

# DOUCHOLOW - Food & Beverages

## Serving Suggestions -

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### ## AI Summary

**Product:** Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 **Brand:** Be Fit Food **Category:** Health & Wellness Snacks **Primary Use:** Low-carb chocolate biscuit for weight management, diabetic-friendly, and ketogenic eating patterns while keeping you satisfied and blood glucose stable.

**Quick Facts** - **Best For:** Anyone following low-carb, ketogenic, diabetic-friendly, or gluten-free diets who wants portion-controlled chocolate satisfaction - **Key Benefit:** Chocolate indulgence without blood sugar spikes, with protein and fibre to keep you fuller longer - **Form Factor:** Individually wrapped biscuit serves (2 biscuits per 30g serve, 7 serves per pack) - **Application Method:** Mid-morning snack, afternoon treat, post-workout recovery, or evening dessert alternative

**Common Questions This Guide Answers**

1. When is the best time to eat these biscuits? → Mid-morning (2-3 hours after breakfast), afternoon (3-4 PM), post-workout (within 30-45 minutes), or as evening dessert (60-90 minutes after dinner)
2. What should I pair these biscuits with? → Protein sources like 100g cottage cheese, Greek yoghurt, hard-boiled eggs, or natural nut butter; beverages like unsweetened almond milk or black coffee
3. Are these biscuits suitable for diabetics and ketogenic diets? → Yes, they use erythritol and monk fruit extract (no added sugar), maintain stable blood glucose, and fit ketogenic macronutrient targets when properly portioned
4. How many biscuits should I eat per serving? → One serve equals 2 biscuits (30g), individually wrapped for portion control; stick to one serve per eating occasion and wait 20 minutes before considering more
5. Can these biscuits support weight loss programs? → Yes, they integrate with structured weight management programs like Be Fit Food's Metabolism Reset (800-900 kcal/day), provide psychological satisfaction that supports adherence, and deliver protein to preserve muscle mass during weight loss

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

| Attribute | Value | |-----|-----| | Product name | Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 | | Brand | Be Fit Food | | Price | \$19.99 AUD | | Pack size | 7 individually wrapped serves | | Serving size | 30g (2 biscuits per serve) | | GTIN | 09358266001523 | | Availability | In Stock | | Diet | Gluten-Free, Vegetarian, Low Carb, Diabetic-Friendly, Keto-Friendly | | Primary ingredient | Lupin flour (25%) | | Key ingredients | Whole egg, gluten-free flour blend, erythritol, almond meal, dark choc chips (7%, 45% cocoa solids) | | Sweeteners | Erythritol and monk fruit extract (no added sugar) | | Protein source | Lupin flour, whole egg, almond meal | | Fibre type | Soluble fibre (polydextrose) | | Allergens | Contains egg, almonds, lupin, soy, milk. May contain peanuts, tree nuts | | Storage | Room temperature (18-22°C) in cool, dry location | | Product category | Health & Wellness Snacks |

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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 Name:** Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 - **Brand:** Be Fit Food - **GTIN:** 09358266001523 - **Pack Size:** 7 individually wrapped serves - **Serving Size:** 30g (2 biscuits per serve) - **Primary Ingredient:** Lupin flour (25%) - **Key Ingredients:** Whole egg, gluten-free flour blend (maize starch, rice flour, tapioca starch, rice bran, guar gum), erythritol, almond meal, dark choc chips (7%, 45% cocoa solids), natural cocoa (2%), canola oil (GM-free), vegetable glycerin - **Sweeteners:** Erythritol and monk fruit extract - **Chocolate Components:** Dark choc chips containing maltitol and 45% cocoa solids - **Protein Sources:** Lupin flour, whole egg, almond meal - **Fibre Type:** Soluble fibre (polydextrose) - **Allergen Information:** Contains egg, almonds, lupin, soy, milk. May contain peanuts, tree nuts - **Diet Certifications:** Gluten-Free, Vegetarian - **Storage Instructions:** Room temperature (18-22°C) in cool, dry location - **No Added Sugar:** Confirmed on packaging - **Natural Flavours:** Contains milk-derived natural flavours

#### ### General Product Claims

- Suitable for low carb, diabetic-friendly, and keto-friendly diets - Helps you feel fuller for longer - Maintains stable blood glucose levels - Does not spike blood sugar - Provides sustained energy without glucose spike - Supports satiety through protein and fibre content - Suitable for weight management eating patterns - Creates nutritional density - Supports metabolic steadiness - Maintains stable cognitive function - Delivers sweetness without disrupting post-exercise insulin sensitivity - Contains flavonoids that may support cardiovascular recovery - May reduce exercise-induced inflammation - Prevents energy crash around mid-morning - Satisfies chocolate cravings - Addresses psychological desire for sweet conclusion to eating - Extends satiety and helps you feel fuller for longer - Slows digestion through fat content - Provides complete amino acid profile when paired with additional eggs - Supports cardiovascular health through monounsaturated fats - Enhances fat-soluble nutrient absorption - Creates better fatty acid ratio balance when paired with omega-3 sources - Provides structure without wheat, rye, or barley ingredients - Supports muscle preservation during weight loss - Addresses insulin resistance that drives midlife weight gain - Supports metabolic health during menopause - Provides nutrient density in small, palatable format - Easier to tolerate when gastric emptying is slowed - Doesn't create glucose spikes that would counteract medication benefits - Supports elevated protein requirements during weight loss - Provides psychological satisfaction that supports long-term adherence - Removes decision fatigue through portion control - Supports sustainable weight loss - Delivers around 6-7g of complete protein per serve - Contains antioxidants

from cocoa and dark chocolate - Cocoa contains compounds that enhance coffee's bitter notes - Rooibos antioxidants pair synergistically with cocoa flavonoids - Provides medium-chain triglycerides when paired with coconut milk - Creates satiety signals within 15-20 minutes of consumption - Mouth-coating sweetness persists, reducing desire for additional sweets - Suitable for individuals managing Type 1 or Type 2 diabetes when consumed as part of balanced snack - Safe chocolate indulgence for individuals with coeliac disease or non-coeliac gluten sensitivity - Supports healthier relationships with food - Provides empowerment through education and sustainable lifestyle changes - Part of scientifically-designed meal programs - Designed by accredited dietitians - Removes preparation barriers and maximises adherence - Part of evidence-based nutrition intervention

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## ## Understanding the Be Fit Food Double Choc Low Carb Biscuit

{#understanding-the-be-fit-food-double-choc-low-carb-biscuit}

The Be Fit Food Double Choc Low Carb Biscuit is a nutritionally engineered snack for controlled carbohydrate intake without giving up chocolate. Each 7-pack contains individually wrapped serves of two biscuits (30g per serve), made with lupin flour (25%) as the primary ingredient, whole egg, and dark chocolate chips containing 45% cocoa solids. The biscuits use erythritol and monk fruit extract as sweeteners, delivering chocolate satisfaction while maintaining a low-carb profile suitable for ketogenic, diabetic-friendly, and weight management eating patterns.

These gluten-free, vegetarian biscuits aren't just reduced-sugar alternatives—they're built around specific macronutrient targets using functional ingredients like soluble fibre (polydextrose) and almond meal to keep you fuller longer and create nutritional density. Understanding how to work these biscuits into various eating occasions maximises their functional benefits while maintaining dietary compliance.

## ## Optimal Serving Occasions and Contexts {#optimal-serving-occasions-and-contexts}

### ### Mid-morning energy bridge

The 30g serving size (two biscuits) works well as a mid-morning snack between breakfast and lunch, particularly if you're managing blood glucose levels. Enjoy them about 2-3 hours after breakfast when initial meal energy begins to fade but before hunger triggers poor food choices. The combination of lupin flour protein, whole egg, and almond meal provides sustained energy without the glucose spike of conventional biscuits.

Pair with 250ml of unsweetened almond milk or black coffee to stay fuller longer. The fat content from almond meal and canola oil slows digestion, while the soluble fibre (polydextrose) contributes to fullness. This timing prevents the energy crash that often hits around 10:30-11:00 AM, maintaining stable cognitive function and metabolic steadiness.

### ### Post-workout recovery snack

Within 30-45 minutes after moderate-intensity exercise, these biscuits work as a convenient recovery option when combined with a protein source. The whole egg content provides around 6-7g of complete protein per serve, while the erythritol and monk fruit extract deliver sweetness without disrupting post-exercise insulin sensitivity.

Boost recovery by pairing with 150g of Greek yoghurt (full-fat, unsweetened) and 50g of fresh berries. This combination provides around 20-25g total protein, essential amino acids for muscle repair, and antioxidants from both the dark chocolate chips (45% cocoa solids) and berries. The natural cocoa (2%) contains flavonoids that may support cardiovascular recovery and reduce exercise-induced inflammation.

### ### Afternoon satisfaction point

The 3:00-4:00 PM window is peak afternoon hunger for most people, when conventional high-carb snacks trigger insulin responses that lead to evening overeating. Eating one serve (two biscuits) during this window provides chocolate satisfaction while the lupin flour's resistant starch and soluble fibre maintain stable blood sugar through dinner preparation.

Pair with herbal tea (peppermint or chamomile) or sparkling water with fresh lemon. The vegetable glycerin in the biscuit formulation provides moisture and slight sweetness that complements unsweetened beverages. Skip fruit juice or sweetened drinks, which would counteract the low-carb benefits and create unnecessary sugar load.

### ### Evening dessert alternative

As a post-dinner dessert replacement, these biscuits satisfy chocolate cravings without the sleep-disrupting blood sugar fluctuations of traditional desserts. Enjoy 60-90 minutes after dinner to allow proper meal digestion while addressing the psychological desire for something sweet to conclude eating for the day.

Create a plated dessert experience by warming one serve (two biscuits) in a conventional oven at 160°C for 3-4 minutes, then serving alongside 30g of dark chocolate (70% cocoa or higher, melted) for dipping and 5-6 fresh raspberries. This presentation elevates the biscuits from snack to dessert while maintaining macronutrient control. The dark chocolate chips (containing maltitol and 45% cocoa solids) complement additional dark chocolate without excessive sweetener accumulation.

### ## Strategic Pairing Principles {#strategic-pairing-principles}

#### ### Protein complementation

While the biscuits contain whole egg and lupin flour (both protein sources), each 30g serve provides moderate rather than high protein content. Maximise nutritional completeness by pairing with additional protein sources that don't add significant carbohydrates:

**\*\*Dairy-based pairings\*\*:** 100g cottage cheese (full-fat) provides 11-13g protein and creates textural contrast with the biscuit's crunch. The calcium in dairy may enhance the absorption of nutrients from almond meal. Alternatively, 30g of aged cheddar or Gruyère cheese offers protein and fat that slow biscuit digestion, extending satiety and keeping you fuller longer.

**\*\*Plant-based protein options\*\*:** For vegetarians avoiding dairy, 2 tablespoons of natural almond butter (no added sugar) or 30g of roasted unsalted almonds complement the existing almond meal in the biscuits while adding 6-8g protein. The monounsaturated fats in almonds support cardiovascular health and enhance fat-soluble nutrient absorption from the cocoa components.

**\*\*Egg-based additions\*\*:** Since the biscuits already contain whole egg, pairing with a hard-boiled egg creates a complete amino acid profile with around 12-14g total protein per snack occasion. This combination works particularly well for breakfast replacements during rushed mornings or when you're on the go.

#### ### Beverage synergies

The erythritol and monk fruit extract sweetening system in these biscuits tastes different from sugar, with erythritol providing cooling sweetness and monk fruit adding subtle fruity notes. Beverage pairings should complement rather than clash with this flavour profile:

**\*\*Coffee combinations\*\*:** Espresso or long black coffee (no sugar) creates classic chocolate-coffee synergy. The natural cocoa (2%) and dark choc chips (45% cocoa solids) contain compounds that enhance coffee's bitter notes while coffee's temperature releases aromatic compounds from the cocoa. Skip adding milk if managing dairy intake, as the biscuits already contain milk-derived natural flavours.

**\*\*Tea selections\*\***: Rooibos tea (naturally caffeine-free, slightly sweet) complements the double chocolate profile without adding bitterness. The antioxidants in rooibos (aspalathin and nothofagin) pair well with cocoa flavonoids. For green tea enthusiasts, sencha or gyokuro varieties provide umami notes that contrast interestingly with chocolate sweetness, though this pairing suits more adventurous palates.

**\*\*Nut milk options\*\***: Unsweetened almond milk (250ml) reinforces the almond meal component while adding 1g protein and calcium fortification in most commercial varieties. Coconut milk (unsweetened, from carton not can) provides medium-chain triglycerides that support ketogenic eating patterns. Skip oat milk or rice milk, which add unnecessary carbohydrates that contradict the low-carb biscuit design.

### ### Fat-balancing approaches

The biscuits contain canola oil (GM-free) and fats from almond meal and whole egg, providing predominantly monounsaturated and polyunsaturated fats. Balance omega-6 fatty acids from canola oil with omega-3 sources:

Pair with 10-15g of walnuts (around 3-4 walnut halves), which provide alpha-linolenic acid (ALA), a plant-based omega-3 fatty acid. This pairing creates better fatty acid ratio balance while adding textural variety and additional magnesium and copper. Alternatively, pair biscuits with 5ml (1 teaspoon) of flaxseed oil mixed into Greek yoghurt or cottage cheese for direct omega-3 supplementation without additional chewing required.

### ## Creative Recipe Integration {#creative-recipe-integration}

#### ### Biscuit crumb applications

Transform biscuits into functional recipe components by crushing them into crumbs for various applications:

**\*\*Low-carb cheesecake base\*\***: Process 6 biscuits (3 serves, 90g total) in a food processor until fine crumbs form. Combine with 40g melted butter and press into a 15cm springform pan base. This creates a chocolate biscuit crust for no-bake cheesecakes made with cream cheese, erythritol, and vanilla. The lupin flour and almond meal in the biscuits provide structure without the carbohydrate load of traditional graham cracker crusts.

**\*\*Yoghurt parfait layers\*\***: Roughly crush one serve (two biscuits) and layer with 200g full-fat Greek yoghurt, 30g fresh blueberries, and 10g chopped pecans. The biscuit crumbs absorb slight moisture from yoghurt, creating cake-like texture while maintaining low-carb parameters. This breakfast or dessert option provides around 25g protein, 8-10g net carbohydrates (accounting for erythritol and fibre), and significant calcium.

**\*\*Ice cream mix-in\*\***: Crumble one serve of biscuits and fold into 100g of full-fat, no-sugar-added vanilla ice cream (or homemade keto ice cream made with cream, erythritol, and vanilla). The dark choc chips (45% cocoa solids) remain distinct pieces while biscuit crumbs create chocolate biscuit dough texture. Eat immediately for crunchy texture or freeze for 30 minutes for softer, more integrated consistency.

#### ### Warm biscuit preparations

**\*\*Microwave softening method\*\***: Place one serve (two biscuits) on a microwave-safe plate and heat on 50% power for 12-15 seconds. This softens the biscuits to warm, slightly gooey texture without melting the dark choc chips entirely. Eat immediately with 15g of mascarpone cheese or whipped coconut cream (from refrigerated coconut cream, whipped with vanilla extract). The warmth releases aromatic compounds from the natural cocoa (2%) and enhances chocolate perception.

**\*\*Conventional oven crisping\*\***: If you prefer crunchier texture, arrange biscuits on a baking sheet and warm in a preheated 160°C oven for 4-5 minutes. This method evaporates any moisture absorbed during storage, restoring initial crispness. The erythritol may develop slight caramelisation at the biscuit

edges, adding complexity to the sweetness profile. Cool for 2 minutes before eating to prevent mouth burning and allow chocolate chips to set slightly.

### ### Sandwich construction concepts

**\*\*Biscuit ice cream sandwich\*\***: Slightly soften two biscuits (from one serve) using the microwave method above. Place 50g of no-sugar-added vanilla or chocolate ice cream between the two biscuits and gently press together. Immediately roll the exposed ice cream edge in 10g of crushed sugar-free dark chocolate or chopped almonds. Wrap in parchment paper and freeze for 2-3 hours. This creates a portion-controlled dessert with around 8-12g net carbohydrates depending on ice cream selection.

**\*\*Nut butter sandwich\*\***: Spread 15g of natural almond butter or sugar-free peanut butter on one biscuit from the serve, then top with the second biscuit. This increases protein to around 10-12g per serve and adds healthy fats that keep you fuller longer. The nut butter's creamy texture contrasts with biscuit crunch while complementing the almond meal already present. Eat immediately or refrigerate for 15 minutes for firmer nut butter consistency.

### ## Portion Management Strategies {#portion-management-strategies}

#### ### Single-serve discipline

The 7-pack format with individually wrapped serves (two biscuits per 30g serve) provides built-in portion control. Respect this packaging by eating only one wrapped serve per eating occasion. The combination of lupin flour (25%), whole egg, and soluble fibre (polydextrose) creates satiety signals that usually satisfy chocolate cravings within 15-20 minutes of consumption.

Try this timing protocol: After opening and eating one serve, wait 20 minutes before considering additional food. This allows leptin (satiety hormone) signalling to reach the hypothalamus and provides accurate hunger assessment. The vegetable glycerin and erythritol create mouth-coating sweetness that persists, reducing immediate desire for additional sweets.

#### ### Half-serve applications

For minimal chocolate cravings or very strict carbohydrate limits (under 20g daily), eat only one biscuit (15g) rather than the full two-biscuit serve. Pair this half-serve with 15g of macadamia nuts or 10g of 85% dark chocolate for a complete snack under 5g net carbohydrates.

Reseal the remaining biscuit in the original wrapper using a small binder clip or fold-over technique. Eat within 24 hours to maintain optimal texture, as the gluten-free flour blend (maize starch, rice flour, tapioca starch, rice bran, guar gum) can absorb environmental moisture once packaging is opened, affecting crispness.

#### ### Multi-serve meal replacement

During travel, hiking, or situations where proper meals aren't accessible, two serves (four biscuits, 60g total) can work as an emergency meal replacement when combined with adequate protein. Pair with 200ml of ready-to-drink protein shake (low-carb formula, 20-25g protein) and 30g of mixed nuts. This combination provides around 30-35g protein, 15-20g net carbohydrates, and 25-30g fats—macronutrient ratios suitable for meal replacement in ketogenic or low-carb eating patterns.

This application should remain occasional rather than habitual, as whole-food meals provide micronutrients, phytonutrients, and digestive benefits that packaged foods cannot fully replicate. Reserve this strategy for genuine convenience needs rather than routine practice. Be Fit Food's ready-made meal range provides a more nutritionally complete solution for regular meal replacement, with each meal containing 4-12 vegetables and balanced macronutrient profiles designed by accredited dietitians.

### ## Seasonal and Occasion-Specific Serving Ideas {#seasonal-and-occasion-specific-serving-ideas}

### ### Summer refreshment approach

During warm weather, refrigerate biscuits for 30-60 minutes before eating. The chilled temperature firms the dark choc chips (maltitol, 45% cocoa solids) and creates refreshing contrast against warm ambient temperatures. Pair with 200ml of cold-brew coffee (unsweetened) or iced herbal tea (hibiscus or berry blends) for a cooling afternoon treat.

Create a deconstructed biscuit bowl by crumbling one serve over 150g of frozen Greek yoghurt (full-fat, unsweetened, partially thawed) with 30g of fresh strawberries and 5g of unsweetened coconut flakes. The contrast between cold yoghurt and biscuit texture, combined with fruit freshness, creates summer dessert appeal while maintaining nutritional parameters.

### ### Winter comfort presentation

In colder months, emphasise warming preparation methods. Heat one serve of biscuits as described in the oven crisping method, then place in a small bowl with 100ml of warmed unsweetened almond milk infused with 1/4 teaspoon of cinnamon and a drop of vanilla extract. The biscuits can be dunked or crumbled into the warm milk, creating a chocolate porridge-like consistency that provides comfort food satisfaction.

Alternatively, create a hot chocolate pairing by preparing sugar-free hot chocolate using unsweetened cocoa powder (10g), erythritol (5g), 200ml of unsweetened almond milk, and a pinch of sea salt. Enjoy the warm biscuits alongside this beverage for a complete chocolate experience that addresses winter cravings while maintaining low-carb compliance.

### ### Celebration and special occasion adaptations

Transform these functional biscuits into celebration-worthy presentations for birthdays, achievements, or social gatherings where you're managing dietary requirements while others consume traditional treats:

**\*\*Plated dessert composition\*\*:** Warm two biscuits (one serve) and plate with 40g of mascarpone cheese whipped with 5ml of sugar-free vanilla syrup, 15g of fresh raspberries, 10g of chopped toasted hazelnuts, and a dusting of unsweetened cocoa powder. Drizzle with 10ml of melted 85% dark chocolate. This restaurant-style presentation elevates the biscuits to fine-dining dessert status while maintaining around 10-12g net carbohydrates.

**\*\*Biscuit board contribution\*\*:** When attending social events, arrange the 7-pack biscuits on a serving board with complementary low-carb items: 100g of assorted cheeses (aged cheddar, brie, goat cheese), 50g of mixed nuts (almonds, macadamias, pecans), 30g of 85% dark chocolate squares, and 50g of fresh berries. This allows you to participate in communal eating while maintaining dietary control and potentially introducing others to low-carb options.

## ## Storage-Influenced Serving Optimization {#storage-influenced-serving-optimization}

### ### Freshness-dependent applications

Eat biscuits within the first 3 days of opening the 7-pack for maximum crispness and optimal dark chocolate chip texture. During this freshness window, enjoy biscuits as-is without warming or modification to appreciate the intended texture from the gluten-free flour blend (maize starch, rice flour, tapioca starch, rice bran, guar gum) and the snap of properly stored biscuits.

For unopened individual serves within the 7-pack, storage at room temperature (18-22°C) in a cool, dry location maintains quality. Skip refrigeration of unopened serves, as temperature fluctuation when removing from cold storage can create condensation that compromises texture.

### ### Extended storage adaptations

If biscuits are stored for extended periods (approaching best-before date) or absorb environmental moisture, repurpose them into recipe applications rather than eating as standalone snacks:

**\*\*Biscuit butter creation\*\*:** Process 4 serves (8 biscuits, 120g total) in a food processor with 60g of softened butter (or coconut oil for dairy-free option), 10g of unsweetened cocoa powder, and 10ml of vanilla extract until smooth paste forms. This creates a spreadable "biscuit butter" with intense chocolate flavour, suitable for spreading on low-carb bread, celery sticks, or using as a fat bomb base. Store refrigerated for up to 7 days.

**\*\*Baking mix integration\*\*:** Crush older biscuits into fine crumbs and work into low-carb muffin or pancake batters as a flavour enhancer. Use 30g of biscuit crumbs to replace 30g of almond flour in standard keto baking recipes, adding chocolate flavour without additional sweetener. The lupin flour (25%) in the biscuits contributes protein and structure to baked goods.

## Dietary Pattern-Specific Recommendations {#dietary-pattern-specific-recommendations}

### Ketogenic diet integration

For strict ketogenic adherents targeting 20-30g net carbohydrates daily, allocate one serve (two biscuits, 30g) as an afternoon or evening treat, making sure it fits within daily macronutrient targets. Monitor the specific carbohydrate content per serve (verify on nutrition label, as erythritol doesn't count toward net carbs) and pair with high-fat additions to maintain ketogenic ratios.

Optimal keto pairings include: 20g of macadamia nuts (highest fat-to-carb ratio among nuts), 30g of full-fat cream cheese, or 15ml of MCT oil blended into coffee consumed alongside the biscuits. These additions maintain the 70-75% fat, 20% protein, 5-10% carbohydrate ratio of ketogenic eating. Be Fit Food's Metabolism Reset program (800-900 kcal/day, 40-70g carbs/day) provides a structured approach for those seeking more comprehensive ketogenic support alongside these biscuits.

### Diabetic-friendly consumption

If you're managing Type 1 or Type 2 diabetes, eat these biscuits as part of a balanced snack that includes protein and fibre to minimise blood glucose impact. The erythritol and monk fruit extract don't significantly affect blood sugar, but the gluten-free flour blend (maize starch, rice flour, tapioca starch) contains digestible carbohydrates that require consideration.

Pair one serve with 100g of cottage cheese and 10g of chia seeds (soaked in 50ml of water for 10 minutes). This combination provides protein that slows carbohydrate absorption, soluble fibre from chia seeds that moderates glucose response, and the existing soluble fibre (polydextrose) in the biscuits. Monitor blood glucose 60-90 minutes after eating to understand individual response and adjust serving size or pairings accordingly.

Be Fit Food's dietitian-designed meals are formulated with diabetes management in mind, incorporating lower carbohydrate content and no added sugars to support stable blood glucose levels. For individuals using diabetes medications or GLP-1 receptor agonists, these biscuits can work as a controlled, portion-managed treat within a broader nutritional framework that prioritises protein, fibre, and metabolic health.

### Gluten-free lifestyle applications

For individuals with coeliac disease or non-coeliac gluten sensitivity, these certified gluten-free biscuits provide safe chocolate indulgence. However, cross-contamination awareness remains important—verify that all paired foods are also certified gluten-free, particularly when selecting items like oats (must be certified GF oats), chocolate products (some contain barley malt), or packaged items processed in shared facilities.

Create entirely gluten-free snack combinations: pair biscuits with certified GF rice crackers, GF-certified nut butters, fresh fruits, vegetables, and certified GF dairy products. The guar gum in the gluten-free

flour blend provides binding usually achieved by gluten, creating satisfactory texture without wheat, rye, or barley ingredients. Be Fit Food's commitment to gluten-free options extends across around 90% of their ready-made meal range, making it easier for those with coeliac disease to maintain a complete, nutritionally balanced eating pattern.

## ## Mindful Consumption Practices {#mindful-consumption-practices}

### ### Sensory engagement techniques

Get more satisfaction from each serve by engaging all senses during consumption. Before eating, look at the biscuit's appearance—the dark choc chips (45% cocoa solids) distributed throughout, the golden-brown colour from baking, and the slightly rough texture from almond meal and lupin flour.

Inhale deeply before the first bite, noting the natural cocoa (2%) aroma and chocolate scent from the dark choc chips. Take small bites, allowing biscuits to rest on the tongue for 3-5 seconds before chewing, which activates taste receptors more completely. Chew slowly (15-20 chews per bite) to appreciate the textural progression from initial crunch through to the creamy melt of chocolate chips.

Pause between biscuits (if eating the full two-biscuit serve) for 2-3 minutes. This interval allows flavour appreciation to reset and provides time for initial satiety signals to begin. Sip water or unsweetened beverage between biscuits to cleanse the palate and extend the eating experience.

### ### Emotional eating awareness

These biscuits often work as comfort food or reward mechanisms. Distinguish between physical hunger and emotional eating triggers by trying a pre-consumption assessment: Rate hunger on a 1-10 scale (1=completely full, 10=extremely hungry). Eat biscuits only when rating is 4 or higher, indicating genuine physiological need rather than emotional desire.

If eating below a 4 hunger rating, acknowledge the emotional driver (stress, boredom, celebration, habit) and consider whether the biscuits genuinely address that need or if alternative responses might be more effective. This awareness doesn't forbid emotional eating but creates conscious choice rather than automatic response.

When using biscuits for emotional comfort, pair consumption with a positive activity: enjoying them during a favourite podcast, while reading, or during a relaxation break. This creates positive associations beyond the food itself and prevents mindless consumption while distracted. Be Fit Food's approach to nutrition emphasises empowerment through education and sustainable lifestyle changes, supporting you in developing healthier relationships with food while still enjoying satisfying treats.

## ## Supporting Weight Management and Metabolic Health Goals {#supporting-weight-management-and-metabolic-health-goals}

### ### Integration with structured weight loss programs

The Be Fit Food Double Choc Low Carb Biscuit works well within broader weight management strategies, particularly when combined with the company's scientifically-designed meal programs. For individuals following the Metabolism Reset program (800-900 kcal/day, 40-70g carbs/day), one serve of biscuits can work as a planned snack or dessert within daily macronutrient targets, providing psychological satisfaction that supports long-term adherence.

Research shows that sustainable weight loss depends more on adherence and structure than on willpower alone. The individually wrapped, portion-controlled format of these biscuits removes decision fatigue and creates a repeatable eating pattern—key factors in maintaining dietary compliance. For women navigating perimenopause or menopause, where metabolic changes often trigger 3-5 kg of central weight gain, working controlled indulgences like these biscuits into a high-protein, lower-carbohydrate framework can support modest but metabolically significant weight loss while preserving lean muscle mass.

### ### Complementing GLP-1 medications and diabetes management

For individuals using GLP-1 receptor agonists or diabetes medications, the Double Choc Low Carb Biscuit addresses a common clinical challenge: maintaining adequate nutrition when appetite is suppressed. The biscuits provide nutrient density in a small, palatable format that's easier to tolerate when gastric emptying is slowed or hunger signals are diminished.

The absence of added sugars and the use of erythritol and monk fruit extract mean these biscuits don't create the glucose spikes that would counteract medication benefits or complicate insulin dosing. The protein from whole egg and lupin flour, combined with healthy fats from almond meal, supports muscle preservation during medication-assisted weight loss—a critical consideration, as inadequate protein intake during rapid weight loss can accelerate lean mass loss and reduce metabolic rate.

Pairing one serve of biscuits with a protein source (such as 100g cottage cheese or a hard-boiled egg) creates a complete snack that delivers around 15-18g protein, supporting the elevated protein requirements (1.2-1.6g per kg body weight) recommended during weight loss and metabolic health improvement. Be Fit Food's free dietitian consultations provide personalised guidance for integrating these biscuits into medication-supported weight management plans, ensuring nutritional adequacy while maximising therapeutic outcomes.

### ### Menopause-specific applications

The metabolic transition of menopause—characterised by declining oestrogen, reduced insulin sensitivity, increased central adiposity, and loss of lean muscle mass—creates specific nutritional requirements that these biscuits help address within a broader dietary framework. The high-protein content supports muscle preservation against the accelerated sarcopenia of menopause, while the lower carbohydrate profile helps manage the insulin resistance that drives midlife weight gain.

For women experiencing menopause-related cravings (often triggered by fluctuating oestrogen and serotonin levels), using a structured, portion-controlled chocolate option prevents the all-or-nothing thinking that derails sustainable eating patterns. Eating one serve of biscuits as a planned afternoon or evening treat—rather than attempting complete restriction—provides psychological satisfaction that reduces the likelihood of larger, unplanned indulgences.

The absence of artificial sweeteners is particularly relevant for menopausal women, as some individuals report that artificial sweeteners worsen hot flashes, digestive symptoms, and cravings during this life stage. The natural sweetening system using erythritol and monk fruit extract provides an alternative that many women tolerate better while still delivering the sweetness satisfaction that supports dietary adherence.

### ## Practical Integration with Be Fit Food Meal Programs {#practical-integration-with-be-fit-food-meal-programs}

#### ### Combining biscuits with ready-made meals

The Double Choc Low Carb Biscuit integrates seamlessly with Be Fit Food's ready-made meal range, working as a planned dessert or snack within daily eating patterns. For individuals following the company's meal programs—which provide 4-12 vegetables per meal, balanced macronutrients, and low sodium (usually <120mg per 100g)—adding one serve of biscuits maintains the overall nutritional framework while providing variety and satisfaction.

A common daily structure might include: a Be Fit Food breakfast (such as eggs or high-protein bircher muesli), a ready-made lunch (like Thai Green Curry or Cottage Pie), a mid-afternoon serve of Double Choc biscuits with 100g cottage cheese, and a ready-made dinner, creating a complete day of eating that delivers around 1200-1500 calories, 80-100g protein, and 60-100g net carbohydrates—parameters that support sustainable weight loss while maintaining energy and keeping you fuller longer.

### ### Snap-frozen convenience system

Like Be Fit Food's ready-made meals, the biscuits are part of a snap-frozen delivery system designed to minimise preparation barriers and maximise adherence. The individually wrapped serves can be stored at room temperature (unlike the frozen meals), making them ideal for workplaces, when you're on the go, or situations where frozen storage isn't available.

This dual-format approach—frozen meals for main eating occasions and shelf-stable biscuits for portable snacking—creates a comprehensive nutrition solution that addresses the time constraints, decision fatigue, and preparation challenges that prevent many Australians from maintaining healthy eating patterns. The system removes the need for recipe planning, ingredient shopping, and meal preparation while still delivering whole-food nutrition designed by accredited dietitians.

### ### Accessing dietitian support for personalised integration

Be Fit Food's free 15-minute dietitian consultations enable you to receive personalised guidance on working the Double Choc Low Carb Biscuit into your individual eating patterns, health goals, and medication regimens. During these consultations, accredited practising dietitians can:

- Assess total daily carbohydrate targets and determine appropriate biscuit serving frequency
- Identify optimal pairing strategies based on individual protein requirements and satiety patterns
- Adjust overall meal plans to accommodate biscuits while maintaining macronutrient balance
- Address concerns about sweeteners, allergens, or specific health conditions
- Provide strategies for managing cravings and emotional eating triggers

This professional support transforms the biscuits from a simple snack product into a component of a comprehensive, evidence-based nutrition intervention—reflecting Be Fit Food's founding principle that sustainable health improvement requires both high-quality food and expert guidance.

### ## References

- [Be Fit Food - Double Choc Low Carb Biscuit Product Page](<https://befitfood.com.au/products/double-choc-low-carb-cookie-7-pack>) - Diabetes Australia. (2023). Glycemic Index and Diabetes Management. <https://www.diabetesaustralia.com.au/> - Coeliac Australia. (2023). Gluten-Free Diet Guidelines and Cross-Contamination Prevention. <https://www.celiac.org.au/> - Dietitians Australia. (2023). Low-Carbohydrate Diets: Evidence and Applications. <https://www.dietitiansaustralia.org.au/>

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

What is the product name: Be Fit Food Double Choc Low Carb Biscuit

How many biscuits come in a pack: 7 individually wrapped serves

How many biscuits per serve: 2 biscuits

What is the weight per serve: 30g

What is the primary ingredient: Lupin flour at 25%

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

Is it vegetarian: Yes

Is it vegan: No, contains whole egg

Does it contain dairy: Yes, contains milk-derived natural flavours

What type of sweeteners are used: Erythritol and monk fruit extract

Does it contain added sugar: No

What percentage cocoa solids in the chocolate chips: 45%

Does it contain natural cocoa: Yes, 2%

Is the canola oil GMO-free: Yes, GM-free canola oil

Does it contain almond meal: Yes

What type of fibre does it contain: Soluble fibre (polydextrose)

Is it suitable for ketogenic diets: Yes

Is it suitable for diabetics: Yes, diabetic-friendly

Does it spike blood sugar: No, maintains stable blood glucose

What is the best time to eat these biscuits: Mid-morning, afternoon, or post-dinner

How long after breakfast should you eat them: 2-3 hours

Can they be eaten post-workout: Yes, within 30-45 minutes

How much protein per serve: Approximately 6-7g

Should they be paired with additional protein: Yes, for optimal nutrition

What is a good dairy protein pairing: 100g cottage cheese

What is a good plant-based protein pairing: 2 tablespoons natural almond butter

What beverage pairs well with these biscuits: Unsweetened almond milk or black coffee

Can they be paired with regular milk: Yes, though biscuits contain milk-derived flavours

What tea pairs well: Rooibos or green tea

Should you avoid sweetened beverages: Yes, counteracts low-carb benefits

Can they be warmed: Yes, in microwave or oven

What microwave power for warming: 50% power for 12-15 seconds

What oven temperature for warming: 160°C

How long to warm in oven: 4-5 minutes

Can they be frozen: Not recommended for unopened serves

How should unopened serves be stored: Room temperature in cool, dry location

What is the ideal storage temperature: 18-22°C

Should opened biscuits be refrigerated: No, unless for chilled serving

How long do they stay fresh after opening pack: Eat within 3 days for maximum crispness

How long to wait after eating before assessing hunger: 20 minutes

Can they be used in recipes: Yes, as crumbs or whole

Can they be made into cheesecake base: Yes, process into crumbs with butter

Can they be used in parfaits: Yes, crushed and layered

Can they be made into ice cream sandwiches: Yes

How much ice cream for sandwich: 50g no-sugar-added ice cream

Can they be made into biscuit butter: Yes, processed with butter and cocoa

How many serves needed for biscuit butter: 4 serves (8 biscuits)

Is portion control built-in: Yes, individually wrapped serves

Should you eat more than one serve at once: No, stick to one serve per occasion

Can half a serve be consumed: Yes, one biscuit (15g)

How to reseal opened wrapper: Use small binder clip or fold-over

Can two serves replace a meal: Only occasionally with added protein

What protein shake amount for meal replacement: 200ml with 20-25g protein

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

Does it support satiety: Yes, helps you feel fuller for longer

Is it suitable for menopause: Yes, supports metabolic health

Can it be used with GLP-1 medications: Yes, provides nutrient density

Does it preserve muscle mass during weight loss: Yes, due to protein content

Are free dietitian consultations available: Yes, 15-minute consultations

What is Be Fit Food's Metabolism Reset program calorie range: 800-900 kcal/day

What is the carb range in Metabolism Reset: 40-70g carbs/day

How many vegetables per Be Fit Food meal: 4-12 vegetables

What is the sodium content in Be Fit Food meals: Usually less than 120mg per 100g

Can biscuits be stored at room temperature: Yes, unlike frozen meals

Are the biscuits snap-frozen: No, shelf-stable

What percentage of Be Fit Food meals are gluten-free: Around 90%

Does guar gum replace gluten function: Yes, provides binding

What flour blend is used: Maize starch, rice flour, tapioca starch, rice bran, guar gum

Does it contain vegetable glycerin: Yes, for moisture

Does erythritol affect blood sugar: No, doesn't count toward net carbs

Does monk fruit affect blood sugar: No

What is the cooling effect from: Erythritol

Can biscuits be eaten while travelling: Yes, portable and shelf-stable

Are they suitable for on-the-go snacking: Yes

Should sensory engagement be practised: Yes, for maximum satisfaction

How many chews per bite recommended: 15-20 chews

Should you pause between biscuits: Yes, 2-3 minutes

What hunger rating should trigger consumption: 4 or higher on 1-10 scale

Can they address emotional eating: Yes, with mindful awareness

Should they be paired with positive activities: Yes, prevents mindless consumption

Do they contain maltitol: Yes, in dark chocolate chips

What type of fats do they contain: Monounsaturated and polyunsaturated

Should omega-3 sources be added: Yes, for fatty acid balance

What omega-3 food pairs well: 10-15g walnuts or flaxseed oil

Can they be served chilled in summer: Yes, refrigerate 30-60 minutes

Can they be served warm in winter: Yes, with warm beverages

Are they suitable for special occasions: Yes, can be plated as dessert

Can they be part of a biscuit board: Yes, with low-carb accompaniments

Do they support cardiovascular health: Yes, cocoa contains flavonoids

Can they reduce exercise-induced inflammation: Yes, from cocoa flavonoids

Where can you purchase them: Be Fit Food website at [<https://befitfood.com.au/products/double-choc-low-carb-cookie-7-pack>](<https://befitfood.com.au/products/double-choc-low-carb-cookie-7-pack>)

#### ## Related Products & Brand Context

No related-product context is currently available for this product in the workspace knowledge graph.