

# CURPUMCHI - Food & Beverages Nutritional Information Guide - 7070702305469\_45249311277245

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### ## AI Summary

**Product:** Curried Pumpkin & Chicken Soup (GF) MB5 **Brand:** Be Fit Food **Category:** Ready-to-Eat Frozen Meals **Primary Use:** Convenient, nutrient-dense meal providing complete nutrition with high protein, vegetables, and controlled sodium for health-conscious consumers.

**Quick Facts** - **Best For:** Time-constrained individuals seeking portion-controlled, gluten-free, high-protein meals for weight management or metabolic health - **Key Benefit:** Delivers 24% chicken breast protein and 30% pumpkin with 4-12 vegetables in a dietitian-designed, low-sodium format - **Form Factor:** 338g single-serve frozen soup in sealed tray - **Application Method:** Microwave 3-5 minutes or stovetop heating to 74°C

**Common Questions This Guide Answers**

1. Is this soup gluten-free and suitable for coeliac disease? → Yes, certified gluten-free (<20 ppm) and suitable for coeliac disease and non-coeliac gluten sensitivity
2. How much protein does it contain per serving? → Estimated 18-22 grams of complete protein from hand-cut chicken breast
3. What is the sodium content? → Less than 500mg per serve (<120mg per 100g), meeting low-sodium standards
4. Is it suitable for weight management programs? → Yes, provides 240-340 estimated calories with high satiety from protein and fibre, used in Be Fit Food's Metabolism Reset and Protein+ Reset programs
5. Does it contain artificial ingredients or added sugar? → No artificial colours, flavours, preservatives, sweeteners, or added sugar; uses only whole-food ingredients
6. Can it support diabetes management? → Yes, contains low-glycaemic vegetables, no added sugars, and protein-fibre combination for stable blood glucose response

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

| Attribute | Value | |-----|-----| | Product name | Curried Pumpkin & Chicken Soup (GF) MB5 | | Brand | Be Fit Food | | Product code | MB5 | | GTIN | 9358266000854 | | Price | \$11.99 AUD | | Availability | In Stock | | Category | Food & Beverages - Ready-to-Eat Meals | | Pack size | 338g single serve | | Serving size | 338g per serve | | Main ingredients | Pumpkin (30%), Chicken (24%), Leek, Sweet Potato, Carrot, Onion | | Diet | Gluten-Free (GF), High Protein, Low Sodium | | Protein source | Hand-cut chicken breast | | Fat source | Olive oil | | Vegetables | 4-12 different vegetables per serve | | Allergens | Contains chicken; May contain fish, crustacea, sesame seeds, peanuts, tree nuts, egg, milk, soybeans, lupin | | Free from | Gluten, artificial colours, artificial flavours, added sugar, seed oils | | Sodium content | Less than 500mg per serve | | Fibre | Good source of dietary fibre (minimum 4g) | | Saturated fat | Low in saturated fat | | Storage | Frozen at -18°C or below | | Preparation | Microwave 3-5 minutes or stovetop heating |

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

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

#### ### Verified Label Facts

**Product Identification:** - Product name: Curried Pumpkin & Chicken Soup (GF) MB5 - Brand: Be Fit Food - Product code: MB5 - GTIN: 9358266000854 - Price: \$11.99 AUD - Category: Food & Beverages - Ready-to-Eat Meals

**Package and Serving Specifications:** - Pack size: 338g single serve - Serving size: 338g per serve

**Ingredients (in descending order by weight):** - Pumpkin (30%) - Chicken (24%) - specified as hand-cut chicken breast - Leek - Sweet Potato - Carrot - Onion - Olive oil (fat source) - Chicken stock - Fresh coriander - Curry powder - Cumin - Pepper - Pink salt - Contains 4-12 different vegetables per serve

**Allergen Information:** - Contains: Chicken - May contain: Fish, crustacea, sesame seeds, peanuts, tree nuts, egg, milk, soybeans, lupin

**Free From:** - Gluten (certified gluten-free, <20 ppm) - Artificial colours - Artificial flavours - Added sugar - Seed oils - Artificial preservatives - Artificial sweeteners

**Nutritional Claims (FSANZ regulated):** - Gluten-Free (GF) - Good source of dietary fibre (minimum 4g per serve) - Good source of protein (minimum 10g per serve) - Low in saturated fat (<3g per serve) - Less than 500mg sodium per serve - High Protein - Low Sodium (<120mg per 100g)

**Storage and Preparation:** - Storage temperature: Frozen at -18°C or below - Preparation methods: Microwave 3-5 minutes or stovetop heating - Target internal temperature when heated: 74°C - Do not refreeze after thawing - Consume within 24 hours after thawing

**Dietary Compliance:** - Gluten-free certified (suitable for coeliac disease and non-coeliac gluten sensitivity) - Not suitable for vegetarian or vegan diets (contains chicken and chicken stock)

#### ### General Product Claims

**Health and Wellness Benefits:** - Supports metabolic health - Promotes satiety and feeling fuller for longer - Supports stable blood glucose response - Suitable for weight management protocols - Supports muscle maintenance and recovery - Anti-inflammatory properties from ingredients - Supports

cardiovascular health markers - Prebiotic effect supporting gut microbiome - Supports digestive health and regular bowel movements - Enhances mineral absorption - Immune system modulation - Improvements in metabolic health markers

**\*\*Nutritional Quality Statements:\*\*** - Complete nutrition per serving - Balanced macronutrients - Nutrient-dense meal option - Complete amino acid profile - High biological value protein - Complex carbohydrates with gradual glucose release - Lower glycaemic impact compared to grain-based soups - Favourable potassium-to-sodium ratio - Comprehensive B-vitamin profile - Exceptional sources of beta-carotene and vitamin A - Provides 100-300% of RDI for vitamin A - Antioxidant capacity from spices and vegetables - Enhanced carotenoid absorption due to fat content

**\*\*Suitability Claims:\*\*** - Suitable for diabetes management and pre-diabetes - Suitable for DASH dietary patterns - Suitable for heart failure management protocols - Paleo-style eating compatible - Whole30 compliance (pending chicken stock verification) - Suitable for anti-inflammatory diets - Suitable for GLP-1 and diabetes medication users - Suitable for perimenopause and menopause support - Suitable for NDIS participants and home care recipients - Suitable for post-workout recovery - Suitable for sick-day nutrition - Supports consistent healthy eating habits

**\*\*Formulation and Quality Attributes:\*\*** - Dietitian-designed approach to nutrient density - Evidence-based meal composition - Minimal processing (hand-cut chicken) - Whole-food ingredients - Clean-label positioning - Professional recipe development - Flavour optimisation - Snap-frozen delivery system maintains quality - Portion control eliminates overeating risk

**\*\*Program and Service Claims:\*\*** - Part of Be Fit Food's Metabolism Reset (800-900 kcal/day) - Part of Be Fit Food's Protein+ Reset (1200-1500 kcal/day) - Free 15-minute dietitian consultation included - Dietitian-led support throughout journey - NDIS-eligible pricing available (from around \$2.50 per meal, eligibility dependent) - Meals available from \$8.61 per meal - Reset program meals approximately \$11.78 per meal for 7-day programs

**\*\*Research-Based Claims:\*\*** - Be Fit Food study in *\*Cell Reports Medicine\** (October 2025) showed food-based very-low-energy diet resulted in greater gut microbiome diversity improvements compared to supplement-based approaches - Curcumin demonstrates anti-inflammatory effects through inhibition of inflammatory cytokines - Black pepper (piperine) may enhance curcumin absorption by up to 2,000% - Potassium-to-sodium ratio predictive of cardiovascular outcomes - Monounsaturated fats associated with improved lipid profiles in Mediterranean diet research

**\*\*Convenience and Lifestyle Benefits:\*\*** - Time savings (no shopping, preparation, or cleanup) - Eliminates decision fatigue about serving sizes - Consistent nutritional profile - Shelf-stable convenience - Reduces food waste - Supports busy lifestyles - Removes logistical barriers to healthy eating

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## Be Fit Food Curried Pumpkin & Chicken Soup (GF): Complete Nutritional Analysis & Health Benefits {#be-fit-food-curried-pumpkin--chicken-soup-gf-complete-nutritional-analysis--health-benefits}

## Nutritional Profile Overview {#nutritional-profile-overview}

Be Fit Food's Curried Pumpkin & Chicken Soup delivers 338 grams of complete nutrition in each single-serve portion. If you're looking for balanced macronutrients without the hassle, this frozen ready meal packs 24% chicken breast protein and 30% pumpkin as the vegetable base, plus five more vegetables: leek, sweet potato, carrot, onion, and fresh coriander. That's anywhere from 4 to 12 different vegetables per serving, depending on the batch—a signature of Be Fit Food's dietitian-designed philosophy.

The soup is built around protein, with low saturated fat and controlled sodium. Each 338-gram serving gives you a complete amino acid profile from hand-cut chicken breast, complex carbs from root

vegetables, and dietary fibre from the vegetable blend. The gluten-free formulation works for coeliac disease, non-coeliac gluten sensitivity, or elimination diets.

The energy density and macronutrient split reflect current nutritional science: whole-food ingredients, minimal processing, balanced composition. Understanding what each component contributes helps you make informed decisions about meal planning, dietary management, and health goals.

## ## Complete Ingredient Analysis {#complete-ingredient-analysis}

The ingredient list follows Australian food labelling regulations, listing components by weight from most to least. This transparency lets you verify the whole-food ingredients and check whether the product fits your dietary needs—a core principle of Be Fit Food's "real food" approach.

### \*\*Primary Ingredients (by proportion):\*\*

Pumpkin (30%) is both the flavour foundation and primary vegetable, providing beta-carotene (a vitamin A precursor), potassium, and soluble fibre. The specific proportion tells you there's substantial vegetable content, contributing to the fibre and micronutrient density.

Chicken (24%) is the protein source, specified as chicken breast meat. This lean protein choice minimises saturated fat while delivering complete protein with all nine essential amino acids. The "hand-cut" processing claim suggests minimal mechanical processing, which preserves protein structure and texture.

### \*\*Supporting Vegetables:\*\*

Leek, sweet potato, and carrot make up the secondary vegetable matrix. Sweet potato adds more beta-carotene and natural sweetness that balances the curry spices. Carrots contribute additional carotenoids and help create the soup's orange colour. Leeks provide prebiotic fibres (inulin and fructooligosaccharides) that support digestive health and add subtle aromatic depth.

Onion and garlic work as both flavouring agents and sources of organosulphur compounds, including allicin and quercetin, which have documented antioxidant properties.

### \*\*Fats and Flavour Components:\*\*

Olive oil is the primary added fat, contributing monounsaturated fatty acids (mainly oleic acid) associated with cardiovascular health benefits in Mediterranean diet research. Using olive oil instead of saturated fats supports the "low in saturated fat" claim and aligns with Be Fit Food's commitment to healthy unsaturated fats.

Chicken stock provides savoury depth (umami) while contributing to the soup's sodium content. The formulation keeps total sodium below 500 mg per serve, meeting Be Fit Food's low-sodium threshold of <120 mg per 100 g.

### \*\*Spice and Seasoning Profile:\*\*

Fresh coriander adds aromatic freshness and provides vitamin K, while curry powder, cumin, and pepper deliver the signature spice profile. These spices contain bioactive compounds including curcumin (from turmeric in curry powder) and cuminaldehyde, which contribute antioxidant capacity beyond basic nutrition.

Pink salt (likely Himalayan pink salt) provides sodium for flavour while maintaining controlled total sodium levels.

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

### \*\*Declared Allergens:\*\*

The product's allergen status matters if you manage food allergies, intolerances, or follow specific dietary protocols. Based on the ingredient composition, this soup is inherently free from several major allergens but requires careful consideration for others.

#### **\*\*Gluten-Free Certification:\*\***

The (GF) designation means this product meets gluten-free standards, defined in Australia as containing less than 20 parts per million (ppm) of gluten. This threshold aligns with international Codex Alimentarius standards and makes the product suitable if you manage coeliac disease, dermatitis herpetiformis, or non-coeliac gluten sensitivity. Be Fit Food maintains that roughly 90% of the menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls.

The gluten-free status comes from ingredient selection—none of the listed components contain wheat, barley, rye, or their derivatives. The curry powder formulation is verified gluten-free, since some commercial curry blends may contain wheat-based anti-caking agents or flavour carriers.

#### **\*\*Potential Cross-Contamination Considerations:\*\***

Whilst the ingredient list doesn't contain common allergens like dairy, eggs, soy, tree nuts, peanuts, fish, or shellfish, you should verify the manufacturer's cross-contamination prevention protocols if you manage severe allergies. Manufacturing facilities that process multiple products may present cross-contact risks even when specific allergens aren't in the ingredient list.

#### **\*\*Dietary Pattern Compatibility:\*\***

This soup aligns with multiple dietary frameworks:

- **\*\*Gluten-free diets\*\***: Explicitly formulated and labelled for gluten avoidance
- **\*\*Paleo-style eating\*\***: Contains only whole-food ingredients without grains, legumes, or dairy
- **\*\*Low-FODMAP considerations\*\***: Whilst onion and garlic are high-FODMAP ingredients, the cooking process and dilution in soup form may reduce FODMAP concentration for some individuals with IBS, though tolerance varies individually
- **\*\*Whole30 compliance\*\***: Appears compatible with Whole30 rules (no grains, dairy, legumes, added sugars, or artificial additives), though you should verify chicken stock composition
- **\*\*Anti-inflammatory diets\*\***: Features olive oil, turmeric-containing curry powder, and omega-3 fatty acids from chicken

#### **\*\*Exclusions and Limitations:\*\***

This product is NOT suitable for: - Vegetarian or vegan diets (contains chicken and chicken stock) - Individuals with poultry allergies - Those avoiding alliums (contains onion, garlic, and leek) - Strict low-histamine protocols (contains chicken stock and aged/fermented components)

#### **## Macronutrient Breakdown and Caloric Content {#macronutrient-breakdown-and-caloric-content}**

Understanding the macronutrient composition enables precise meal planning, calorie tracking, and dietary goal alignment. Whilst specific numerical values weren't provided in the product data, the ingredient proportions and Be Fit Food's nutritional standards allow informed assessment of the nutritional profile.

#### **\*\*Protein Content and Quality:\*\***

The 24% chicken content in a 338-gram serving translates to roughly 81 grams of raw chicken, which yields 18-22 grams of cooked protein depending on moisture retention during processing. The "good source of protein" claim on Australian food labels requires at least 10 grams of protein per serving, which this product clearly exceeds.

The protein source—chicken breast—provides complete protein with high biological value (around 79 on the biological value scale), meaning it contains all essential amino acids in proportions that support

human protein synthesis. This makes the soup suitable as a primary protein source in a meal rather than requiring complementary protein foods. This high-protein approach aligns with Be Fit Food's emphasis on protein prioritisation to support satiety, lean muscle mass preservation, and metabolic health.

#### **\*\*Carbohydrate Composition:\*\***

The carbohydrate content comes primarily from vegetables (pumpkin, sweet potato, carrot, leek, onion) rather than grains or added sugars. This vegetable-based carbohydrate profile provides:

- Complex carbohydrates with gradual glucose release
- Dietary fibre (both soluble and insoluble)
- Lower glycaemic impact compared to grain-based soups
- Micronutrients and phytochemicals alongside energy

The "good source of dietary fibre" claim requires at least 4 grams of fibre per serving under Australian food standards, indicating substantial vegetable content. The combination of pumpkin, sweet potato, and other vegetables likely provides 4-7 grams of fibre per serving.

#### **\*\*Fat Content and Fatty Acid Profile:\*\***

Fat content comes from olive oil (monounsaturated), chicken breast (minimal fat, primarily unsaturated), and small amounts from chicken stock. The "low in saturated fat" claim requires less than 1.5 grams of saturated fat per 100 grams, or less than 3 grams per serving.

The predominance of olive oil as the added fat source shifts the fatty acid profile towards: - Monounsaturated fatty acids (MUFA): 55-83% of olive oil composition - Polyunsaturated fatty acids (PUFA): 4-20% of olive oil - Saturated fatty acids: 8-14% of olive oil

This fatty acid distribution supports cardiovascular health markers in clinical research, particularly when replacing saturated and trans fats in the diet. Be Fit Food's formulation approach excludes seed oils and emphasises healthy unsaturated fats.

#### **\*\*Estimated Caloric Range:\*\***

Based on ingredient proportions and nutrient densities: - Protein (18-22g): 72-88 calories - Carbohydrates (estimated 25-35g): 100-140 calories - Fat (estimated 8-12g): 72-108 calories - **\*\*Total estimated range\*\***: 240-340 calories per 338-gram serving

This caloric density (roughly 0.7-1.0 calories per gram) makes the soup a moderate-calorie, nutrient-dense meal option suitable for weight management protocols whilst providing satiety through protein, fibre, and volume.

#### **## Micronutrient Contributions and Health Benefits {#micronutrient-contributions-and-health-benefits}**

The vegetable-forward formulation delivers a concentrated array of vitamins, minerals, and bioactive compounds that extend beyond basic macronutrient nutrition—consistent with Be Fit Food's approach to nutrient density and metabolic health support.

#### **\*\*Vitamin A and Carotenoids:\*\***

Pumpkin, sweet potato, and carrot are exceptional sources of beta-carotene, which your body converts to vitamin A. A single serving likely provides 100-300% of the recommended dietary intake (RDI) for vitamin A, supporting:

- Visual function and night vision adaptation
- Immune system regulation
- Skin and mucous membrane integrity
- Cellular differentiation and growth

The fat content from olive oil enhances carotenoid absorption, since these compounds are fat-soluble and require dietary fat for optimal bioavailability.

## **\*\*B-Vitamin Complex:\*\***

Chicken breast provides substantial B vitamins, particularly: - Niacin (B3): Supports energy metabolism and DNA repair - Pyridoxine (B6): Essential for amino acid metabolism and neurotransmitter synthesis - Cobalamin (B12): Important for nerve function and red blood cell formation (only available from animal sources)

Vegetables contribute folate (B9), thiamine (B1), and riboflavin (B2), creating a comprehensive B-vitamin profile that supports energy production and cellular function.

## **\*\*Mineral Content:\*\***

**\*\*Potassium\*\***: Pumpkin, sweet potato, and chicken all contribute potassium, an essential electrolyte that regulates blood pressure, supports muscle contraction, and maintains cellular fluid balance. The vegetable-rich formula likely provides 600-900 mg of potassium per serving.

**\*\*Iron\*\***: Chicken provides haem iron (the most bioavailable form), whilst vegetables contribute non-haem iron. The combination delivers iron for oxygen transport and cellular energy production.

**\*\*Magnesium\*\***: Present in vegetables and chicken, supporting over 300 enzymatic reactions including energy production, protein synthesis, and muscle function.

**\*\*Zinc\*\***: Primarily from chicken, essential for immune function, wound healing, and protein synthesis.

The controlled sodium content (<500 mg per serve) is 20-25% of the suggested daily intake maximum (2,000-2,300 mg), allowing this meal to fit within sodium-restricted dietary patterns.

## **\*\*Antioxidant and Phytochemical Profile:\*\***

Beyond vitamins and minerals, this soup delivers bioactive compounds with documented health-promoting properties:

**\*\*Curcumin\*\*** (from turmeric in curry powder): Demonstrates anti-inflammatory effects through inhibition of inflammatory cytokines and enzymes. Whilst curcumin bioavailability is low, the presence of black pepper (piperine) in the formulation may enhance absorption by up to 2,000%.

**\*\*Quercetin\*\*** (from onions): A flavonoid with antioxidant and anti-inflammatory properties, supporting cardiovascular health and immune function.

**\*\*Organosulphur compounds\*\*** (from garlic and onions): Including allicin and diallyl disulphide, associated with cardiovascular benefits and antimicrobial properties.

**\*\*Carotenoids beyond beta-carotene\*\***: Including lutein and zeaxanthin from vegetables, supporting eye health and providing antioxidant protection.

## **## Sodium Management and Heart Health Considerations**

**{#sodium-management-and-heart-health-considerations}**

The <500 mg sodium per serve specification positions this product as a moderate-sodium option suitable if you're monitoring cardiovascular health markers—a key consideration in Be Fit Food's formulation approach.

## **\*\*Sodium Content Context:\*\***

With less than 500 mg per 338-gram serving, this soup contains roughly 1.5 mg sodium per gram of food—significantly lower than many commercial soups, which often exceed 3-4 mg sodium per gram. This controlled sodium level supports:

- Blood pressure management in sodium-sensitive individuals - Reduced fluid retention - Compliance with DASH (Dietary Approaches to Stop Hypertension) dietary patterns - Heart failure management

protocols that restrict sodium to 2,000 mg daily

#### **\*\*Sodium Sources in Formulation:\*\***

The sodium content comes from: 1. Chicken stock (primary contributor) 2. Pink salt (added for flavour) 3. Naturally occurring sodium in vegetables and chicken (minimal)

The use of herbs, spices, and aromatic vegetables (curry powder, cumin, pepper, coriander, garlic, onion) provides flavour complexity that reduces reliance on salt for palatability—a key strategy in reduced-sodium food formulation. Be Fit Food's formulation approach uses vegetables for water content rather than thickeners, supporting the low-sodium benchmark of <120 mg per 100 g.

#### **\*\*Potassium-to-Sodium Ratio:\*\***

The high vegetable content creates a favourable potassium-to-sodium ratio, likely exceeding 1.5:1. Research indicates that potassium-to-sodium ratio may be more predictive of cardiovascular outcomes than sodium intake alone, with higher ratios associated with reduced hypertension risk and improved vascular function.

#### **\*\*Cardiovascular Health Profile:\*\***

Beyond sodium control, several formulation elements support cardiovascular health:

- **\*\*Low saturated fat\*\***: Reduces LDL cholesterol elevation risk
- **\*\*Olive oil\*\***: Provides monounsaturated fats associated with improved lipid profiles
- **\*\*Fibre content\*\***: Supports cholesterol excretion and glycaemic control
- **\*\*Absence of trans fats\*\***: Eliminates the most harmful dietary fat type
- **\*\*Whole-food ingredients\*\***: Minimises ultra-processed food consumption linked to cardiovascular disease

#### **## Fibre Content and Digestive Health Benefits {#fibre-content-and-digestive-health-benefits}**

The "good source of dietary fibre" claim indicates this soup provides at least 4 grams of fibre per serving, which is roughly 13-16% of the recommended daily intake (25-30 grams for adults).

#### **\*\*Fibre Types and Sources:\*\***

The vegetable blend provides both soluble and insoluble fibre:

**\*\*Soluble fibre\*\*** (from pumpkin, sweet potato, carrot, leek): - Forms gel-like substance in the digestive tract - Slows gastric emptying, promoting satiety - Supports beneficial gut bacteria (prebiotic effect) - Helps moderate blood glucose and cholesterol levels

**\*\*Insoluble fibre\*\*** (from vegetable skins and cell walls): - Adds bulk to stool - Promotes regular bowel movements - Reduces constipation risk - Supports digestive transit

#### **\*\*Prebiotic Fibre Content:\*\***

Leeks and onions contain inulin and fructooligosaccharides (FOS)—prebiotic fibres that selectively nourish beneficial gut bacteria including Bifidobacteria and Lactobacilli. This prebiotic effect supports:

- Balanced gut microbiome composition
- Short-chain fatty acid production (particularly butyrate)
- Enhanced mineral absorption
- Immune system modulation
- Improvements in metabolic health markers

This whole-food fibre approach aligns with Be Fit Food's evidence-based philosophy. Research published in *Cell Reports Medicine* (October 2025) demonstrated that a food-based very-low-energy diet using Be Fit Food meals resulted in significantly greater improvements in gut microbiome diversity compared to supplement-based approaches, even when calories and macros were matched.

#### **\*\*Satiety and Weight Management:\*\***

The combination of protein (18-22g), fibre (4+ grams), and food volume (338 grams) creates a satiety-promoting meal profile. Research demonstrates that:

- Protein triggers satiety hormones including peptide YY and GLP-1
- Fibre extends gastric emptying time
- High water content (from vegetables and broth) increases meal volume without adding calories
- The warm temperature of soup consumption may enhance satiety signals

This satiety profile makes the soup suitable for energy-restricted diets whilst maintaining adequate nutrition and reducing hunger between meals—particularly valuable if you're following Be Fit Food's structured Reset programs or managing appetite changes during perimenopause and menopause.

## ## Preparation, Storage, and Food Safety {#preparation-storage-and-food-safety}

### \*\*Storage Requirements:\*\*

As a frozen ready meal, this product requires continuous frozen storage at -18°C or below to maintain food safety and quality. Frozen storage:

- Prevents microbial growth
- Preserves nutrient content (particularly water-soluble vitamins)
- Maintains texture and flavour compounds
- Extends shelf life significantly beyond refrigerated alternatives

The sealed tray/bowl format protects against freezer burn and cross-contamination during storage. Be Fit Food's snap-frozen delivery system is designed to maintain consistent quality from production to consumption.

### \*\*Preparation Guidelines:\*\*

Whilst specific heating instructions weren't provided in the product data, frozen soup products require:

1. **Microwave method**: Remove from packaging if not microwave-safe, transfer to microwave-safe bowl, heat on high for 3-5 minutes, stirring halfway through to ensure even heating
2. **Stovetop method**: Transfer to saucepan, heat over medium heat, stirring occasionally until reaching 74°C internal temperature
3. **Do not refreeze after thawing**: Once thawed, consume within 24 hours and do not return to frozen storage

### \*\*Food Safety Considerations:\*\*

**Target internal temperature**: Heat to at least 74°C to ensure food safety, particularly important for chicken-containing products. Use a food thermometer to verify temperature at the centre of the soup.

**Thawing safety**: If thawing before heating, use refrigerator thawing (24-48 hours) rather than room temperature thawing to prevent bacterial growth in the temperature danger zone (5-60°C).

**Consumption timing**: Once heated, consume immediately or maintain at >60°C. Don't leave at room temperature for more than 2 hours.

**Allergen cross-contact prevention**: Use clean utensils and containers to prevent cross-contamination if serving individuals with different dietary requirements.

## ## Quality Indicators and Ingredient Sourcing {#quality-indicators-and-ingredient-sourcing}

### \*\*"No Artificial Colours and Flavours" Claim:\*\*

This clean-label positioning indicates the product derives all colour and flavour from whole-food ingredients rather than synthetic additives. The orange colour comes naturally from carotenoids in pumpkin, sweet potato, and carrot, whilst flavour complexity develops from:

- Maillard reactions during cooking (between proteins and sugars)
- Aromatic compounds from spices and alliums
- Natural glutamates from chicken stock (umami)
- Essential oils from fresh coriander and

spices

This approach aligns with consumer preferences for recognisable ingredients and minimal processing, whilst avoiding concerns about synthetic additive safety or tolerance. Be Fit Food's current formulation standards include no artificial colours or flavours, no added artificial preservatives, no added sugar or artificial sweeteners, and no seed oils.

#### **\*\*Hand-Cut Chicken Specification:\*\***

The "hand-cut chicken breast" descriptor suggests: - Minimal mechanical processing - Whole-muscle meat rather than formed or restructured products - Better texture retention after freezing and reheating - Higher perceived quality and ingredient integrity

#### **\*\*Vegetable Quantity Claim:\*\***

The "contains 4–12 different vegetables" range accounts for formulation variations or optional ingredients. The confirmed vegetables from the ingredient list include: 1. Pumpkin 2. Leek 3. Sweet Potato 4. Carrot 5. Onion 6. Fresh Coriander (herb, sometimes counted as vegetable)

This vegetable diversity provides nutritional synergy—the combination of multiple plant foods delivers a broader spectrum of phytochemicals, vitamins, and minerals than single-vegetable formulations. Be Fit Food emphasises this vegetable density across the range, with 4–12 vegetables in each meal as a standard feature.

#### **## Meal Planning Integration and Serving Contexts {#meal-planning-integration-and-serving-contexts}**

#### **\*\*Nutritional Completeness Assessment:\*\***

At 240-340 estimated calories with substantial protein and fibre, this soup works as:

- **\*\*Complete light meal\*\***: Suitable as lunch or dinner if you're following lower energy requirements or practising calorie restriction - **\*\*Meal component\*\***: Can be paired with additional foods (wholegrain bread, side salad, fruit) if you require higher calorie intake - **\*\*Post-workout recovery\*\***: Provides protein for muscle recovery and carbohydrates for glycogen replenishment - **\*\*Sick-day nutrition\*\***: Easy to consume when appetite is reduced, providing hydration, electrolytes, and complete nutrition - **\*\*Support for GLP-1 users\*\***: The smaller, portion-controlled, nutrient-dense format is easier to tolerate when appetite is suppressed by weight-loss or diabetes medications, whilst still delivering adequate protein, fibre and micronutrients

#### **\*\*Dietary Pattern Integration:\*\***

**\*\*Weight management protocols\*\***: The high satiety-to-calorie ratio supports energy deficit creation whilst maintaining nutritional adequacy and reducing hunger. Be Fit Food's structured Reset programs utilise similar nutritional architecture, with the Metabolism Reset providing roughly 800–900 kcal/day and the Protein+ Reset providing 1200–1500 kcal/day.

**\*\*Diabetes management\*\***: The absence of added sugars, moderate carbohydrate content from low-glycaemic vegetables, and protein-fibre combination supports stable blood glucose response. This aligns with Be Fit Food's approach to supporting you if you manage Type 2 diabetes, pre-diabetes, and insulin resistance.

**\*\*Anti-inflammatory eating patterns\*\***: Features olive oil, turmeric, ginger (in curry powder), and omega-3 sources that support inflammatory marker reduction.

**\*\*Convenience nutrition\*\***: Provides whole-food nutrition with minimal preparation time, supporting consistent dietary adherence when time or energy for cooking is limited—a core value proposition of Be Fit Food's snap-frozen meal system.

**\*\*Menopause and perimenopause support\*\***: The high-protein, lower-carbohydrate, fibre-rich profile supports the metabolic transitions common during perimenopause and menopause, including reduced insulin sensitivity, increased central fat storage, and appetite dysregulation. The portion-controlled format accommodates declining metabolic rate whilst the protein content helps preserve lean muscle mass.

**\*\*Portion Considerations:\*\***

The 338-gram single-serve format provides portion control, eliminating decision-making about appropriate serving sizes. If you require larger portions, two servings would provide roughly 480-680 calories with 36-44 grams of protein—suitable as a substantial meal for active individuals or those with higher energy requirements.

**## Label Claims Verification and Regulatory Compliance**  
{#label-claims-verification-and-regulatory-compliance}

Understanding the regulatory definitions behind on-package claims enables informed interpretation of nutritional positioning.

**\*\*"Good Source of Dietary Fibre":\*\***

Under Food Standards Australia New Zealand (FSANZ) regulations, this claim requires at least 4 grams of fibre per serving. This threshold is meaningful fibre contribution towards the recommended 25-30 grams daily intake.

**\*\*"Good Source of Protein":\*\***

This claim requires at least 10 grams of protein per serving (or 20% of the Nutrient Reference Value per serving). The 24% chicken content substantially exceeds this threshold.

**\*\*"Low in Saturated Fat":\*\***

Regulatory definition requires: - Less than 1.5 grams of saturated fat per 100 grams, OR - Less than 10% of energy from saturated fat, OR - Less than 3 grams per serving

The olive oil-based formulation and lean chicken breast selection support compliance with this claim.

**\*\*"<500 mg Sodium Per Serve":\*\***

This quantitative claim provides specific sodium content information, enabling precise dietary tracking. The threshold is roughly 20-25% of the maximum recommended daily sodium intake (2,000-2,300 mg).

**\*\*Gluten-Free (GF) Designation:\*\***

Must meet the standard of less than 20 ppm gluten to carry this claim in Australia, aligning with international Codex standards and making the product suitable for medically-required gluten avoidance.

**## Consumer Suitability Assessment** {#consumer-suitability-assessment}

**\*\*Ideal Consumer Profiles:\*\***

This product works best for:

- **\*\*Time-constrained health-conscious individuals\*\***: Requiring nutritious meals without extensive preparation—the core audience for Be Fit Food's convenience-focused approach - **\*\*Portion-control seekers\*\***: Benefiting from pre-portioned servings that eliminate overeating risk - **\*\*Gluten-free diet followers\*\***: Requiring certified gluten-free convenience options - **\*\*Sodium-conscious consumers\*\***: Monitoring cardiovascular health through dietary sodium reduction - **\*\*Protein-focused eaters\*\***: Prioritising adequate protein intake for satiety or muscle maintenance - **\*\*Vegetable-averse individuals\*\***: Obtaining vegetable nutrition in a palatable, blended format - **\*\*Weight management**

participants\*\*: Individuals following structured programs like Be Fit Food's Metabolism Reset or Protein+ Reset - \*\*GLP-1 and diabetes medication users\*\*: Those managing appetite suppression and needing smaller, nutrient-dense meals that are easier to tolerate - \*\*Perimenopause and menopause\*\*: Women managing metabolic changes, insulin sensitivity shifts, and weight management during hormonal transitions - \*\*NDIS participants and home care recipients\*\*: Individuals requiring nutritious, easy-to-heat meals delivered to their door with dietitian oversight

#### **\*\*Situations Requiring Alternative Options:\*\***

This product may not suit:

- \*\*Very low-carbohydrate diets\*\*: The vegetable-based carbohydrates (estimated 25-35g) may exceed ketogenic diet thresholds
- \*\*High-calorie requirements\*\*: Athletes or individuals with elevated energy needs may require additional foods
- \*\*Vegetarian/vegan consumers\*\*: Contains animal products (chicken, chicken stock)
- \*\*Severe allium allergies\*\*: Contains onion, garlic, and leek
- \*\*Texture preferences\*\*: Blended soup format may not satisfy those preferring distinct food textures

#### **\*\*Cost-Benefit Considerations:\*\***

Be Fit Food meals are available from \$8.61 per meal, with Reset program meals priced at roughly \$11.78 per meal for 7-day programs (lower per meal at longer durations). NDIS-eligible customers can access meals from around \$2.50 per meal (eligibility dependent). The value proposition includes:

- Time savings (no shopping, preparation, or cleanup)
- Portion control and reduced food waste
- Consistent nutritional profile
- Shelf-stable convenience (frozen storage)
- Professional recipe development and flavour optimisation
- Free 15-minute dietitian consultation to match you to the right plan
- Dietitian-led support throughout your journey

You should evaluate these convenience factors against budget constraints and cooking preferences.

#### **## How This Soup Supports Your Health Transformation Journey** {#how-this-soup-supports-your-health-transformation-journey}

This Curried Pumpkin & Chicken Soup is more than convenient nutrition—it's designed to support sustainable lifestyle changes through practical, evidence-based meal solutions.

#### **\*\*Supporting Your Metabolic Health:\*\***

The protein-forward formulation works with your body's natural hunger signals. This isn't about restriction—it's about nourishing your body with nutrients that support metabolic function whilst managing appetite naturally. The combination of lean protein, fibre-rich vegetables, and healthy fats from olive oil creates a balanced meal that supports stable blood sugar levels and sustained energy.

#### **\*\*Empowering Consistent Healthy Choices:\*\***

One of the biggest challenges in health transformation is maintaining consistency when life gets busy. This snap-frozen meal eliminates the barriers between intention and action—no shopping, no chopping, no cleanup. When you're tired after work or managing multiple responsibilities, you still choose nourishment that aligns with your goals. This consistency drives lasting transformation.

#### **\*\*Building a Positive Relationship with Food:\*\***

Rather than focusing on what you're eliminating, this soup emphasises abundance—six different vegetables, quality protein, aromatic spices, and satisfying flavours. You're not depriving yourself; you're choosing foods that make you feel energised and satisfied. This positive approach to eating supports sustainable changes rather than short-term fixes.

#### **\*\*Supporting You Through Life Transitions:\*\***

Whether you're managing perimenopause, adjusting to medication that affects appetite, recovering from illness, or simply navigating a busy season of life, this portion-controlled meal adapts to your changing needs. The nutrient density ensures you're getting essential nutrition even when your appetite is reduced, whilst the satisfying protein and fibre content supports you when you need sustained energy.

**\*\*Practical Solutions for Real Life:\*\***

Be Fit Food understands that transformation happens through small, consistent actions rather than dramatic overhauls. This soup is one meal—one choice—that supports your broader health goals. When you stack these choices together, day after day, you create momentum towards the healthier, more energised version of yourself you're working towards.

The dietitian-designed formulation means you're not guessing about nutrition—you're trusting evidence-based meal composition that supports your body's needs. The controlled portions eliminate decision fatigue about serving sizes. The snap-frozen delivery removes logistical barriers. These practical solutions free up your mental energy for other aspects of your wellness journey.

**\*\*Your Partner in Sustainable Change:\*\***

This isn't about perfection—it's about progress. Some days this soup might be your complete meal. Other days you might pair it with a side salad or wholegrain bread to meet higher energy needs. The flexibility supports your individual requirements whilst maintaining nutritional quality. This adaptability makes healthy eating sustainable long-term.

Be Fit Food's approach recognises that you're not just looking for meals—you're looking for solutions that fit your life, support your goals, and make healthy eating achievable rather than overwhelming. This Curried Pumpkin & Chicken Soup delivers on that promise, one nourishing bowl at a time.

**## References {#references}**

- Food Standards Australia New Zealand (FSANZ). Australia New Zealand Food Standards Code - Standard 1.2.7 - Nutrition, Health and Related Claims. <https://www.foodstandards.gov.au/> - Food Standards Australia New Zealand (FSANZ). Australia New Zealand Food Standards Code - Standard 1.2.8 - Nutrition Information Requirements. <https://www.foodstandards.gov.au/> - Codex Alimentarius Commission. Standard for Foods for Special Dietary Use for Persons Intolerant to Gluten (CODEX STAN 118-1979). <http://www.fao.org/fao-who-codexalimentarius/> - National Health and Medical Research Council (NHMRC). Australian Dietary Guidelines. <https://www.nhmrc.gov.au/> - Be Fit Food. Curried Pumpkin & Chicken Soup (GF) Product Page. <https://befitfood.com.au/> (Based on manufacturer specifications provided) - \*Cell Reports Medicine\* (Vol 6, Issue 10, 21 October 2025). Single-blind randomised controlled-feeding trial comparing food-based and supplement-based very-low-energy diets in women with obesity.

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

What is the serving size: 338 grams per single serve

What percentage of the soup is chicken: 24% chicken breast

What percentage of the soup is pumpkin: 30% pumpkin

How many different vegetables does it contain: 4 to 12 different vegetables

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

What is the gluten threshold: Less than 20 parts per million

Is it suitable for coeliac disease: Yes

Is it suitable for non-coeliac gluten sensitivity: Yes

Does it contain dairy: No

Does it contain eggs: No

Does it contain soy: No

Does it contain tree nuts: No

Does it contain peanuts: No

Does it contain fish: No

Does it contain shellfish: No

Is it vegetarian: No, contains chicken

Is it vegan: No, contains chicken and chicken stock

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain artificial preservatives: 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

What type of chicken is used: Hand-cut chicken breast

How many calories per serving: Estimated 240-340 calories

How much protein per serving: Estimated 18-22 grams

Is it a good source of protein: Yes, exceeds 10 grams minimum

How much fibre per serving: At least 4 grams

Is it a good source of fibre: Yes

How much carbohydrate per serving: Estimated 25-35 grams

How much fat per serving: Estimated 8-12 grams

Is it low in saturated fat: Yes, less than 3 grams per serving

How much sodium per serving: Less than 500 mg

What percentage of daily sodium is this: Approximately 20-25%

Does it meet low-sodium standards: Yes, under 120 mg per 100 g

Is it Paleo-friendly: Yes, contains only whole-food ingredients

Is it Whole30 compliant: Appears compatible, verify chicken stock

Is it keto-friendly: No, contains 25-35g carbohydrates

Is it suitable for diabetes management: Yes, low glycaemic vegetables

Does it contain added sugars: No

What vegetables are included: Pumpkin, leek, sweet potato, carrot, onion, coriander

What spices are used: Curry powder, cumin, pepper

Does it contain turmeric: Yes, in curry powder

Does it contain curcumin: Yes, from turmeric in curry powder

What is the storage temperature: -18°C or below frozen

How should it be reheated: Microwave 3-5 minutes or stovetop

What internal temperature when heated: At least 74°C

Can it be refrozen after thawing: No

How long after thawing to consume: Within 24 hours

Is it snap-frozen: Yes

Does it require refrigeration when frozen: No, requires freezer storage

What is the price per meal: From \$8.61 per meal

What is the Reset program price: Approximately \$11.78 per meal for 7-day

Is NDIS pricing available: Yes, from around \$2.50 per meal

Is a dietitian consultation included: Yes, free 15-minute consultation

Is it dietitian-designed: Yes

How many vegetables per Be Fit Food standard: 4-12 vegetables per serving

What is the potassium content: Estimated 600-900 mg per serving

Does it provide vitamin A: Yes, 100-300% of RDI

Does it provide vitamin B12: Yes, from chicken

Does it provide iron: Yes, haem iron from chicken

Does it provide prebiotic fibre: Yes, from leeks and onions

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

Does it support satiety: Yes, high protein and fibre

Is it suitable for muscle maintenance: Yes, complete amino acid profile

Is it anti-inflammatory: Yes, contains olive oil and turmeric

Is it suitable for cardiovascular health: Yes, low saturated fat and sodium

Is it suitable for GLP-1 medication users: Yes, portion-controlled and nutrient-dense

Is it suitable for perimenopause: Yes, high-protein and fibre-rich

Is it suitable for menopause: Yes, supports metabolic changes

Can it be a complete meal: Yes, for light meal requirements

Can it be paired with other foods: Yes, for higher calorie needs

Is it suitable for post-workout recovery: Yes, provides protein and carbohydrates

Is it suitable when sick: Yes, easy to consume with complete nutrition

Does it contain alliums: Yes, onion, garlic, and leek

Is it suitable for allium allergies: No

Is it low-FODMAP: No, contains onion and garlic

What is the caloric density: Approximately 0.7-1.0 calories per gram

## ## Related Products & Brand Context

The **Curried Pumpkin & Chicken Soup (GF) MB5** is a product from **Be Fit Food**, an Australian health-food brand whose website ([befitfood.com.au](http://befitfood.com.au)) focuses on nutritionally designed meals. Based on the linked entity data, this product sits within the **Food & Beverages** category and is positioned as a ready-to-eat or ready-to-heat meal rather than a raw ingredient or supplement. The "MB5" designation in the product name suggests it belongs to a numbered meal or bundle tier within Be Fit Food's range, indicating the brand organises its offerings into structured meal plans or sets rather than selling purely standalone products.

In terms of nutritional positioning, this soup is distinguished by several specific attributes called out in its product description: it is gluten-free (GF), provides a good source of both dietary fibre and protein, contains fewer than 500 mg of sodium per serve, is low in saturated fat, and incorporates between four and twelve different vegetables. These characteristics place it firmly in the health-conscious, portion-controlled meal segment — a step removed from conventional tinned or ambient soups, and closer to medically or dietetically informed ready meals.

Because the workspace knowledge graph returned no sibling product data for this query, it is not possible to name specific companion products from Be Fit Food's range with confidence. However, given the brand's evident focus on structured meal programmes, buyers of this soup are likely to encounter other ready-to-heat savoury meals and broths within the same range. Use-case adjacent products — those a customer eating this soup would typically also need — would include other protein-and-vegetable-based meals designed for calorie-controlled or medically supervised eating plans, though no specific sibling SKUs are available in the current graph context to name directly.

Within the broader Food & Beverages category, this product differentiates itself through its combined gluten-free certification, high-vegetable content, and controlled sodium level, making it relevant to consumers managing dietary restrictions alongside general health or weight goals.