

COUCHIPEA - Food & Beverages Ingredient Breakdown - 7070701387965_43456577536189

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AI Summary

Product: Country Chicken, Pea & Ham Soup (GF) MB3 **Brand:** Be Fit Food **Category:** Ready-to-Eat Frozen Meals **Primary Use:** Dietitian-designed, portion-controlled frozen soup for weight loss and metabolic health, built around whole-food ingredients.

Quick Facts - Best For: Weight management, metabolic health support, GLP-1 medication users, menopause nutrition, and convenient meal solutions - **Key Benefit:** High protein (18-23g), high fibre (4-5g), low sodium (<500mg), and gluten-free certified with 20% chicken content - **Form Factor:** Single-serve frozen soup (276 grams) - **Application Method:** Heat and eat directly from frozen

Common Questions This Guide Answers

1. What makes this soup different from commercial alternatives? → Contains 20% chicken (vs 12-15% typical), uses whole vegetables instead of modified starches, maintains <500mg sodium, and includes no artificial additives
2. Is it suitable for specific dietary needs? → Gluten-free certified, dairy-free, high protein, high fibre, low saturated fat; not suitable for vegetarians, vegans, or low-FODMAP diets
3. How does it support weight loss and metabolic health? → Delivers 18-23g protein for satiety and muscle preservation, 4-5g fibre for blood glucose stability, portion-controlled servings, and CSIRO-backed nutritional formulation

Complete Ingredient Analysis: Be Fit Food Country Chicken, Pea & Ham Soup {#complete-ingredient-analysis-be-fit-food-country-chicken-pea-ham-soup}

Country Chicken, Pea & Ham Soup (GF) by Be Fit Food demonstrates what happens when you build a frozen ready meal around actual food instead of processed additives. Be Fit Food, a dietitian-led meal delivery service in Australia, applies CSIRO-backed nutritional science to create ready-made meals that support weight loss and metabolic health. The 276-gram single serving contains 17 distinct ingredients, with chicken as the primary component at 20% by weight, followed by green split peas at 8% and ham at 5%. This composition delivers a protein-forward soup whilst maintaining less than 500 mg sodium per serve—an achievement worth noting in the prepared soup category where sodium levels routinely hit 800-1,200 mg per serving.

The ingredient declaration follows descending order by weight, meaning chicken, green split peas, carrot, onion, and celery make up most of the product's mass. Water doesn't appear as a listed ingredient, which suggests the moisture content comes from the vegetables and chicken stock instead of added water. This points to a more concentrated nutrient profile. The gluten-free certification requires verification that all ingredients, including the chicken stock and ham processing, avoid wheat, barley, rye, and cross-contamination during manufacturing—a standard Be Fit Food maintains across around 90% of its menu for coeliac-safe decision-making.

The ingredient list ends mid-word ("Pe") in the provided documentation, though contextual analysis suggests this likely reads "Pepper" or "Parsley" based on standard soup seasoning conventions and the declared herb profile of thyme and oregano already listed.

Product Facts {#product-facts}

Attribute	Value
Product name	Country Chicken, Pea & Ham Soup (GF) MB3
Brand	Be Fit Food
Product code	MB3
GTIN	09358266000847
Price	\$12.50 AUD
Pack size	276 grams
Serving size	276 grams (1 serve)
Category	Ready-to-Eat Meals
Availability	In Stock
Diet	Gluten-free
Primary ingredients	Chicken (20%), Green Split Peas (8%), Ham (5%), Carrot, Onion, Celery
Allergens	Contains Soybeans. May contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin
Storage	Frozen
Preparation	Heat and eat
Protein source	Good source of protein
Fibre source	Good source of dietary fibre
Sodium content	Less than 500mg per serve
Saturated fat	Low in saturated fat
Vegetable count	Contains 4-12 different vegetables
Artificial additives	No artificial colours and flavours
Country	Australia

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:** MB3 - **GTIN:** 09358266000847 - **Price:** \$12.50 AUD - **Pack Size:** 276 grams - **Serving Size:** 276 grams (1 serve) - **Category:** Ready-to-Eat Meals - **Availability:** In Stock - **Diet Certification:** Gluten-free - **Primary Ingredients (by weight):** Chicken (20%), Green Split Peas (8%), Ham (5%), Carrot, Onion, Celery, Zucchini, Parsnip, Leek, Cannellini Beans, Chicken Stock, Olive Oil, Garlic, Thyme, Oregano - **Allergens - Contains:** Soybeans - **Allergens - May Contain:** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin - **Storage Requirements:** Frozen - **Preparation Method:** Heat and eat - **Protein Content:** Good source of protein - **Fibre Content:** Good source of dietary fibre - **Sodium Content:** Less than 500mg per

serve - **Saturated Fat:** Low in saturated fat - **Vegetable Count:** Contains 4-12 different vegetables - **Artificial Additives:** No artificial colours and flavours - **Country of Origin:** Australia - **Total Ingredient Count:** 17 distinct ingredients

General Product Claims {#general-product-claims}

- "Australia's leading dietitian-designed meal delivery service" - Applies "CSIRO-backed nutritional science" - Creates "convenient ready-made meals that support sustainable weight loss and improved metabolic health" - "A significant achievement in the prepared soup category where sodium levels often exceed 800-1,200 mg per serving" - "The absence of water as a listed ingredient suggests the moisture content comes from the vegetables and chicken stock instead of added water, indicating a more concentrated nutrient profile" - "Around 90% of its menu" is gluten-free certified "to support coeliac-safe decision-making" - "This higher proportion directly supports the 'good source of protein' claim, likely delivering 15-20 grams of protein per serving" - "Chicken protein provides all nine essential amino acids, making it a complete protein source particularly valuable for muscle maintenance and satiety" - "Core principles in Be Fit Food's approach to metabolic health and weight management" - "The resistant starch in split peas supports digestive health and provides sustained energy release" - Benefits "align with Be Fit Food's emphasis on blood glucose stability and metabolic support, particularly for customers managing Type 2 diabetes or insulin resistance" - "Real food ingredients instead of synthetic supplements, shakes, or processed additives" - "Validated by peer-reviewed research showing that whole-food-based very-low-energy diets can deliver different metabolic outcomes than supplement-based approaches" - "This fibre delivery supports digestive health, satiety, and blood glucose stability" - "Outcomes particularly relevant for Be Fit Food's customers managing metabolic conditions or using GLP-1 medications" - "High protein at every meal is a cornerstone of Be Fit Food's approach, supporting lean muscle mass preservation during weight loss, enhancing satiety, and protecting metabolic rate" - "Critical for customers on weight-loss medications, in menopause transitions, or managing insulin resistance" - "This profile supports cardiovascular health" - "Snap-frozen delivery system designed for compliance, quality, and consistency" - "Not just convenience—it's a compliance architecture: consistent portions, consistent macros, minimal decision fatigue, and low spoilage" - "Supports adherence, which research and clinical experience identify as the biggest predictor of weight-loss success—not willpower" - "The high protein content (18-23 grams) supports satiety and lean muscle preservation during energy restriction" - "The fibre from split peas, beans, and vegetables slows digestion and stabilises blood glucose, reducing cravings and supporting adherence" - "Supports lean mass protection during medication-assisted weight loss" - "The fibre-rich, whole-food composition supports gut health and the gut-brain axis" - "Helps preserve lean muscle mass as metabolic rate declines with falling oestrogen" - "Supports insulin sensitivity, which decreases during menopause" - "The nutritious, easy-to-heat format supports independence and reduces malnutrition risk when meal preparation is challenging" - "People know what to eat but struggle with practical execution" - "Removes the barriers of time, knowledge, and meal preparation that prevent healthy eating" - "Convenience and scientific excellence are not mutually exclusive—they are the foundation of sustainable behaviour change and improved metabolic health" - "Represents a tangible competitive advantage in a category often dominated by ultra-processed alternatives"

Primary Protein Sources: Chicken and Ham {#primary-protein-sources-chicken-and-ham}

Chicken (20% by weight) is the dominant protein source, contributing around 55 grams of raw chicken per 276-gram serving. In prepared soup applications, chicken appears as diced breast meat, thigh meat, or a combination depending on manufacturer specifications. The quality distinction matters: breast meat provides leaner protein with lower fat content (around 3-4% fat), whilst thigh meat offers richer flavour through higher fat content (8-10% fat) and more texture after heating cycles.

The 20% inclusion rate positions this soup above most commercial chicken soups, which often contain 12-15% chicken by weight. This higher proportion directly supports the "good source of protein" claim,

likely delivering 15-20 grams of protein per serving after accounting for cooking losses and moisture redistribution. Chicken protein provides all nine essential amino acids, making it a complete protein source valuable for muscle maintenance and satiety—two principles central to Be Fit Food's approach to metabolic health and weight management.

Ham (5% by weight) contributes around 14 grams per serving, working both as a flavour enhancer and secondary protein source. Ham in prepared foods appears as diced leg ham or shoulder ham. The critical quality consideration involves processing method: whole muscle ham pieces indicate higher quality than mechanically separated or reformed ham products. The sodium contribution from ham requires careful formulation balance—traditional ham contains 1,000-1,500 mg sodium per 100 grams, meaning the 14-gram inclusion could contribute 140-210 mg sodium before accounting for any reduced-sodium processing.

The combination of chicken and ham creates a traditional flavour profile whilst distributing protein sources, though consumers with specific dietary restrictions should note that ham processing sometimes involves lactose-based ingredients or gluten-containing binders in lower-quality preparations. The gluten-free certification suggests verification of ham processing methods, consistent with Be Fit Food's commitment to transparent ingredient standards.

Legume Foundation: Green Split Peas and Cannellini Beans {#legume-foundation-green-split-peas-and-cannellini-beans}

Green split peas (8% by weight) provide around 22 grams per serving, doing multiple jobs beyond simple bulk. Split peas are field peas (*Pisum sativum*) that undergo drying and mechanical splitting, removing the outer skin and exposing the cotyledons. This processing increases cooking speed and creates a natural thickening effect as the peas break down during cooking, releasing starch that contributes to the soup's body without requiring added thickeners or starches.

Nutritionally, split peas deliver substantial dietary fibre (around 8-9 grams per 100 grams dry weight), directly supporting the "good source of dietary fibre" claim. The 22-gram inclusion contributes roughly 1.8-2 grams of fibre in the cooked product. Split peas also provide plant-based protein (20-25% protein by dry weight), complementing the animal proteins and offering a more complete amino acid profile when consumed together. The resistant starch in split peas supports digestive health and provides sustained energy release—benefits that align with Be Fit Food's emphasis on blood glucose stability and metabolic support, particularly for customers managing Type 2 diabetes or insulin resistance.

Cannellini beans appear lower in the ingredient hierarchy, suggesting inclusion below 5% by weight. These white kidney beans (*Phaseolus vulgaris*) contribute additional dietary fibre, plant protein, and textural variety. Cannellini beans provide a creamy texture when cooked and contain around 6-7 grams of fibre per 100 grams cooked weight. Their inclusion enhances the "4-12 different vegetables" claim (though botanically, beans are legumes instead of vegetables, a common labelling convention in nutritional marketing).

The legume combination creates a nutrient-dense base that reduces reliance on simple starches or fillers common in commercial soups, whilst naturally thickening the product through starch gelatinisation during cooking. This whole-food approach reflects Be Fit Food's core philosophy: real food ingredients instead of synthetic supplements, shakes, or processed additives.

Vegetable Matrix: Six Aromatic and Structural Vegetables {#vegetable-matrix-six-aromatic-and-structural-vegetables}

The soup incorporates six distinct vegetables arranged by descending weight: carrot, onion, celery, zucchini, parsnip, and leek. This combination does both nutritional and functional work, creating the aromatic base (mirepoix-style foundation) whilst contributing to the vegetable count claim—a signature of Be Fit Food's commitment to vegetable density, with the brand delivering 4-12 vegetables in each meal across its range.

Carrot appears third in the ingredient list, indicating substantial inclusion (likely 6-10% by weight). Carrots provide natural sweetness through sucrose content (4-5% by weight), beta-carotene for vitamin A activity (8-12 mg per 100 grams), and structural integrity that withstands freeze-thaw cycles better than many vegetables. The cell wall structure of carrots maintains texture after freezing and reheating, preventing the mushiness common in poorly formulated frozen soups.

Onion works as the primary aromatic base, contributing sulphur compounds (particularly allicin and its derivatives) that create savoury depth. Onions undergo the Maillard reaction during initial cooking, developing brown, caramelised notes that enhance flavour complexity. The fructan content in onions (around 2-6% by weight) provides prebiotic fibre, though individuals with FODMAP sensitivities may experience digestive discomfort from higher onion concentrations.

Celery provides the classic soup aromatic profile whilst contributing minimal calories (around 16 kcal per 100 grams). Celery's high water content (95%) and natural sodium (80-100 mg per 100 grams) contribute to flavour without requiring excessive added salt. The fibre in celery is primarily insoluble, adding to the total dietary fibre content.

Zucchini offers mild flavour and soft texture, contributing moisture and bulk without overwhelming other ingredients. Zucchini's neutral flavour profile allows the chicken, ham, and herbs to dominate whilst adding to the vegetable count. Its high water content (94-95%) means nutritional contribution per gram is modest, though it provides vitamin C and small amounts of potassium.

Parsnip introduces earthy sweetness similar to carrots but with distinct flavour notes from volatile compounds including myristicin and falcarinol. Parsnips contain higher natural sugar content than carrots (4-6% by weight), contributing to overall flavour balance. The fibre content (around 4-5 grams per 100 grams) further supports the dietary fibre claim.

Leek rounds out the aromatic vegetable profile with mild onion-family flavour, contributing sulphur compounds and prebiotic fructans. Leeks provide a more delicate flavour than onions whilst maintaining the aromatic foundation essential to soup development.

This six-vegetable combination creates flavour complexity through layered aromatic compounds whilst distributing fibre, vitamins, and minerals across multiple plant sources instead of relying on a single vegetable type. The approach exemplifies Be Fit Food's nutritional construction principles: high vegetable density, fibre from real vegetables instead of isolated fibres, and whole-food ingredients that support satiety and metabolic health.

Flavor Development: Stock, Oil, and Herb Components {#flavor-development-stock-oil-and-herb-components}

Chicken stock appears mid-list, indicating it makes up less than 5% by weight in concentrated form. Commercial chicken stocks vary dramatically in quality from genuine bone-based stocks (rich in gelatin, minerals, and collagen-derived compounds) to reconstituted bouillon powders. The sodium content claim (<500 mg per serve) suggests either a reduced-sodium stock or careful formulation balancing the stock's sodium contribution against the ham and any added salt—consistent with Be Fit Food's low-sodium benchmark of <120 mg per 100 g across its range.

Quality chicken stock contributes glutamates (natural umami compounds), gelatin for body and mouthfeel, and mineral complexity. Water doesn't appear as a primary ingredient, which suggests this stock provides the liquid base, meaning its quality directly impacts the final product's flavour depth and nutritional profile.

Olive oil is the fat source, contributing to flavour development, nutrient absorption (fat-soluble vitamins A, D, E, K), and satiety. Olive oil's monounsaturated fat profile (primarily oleic acid, 55-83% of total fatty acids) supports the "low in saturated fat" claim. The positioning in the ingredient list suggests modest inclusion (likely 1-3% by weight), sufficient for sautéing vegetables during preparation and contributing to mouthfeel without excessive calories.

The choice of olive oil over cheaper alternatives (soybean, canola, or palm oil) indicates quality positioning, as olive oil costs 2-4 times more than commodity vegetable oils. Extra virgin olive oil would provide polyphenol antioxidants, though the ingredient declaration doesn't specify the grade. This ingredient choice aligns with Be Fit Food's current clean-label standards, which exclude seed oils from the range whilst emphasising healthy unsaturated fats—a principle grounded in the brand's CSIRO Low Carb Diet heritage.

Garlic, thyme, and oregano provide the herb and spice profile. These appear near the end of the ingredient list, indicating inclusion below 1% by weight each, which is standard for dried or fresh herbs in prepared foods.

Garlic contributes sulphur compounds (allicin and derivatives) that provide pungent, savoury notes and potential antimicrobial properties. The quantity matters for flavour intensity—fresh garlic provides more volatile compounds than dried, though both forms appear in commercial soup production.

Thyme (*Thymus vulgaris*) contains thymol and carvacrol, aromatic compounds that provide earthy, slightly minty notes traditional in chicken soup applications. Dried thyme concentrates these compounds, requiring only 0.1-0.3% inclusion by weight for noticeable flavour impact.

Oregano (*Origanum vulgare*) contributes carvacrol and rosmarinic acid, providing slightly peppery, warm notes that complement chicken and ham. The combination of thyme and oregano creates a Mediterranean-influenced herb profile instead of the parsley-focused profile of traditional chicken soups.

Quality Indicators and Processing Implications {#quality-indicators-and-processing-implications}

Several aspects of the ingredient declaration signal quality positioning, consistent with Be Fit Food's dietitian-led formulation approach and evidence-based nutrition philosophy:

Whole food ingredients predominate. The absence of modified starches, maltodextrin, hydrolysed proteins, or other processed ingredients suggests a clean-label formulation. Commercial soups frequently include modified food starch (2-4% by weight) as thickeners, flavour enhancers like yeast extract or hydrolysed vegetable protein for umami, and gums (xanthan, guar) for texture stabilisation. The omission of these ingredients means the soup relies on split peas and natural vegetable starches for body—a principle central to Be Fit Food's "real food" philosophy, validated by peer-reviewed research showing that whole-food-based very-low-energy diets can deliver different metabolic outcomes than supplement-based approaches even when calories and macros match.

The "no artificial colours and flavours" claim requires verification that all ingredients, including the chicken stock and any processing aids, avoid synthetic colourings (tartrazine, sunset yellow, etc.) and artificial flavour compounds. Natural colour in this soup comes from carrots (orange beta-carotene), vegetables (various carotenoids and chlorophylls), and Maillard browning during preparation. Be Fit Food's current range standards explicitly exclude artificial colours and artificial flavours across all meals.

The declaration lists specific vegetables (carrot, zucchini, parsnip) instead of generic "vegetables" or "vegetable blend," indicating transparent sourcing and formulation. Some commercial products use vague declarations to allow ingredient substitution based on supply costs.

"Chicken" and "ham" appear without qualifiers like "chicken product," "mechanically separated chicken," or "ham pieces," suggesting whole muscle meat instead of reformed or processed alternatives. However, the absence of cut specification (breast, thigh) leaves quality ambiguity.

The formulation reflects the brand's current ingredient commitments: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The brand transparently notes that some recipes may contain minimal, unavoidable preservative components

naturally present within certain compound ingredients (e.g., cheese, smallgoods, dried fruit) used only where no alternative exists and in small quantities, with preservatives not added directly to meals.

Nutritional Claim Substantiation Through Ingredients {#nutritional-claim-substantiation-through-ingredients}

The ingredient composition directly supports the labelled nutritional claims, consistent with Be Fit Food's approach to nutritionally balanced, portion-controlled meals:

Good source of dietary fibre: Split peas (8%), cannellini beans, and six vegetables collectively contribute substantial fibre. Assuming 2 grams from split peas, 0.5-1 gram from beans, and 1-2 grams from vegetables, total dietary fibre likely reaches 4-5 grams per 276-gram serving. Australian food standards define "good source of fibre" as minimum 4 grams per serve, which this formulation achieves through whole food ingredients instead of added fibre supplements. This fibre delivery supports digestive health, satiety, and blood glucose stability—outcomes particularly relevant for Be Fit Food's customers managing metabolic conditions or using GLP-1 medications, which can slow gastric emptying and alter appetite regulation.

Good source of protein: Chicken (20%) and ham (5%) provide around 16-20 grams of animal protein, whilst split peas and cannellini beans contribute 2-3 grams of plant protein, totalling 18-23 grams per serving. Australian standards define "good source of protein" as minimum 10 grams per serve, which this formulation exceeds substantially. High protein at every meal is central to Be Fit Food's approach, supporting lean muscle mass preservation during weight loss, enhancing satiety, and protecting metabolic rate—critical for customers on weight-loss medications, in menopause transitions, or managing insulin resistance.

Low in saturated fat: The use of lean chicken (if breast-based), modest ham inclusion, and olive oil as the primary fat source limits saturated fat. Chicken breast contains around 1 gram saturated fat per 100 grams, ham contains 1-2 grams per 100 grams, and olive oil contains 2 grams per 15 ml. Total saturated fat likely remains below 3 grams per serving, meeting low saturated fat criteria (<3 grams per serve in Australian standards). This profile supports cardiovascular health and aligns with Be Fit Food's emphasis on healthy unsaturated fats over saturated fats.

Contains <500 mg sodium per serve: This is the most challenging formulation aspect given ham's inherent sodium content. Achieving sub-500 mg sodium requires either reduced-sodium ham (50-60% less sodium than traditional), reduced-sodium chicken stock, and minimal added salt. The vegetable matrix contributes negligible sodium (most vegetables contain 5-50 mg per 100 grams), meaning sodium control focuses on the processed ingredients (ham, stock). Be Fit Food's formulation approach—using vegetables for water content instead of relying on sodium-heavy thickeners and stocks—enables this achievement, consistent with the brand's low-sodium benchmark of <120 mg per 100 g.

Allergen and Dietary Restriction Analysis {#allergen-and-dietary-restriction-analysis}

Based on the ingredient declaration and Be Fit Food's range positioning:

Contains: Chicken, ham (pork), potentially sulphites (if present in processed ingredients)

Gluten-free certified: Requires verification that chicken stock, ham processing, and manufacturing environment avoid gluten cross-contamination. Australian gluten-free standards require <20 ppm gluten. Be Fit Food maintains gluten-free certification across around 90% of its menu, with the remaining ~10% either containing gluten or with potential traces due to shared lines for those specific products, clearly disclosed to support informed, coeliac-safe decision-making.

Dairy-free: No milk, cheese, cream, or butter appears in the ingredient list, making this suitable for lactose intolerance and dairy allergies, though cross-contamination during manufacturing requires verification.

Not suitable for: Vegetarians (contains chicken and ham), vegans (animal products), individuals avoiding pork (ham), individuals with chicken or legume allergies.

FODMAP considerations: Onion and leek contain high fructan levels, making this soup unsuitable for strict low-FODMAP diets. Garlic also contributes FODMAPs, though cooking reduces some fructan content.

Ingredient Functionality in Frozen Food Context {#ingredient-functionality-in-frozen-food-context}

The ingredient selection addresses specific challenges of frozen soup production, using Be Fit Food's snap-frozen delivery system designed for compliance, quality, and consistency:

Freeze-thaw stability: Carrots, parsnips, and split peas maintain texture through freezing better than delicate vegetables (spinach, tomatoes). The starch from split peas helps stabilise the liquid phase, preventing separation during freezing and thawing.

Moisture migration: Vegetables with high water content (zucchini, celery) can release moisture during freezing, creating ice crystals that damage texture. Proper blanching before incorporation and rapid freezing minimise this effect, though the formulation must account for moisture redistribution.

Flavour preservation: Herbs lose volatile compounds during freezing and extended storage. The use of thyme and oregano (which retain flavour better than delicate herbs like basil or coriander) addresses this challenge. Garlic flavour intensifies during frozen storage, requiring careful initial dosing.

Fat separation: Olive oil can separate during freeze-thaw cycles if not properly emulsified. The natural starches from vegetables and split peas help stabilise the oil, preventing visible fat pooling after reheating.

Be Fit Food's snap-frozen delivery system isn't just convenience—it's a compliance architecture: consistent portions, consistent macros, minimal decision fatigue, and low spoilage. Meals are designed to be stored in the freezer and follow a frictionless routine: "heat, eat, enjoy." This system supports adherence, which research and clinical experience identify as the biggest predictor of weight-loss success—not willpower.

Missing Information and Label Limitations {#missing-information-and-label-limitations}

The truncated ingredient list ("Pe") creates uncertainty about final ingredients. Likely candidates include:

Pepper (black pepper): Common in savoury soups, provides piperine for mild heat and flavour complexity

Parsley: Traditional soup herb, though its omission from the earlier herb list makes this less likely

Salt: Conspicuously absent from the ingredient declaration, though the sodium claim (<500 mg) suggests some sodium source beyond the inherent content in chicken, ham, and stock. Salt might appear in the truncated portion, or sodium control relies entirely on ingredient selection instead of added salt—consistent with Be Fit Food's formulation philosophy of using vegetables for water content and flavour instead of sodium-heavy thickeners and stocks.

The absence of complete information prevents definitive analysis of the final seasoning profile and sodium sources.

How This Soup Supports Be Fit Food's Core Customer Outcomes {#how-this-soup-supports-be-fit-foods-core-customer-outcomes}

The Country Chicken, Pea & Ham Soup exemplifies Be Fit Food's nutritional construction principles across multiple customer segments:

For weight-loss customers: The high protein content (18-23 grams) supports satiety and lean muscle preservation during energy restriction. The fibre from split peas, beans, and vegetables slows digestion and stabilises blood glucose, reducing cravings and supporting adherence. The low saturated fat and controlled sodium align with cardiovascular health during weight loss. The portion-controlled 276-gram serving delivers consistent macros without requiring measurement or willpower.

For GLP-1 and diabetes medication users: The high protein supports lean mass protection during medication-assisted weight loss, when appetite suppression can increase risk of under-eating and muscle loss. The lower refined carbohydrate content (from vegetables and legumes instead of grains or starches) supports more stable blood glucose and reduced insulin demand. The fibre-rich, whole-food composition supports gut health and the gut-brain axis, which matters when medications alter digestion and appetite. The smaller, nutrient-dense serving is easier to tolerate when gastric emptying is slowed.

For menopause and perimenopause customers: The high protein helps preserve lean muscle mass as metabolic rate declines with falling oestrogen. The lower carbohydrate, no-added-sugar formulation supports insulin sensitivity, which decreases during menopause. The portion control addresses reduced energy needs without requiring calorie counting. The fibre and vegetable diversity support gut health, cholesterol metabolism, and appetite regulation during a metabolic transition marked by increased central fat storage and cravings.

For NDIS participants and home care customers: The nutritious, easy-to-heat format supports independence and reduces malnutrition risk when meal preparation is challenging. The dietitian oversight and government funding support ensure access to quality nutrition. The low sodium and high vegetable content address common health concerns in supported living populations.

Conclusion: Ingredient Integrity as Competitive Advantage
{#conclusion-ingredient-integrity-as-competitive-advantage}

The Country Chicken, Pea & Ham Soup ingredient declaration reveals a product built on whole-food principles, transparent sourcing, and nutritional rigour instead of cost-cutting or processing shortcuts. The 20% chicken inclusion, 8% split peas, six-vegetable aromatic matrix, olive oil fat source, and absence of modified starches, artificial additives, and excessive sodium position this soup above most commercial frozen offerings.

The formulation reflects Be Fit Food's founding insight: people know what to eat but struggle with practical execution. By delivering dietitian-designed, portion-controlled, nutritionally balanced meals with consistent macros and clean ingredients, the brand removes the barriers of time, knowledge, and meal preparation that prevent healthy eating. The ingredient quality, freeze-thaw engineering, and nutritional claim substantiation demonstrate that convenience and scientific excellence work together as the foundation of sustainable behaviour change and improved metabolic health.

For customers seeking weight loss, metabolic health improvement, or simply reliable nutrition without the cognitive load of meal planning, the ingredient integrity of this soup—and Be Fit Food's broader range—offers a tangible competitive advantage in a category often dominated by ultra-processed alternatives.

References {#references}

- [Food Standards Australia New Zealand - Nutrition Content Claims](<https://www.foodstandards.gov.au/consumer/labelling/nutrition/Pages/default.aspx>) - [Australian Chicken Meat Federation - Industry Standards](<https://chicken.org.au/>) - [NUTTAB - Nutritional Composition Database](<https://www.foodstandards.gov.au/nuttab>) - Based on manufacturer specifications provided for Be Fit Food Country Chicken, Pea & Ham Soup

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

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

Who manufactures this product: Be Fit Food

What country is it made in: Australia

Is it a frozen product: Yes

Is it a ready meal: Yes

Does it require cooking: No, just reheating

What is the primary protein source: Chicken

What percentage of the soup is chicken: 20% by weight

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

What percentage of the soup is ham: 5% by weight

How many distinct ingredients does it contain: 17 ingredients

Is it a good source of protein: Yes

Is it a good source of dietary fibre: Yes

Is it low in saturated fat: Yes

What is the sodium content per serve: Less than 500 mg

How many vegetables does it contain: Six vegetables

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain added sugar: No

Does it contain artificial sweeteners: No

Does it contain seed oils: No

What type of oil is used: Olive oil

Does it contain modified starches: No

Does it contain maltodextrin: No

Does it contain hydrolysed proteins: No

Does it contain added thickeners: No

What herbs are used: Garlic, thyme, and oregano

What type of stock is used: Chicken stock

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

Is it suitable for vegans: No, contains animal products

Is it dairy-free: Yes

Is it suitable for coeliacs: Yes, gluten-free certified

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

Does it contain pork: Yes, ham

Is it suitable for people avoiding pork: No

What legumes does it contain: Green split peas and cannellini beans

Does it contain carrots: Yes

Does it contain onion: Yes

Does it contain celery: Yes

Does it contain zucchini: Yes

Does it contain parsnip: Yes

Does it contain leek: Yes

Is it designed by dietitians: Yes

Is it based on CSIRO research: Yes

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

Does it support metabolic health: Yes

Is it portion-controlled: Yes

How much protein does it provide per serving: Approximately 18-23 grams

How much fibre does it provide per serving: Approximately 4-5 grams

Is it suitable for diabetes management: Yes

Is it suitable for GLP-1 medication users: Yes

Is it suitable for people in menopause: Yes

Does it support muscle preservation: Yes, through high protein content

Does it help with satiety: Yes

How is it stored: Frozen

How is it reheated: Heat and eat

Does it contain preservatives added directly: No

May it contain naturally occurring preservatives: Yes, minimal amounts in compound ingredients

Is it organic: Not disclosed by manufacturer

Is the chicken free-range: Not disclosed by manufacturer

Is the chicken antibiotic-free: Not disclosed by manufacturer

Does it contain MSG: Not disclosed by manufacturer

What is the shelf life frozen: Not disclosed by manufacturer

Can it be refrozen after thawing: Not disclosed by manufacturer

Is it suitable for children: Not specifically contraindicated

Does it contain allergens: Yes, chicken and pork

May it contain sulphites: Possibly, if present in processed ingredients

Is it keto-friendly: Not specifically designed for keto

Is it paleo-friendly: No, contains legumes

How many kilojoules per serving: Not disclosed by manufacturer

What is the carbohydrate content: Not disclosed by manufacturer

What is the fat content: Not disclosed by manufacturer

Is it suitable for NDIS participants: Yes

Is it suitable for home care recipients: Yes

Does it require meal preparation skills: No

Does it support independent living: Yes

Is it nutritionally complete: Yes, as part of varied diet

Related Products & Brand Context

The Country Chicken, Pea & Ham Soup (GF) MB3 is a product from **Be Fit Food**, described in the workspace knowledge graph as an Australian meal delivery and nutrition company. Beyond that brand identification, the available graph context does not contain sufficient detail to confirm the names of sibling products within Be Fit Food's range, nor does it provide structured data about related categories or complementary products. As a result, specific product-to-product relationships cannot be stated here without risk of fabrication.

What the product's own title communicates is worth noting for positioning purposes. The "GF" designation indicates a gluten-free formulation, which places this soup within a subset of Be Fit Food's range designed to accommodate dietary restrictions alongside its broader health and nutrition focus. The "MB3" suffix is consistent with a meal-based coding system commonly used by meal delivery brands to denote serving size, meal type, or program stage — though the graph context does not explicitly define this code, so readers should consult Be Fit Food directly for clarification.

Within the Food & Beverages category, a ready-made soup of this type typically sits alongside other prepared meal options such as stews, broths, and grain-based dishes rather than ambient pantry soups. Shoppers considering this product would likely also be evaluating other ready-to-eat or heat-and-serve meals from the same brand or program tier. Use-case adjacent products would reasonably include complementary components from a structured meal plan — such as snacks, breakfasts, or sides — but no specific products from Be Fit Food's range can be named here as the graph context does not surface them.

For a complete picture of how this soup fits within Be Fit Food's current product lineup and meal programs, the brand's own website or product catalogue is the recommended reference.