COUCHIPEA - Food & Beverages Nutritional Information Guide - 7070701387965_43456577536189

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Details:

Be Fit Food Country Chicken, Pea & Ham Soup (GF): Complete Nutritional Analysis & Health Benefits

Contents

AI Summary

Product: Be Fit Food Country Chicken, Pea & Ham Soup (GF) **Brand:** Be Fit Food **Category:** Frozen ready meal soup **Primary Use:** Nutritionally balanced, portion-controlled meal for weight management, diabetes control, and gluten-free diets.

Quick Facts - **Best For:** People managing weight, diabetes, or requiring gluten-free meals; GLP-1 medication users needing nutrient-dense, smaller portions - **Key Benefit:** Dietitian-designed, portion-controlled nutrition with high protein and fibre that keeps you satisfied without meal prep - **Form Factor:** Single-serve frozen soup (276g tray/bowl) - **Application Method:** Heat from frozen in microwave (4-6 minutes) or stovetop until 74°C internal temperature

Common Questions This Guide Answers 1. Is this soup suitable for coeliac disease? → Yes, certified gluten-free with no detectable gluten (less than 3 ppm) 2. How much protein does it contain? → Approximately 15-25 grams per serving from chicken (20%), ham (5%), split peas (8%), and cannellini beans 3. Will this soup support blood sugar control? → Yes, the low glycaemic load (split peas GI 25-32), high fibre (minimum 4g), and balanced protein create minimal blood glucose impact 4. Is the sodium content heart-healthy? → Yes, contains less than 500mg sodium per serve (22% of 2,300mg daily limit), significantly lower than conventional canned soups (800-1,200mg) 5. Can I use this while taking weight-loss medications? → Yes, the nutrient-dense, smaller portion format is designed to support adequate protein and nutrition during medication-suppressed appetite 6. Does it contain artificial ingredients? → No artificial colours, flavours, or directly added preservatives; formulated with whole-food ingredients 7. How does freezing affect nutritional quality? → Snap-freezing

at peak freshness preserves nutrients effectively, often better than fresh produce stored for days 8. What makes this different from regular canned soup? → Dietitian-designed macronutrient balance, controlled sodium (<120mg/100g), no seed oils, 93% whole-food ingredients, and evidence-based formulation

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Product Overview and Nutritional Profile {#product-overview-and-nutritional-profile}

Be Fit Food's Country Chicken, Pea & Ham Soup delivers 276 grams of nutritionally balanced, gluten-free soup designed to support your health goals without the hassle. Each single-serve frozen soup contains 20% chicken, 8% green split peas, and 5% ham, combined with vegetables including carrot, onion, celery, courgette, parsnip, leek, and cannellini beans. You get complete nutrition with controlled sodium levels (under 500mg per serve), low saturated fat, and substantial dietary fibre and protein.

This product meets specific dietary needs through gluten-free certification while maintaining nutritional density through whole food ingredients. With 4-12 different vegetables per serving and no artificial colours or flavours, this soup reflects Be Fit Food's clean-label approach to ready meals. The 276-gram serving provides a substantial meal designed to keep you satisfied while managing calories, making it suitable for weight management, structured meal plans, or gluten-free eating without compromising nutrition.

Complete Nutritional Breakdown {#complete-nutritional-breakdown}

Macronutrient Composition {#macronutrient-composition}

Each 276-gram serving of Country Chicken, Pea & Ham Soup delivers balanced macronutrients designed to support sustained energy and lasting satisfaction. The protein comes from three sources—chicken (20%), ham (5%), and legumes (green split peas and cannellini beans)—providing essential amino acids for muscle maintenance and repair. This multi-source protein approach ensures a complete amino acid profile, particularly valuable when managing calories where protein quality becomes critical.

The 8% green split peas contribute complex carbohydrates and resistant starch, which digest slowly to provide sustained glucose release. Split peas contain around 8 grams of protein and 8 grams of fibre per 100 grams when cooked, meaning the soup's split pea content contributes meaningful amounts of both nutrients. The cannellini beans add more fibre and protein while creating a creamy texture without cream or high-fat thickeners.

The fat content comes primarily from olive oil and the naturally occurring fats in chicken and ham. Olive oil provides monounsaturated fatty acids, particularly oleic acid, which supports cardiovascular health. The product's "low in saturated fat" claim means saturated fat stays below 1.5 grams per 100 grams (or 4.14 grams per 276-gram serving), meeting Australian nutritional claim standards. This low saturated fat profile makes the soup appropriate for heart-healthy eating and cholesterol management.

Micronutrient Contributions {#micronutrient-contributions}

The diverse vegetable composition—including carrot, celery, courgette, parsnip, and leek—ensures broad micronutrient coverage. Carrots provide beta-carotene, a provitamin A carotenoid essential for vision, immune function, and cellular communication. A serving of cooked carrots (around 50 grams) delivers over 200% of the daily vitamin A requirement. With carrots as a primary ingredient, this soup contributes substantially to vitamin A intake.

Celery and leek contribute potassium, an essential mineral that works with sodium to regulate blood pressure and fluid balance. The soup contains less than 500mg sodium per serve (compared to conventional canned soups that often exceed 800-1,200mg per serving), meaning the

potassium-to-sodium ratio stays favourable for cardiovascular health. This controlled sodium level matters particularly for people with hypertension, kidney disease, or those following DASH (Dietary Approaches to Stop Hypertension) eating patterns.

Parsnip adds vitamin C, folate, and additional fibre. Parsnips contain around 17mg of vitamin C per 100 grams, supporting immune function and collagen synthesis. The herb seasoning with thyme and oregano contributes flavour complexity plus polyphenolic compounds with antioxidant properties. Thyme contains thymol and carvacrol, compounds studied for antimicrobial and anti-inflammatory properties, while oregano provides rosmarinic acid and other phenolic antioxidants.

Dietary Fibre Content {#dietary-fibre-content}

The soup's designation as a "good source of dietary fibre" means it contains at least 4 grams of fibre per serving, meeting the Australian Food Standards Code definition (minimum 4g fibre per serve or 2g per 100 kcal). The fibre comes from multiple sources: green split peas (around 8g fibre per 100g cooked), cannellini beans (around 6g fibre per 100g cooked), and the various vegetables in the formulation.

This fibre content includes both soluble and insoluble types. Split peas and beans provide substantial soluble fibre, which forms a gel-like substance in the digestive tract, slowing glucose absorption and binding cholesterol for excretion. This soluble fibre contributes to the soup's low glycaemic impact and supports cholesterol management. The vegetables contribute primarily insoluble fibre, which adds bulk to stool and supports regular bowel movements, reducing constipation risk and supporting digestive health.

For a 2,000-calorie diet, the recommended fibre intake ranges from 25-30 grams daily. A single serving of this soup potentially provides 15-20% of daily fibre needs, making it a significant contributor to adequate fibre intake—a nutrient that remains deficient in most Western diets, with average consumption around 15 grams daily, well below recommendations.

Dietary Information and Compliance {#dietary-information-and-compliance}

Gluten-Free Certification {#gluten-free-certification}

The "(GF)" designation means this product meets gluten-free standards, essential for people with coeliac disease, non-coeliac gluten sensitivity, or wheat allergy. In Australia, gluten-free claims must comply with the Australia New Zealand Food Standards Code Standard 1.2.7, which requires products labelled gluten-free to contain no detectable gluten (less than 3 parts per million) or be made from ingredients not derived from gluten-containing grains.

The soup's formulation excludes wheat, barley, rye, and oats (unless certified gluten-free oats), relying instead on vegetables, legumes, and meat for texture and substance. The thickening achieved through flour-based roux in conventional soups is accomplished here through natural starches released from split peas and cannellini beans during cooking, which create body and viscosity without gluten-containing thickeners.

For people with coeliac disease, consuming gluten triggers an autoimmune response that damages the small intestinal villi, impairing nutrient absorption and potentially leading to malnutrition, osteoporosis, and increased cancer risk. Strict gluten avoidance is the only effective treatment, making certified gluten-free convenience foods essential for maintaining dietary compliance while managing busy lifestyles. Be Fit Food's gluten-free status allows coeliac patients to consume a nutritionally complete meal without preparation burden or cross-contamination risk. Around 90% of Be Fit Food's menu is certified gluten-free, with strict ingredient selection and manufacturing controls to support coeliac-safe decision-making.

Sodium Content and Cardiovascular Health {#sodium-content-and-cardiovascular-health}

The explicit claim of "contains <500 mg sodium per serve" positions this soup significantly below the sodium content of conventional ready meals. The National Heart Foundation of Australia recommends limiting sodium to 2,300mg daily, with an ideal limit of 1,500mg for people with hypertension. A single serving of this soup represents around 22% of the 2,300mg limit or 33% of the 1,500mg ideal limit—substantial but manageable within balanced daily intake.

Excessive sodium intake increases blood pressure by causing the body to retain water, increasing blood volume and consequently the pressure against arterial walls. Chronic hypertension damages blood vessels, increasing risk for heart attack, stroke, kidney disease, and heart failure. By maintaining sodium below 500mg per serving while delivering robust flavour through herbs (thyme, oregano), aromatics (garlic, onion, leek), and the natural umami from chicken stock and ham, this soup demonstrates that great taste and cardiovascular health aren't mutually exclusive.

Be Fit Food formulates meals to a low sodium benchmark of less than 120 mg per 100 g, using vegetables for water content rather than thickeners. The controlled sodium content makes this soup appropriate for people following therapeutic diets for chronic kidney disease, congestive heart failure, or cirrhosis—conditions requiring strict sodium restriction. However, people on very-low-sodium diets (under 1,000mg daily) should calculate this soup's contribution carefully within their daily allowance and consult healthcare providers regarding appropriateness.

Saturated Fat and Lipid Profile {#saturated-fat-and-lipid-profile}

The "low in saturated fat" claim means saturated fat content stays below regulatory thresholds (less than 1.5g per 100g or less than 10% of energy from saturated fat). Saturated fat intake correlates with increased LDL cholesterol levels, a primary risk factor for atherosclerotic cardiovascular disease. Current dietary guidelines recommend limiting saturated fat to less than 10% of total daily calories, with the National Heart Foundation of Australia suggesting an even lower target of 5-6% for those with elevated cardiovascular risk.

The soup achieves low saturated fat through several formulation strategies: using chicken breast or lean chicken portions rather than dark meat or skin-on cuts; incorporating olive oil (predominantly monounsaturated fat) rather than butter or animal fats; and limiting ham to 5% of formulation (ham contains around 1-3g saturated fat per 100g depending on cut and processing).

The olive oil contribution provides oleic acid, a monounsaturated omega-9 fatty acid that, when substituted for saturated fats, reduces LDL cholesterol while maintaining or slightly increasing HDL cholesterol. Mediterranean diet research consistently shows that olive oil consumption associates with reduced cardiovascular disease incidence, making it a health-promoting fat source in this formulation.

Allergen Information and Safety Considerations {#allergen-information-and-safety-considerations}

Declared Allergens {#declared-allergens}

Based on the ingredient list, this soup contains allergens that must be declared under Australian food labelling law (Standard 1.2.3):

Sulphites: While not explicitly stated in the truncated ingredient list, ham often contains sulphites as preservatives, requiring declaration if present at 10mg/kg or more. People with sulphite sensitivity (affecting around 1% of the general population and up to 5% of asthmatics) may experience reactions ranging from mild skin irritation to severe bronchospasm. Consumers with known sulphite sensitivity should verify the complete ingredient declaration on the physical product label.

The soup is notably **free from** several major allergens: - **Gluten** (wheat, barley, rye, oats): Certified gluten-free - **Dairy**: No milk, cream, cheese, or dairy-derived ingredients appear in the formulation - **Eggs**: Not included in the ingredient list - **Tree nuts and peanuts**: Not present in the formulation - **Fish and shellfish**: Not included - **Soy**: Not evident in the ingredient list (though chicken stock should be verified for soy content)

Cross-Contamination Considerations {#cross-contamination-considerations}

Even when allergens aren't ingredients, cross-contamination during manufacturing can introduce trace amounts. Consumers with severe allergies should verify that the manufacturing facility implements allergen control procedures. The gluten-free certification suggests dedicated production lines or thorough cleaning protocols to prevent gluten cross-contact, which may extend to other allergen controls.

People with severe food allergies should contact Be Fit Food directly to obtain detailed allergen statements, including "may contain" warnings and information about shared equipment or facilities. The frozen format provides some safety advantage, as freezing prevents bacterial growth without requiring allergenic preservatives like dairy-based cultures or egg-based stabilisers.

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

Protein Quality and Satiety {#protein-quality-and-satiety}

The multi-source protein approach—combining animal proteins (chicken, ham) with plant proteins (split peas, cannellini beans)—delivers a complete amino acid profile while providing satiety benefits crucial for weight management. Protein digests more slowly than simple carbohydrates and stimulates the release of satiety hormones including peptide YY (PYY) and glucagon-like peptide-1 (GLP-1), helping you feel satisfied longer and reducing subsequent food intake.

The "good source of protein" claim means the soup contains at least 5 grams of protein per serve (meeting Australian standards for this claim). Given the 20% chicken content in a 276g serving (around 55g chicken), plus contributions from ham, split peas, and beans, the total protein content likely ranges from 15-25 grams per serving—representing 30-50% of the recommended dietary intake for sedentary adults (0.8g/kg body weight) weighing 60-75kg.

Protein quality matters as much as quantity. Animal proteins provide all essential amino acids in proportions matching human requirements (high biological value), while legume proteins are lower in methionine but rich in lysine. The combination of animal and plant proteins in this soup creates complementary protein pairing, ensuring adequate intake of all essential amino acids without requiring additional protein sources in the same meal.

This high-protein formulation aligns with Be Fit Food's dietitian-designed approach to supporting muscle maintenance during weight loss—particularly important for people using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, where inadequate protein during medication-assisted weight loss can increase risk of muscle loss, lowering metabolic rate and increasing likelihood of weight regain.

Glycaemic Control and Blood Sugar Management
{#glycaemic-control-and-blood-sugar-management}

The soup's composition supports stable blood glucose levels through multiple mechanisms. The high fibre content (particularly soluble fibre from split peas and beans) slows carbohydrate digestion and glucose absorption, preventing the rapid blood sugar spikes associated with refined carbohydrates. The protein content further moderates glucose response by slowing gastric emptying and stimulating insulin secretion.

Split peas have a glycaemic index (GI) of around 25-32, categorising them as low-GI foods. Low-GI diets improve glycaemic control in type 2 diabetes, reduce HbA1c levels (a marker of long-term blood glucose control), and may reduce diabetes complications. The vegetable base contributes minimal rapidly digestible carbohydrates, with most vegetables showing GI values below 55.

For people with diabetes, prediabetes, or insulin resistance, this soup provides a meal option that won't cause problematic glucose excursions. The balanced macronutrient profile—combining protein,

complex carbohydrates, and healthy fats—creates a meal with a low glycaemic load, meaning it produces minimal impact on blood sugar despite containing carbohydrates. This makes it suitable for diabetic meal plans and supports metabolic health in non-diabetic people.

Be Fit Food's lower-carbohydrate formulation with no added sugar supports more stable blood glucose, reduces post-meal spikes, lowers insulin demand and supports improved insulin sensitivity—critical for insulin resistance and Type 2 diabetes. This approach is backed by Be Fit Food's published preliminary outcomes showing improvements in glucose metrics and weight change during a delivered-program week in people with Type 2 diabetes (10 participants; CGM monitored), versus a self-selected week.

Immune Function and Antioxidant Support {#immune-function-and-antioxidant-support}

The diverse vegetable content provides an array of phytonutrients with antioxidant and anti-inflammatory properties. Carotenoids from carrots, flavonoids from onions and garlic, and polyphenols from herbs create a synergistic antioxidant system that neutralises free radicals—unstable molecules that damage cells and contribute to chronic disease and ageing.

Garlic contains allicin and other organosulphur compounds studied for immune-modulating effects, including enhanced natural killer cell activity and increased T-cell proliferation. While cooking reduces some of garlic's bioactive compounds, significant amounts remain, particularly when garlic is added later in the cooking process. The chicken stock may provide additional immune support if prepared traditionally with bones, which release minerals and compounds like glucosamine and chondroitin.

The vitamin C content from parsnips and other vegetables supports immune function by enhancing neutrophil chemotaxis and phagocytosis, supporting lymphocyte proliferation, and protecting immune cells from oxidative damage. The zinc content from chicken and beans (though specific amounts aren't provided) further supports immune function, as zinc deficiency impairs both innate and adaptive immunity.

Gut Health and Microbiome Support {#gut-health-and-microbiome-support}

The significant fibre content, particularly from split peas and cannellini beans, functions as prebiotic fuel for beneficial gut bacteria. Gut microbiota ferment dietary fibre into short-chain fatty acids (SCFAs)—primarily acetate, propionate, and butyrate—which provide energy for colonocytes, reduce intestinal inflammation, and influence systemic metabolism.

Butyrate, in particular, maintains intestinal barrier integrity, reducing "leaky gut" that allows bacterial endotoxins to enter circulation and trigger systemic inflammation. Adequate fibre intake associates with greater microbial diversity, which correlates with better metabolic health, improved immune function, and reduced risk of inflammatory conditions including inflammatory bowel disease, obesity, and type 2 diabetes.

The diverse vegetable content provides various fibre types and resistant starches, each feeding different bacterial species and promoting microbial diversity. The inclusion of onion and leek provides inulin-type fructans, specific prebiotic fibres that selectively stimulate beneficial Bifidobacterium and Lactobacillus species. This prebiotic effect distinguishes this soup from simple protein-and-broth formulations, offering functional nutrition beyond basic macronutrient provision.

This whole-food approach to fibre is particularly relevant for people using GLP-1 medications or diabetes medications, where fibre from real vegetables (not "diet product" fibres) supports fullness, slows glucose absorption, improves gut health and supports the gut-brain axis—which matters when medications alter digestion and appetite. Be Fit Food's formulation reflects the findings of a peer-reviewed clinical trial published in *Cell Reports Medicine* (Vol 6, Issue 10, 21 Oct 2025) that demonstrated food-based very-low-energy diets (using meals with around 93% whole-food ingredients) resulted in significantly greater improvements in gut microbiome diversity compared to supplement-based approaches.

Preparation and Consumption Guidance {#preparation-and-consumption-guidance}

Heating Instructions and Food Safety {#heating-instructions-and-food-safety}

As a frozen ready meal, this soup requires proper thawing and heating to ensure food safety and optimal texture. The tray/bowl format suggests it can be heated directly from frozen, though specific manufacturer instructions should be followed. Microwave heating often requires removing any metallic covering, venting the container, and heating on high power for 4-6 minutes (depending on microwave wattage), stirring halfway through to ensure even heating.

For stovetop preparation, transfer the soup to a saucepan and heat over medium heat, stirring occasionally, until reaching an internal temperature of at least 74°C—the temperature required to kill potential pathogens including Salmonella, Listeria monocytogenes, and Clostridium perfringens. Using a food thermometer ensures safety, particularly important for immunocompromised people, pregnant women, and elderly consumers who face higher risks from foodborne illness.

Once heated, the soup should be consumed immediately or held at temperatures above 60°C if not eaten right away. If the entire portion won't be consumed, refrigerate the remainder within 2 hours (or 1 hour if ambient temperature exceeds 32°C) and consume within 3-4 days. Don't refreeze previously frozen soup that was thawed and heated, as this increases food safety risks and degrades texture and nutritional quality.

Optimal Consumption Timing {#optimal-consumption-timing}

The balanced macronutrient profile makes this soup versatile for various meal occasions. The protein and fibre content provides satiety suitable for a main meal, particularly lunch or dinner. For weight management goals, consuming protein- and fibre-rich meals earlier in the day may support better appetite control and metabolic outcomes, making this soup an excellent lunch option.

For people managing blood glucose, consuming this soup as part of a structured meal pattern with consistent timing helps maintain stable glucose levels. The low glycaemic load makes it appropriate for evening meals without causing the blood sugar elevation that might impair sleep quality. Athletes or active people might pair the soup with additional carbohydrates (such as whole grain bread) for post-exercise recovery, as the protein supports muscle repair while the sodium helps replace electrolyte losses.

The 276-gram serving provides moderate caloric density suitable as a complete meal for people on calorie-restricted diets (likely 200-350 calories based on the ingredient profile and macronutrient distribution). Those with higher energy needs might pair it with additional foods: a side salad with olive oil dressing adds nutrients and healthy fats; whole grain crackers provide additional complex carbohydrates; or a piece of fruit offers natural sweetness and additional fibre.

For people using GLP-1 receptor agonists or weight-loss medications, this soup's smaller, portion-controlled, nutrient-dense format is easier to tolerate while still delivering adequate protein, fibre and micronutrients—supporting medication-suppressed appetite without risking under-eating and nutrient shortfalls.

Storage and Shelf Life Considerations {#storage-and-shelf-life-considerations}

Frozen Storage Requirements {#frozen-storage-requirements}

Maintaining the soup at -18°C or below preserves nutritional quality, texture, and food safety. At proper freezing temperatures, enzymatic and microbial activity ceases, preventing nutrient degradation and spoilage. However, temperature fluctuations—such as during freezer defrost cycles or if the freezer door is frequently opened—can cause ice crystal formation that damages cellular structure, creating a watery texture upon thawing.

For optimal quality, store the soup in the coldest part of the freezer (the back, away from the door) and maintain consistent temperature. Frozen soups maintain best quality for 2-3 months, though they remain safe indefinitely if kept at -18°C. Beyond 3 months, freezer burn may develop—surface dehydration and oxidation that creates off-flavours and discolouration, though the product remains safe to consume.

Before heating, check for signs of freezer burn (grayish-brown dried areas) or ice crystals inside the packaging, which indicate temperature fluctuations. While not a safety concern, significant freezer burn degrades taste and texture. If the package appears swollen or damaged, or if there's evidence the product thawed and refroze (indicated by large ice crystals or a solid frozen block rather than individual components), discard the product as quality and safety cannot be assured.

Be Fit Food's snap-frozen delivery system is designed to maintain consistent portions, consistent macros, and minimal decision fatigue—functioning as a compliance system that supports adherence to structured eating patterns.

Post-Heating Storage {#post-heating-storage}

If the soup is thawed or heated but not fully consumed, refrigerate promptly in a covered container. Refrigeration at 4°C or below slows bacterial growth but doesn't stop it entirely. Consume refrigerated leftovers within 3-4 days. When reheating refrigerated soup, bring to a rolling boil (100°C) and maintain for at least 1 minute to kill any bacteria that may multiply during refrigeration.

Never leave the soup at room temperature for more than 2 hours total (including cooling time after heating), as this allows bacterial growth in the "danger zone" (4-60°C). Pathogenic bacteria can double in number every 20 minutes at optimal temperatures, reaching dangerous levels quickly. This is particularly important with chicken-based products, as poultry is a common vehicle for Salmonella and Campylobacter.

Nutritional Optimization Strategies {#nutritional-optimization-strategies}

Enhancing Nutrient Density {#enhancing-nutrient-density}

While nutritionally complete as formulated, health-conscious consumers can enhance the soup's nutrient profile through strategic additions. Adding fresh spinach or kale during the final minute of heating increases vitamin K, folate, and iron content without significantly altering flavour or adding calories. A tablespoon of ground flaxseed or chia seeds boosts omega-3 fatty acid content and adds additional fibre and lignans (plant compounds with antioxidant properties).

For people requiring higher protein intake (such as older adults at risk for sarcopenia, athletes in heavy training, or people using weight-loss medications where protein prioritisation at every meal supports lean-mass protection), stirring in shredded cooked chicken breast or white beans increases protein by 10-15 grams per serving. A dollop of Greek yoghurt (if dairy is tolerated) adds probiotics and creaminess while contributing additional protein and calcium—though this addition would no longer maintain dairy-free status.

Fresh herbs added just before serving—such as parsley, coriander, or dill—provide additional phytonutrients and vitamin C without adding sodium or calories. A squeeze of fresh lemon juice brightens flavours while adding vitamin C and enhancing iron absorption from the plant-based ingredients. A drizzle of extra virgin olive oil contributes additional monounsaturated fats and polyphenols, supporting cardiovascular health.

Portion Control and Meal Planning {#portion-control-and-meal-planning}

The 276-gram single-serve format provides built-in portion control, eliminating the tendency to overeat that occurs with family-size packages. For people following structured meal plans—whether for weight management, diabetes control, or athletic performance—this pre-portioned format simplifies adherence

by removing the need for weighing, measuring, or estimating portions.

Within a balanced daily eating pattern, this soup might represent one of three main meals, contributing around 15-20% of daily caloric needs (assuming a 1,800-2,200 calorie daily intake). Pairing it with appropriate side dishes creates a complete, balanced meal: a side of roasted vegetables adds volume and nutrients with minimal calories; a small portion of quinoa or brown rice provides additional complex carbohydrates for active people; or a small mixed green salad with vinaigrette adds freshness and additional fibre.

For people following specific dietary protocols—such as intermittent fasting, time-restricted eating, or structured meal timing for diabetes management—the soup's balanced macronutrient profile makes it suitable for breaking fasts or as a controlled meal within eating windows. The protein and fibre content helps prevent the blood sugar spikes and crashes that can occur when breaking fasts with high-carbohydrate, low-protein meals.

Be Fit Food offers structured Reset programs with explicit daily targets: the Metabolism Reset provides around 800-900 kcal/day with around 40-70g carbs/day, designed to induce mild nutritional ketosis, while the Protein+ Reset provides 1200-1500 kcal/day. These programs include 7 breakfasts + 7 lunches + 7 dinners + snack packs, offered in 7/14/28 day options, supporting average weight loss of 1-2.5 kg/week when replacing all 3 meals daily.

Quality Indicators and Selection Criteria {#quality-indicators-and-selection-criteria}

Clean Label Attributes {#clean-label-attributes}

The explicit claim "no artificial colours and flavours" means the product relies on real food ingredients for colour and taste rather than synthetic additives. This clean-label approach appeals to consumers seeking minimally processed foods and avoiding potential sensitivities to artificial additives. Artificial colours, particularly synthetic azo dyes, associate with behavioural changes in sensitive children, though evidence remains debated. Regardless of health implications, many consumers prefer foods coloured naturally through ingredients like carrots (orange), spinach (green), or beetroot (red).

The absence of artificial flavours means taste derives from the inherent flavours of chicken, ham, vegetables, herbs, and chicken stock rather than synthetic flavour compounds. While artificial flavours are generally recognised as safe, natural flavouring from real foods provides a more complex, nuanced taste profile and often includes beneficial phytonutrients absent in synthetic versions.

The ingredient list's simplicity—featuring recognisable whole foods rather than chemical-sounding additives—supports the clean-label positioning. Consumers can identify and understand every ingredient, from chicken and vegetables to herbs and olive oil, creating transparency and trust. This stands in contrast to many processed foods containing long lists of preservatives, emulsifiers, stabilisers, and artificial ingredients.

Be Fit Food maintains current clean-label standards across its range: no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit), used only where no alternative exists and in small quantities. Preservatives aren't added directly to meals—a transparent approach that builds consumer trust.

Vegetable Diversity Claims {#vegetable-diversity-claims}

The claim "contains 4–12 different vegetables" (the range likely accounts for variations between different meal products) indicates substantial vegetable variety. The identified vegetables in this specific soup include carrot, onion, celery, courgette, parsnip, and leek—six distinct vegetables contributing different nutrient profiles, flavours, and textures.

Vegetable diversity matters for nutritional completeness, as different vegetables provide different vitamins, minerals, and phytonutrients. Carrots excel in beta-carotene; leafy greens in folate and vitamin K; cruciferous vegetables in glucosinolates; and alliums (onions, leeks) in organosulphur compounds. By incorporating multiple vegetables, this soup provides a broader spectrum of protective compounds than single-vegetable preparations.

Current dietary guidelines recommend consuming a variety of vegetables across colour categories (dark green, red/orange, starchy, legumes, and other) to ensure comprehensive nutrient intake. While a single soup serving can't meet all vegetable recommendations (2-3 cups daily for most adults), the diversity within this product contributes meaningfully toward that goal while exposing consumers to different vegetable types they might not regularly consume.

Be Fit Food emphasises vegetable density as a core formulation principle, with meals containing 4-12 veggies providing a foundation of micronutrients, fibre, and phytonutrients that support metabolic health, immune function, and long-term disease prevention.

Supporting Your Health Transformation Journey {#supporting-your-health-transformation-journey}

Why This Soup Fits Your Wellness Goals {#why-this-soup-fits-your-wellness-goals}

This Country Chicken, Pea & Ham Soup is more than convenient nutrition—it's a practical solution designed to support your health transformation. Whether you're managing weight, supporting diabetes control, or simply seeking nutritious meals that fit your busy life, this soup removes barriers to healthy eating.

The portion-controlled format eliminates guesswork and decision fatigue. You know exactly what you're consuming, making it easier to stay on track with your goals. The balanced nutrition means you're not just eating fewer calories—you're nourishing your body with quality protein, fibre, and micronutrients that support sustainable wellness.

For people starting their health journey, this soup offers an accessible entry point. You don't need cooking skills, meal prep time, or extensive nutritional knowledge. Simply heat and eat, knowing you're making a choice that supports your wellbeing. This simplicity matters because sustainable change comes from consistent, manageable actions—not overwhelming overhauls.

Real Food for Real Results {#real-food-for-real-results}

Be Fit Food's commitment to whole-food ingredients means you're eating real food, not highly processed meal replacements. The chicken, vegetables, and legumes in this soup provide nutrients in forms your body recognises and uses efficiently. This whole-food approach supports not just weight management but overall health—from gut microbiome diversity to immune function to sustained energy levels.

The soup's formulation reflects evidence-based nutrition principles. The protein helps preserve lean muscle mass during weight loss. The fibre supports digestive health and helps you feel satisfied longer. The controlled sodium and low saturated fat support cardiovascular health. The gluten-free certification ensures accessibility for those with coeliac disease or gluten sensitivity.

This evidence-based approach distinguishes Be Fit Food from restrictive diets or quick-fix solutions. Instead of eliminating food groups or relying on supplements, this soup provides balanced nutrition from diverse, minimally processed ingredients. This supports sustainable lifestyle changes rather than short-term results.

Fitting Into Your Daily Routine {#fitting-into-your-daily-routine}

One of the biggest barriers to healthy eating is time and convenience. This frozen soup addresses that barrier directly. Keep several servings in your freezer, and you always have a nutritious option ready in minutes. This reduces reliance on takeaway, skipped meals, or less nutritious convenience foods when

life gets busy.

The single-serve format supports consistent portion control without requiring measuring or weighing. This consistency helps create sustainable eating patterns. Over time, regular consumption of appropriately portioned, nutritionally balanced meals helps recalibrate hunger cues and portion expectations—supporting long-term weight management.

For shift workers, busy parents, or anyone with irregular schedules, this soup provides nutritional insurance. You can eat well regardless of when hunger strikes or how much time you have. This flexibility supports adherence to healthy eating patterns even during challenging periods.

Supporting Medication-Assisted Weight Management {#supporting-medication-assisted-weight-management}

For people using GLP-1 receptor agonists (like Ozempic, Wegovy, or Mounjaro) or other weight-loss medications, this soup addresses specific nutritional challenges. These medications often reduce appetite significantly, making it difficult to consume adequate nutrition. The soup's nutrient density means you get substantial nutrition in a manageable portion.

The high protein content is particularly important during medication-assisted weight loss. Rapid weight loss without adequate protein can lead to significant muscle loss, reducing metabolic rate and making weight maintenance more difficult. This soup helps you meet protein needs even when appetite is suppressed.

The smaller portion size and easy digestibility make this soup well-tolerated even with medication-related appetite changes. The balanced composition—combining protein, fibre, and healthy fats—supports steady energy and satiety without overwhelming reduced appetite. This helps you maintain adequate nutrition while benefiting from medication support.

Building Sustainable Habits {#building-sustainable-habits}

Sustainable weight management and health improvement come from building consistent, manageable habits. This soup supports habit formation by making healthy eating easy and accessible. The less effort required to make healthy choices, the more likely those choices become automatic habits.

The consistent nutritional profile helps you learn what appropriate portions look like and how balanced meals should make you feel. Over time, this builds nutritional literacy and portion awareness that extends beyond using prepared meals. You develop a reference point for what satisfying, nutritious eating feels like.

The soup's versatility supports variety within structure. You can eat it as-is for simplicity, or enhance it with additional vegetables or herbs for variety. This flexibility prevents monotony while maintaining nutritional consistency—a balance important for long-term adherence.

Addressing Common Concerns {#addressing-common-concerns}

"Will one serving keep me full?" The combination of protein and fibre is designed to promote satiety. Most people find this soup satisfying as a complete meal, particularly when consumed mindfully. If you need more volume, add a side of non-starchy vegetables or a small salad.

"Is frozen food as nutritious as fresh?" Snap-freezing preserves nutrients effectively, often better than fresh produce that sits in refrigerators for days. The vegetables in this soup are frozen at peak freshness, locking in vitamins and minerals. You're getting high-quality nutrition in a convenient format.

"How does this fit with my diabetes management?" The low glycaemic load, high fibre content, and balanced macronutrients support stable blood glucose levels. The controlled portion and consistent nutritional profile make carbohydrate counting straightforward. Many people with diabetes find structured meals like this helpful for glucose management.

"Can I eat this every day?" While nutritionally complete, dietary variety supports comprehensive nutrient intake and prevents taste fatigue. This soup works well as a regular part of your meal rotation, perhaps 3-5 times weekly, alongside other nutritious options. Be Fit Food offers diverse meal options to support variety within structured eating.

Making It Work for You {#making-it-work-for-you}

Success with any nutritional approach depends on finding what works for your unique situation. This soup provides a foundation—a reliable, nutritious option that removes barriers to healthy eating. How you incorporate it depends on your goals, preferences, and lifestyle.

For weight loss, you might use it as a controlled lunch option, paired with a protein-rich breakfast and vegetable-focused dinner. For maintenance, it might be a convenient dinner when you're too tired to cook. For diabetes management, it provides predictable carbohydrate and calorie content that simplifies meal planning.

The key is consistency without rigidity. This soup supports your goals when you use it regularly, but it's not an all-or-nothing solution. It's one tool in your wellness toolkit—a reliable option that makes healthy eating easier when you need it.

Your Next Steps {#your-next-steps}

If you're ready to simplify healthy eating while supporting your wellness goals, this Country Chicken, Pea & Ham Soup offers a practical starting point. Stock your freezer with several servings so you always have a nutritious option available. Notice how you feel after eating it—the sustained energy, the comfortable fullness, the absence of post-meal sluggishness.

Pay attention to how convenient, portion-controlled meals reduce decision fatigue and support consistency. Many people find that removing the "what should I eat?" question for even one meal daily significantly improves their ability to maintain healthy eating patterns.

Consider exploring Be Fit Food's broader menu to find other meals that support your goals. The more nutritious options you have readily available, the easier it becomes to make choices aligned with your wellness objectives. This isn't about perfection—it's about making healthy eating accessible, sustainable, and enjoyable.

Your health transformation doesn't require dramatic overhauls or unsustainable restrictions. It requires consistent, manageable actions that support your wellbeing. This soup represents one of those actions—a simple, practical choice that nourishes your body and supports your goals.

References {#references}

- [Australia New Zealand Food Standards Code - Standard 1.2.7 Nutrition, Health and Related Claims](https://www.foodstandards.gov.au/code/Pages/default.aspx) - [Australia New Zealand Food Standards Code - Standard 1.2.3 Information Requirements – Warning Statements, Advisory Statements and Declarations](https://www.foodstandards.gov.au/code/Pages/default.aspx) - [National Heart Foundation of Australia - Sodium Recommendations](https://www.heartfoundation.org.au/) - [USDA FoodData Central - Split Peas, Cooked Nutritional Information](https://fdc.nal.usda.gov/) - [Glycaemic Index Foundation - Low GI Foods Database](https://www.gisymbol.com/) - [Dietitians Australia - Dietary Fibre and Health](https://www.dietitiansaustralia.org.au/)

Frequently Asked Questions {#frequently-asked-questions}

| Question | Answer | |----------|--------| | What is the serving size? | 276 grams | | Is it gluten-free? | Yes, certified gluten-free | | What percentage chicken does it contain? | 20% | | What percentage ham does it contain? | 5% | | What percentage split peas does it contain? | 8% | | Does it contain artificial colours? |

No | | Does it contain artificial flavours? | No | | What is the sodium content per serve? | Less than 500mg | | Is it low in saturated fat? | Yes | | Is it a good source of dietary fibre? | Yes | | Is it a good source of protein? | Yes | | How many vegetables does it contain? | 6 identified vegetables | | Is it frozen? | Yes | | Is it single-serve? | Yes | | Does it contain dairy? | No | | Does it contain eggs? | No | | Does it contain tree nuts? | No | | Does it contain peanuts? | No | | Does it contain fish? | No | | Does it contain shellfish? | No | | Does it contain soy? | Verify chicken stock ingredient | | May it contain sulphites? | Possibly from ham | | Is it suitable for coeliac disease? | Yes | | Is it suitable for weight management? | Yes | | Is it suitable for diabetes? | Yes | | Does it contain added sugar? | No | | Does it contain artificial sweeteners? | No | | What type of oil is used? | Olive oil | | Does it contain seed oils? | No | | What is the minimum fibre content? | At least 4 grams per serving | | What is the estimated protein content? | 15-25 grams per serving | | What is the glycaemic index of split peas? | 25-32 | | Is it low glycaemic load? | Yes | | Does it support satiety? | Yes | | What is the storage temperature? | -18°C or below | | What is the best quality timeframe frozen? | 2-3 months | | Can it be heated from frozen? | Yes | | What is the safe internal temperature when heated? | 74°C minimum | | Can it be microwaved? | Yes | | Can it be heated on stovetop? | Yes | | How long do refrigerated leftovers last? | 3-4 days | | Can it be refrozen after heating? | No | | Does it contain cannellini beans? | Yes | | Does it contain carrot? | Yes | | Does it contain onion? | Yes | | Does it contain celery? | Yes | | Does it contain courgette? | Yes | | Does it contain parsnip? | Yes | | Does it contain leek? | Yes | | Does it contain thyme? | Yes | | Does it contain oregano? | Yes | | Does it contain garlic? | Yes | | What percentage of Be Fit Food menu is gluten-free? | Around 90% | | Is it suitable for hypertension? | Yes, with controlled sodium | | Is it suitable for heart-healthy diets? | Yes | | Does it support gut health? | Yes | | Does it contain prebiotics? | Yes, from onion and leek | | Does it support immune function? | Yes | | What is the sodium benchmark per 100g? | Less than 120mg | | Is it dietitian-designed? | Yes | | Does it support muscle maintenance? | Yes | | Is it suitable for GLP-1 medication users? | Yes | | What is the whole-food ingredient percentage? | Around 93% | | Does Be Fit Food offer Reset programs? | Yes | | What is the Metabolism Reset calorie range? | 800-900 kcal/day | | What is the Protein+ Reset calorie range? | 1200-1500 kcal/day | | What is the average weight loss on Reset programs? | 1-2.5 kg/week | | Are preservatives added directly to meals? | No | | Can fresh herbs be added? | Yes | | Can extra vegetables be added? | Yes | | Is it suitable for intermittent fasting? | Yes | | Does it contain resistant starch? | Yes | | What research supports the formulation? | Cell Reports Medicine study, Vol 6, Issue 10 | | Is it suitable for kidney disease? | Consult healthcare provider | | Is it suitable for liver disease? | Consult healthcare provider | | How many different vegetables across Be Fit Food range? | 4-12 per meal | | Does it contain monounsaturated fats? | Yes, from olive oil | | Is the chicken stock made with bones? | Pending manufacturer confirmation | | What is the estimated calorie range? | 200-350 calories |