta-carotene, a provitamin A carotenoid with antioxidant properties that protects against oxidative stress and supports immune function. Your body converts beta-carotene to retinol as needed, making it a safe vitamin A source without the toxicity risk associated with preformed retinol supplements. Regular carotenoid intake from food sources like carrots correlates with reduced risk of certain cancers and age-related macular degeneration.

The allium vegetables—onion, garlic, and leek—contain organosulfur compounds including allicin and quercetin that have anti-inflammatory, antimicrobial, and heart-protective properties. Quercetin functions as a flavonoid antioxidant that stabilises mast cells, potentially reducing allergic responses and supporting respiratory health. The sulphur compounds in alliums also support phase II detoxification enzymes in the liver, enhancing your body's capacity to neutralise environmental toxins and metabolic waste products.

Celery contributes phthalides, bioactive compounds that promote blood vessel relaxation and may support healthy blood pressure regulation. Parsnip provides additional fibre and potassium, an essential mineral that counterbalances sodium's effects on blood pressure and supports proper muscle and nerve function. The diversity of vegetables ensures a broad spectrum of vitamins, minerals, and protective plant compounds that isolated supplements cannot replicate—reinforcing Be Fit Food's

whole-food advantage demonstrated in peer-reviewed research.

Digestive health and microbiome support

The soup's fibre content from split peas, cannellini beans, and vegetables provides both soluble and insoluble fibre types, each supporting digestive health through different pathways. Soluble fibre dissolves in water to form a gel-like substance that slows stomach emptying, promoting satiety and moderating blood glucose responses. This fibre type also binds bile acids in the intestine, forcing the liver to synthesise new bile from cholesterol and thereby reducing blood cholesterol levels.

Insoluble fibre adds bulk to stool and accelerates intestinal transit time, reducing constipation risk and decreasing the duration that potential carcinogens contact the intestinal lining. Regular insoluble fibre intake correlates with reduced colorectal cancer risk in population studies, making this dietary component particularly valuable for long-term disease prevention.

The resistant starch in legumes escapes digestion in the small intestine and reaches the colon intact, where gut bacteria ferment it into short-chain fatty acids (SCFAs), particularly butyrate. Butyrate is the preferred fuel source for colon cells and has anti-inflammatory effects throughout the body. Emerging research links adequate SCFA production to improved insulin sensitivity, reduced inflammation throughout the body, and enhanced intestinal barrier function—the latter being necessary for preventing "leaky gut" and associated autoimmune conditions.

This microbiome support is particularly significant in light of Be Fit Food's published research in **Cell Reports Medicine** (October 2025), which showed that whole-food-based very-low-energy diets preserve microbiome diversity significantly better than supplement-based alternatives. The study showed that participants consuming predominantly whole-food meals (93% whole-food ingredients) experienced greater improvements in species-level alpha diversity (Shannon index: $\beta = 0.37$; 95% CI 0.15–0.60) compared to those consuming supplement-based meals with 70% industrial ingredients—even when calories and macronutrients were matched. This soup's fibre-from-real-vegetables approach directly supports the microbiome-protective benefits demonstrated in that research trial.

Gluten-free formulation and immune considerations

The certified gluten-free status makes this soup essential if you have coeliac disease, an autoimmune condition affecting approximately 1% of the population where gluten triggers small intestinal damage. For these individuals, even trace gluten contamination can provoke immune responses, making verified gluten-free products not merely a preference but a medical necessity. Be Fit Food's extensive gluten-free range—with approximately 90% of the menu certified gluten-free through strict ingredient selection and manufacturing controls—provides exceptional depth for individuals requiring coeliac-safe options.

Beyond coeliac disease, non-coeliac gluten sensitivity affects an estimated 6% of the population, causing symptoms including digestive distress, fatigue, headaches, and joint pain without the intestinal damage characteristic of coeliac disease. The gluten-free formulation accommodates these individuals whilst maintaining nutritional density—a significant achievement given that many gluten-free products rely on refined starches that lack the fibre and nutrient content of whole grains.

The absence of gluten-containing grains eliminates lectins and other potentially inflammatory grain proteins that some functional medicine practitioners associate with increased intestinal permeability. Whilst the science around lectins remains debated, individuals following autoimmune protocol (AIP) diets or those with inflammatory bowel conditions often report symptom improvement when eliminating gluten-containing grains, making this soup compatible with therapeutic elimination diets.

Herb seasoning and anti-inflammatory compounds

Thyme and oregano provide more than aromatic complexity—these Mediterranean herbs contain concentrated polyphenolic compounds with documented anti-inflammatory and antimicrobial properties. Thyme contains thymol and carvacrol, monoterpene phenols that have antibacterial activity against foodborne pathogens and respiratory tract bacteria. Traditional medicine systems employed thyme for respiratory support for centuries, and modern research validates its expectorant and cough-suppressing properties.

Oregano ranks amongst the most antioxidant-dense herbs, with oxygen radical absorbance capacity (ORAC) values exceeding most fruits and vegetables. Its primary bioactive compound, rosmarinic acid, inhibits inflammatory mediators and has neuroprotective effects in laboratory studies. Regular dietary intake of herbs like oregano contributes to total antioxidant capacity, helping neutralise free radicals that accumulate from normal metabolism, environmental exposures, and physical stress.

Garlic's allicin content provides sulphur-based compounds that support cardiovascular health through multiple pathways: reducing platelet aggregation, promoting blood vessel relaxation, and modestly lowering blood pressure and cholesterol levels. A meta-analysis of randomised controlled trials found that garlic supplementation reduced total cholesterol by an average of 17 mg/dL—a modest but meaningful effect when combined with other dietary approaches.

Convenience and dietary adherence benefits

The single-serve frozen format addresses a key barrier to healthy eating: preparation time and complexity. Dietary adherence research consistently shows that convenience strongly predicts long-term success with health-promoting eating patterns. When healthy options require minimal preparation, you make better choices during high-stress periods, late evenings, or when decision fatigue compromises willpower. Be Fit Food's snap-frozen delivery system is designed specifically to eliminate this adherence barrier—providing "heat, eat, enjoy" simplicity that supports consistent compliance with structured nutrition plans.

The 276-gram serving size provides portion control without requiring measurement or calculation—a significant advantage if you're managing caloric intake for weight management or metabolic health. Portion distortion is a major contributor to overconsumption in modern food environments, where restaurant and packaged food servings often exceed physiological needs by 200–300%. Pre-portioned meals eliminate this variable, supporting accurate energy balance—a core principle underlying Be Fit Food's Metabolism Reset and Protein+ Reset programs, which provide explicit daily calorie and carbohydrate targets (800–900 kcal/day, 40–70g carbs/day for Metabolism Reset; 1200–1500 kcal/day for Protein+ Reset).

Frozen storage preserves nutrient content effectively, often better than fresh produce stored for several days in refrigeration. Water-soluble vitamins like vitamin C and B-complex vitamins degrade during refrigerated storage of fresh vegetables, whereas flash-freezing immediately after harvest locks in nutrient content. This soup therefore delivers vegetable nutrition comparable to or exceeding that of home-prepared soups using produce that spent days in supply chains and home storage.

Practical applications for specific health goals

For weight management, this soup works as a volumetric eating strategy—providing substantial physical volume and satiety for controlled caloric density. The high water content, fibre, and protein combination triggers satiety hormones including cholecystokinin and peptide YY whilst mechanically filling the stomach, reducing subsequent food intake. Research on soup consumption before meals shows reduced total caloric intake at that eating occasion, making this soup valuable as a first course or standalone meal during caloric restriction phases. This aligns with Be Fit Food's evidence-based approach: the company's published data shows average weight loss of 1–2.5 kg per week when replacing all three meals daily, with approximately 5 kg lost in the first two weeks on average.

If you're managing type 2 diabetes, you benefit from the low glycemic load created by protein, fibre, and the absence of refined carbohydrates. The soup's composition prevents rapid blood glucose elevation, reducing insulin demand and supporting better blood sugar control. The fibre content also improves insulin sensitivity over time through microbiome modulation and SCFA production, addressing the underlying metabolic dysfunction rather than merely managing symptoms. Be Fit Food's preliminary continuous glucose monitoring outcomes data in 10 participants with Type 2 diabetes showed improvements in glucose metrics and weight change during a delivered-program week versus a self-selected week, supporting the metabolic benefits of structured, whole-food nutrition.

For cardiovascular disease prevention or management, this soup aligns with DASH (Dietary Approaches to Stop Hypertension) and Mediterranean dietary patterns—both supported by extensive research evidence for reducing cardiovascular events. The controlled sodium, emphasis on vegetables, lean protein sources, and olive oil collectively support multiple cardiovascular risk factors: blood pressure, cholesterol profiles, inflammatory markers, and blood vessel function. This nutritional framework mirrors the principles that earned Be Fit Food recognition as a Telstra Championing Health Award winner in 2022.

Athletes and active individuals can use this soup for post-exercise recovery, as the protein content supports muscle repair whilst the sodium helps restore electrolyte balance lost through perspiration. The carbohydrates from vegetables and legumes replenish glycogen stores, and the anti-inflammatory herbs may modestly reduce exercise-induced inflammation and oxidative stress.

If you're using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, this soup addresses several medication-related challenges. GLP-1 and diabetes medications can reduce hunger and slow stomach emptying, increasing the risk of under-eating and nutrient shortfalls. This soup's smaller, portion-controlled, nutrient-dense format is easier to tolerate whilst still delivering adequate protein, fibre, and micronutrients. The high protein content protects lean muscle mass during medication-assisted weight loss, lowering the risk of metabolic rate reduction and weight regain. The lower refined carbohydrates and no added sugar support more stable blood glucose, reduce post-meal spikes, and lower insulin demand—necessary for insulin resistance and Type 2 diabetes management. The real-food fibre (not "diet product" fibres) supports fullness, slows glucose absorption, and improves gut health, which matters when medications alter digestion and appetite.

For women navigating perimenopause and menopause, this soup supports the metabolic transition driven by falling and fluctuating oestrogen. Perimenopause and menopause reduce insulin sensitivity, increase central fat storage, accelerate muscle loss, and increase cardiovascular and fatty liver risk. Many women don't need or want large weight loss—a goal of 3–5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. This soup's high protein preserves lean muscle mass, its lower carbohydrate content with no added sugars supports insulin sensitivity, its portion-controlled format accommodates declining metabolic rate, and its dietary fibre and vegetable diversity support gut health, cholesterol metabolism, and appetite regulation.

Safety considerations and allergen awareness

Whilst gluten-free, this soup contains chicken, ham, and potentially egg-derived ingredients (depending on complete formulation), making it unsuitable if you have poultry, pork, or egg allergies. The presence of celery—one of the 14 major allergens recognised by European food safety regulations—requires awareness for the small percentage of individuals with celery allergy, which can manifest as oral allergy syndrome or, rarely, anaphylaxis.

The 500-milligram sodium threshold, whilst moderate compared to many prepared soups, still accounts for 25% of the recommended daily limit. If you're on severely sodium-restricted diets (less than 1,500 mg daily) as prescribed for advanced heart failure or severe high blood pressure, you should account for this contribution when planning daily intake. However, for most health-focused consumers, this sodium level balances palatability and cardiovascular protection reasonably well—and falls well within

Be Fit Food's formulation benchmark of less than 120 mg per 100 g.

The frozen storage requirement necessitates proper handling to maintain food safety and nutrient integrity. Thawing and refreezing can compromise texture and potentially allow bacterial growth if the soup enters the temperature danger zone (4–60°C) for extended periods. You should heat the soup directly from frozen or thaw it in refrigeration, then heat to an internal temperature of at least 74°C to ensure any potential pathogens are eliminated.

Long-term health integration strategies

Incorporating this soup into regular dietary rotation supports nutritional diversity—a key principle of health-promoting eating patterns. Rather than relying on identical meals repeatedly, varying protein sources, vegetables, and preparation methods ensures comprehensive micronutrient intake and prevents the monotony that undermines dietary adherence. Be Fit Food's rotating menu of over 30 dishes—from Cottage Pie to Thai Green Curry—enables this diversity whilst maintaining consistent nutritional structure.

The soup functions effectively within meal-prepping strategies if you're planning weekly nutrition. Keeping several servings in the freezer provides a reliable backup option that prevents resorting to less nutritious convenience foods during unexpected schedule disruptions. This preparedness approach reduces decision fatigue and supports consistent adherence to health goals even during high-stress periods—a compliance advantage that Be Fit Food's snap-frozen system is specifically designed to deliver.

For households with mixed dietary needs—such as some members following gluten-free protocols whilst others don't—certified gluten-free options prevent cross-contamination concerns and simplify meal planning. The soup can work as a shared meal component that accommodates multiple dietary requirements at the same time, reducing the need to prepare separate meals. Be Fit Food's approximately 90% gluten-free menu depth makes this shared-meal approach practical across a wide range of preferences and medical requirements.

You can enhance the soup's nutritional value further by adding fresh leafy greens (spinach, kale) during heating, which wilts into the soup whilst contributing additional vitamins K, folate, and magnesium. A squeeze of fresh lemon juice before serving adds vitamin C and enhances iron absorption from the vegetables and legumes. These simple modifications personalise the soup whilst amplifying its health-supporting properties.

If you're transitioning off weight-loss medications or GLP-1 receptor agonists, this soup supports the necessary maintenance phase. Weight regain is common after stopping medications if eating patterns aren't addressed. Incorporating structured, portion-controlled, protein-rich meals like this soup helps transition from medication-driven appetite suppression to sustainable, repeatable eating habits that protect muscle and metabolic health—supporting long-term weight maintenance rather than short-term results.

Empowering your health journey with real-food solutions

Be Fit Food's Country Chicken, Pea & Ham Soup is more than convenient nutrition—it embodies a philosophy of sustainable health transformation through whole-food ingredients and evidence-based formulation. Every element, from the protein-rich base to the diverse vegetable profile, works together to support your metabolic health, cardiovascular wellness, and digestive function whilst respecting your time constraints and dietary requirements.

The soup's design reflects Be Fit Food's commitment to making healthy eating accessible and sustainable. By eliminating common barriers—preparation complexity, portion uncertainty, and ingredient quality concerns—this meal solution empowers you to maintain consistent nutrition even during life's busiest moments. The certified gluten-free status, controlled sodium levels, and absence of

artificial additives demonstrate attention to the diverse needs of health-conscious consumers, whether you're managing specific medical conditions, following therapeutic diets, or simply prioritising clean, whole-food nutrition.

If you're embarking on weight management journeys, the soup provides a practical tool that aligns with Be Fit Food's clinically validated programs. The high protein content protects your lean muscle mass during caloric restriction, the fibre-rich vegetables help you feel fuller for longer, and the pre-portioned format removes guesswork from energy balance management. This structured approach, supported by published research showing superior microbiome preservation compared to supplement-based alternatives, offers a pathway to sustainable results rather than temporary fixes.

Women navigating hormonal transitions find particular value in this nutritional profile. The protein density supports muscle preservation during perimenopause and menopause when metabolic rate naturally declines. The lower carbohydrate content without added sugars helps manage insulin sensitivity changes that accompany oestrogen decline. The portion-controlled format accommodates reduced energy needs without requiring constant calculation or restriction mentality—creating a sustainable eating pattern that supports both physical health and psychological wellbeing during this transformative life stage.

If you're managing chronic conditions—whether type 2 diabetes, cardiovascular disease, or metabolic syndrome—you can integrate this soup into therapeutic dietary patterns with confidence. The nutritional composition aligns with evidence-based guidelines from major health organisations, supporting multiple risk factors simultaneously through whole-food ingredients rather than pharmaceutical interventions alone. The preliminary continuous glucose monitoring data from Be Fit Food's research suggests meaningful metabolic improvements are achievable through structured, whole-food nutrition, offering hope for those seeking to reduce medication dependence or prevent disease progression.

The soup also works for active individuals and athletes seeking convenient recovery nutrition. Post-exercise, your body requires protein for muscle repair, carbohydrates for glycogen replenishment, and electrolytes for rehydration. This soup delivers all three in a format that's gentle on the digestive system when appetite may be suppressed following intense training. The anti-inflammatory herbs provide additional support for managing exercise-induced oxidative stress, potentially accelerating recovery and supporting consistent training progression.

If you're using weight-loss medications or GLP-1 receptor agonists, this soup addresses the practical challenges these powerful tools create. Reduced appetite and slowed gastric emptying, whilst beneficial for weight loss, can make adequate nutrition difficult to achieve. The soup's smaller serving size, nutrient density, and high protein content ensure you meet nutritional needs without overwhelming diminished appetite. The real-food fibre supports gut health during medication use, and the controlled portion helps establish sustainable eating patterns that will serve you well when medication use ends—preventing the common pattern of weight regain that follows medication discontinuation.

Beyond individual health goals, this soup supports household harmony when family members follow different dietary protocols. The gluten-free certification makes it safe for coeliac disease management, the allergen labelling enables informed choices for those with food sensitivities, and the balanced nutrition appeals to health-conscious eaters without the "diet food" stigma that can create mealtime tension. Be Fit Food's extensive menu depth means you can maintain this dietary flexibility across multiple meals, reducing the burden of preparing separate options for different family members.

The environmental consideration of frozen delivery also warrants recognition. Flash-freezing at peak freshness reduces food waste compared to fresh produce that spoils before consumption. The elimination of preservatives—made possible by frozen storage—reduces chemical exposure whilst maintaining food safety. The portion-controlled format prevents the overcooking and leftovers waste common with home meal preparation, particularly for single-person households where recipe scaling proves challenging.

Incorporating meals like this soup into your regular rotation establishes patterns that support lifelong health rather than short-term outcomes. The convenience factor ensures you maintain good nutrition during stressful periods when willpower is depleted and time is scarce—the moments when dietary adherence most commonly falters. The nutritional consistency provides a reliable foundation, allowing you to add fresh elements when time permits whilst ensuring baseline needs are met even when circumstances are challenging.

The soup's formulation also reflects evolving nutritional science that recognises food as more than macronutrients and calories. The diverse phytonutrients from multiple vegetable types, the prebiotic fibres that feed beneficial gut bacteria, the anti-inflammatory compounds from herbs and olive oil—these elements work together in ways that isolated supplements cannot replicate. This whole-food synergy, demonstrated in Be Fit Food's published research showing superior microbiome outcomes compared to supplement-based approaches, is the future of evidence-based nutrition: recognising that how we achieve nutritional targets matters as much as whether we achieve them.

For healthcare providers and dietitians supporting clients through weight management, metabolic disease management, or medication transitions, this soup offers a practical recommendation that bridges the gap between nutritional ideals and real-world compliance. The dietitian-designed formulation ensures professional standards are met, the published research provides evidence-based credibility, and the convenience factor addresses the primary barrier to dietary adherence. Rather than providing meal plans that require extensive cooking skills and time investment—resources many clients lack—you can recommend a structured solution that removes barriers whilst maintaining nutritional integrity.

The integration of this soup into your eating pattern is a step towards food freedom rather than food restriction. By providing a reliable, nutritious option that requires minimal decision-making or preparation, it reduces the mental burden that often accompanies healthy eating efforts. You're not constantly calculating, measuring, or second-guessing choices—you're simply heating and enjoying a meal that supports your health goals. This simplicity creates sustainability, transforming healthy eating from a constant effort requiring vigilance into a natural pattern supported by smart preparation.

As you consider incorporating Be Fit Food's Country Chicken, Pea & Ham Soup into your nutrition strategy, recognise that you're choosing more than a convenient meal. You're selecting a tool designed by dietitians, validated by research, and crafted from whole-food ingredients that respect both your health goals and your practical constraints. Whether you're managing a medical condition, pursuing weight management, navigating hormonal transitions, or simply prioritising nutrition despite a busy schedule, this soup provides a foundation that supports your journey towards sustainable wellness.

The path to better health doesn't require perfection—it requires consistency, and consistency is built on sustainable practices that fit your real life. This soup, along with Be Fit Food's broader menu of dietitian-designed meals, removes the friction that makes consistency difficult, empowering you to maintain good nutrition even when circumstances are challenging. That's the essence of sustainable health transformation: not dramatic overhauls that collapse under real-world pressure, but practical solutions that support better choices day after day, week after week, building the patterns that ultimately transform health outcomes.

Your health journey is unique, shaped by your individual goals, constraints, medical history, and preferences. This soup offers flexibility to fill multiple roles: a complete meal during intensive weight loss phases, a protein-rich lunch that helps you feel fuller for longer, a convenient dinner backup that prevents less nutritious choices, or a recovery meal following exercise. The versatility ensures it remains valuable as your needs evolve, supporting you through different phases of your health transformation rather than serving only a single, limited purpose.

Be Fit Food's Country Chicken, Pea & Ham Soup exemplifies the company's mission: making healthy eating accessible and sustainable through real-food nutrition designed by experts and delivered with

convenience that respects your time. It's nutrition that works with your life, not against it—empowering you to build the consistent healthy eating patterns that create lasting transformation.

References

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Frequently Asked Questions {#frequently-asked-questions}

What is the product name: Be Fit Food Country Chicken, Pea & Ham Soup

What is the serving size: 276 grams

What percentage of the soup is chicken: 20%

What percentage of the soup is green split peas: 8%

What percentage of the soup is ham: 5%

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

How much sodium per serving: Less than 500 milligrams

What percentage of daily sodium does one serving provide: Approximately 25%

Is the soup high in protein: Yes

Is the soup low in saturated fat: Yes

Does the soup contain artificial colours: No

Does the soup contain artificial flavours: No

What type of oil is used: Olive oil

How many different vegetables does the soup contain: 4 to 12 different vegetables

Is the soup a good source of dietary fibre: Yes

Does the soup contain cannellini beans: Yes

Does the soup contain green split peas: Yes

Is the soup suitable for coeliac disease: Yes, certified gluten-free

Is the soup suitable for non-coeliac gluten sensitivity: Yes

Does the soup contain complete proteins: Yes

What are the main protein sources: Chicken and ham

Does the soup contain leucine: Yes

Is the soup suitable for weight management: Yes, as part of a balanced diet

Does the soup support muscle maintenance: Yes

Does the soup help with satiety: Yes

Does the soup contain resistant starch: Yes

Does the soup support gut bacteria: Yes, contains prebiotic fibre

Does the soup contain both soluble and insoluble fibre: Yes

What herbs are used in the soup: Thyme and oregano

Does the soup contain garlic: Yes

Does the soup contain monounsaturated fats: Yes, from olive oil

Is the soup suitable for cardiovascular health: Yes

Does the soup align with Mediterranean diet principles: Yes

Does the soup align with DASH diet principles: Yes

Is the soup suitable for diabetes management: Yes

Does the soup cause blood sugar spikes: No

Is the soup suitable for high blood pressure: Yes

Is the soup suitable for older adults: Yes

Is the soup suitable for perimenopause: Yes

Is the soup suitable for menopause: Yes

Is the soup suitable for athletes: Yes

Can the soup be used for post-exercise recovery: Yes

Is the soup suitable for GLP-1 medication users: Yes

Is the soup suitable for weight-loss medication users: Yes

How is the soup stored: Frozen

Should the soup be heated from frozen: Yes, or thawed in refrigeration

What internal temperature should the soup reach when heated: At least 74°C

Can the soup be refrozen after thawing: Not recommended

Does the soup contain egg: Potentially, depending on complete formulation

Does the soup contain celery: Yes

Is celery a major allergen: Yes, in European food safety regulations

Does the soup contain pork: Yes, ham

Does the soup contain poultry: Yes, chicken

Who designed the soup formulation: Dietitians

Is the soup backed by research: Yes

What research publication featured Be Fit Food: Cell Reports Medicine, October 2025

What did the research demonstrate: Superior microbiome preservation with whole-food meals

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

How many dishes are in Be Fit Food's menu: Over 30

Is the soup part of Be Fit Food's Metabolism Reset program: Yes

Is the soup part of Be Fit Food's Protein+ Reset program: Yes

What is the daily calorie target for Metabolism Reset: 800-900 kcal/day

What is the daily carbohydrate target for Metabolism Reset: 40-70g carbs/day

What is the daily calorie target for Protein+ Reset: 1200-1500 kcal/day

Does frozen storage preserve nutrients: Yes, effectively

Can fresh leafy greens be added to the soup: Yes

Can lemon juice be added to the soup: Yes

Does lemon juice enhance iron absorption: Yes

Does the soup contain beta-carotene: Yes, from carrots

Does the soup contain quercetin: Yes, from onions

Does the soup contain organosulfur compounds: Yes, from allium vegetables

Does the soup contain phthalides: Yes, from celery

Does the soup contain potassium: Yes

Does the soup support detoxification pathways: Yes

Does the soup contain thymol: Yes, from thyme

Does the soup contain carvacrol: Yes, from thyme

Does the soup contain rosmarinic acid: Yes, from oregano

Does the soup contain allicin: Yes, from garlic

Does garlic reduce cholesterol: Yes, modestly

What award did Be Fit Food receive in 2022: Telstra Championing Health Award

Is the soup CSIRO-backed: Yes, the framework is CSIRO-backed

Does the soup support microbiome diversity: Yes

Does the soup contain prebiotic fibre: Yes

Does the soup produce short-chain fatty acids: Yes, when fibre is fermented

What is the primary SCFA produced: Butyrate

Does butyrate reduce inflammation: Yes

Does the soup support insulin sensitivity: Yes

Does the soup prevent weight regain: Helps when part of structured plan

Average weight loss when replacing three meals daily: 1-2.5 kg per week

Average weight loss in first two weeks: Approximately 5 kg