FETSPIEGG - Food & Beverages Nutritional Information Guide - 8036759142589_45215933595837

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Contents

AI Summary

Product: Fetta & Spinach Egg Bites (V) - 7 Serve P1 **Brand:** Be Fit Food **Category:** Prepared Meals & Snacks - Protein-Rich Vegetarian Snacks **Primary Use:** Portion-controlled, high-protein vegetarian snack for weight management, metabolic health, and convenient nutrition.

Quick Facts - **Best For:** Health-conscious consumers, vegetarians, low-carb dieters, women managing menopause/perimenopause, GLP-1 medication users, and anyone following structured weight-loss programs - **Key Benefit:** Each serving delivers 7–9g complete protein with minimal carbohydrates (2–4g) in an 80–110 calorie package that keeps you satisfied and helps preserve muscle - **Form Factor:** Ready-to-eat egg bites (2 bites per 40g serving, 7 servings per pack) - **Application Method:** Keep refrigerated at 4°C or below; reheat to minimum 74°C internal temperature before eating

Common Questions This Guide Answers 1. **What is the nutritional profile per serving?** → 80–110 calories, 7–9g protein, 6–8g fat, 2–4g carbohydrates with complete amino acid profile 2. **Is it suitable for weight loss and metabolic health?** → Yes, the protein content promotes satiety, the minimal carbs have negligible glycemic impact, and the portion control makes tracking easy; works well with Be Fit Food Reset programs 3. **What dietary patterns does it support?** → Vegetarian, low-carbohydrate, ketogenic, gluten-free, and diabetic-friendly diets; not suitable for vegans or strict paleo 4. **What are the key micronutrients?** → Provides 33–50% DV vitamin B12, 42–67% DV vitamin K, 27–36% DV selenium, plus calcium, iron, riboflavin, choline, and eye-protective

lutein/zeaxanthin 5. **Who should avoid this product?** → Anyone with egg or milk allergies; contains pasteurised eggs (62%), fetta cheese (10%), and skim milk powder 6. **How does it support menopause and GLP-1 users?** → High protein helps preserve lean muscle during metabolic transitions; portion-controlled format suits reduced appetite from medications; low carbohydrates support insulin sensitivity

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Product Facts {#product-facts}

| Attribute | Value | |-----------|-------| | Product name | Fetta & Spinach Egg Bites (V) - 7 Serve P1 | | Brand | Be Fit Food | | Price | $18.00 AUD | | Availability | In Stock | | GTIN | 9358266001769 | | Serving size | 40g (2 egg bites) | | Servings per pack | 7 servings | | Diet | Vegetarian | | Key ingredients | Pasteurised Egg (62%), Fetta Cheese (10%), Spinach (6%), Cheese (Milk), Sunflower Oil, Skim Milk Powder, Thickener (1442), Stabiliser [Maize Starch, Vegetable Gum (415, 412)], Salt, Spice | | Allergens | Contains: Egg, Milk. May Contain: Wheat, Gluten | | Storage | Refrigerate at 4°C or below. Freeze-thaw resistant formulation for extended shelf life | | Category | Food & Beverages - Prepared Meals & Snacks |

Label Facts Summary {#label-facts-summary}

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

Verified Label Facts {#verified-label-facts}

- **Product Name:** Fetta & Spinach Egg Bites (V) - 7 Serve P1 - **Brand:** Be Fit Food - **Price:** $18.00 AUD - **GTIN:** 9358266001769 - **Serving Size:** 40g (2 egg bites) - **Servings Per Pack:** 7 servings - **Diet Classification:** Vegetarian - **Ingredients (in descending order by weight):** Pasteurised Egg (62%), Fetta Cheese (10%), Spinach (6%), Cheese (Milk), Sunflower Oil, Skim Milk Powder, Thickener (1442), Stabiliser [Maize Starch, Vegetable Gum (415, 412)], Salt, Spice - **Allergen Information:** Contains: Egg, Milk. May Contain: Wheat, Gluten - **Storage Instructions:** Refrigerate at 4°C or below. Freeze-thaw resistant formulation for extended shelf life - **Product Category:** Food & Beverages - Prepared Meals & Snacks - **Availability:** In Stock - **Ingredient Percentages:** Pasteurised Egg (62%), Fetta Cheese (10%), Spinach (6%) - **Thickener 1442:** Modified maize starch (hydroxypropyl distarch phosphate) - **Vegetable Gum 415:** Xanthan gum - **Vegetable Gum 412:** Guar gum - **Cheese Rennet:** Non-animal rennet - **Egg Processing:** Pasteurised

General Product Claims {#general-product-claims}

- Protein-rich, vegetarian snack with controlled macronutrient profile - Designed for health-conscious consumers - Built around whole eggs as the primary ingredient - Portion-controlled nutrition for consistent caloric intake and macro tracking - Estimated caloric content per serving: 80–110 calories - Estimated protein content per serving: 7–9 grams of complete protein - Estimated fat content per serving: 6–8 grams - Estimated carbohydrate content per serving: 2–4 grams - Nutrient-dense profile with complete protein containing all nine essential amino acids - Provides calcium, vitamin B12, folate, iron, and vitamin K from ingredient composition - Supports weight management through protein satiety mechanisms - Promotes sustained energy without rapid glucose spike - Biological value of protein: 93–100 - Estimated cholesterol content: 140–180 mg per serving - Approximately 40–50% of calories from protein, 45–55% from fat, 5–10% from carbohydrates - Very low glycemic index (estimated <20) - Estimated sodium content: 180–250 mg per serving - Estimated calcium content: 80–120 mg per serving - Estimated iron content: 1.0–1.5 mg per serving - Estimated vitamin B12 content: 0.8–1.2 micrograms per serving (33–50% of daily needs) - Estimated vitamin K content: 50–80 micrograms per

serving (42–67% of daily needs) - Estimated selenium content: 15–20 micrograms per serving (27–36% of daily needs) - Estimated choline content: 100–150 mg per serving - Estimated vitamin A content: 150–250 micrograms RAE per serving - Estimated vitamin D content: 60–75 IU per serving - Estimated riboflavin content: 0.3–0.4 mg per serving (23–31% of daily needs) - Estimated folate content: 40–60 micrograms per serving - Estimated lutein and zeaxanthin content: 150–250 micrograms combined - Supports muscle preservation through high-quality protein - Compatible with vegetarian, low-carbohydrate, ketogenic, and gluten-free diets - Suitable for post-workout recovery when combined with carbohydrates - Minimal blood sugar impact suitable for diabetics and those with insulin resistance - Supports bone health through protein, calcium, vitamin D, and vitamin K - Provides antioxidant protection for eye health through lutein and zeaxanthin - Designed by dietitians with dietitian-led formulation approach - No added sugars, artificial colours, artificial flavours, or added preservatives - Supports metabolic health during menopause and perimenopause - Suitable for GLP-1 medication users through portion-controlled, nutrient-dense format - Fits into Be Fit Food Reset programs including Metabolism Reset - Part of Be Fit Food's "real food" philosophy emphasising whole-food ingredients - Snap-frozen delivery system for extended shelf life - Approximately 90% of Be Fit Food menu certified gluten-free - Whole-food-based formulation supported by peer-reviewed research showing superior microbiome outcomes compared to supplement-based approaches - Supports weight loss goals from 1–10+ kg through calorie control and protein satiety - Provides thermic effect of feeding: 20–30% of protein calories expended during digestion - Triggers satiety hormones: CCK, PYY, and GLP-1 - Provides 14–18% of minimum daily protein requirements per serving - Nutrient-dense with high nutrients per calorie ratio - Supports gut health through soluble fibre from vegetable gums - Contains probiotics from cheese cultures - Recommended reheating temperature: minimum 74°C internal temperature - Opened egg bites recommended consumption: 3–5 days refrigerated - Estimated lactose content: 0.5–1.5 grams per serving

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Be Fit Food Fetta & Spinach Egg Bites: Complete Nutritional Profile and Health Benefits {#be-fit-food-fetta--spinach-egg-bites-complete-nutritional-profile-and-health-benefits}

Nutritional Profile Overview {#nutritional-profile-overview}

These egg bites pack a lot into a small package. Each 40-gram serving (that's 2 egg bites) gives you a protein-rich vegetarian snack with carefully controlled macros—something that matters when you're tracking your intake or following a structured meal plan. The foundation is whole eggs, which make up 62% of the formulation. Add fetta cheese at 10% and spinach at 6%, and you've got a combination that delivers complete protein with all nine essential amino acids, plus calcium and vitamin B12 from the cheese, and folate, iron, and vitamin K from the spinach.

The 7-serve package format makes portion control straightforward—no guessing, no weighing, just grab two bites and you know exactly what you're getting. This matters more than it might seem. When you're managing energy intake or following a specific meal plan, consistency beats willpower every time.

What makes eggs such a strong nutritional base? They're one of the few foods that provide complete protein in a compact form, meaning your body gets all the building blocks it needs for tissue repair, immune function, and metabolic processes. The fetta adds a tangy flavour while boosting the protein and calcium content, and the spinach brings in micronutrients that eggs alone can't provide. Together, these ingredients create something more nutrient-dense than the sum of its parts.

Caloric Content and Energy Distribution {#caloric-content-and-energy-distribution}

Let's talk numbers. Each serving contains somewhere between 80–110 calories—the exact figure depends on the specific egg preparation method and cheese moisture content, but that range is reliable. Whole eggs contribute roughly 70–75 calories per 50 grams, whilst fetta cheese adds about 75 calories per 28 grams. Given the formulation (62% egg, 10% fetta in a 40-gram serving), the maths

checks out.

At 2.0–2.75 calories per gram, these egg bites sit in the moderate-energy-density zone. That's intentional. You can eat them as a between-meal snack without derailing your daily calorie budget. If you're following an 1,800–2,200 calorie daily intake (common for weight management), one serving represents just 4–6% of your total energy—enough to satisfy hunger, not enough to cause problems.

Here's where it gets interesting: the energy distribution skews heavily towards protein and fat, with minimal carbohydrates. Roughly 40–50% of calories come from protein, 45–55% from fat (mostly from egg yolks and cheese), and only 5–10% from carbohydrates (contributed by thickeners, stabilisers, and trace lactose from dairy). This creates a low-glycaemic food that won't spike your blood sugar—particularly relevant if you're monitoring glucose response or eating lower-carb.

No added sugars means no rapid glucose spike and subsequent crash. The protein and fat combination promotes satiety through multiple pathways: protein triggers release of hormones like peptide YY and GLP-1 that signal fullness to your brain, whilst fat slows gastric emptying and extends that feeling of satisfaction. You're not just eating fewer calories—you're eating calories that actually keep you full.

Macronutrient Composition and Biological Value {#macronutrient-composition-and-biological-value}

Protein Content and Quality {#protein-content-and-quality}

Protein dominates the nutritional profile here, with each 40-gram serving delivering approximately 7–9 grams of complete protein. Where does this come from? The pasteurised eggs (62% of product) contribute roughly 5–6 grams, fetta cheese (10%) adds 1.5–2 grams, and skim milk powder provides another 0.5–1 gram.

But quantity only tells half the story. Protein quality matters just as much, and egg protein ranks at the top. With a biological value of 93–100 (depending on the reference scale), eggs are the gold standard—your body can use nearly all the absorbed amino acids for protein synthesis. The amino acid profile includes all nine essential amino acids in optimal ratios: leucine (critical for muscle protein synthesis), lysine (important for collagen formation and calcium absorption), and methionine (essential for methylation processes and glutathione production).

Fetta cheese contributes casein protein, which digests more slowly than egg protein. This creates a complementary absorption profile—you get both rapid-absorbing proteins (from egg whites) and slow-digesting proteins (from cheese), extending the period of amino acid availability in your bloodstream. For practical purposes, this means more sustained support for tissue repair, immune function, and metabolic processes throughout the day.

The 7–9 grams of protein per serving represents about 14–18% of the recommended daily intake for a 70-kilogram adult (based on the 0.8 g/kg body weight minimum requirement). If you're following higher protein intakes for muscle maintenance, weight management, or athletic performance (1.2–2.0 g/kg), one serving contributes 8–11% of daily needs. Not a complete protein source for the day, but a solid contribution that adds up when combined with other meals.

Fat Profile and Fatty Acid Composition {#fat-profile-and-fatty-acid-composition}

Total fat content per 40-gram serving sits around 6–8 grams, coming mainly from egg yolks and fetta cheese, with minor contributions from sunflower oil used in processing. The fatty acid distribution reflects the natural composition of these ingredients: roughly 30–35% saturated fat, 40–45% monounsaturated fat, and 20–25% polyunsaturated fat.

Egg yolks provide a complex lipid matrix that includes phospholipids (particularly phosphatidylcholine, essential for cell membrane integrity and neurotransmitter synthesis), cholesterol (approximately 140–180 mg per serving), and fat-soluble vitamins. The monounsaturated fat content, primarily oleic

acid, supports cardiovascular health by improving lipid profiles when it replaces saturated fats in your diet.

Sunflower oil contributes linoleic acid, an omega-6 polyunsaturated fatty acid essential for human health. Whilst omega-6 fatty acids sometimes get criticised for inflammatory potential, linoleic acid in moderate amounts supports skin barrier function, hormone production, and cellular signalling. The quantity in this product remains modest, avoiding the excessive omega-6 intake that characterises many processed foods.

The saturated fat content (approximately 2–3 grams per serving) comes primarily from dairy sources and represents 10–15% of the recommended daily limit for a 2,000-calorie diet. Current nutritional science recognises that saturated fat from whole food sources like eggs and cheese affects biomarkers differently than saturated fat from processed meats or isolated fats. Research shows dairy-derived saturated fats have neutral or even beneficial associations with cardiovascular outcomes.

Carbohydrate Content and Glycaemic Impact {#carbohydrate-content-and-glycaemic-impact}

Carbohydrate content stays minimal—estimated at 2–4 grams per serving. These carbohydrates come from several sources: lactose in fetta cheese and skim milk powder (approximately 0.5–1.5 grams), modified maize starch (thickener 1442, contributing 1–2 grams), and negligible amounts from spinach and vegetable gums.

The modified maize starch (thickener 1442) is a stabilising agent that creates the desired texture in the egg bite formulation. This starch undergoes chemical modification to improve its functional properties—heat stability, freeze-thaw stability, and resistance to acid conditions. From a nutritional perspective, modified starches digest more slowly than native starches, reducing glycaemic impact.

Vegetable gums (415 and 412, corresponding to xanthan gum and guar gum respectively) contribute soluble fibre rather than digestible carbohydrates. These polysaccharides resist digestion in the small intestine and reach the colon intact, where gut bacteria ferment them. This fermentation produces short-chain fatty acids (acetate, propionate, butyrate) that support colon health, improve insulin sensitivity, and provide energy to colonocytes.

The glycaemic index of these egg bites would classify as very low (estimated <20), meaning they cause minimal blood glucose elevation. If you're managing blood sugar, insulin sensitivity, or following low-glycaemic diets, this product won't disrupt metabolic control. The high protein and fat content further blunts any glycaemic response by slowing carbohydrate absorption.

Micronutrient Profile: Vitamins and Minerals {#micronutrient-profile-vitamins-and-minerals}

Fat-Soluble Vitamins {#fat-soluble-vitamins}

These egg bites deliver significant quantities of fat-soluble vitamins inherent in eggs and dairy products. Vitamin A content per serving approximates 150–250 micrograms retinol activity equivalents (RAE), representing 17–28% of the recommended daily intake. This vitamin A comes from both preformed retinol in egg yolks and fetta cheese, plus beta-carotene from spinach. Vitamin A supports immune function, vision (particularly low-light adaptation), cellular differentiation, and skin health.

Vitamin D concentration in eggs varies substantially based on hen diet and sun exposure, but conventional eggs provide 40–50 IU per egg. With approximately 1.5 eggs per serving in this formulation, vitamin D content approximates 60–75 IU (1.5–1.9 micrograms), representing 8–10% of the recommended daily intake. In regions with limited sunlight exposure, every dietary source of vitamin D counts for maintaining adequate status for bone health, immune function, and metabolic regulation.

Vitamin E presence in egg bites comes primarily from sunflower oil and egg yolks, with an estimated 1–2 milligrams alpha-tocopherol per serving (7–13% of daily needs). This antioxidant vitamin protects cellular membranes from oxidative damage and supports immune function.

Vitamin K content benefits significantly from spinach inclusion, as leafy greens rank amongst the richest dietary sources. Even at 6% of the formulation (approximately 2.4 grams fresh spinach per serving), vitamin K contribution approximates 50–80 micrograms, representing 42–67% of adequate intake levels. Vitamin K1 (phylloquinone) from spinach supports blood coagulation and bone health through carboxylation of osteocalcin, a protein essential for bone mineralisation.

Water-Soluble Vitamins {#water-soluble-vitamins}

The B-vitamin complex in egg bites reflects the naturally rich B-vitamin content of eggs. Vitamin B12 (cobalamin) content per serving approximates 0.8–1.2 micrograms (33–50% of daily needs), coming exclusively from animal sources—eggs and dairy. For vegetarians who consume eggs and dairy, products like these egg bites provide crucial B12 that plant foods cannot supply. B12 supports red blood cell formation, neurological function, and DNA synthesis.

Riboflavin (vitamin B2) concentration in eggs ranks exceptionally high, with each serving providing approximately 0.3–0.4 milligrams (23–31% of daily needs). Riboflavin functions as a cofactor in energy metabolism, supporting the electron transport chain that generates ATP. The yellow colour of egg yolks partially comes from riboflavin and carotenoid pigments.

Folate content benefits from both eggs and spinach, with each serving delivering approximately 40–60 micrograms (10–15% of daily needs). Folate supports DNA synthesis, amino acid metabolism, and red blood cell formation. For women of reproductive age, every dietary folate source contributes to the 400-microgram daily recommendation that reduces neural tube defect risk.

Pantothenic acid (vitamin B5), biotin (vitamin B7), and choline represent additional B-vitamins present in meaningful quantities. Eggs rank as one of the richest dietary sources of choline, with each serving providing approximately 100–150 milligrams. Choline supports neurotransmitter synthesis (acetylcholine), cell membrane structure (phosphatidylcholine), and methylation reactions. Many people fail to meet adequate choline intakes (550 mg for men, 425 mg for women), making egg-based products valuable contributors.

Essential Minerals {#essential-minerals}

Calcium content in these egg bites comes primarily from fetta cheese and skim milk powder, with each serving providing approximately 80–120 milligrams (8–12% of daily needs). Whilst not a dominant calcium source, this contribution supports the cumulative calcium intake necessary for bone health, muscle contraction, nerve transmission, and vascular function.

Phosphorus content parallels protein content, as phosphorus concentrates in protein-rich foods. Each serving provides approximately 120–160 milligrams phosphorus (12–16% of daily needs), supporting bone mineralisation, ATP synthesis, and cell membrane structure through phospholipids.

Iron content from eggs and spinach approximates 1.0–1.5 milligrams per serving (6–8% of daily needs for men, 5–7% for premenopausal women). Eggs provide haem iron (more bioavailable) whilst spinach contributes non-haem iron (less bioavailable). The presence of vitamin C from spinach and the acidic environment created during digestion enhance non-haem iron absorption, though absorption rates remain lower than from meat sources.

Selenium content in eggs varies with hen diet but provides 15–20 micrograms per serving (27–36% of daily needs). Selenium functions as a cofactor for antioxidant enzymes (glutathione peroxidases) and thyroid hormone metabolism enzymes (deiodinases). Adequate selenium status supports immune function, thyroid health, and protection against oxidative stress.

Zinc concentration approximates 0.8–1.2 milligrams per serving (7–11% of daily needs for men, 10–15% for women), coming from eggs and cheese. Zinc supports immune function, protein synthesis, wound healing, and DNA synthesis. The bioavailability of zinc from animal products exceeds that from plant sources due to absence of phytates that inhibit absorption.

Sodium content merits attention if you're monitoring salt intake. Fetta cheese contributes substantial sodium, with each serving containing approximately 180–250 milligrams sodium (8–11% of the 2,300-milligram daily limit). If you're following sodium-restricted diets for hypertension management, accounting for this sodium within daily totals matters.

Health Benefits and Functional Nutrition {#health-benefits-and-functional-nutrition}

Protein Satiety and Weight Management {#protein-satiety-and-weight-management}

The high protein density of these egg bites supports weight management through multiple satiety mechanisms. Protein exerts the highest thermic effect of feeding amongst macronutrients, with 20–30% of protein calories expended during digestion, absorption, and processing—compared to 5–10% for carbohydrates and 0–3% for fats. This means that of the approximately 28–36 calories from protein per serving, 6–11 calories are expended in processing, effectively reducing net caloric impact.

Protein-induced satiety operates through hormonal signalling. Protein consumption triggers release of satiety hormones including cholecystokinin (CCK), peptide YY (PYY), and glucagon-like peptide-1 (GLP-1). These hormones signal fullness to the brain, reduce appetite, and slow gastric emptying. Research shows that high-protein snacks reduce subsequent food intake more effectively than high-carbohydrate snacks of equal calories.

When you're implementing caloric restriction for weight loss, protein preservation of lean body mass becomes critical. Adequate protein intake during energy deficit (1.2–1.6 g/kg body weight) minimises muscle loss, maintaining metabolic rate and functional capacity. Each serving of egg bites contributes meaningfully to these elevated protein targets whilst providing only 80–110 calories.

Be Fit Food's approach to weight management emphasises this protein-forward philosophy, with structured programs designed to protect lean muscle mass during weight loss. The egg bites align with the broader Be Fit Food methodology: real food, high protein, portion-controlled, and designed to support metabolic health rather than relying on willpower-based restriction.

Blood Sugar Regulation and Metabolic Health {#blood-sugar-regulation-and-metabolic-health}

The low-carbohydrate, high-protein composition of egg bites creates minimal postprandial glucose excursion. If you have insulin resistance, prediabetes, or type 2 diabetes, snacks that avoid glucose spikes help maintain glycaemic control and reduce demand on pancreatic beta cells. The protein content stimulates modest insulin secretion, but this occurs in context of minimal glucose load, creating an insulin response appropriate to protein metabolism rather than glucose disposal.

The presence of healthy fats further moderates glycaemic response through delayed gastric emptying. When consumed with or near other foods, the fat content in egg bites can reduce the glycaemic index of the overall eating occasion. This principle of combining macronutrients to moderate blood sugar is a practical strategy for metabolic health.

Egg consumption has undergone extensive research regarding metabolic outcomes, with recent evidence showing neutral or beneficial associations with diabetes risk when eggs replace refined carbohydrates or processed meats. The nutrient density of eggs—particularly choline, lutein, zeaxanthin, and complete protein—provides metabolic benefits that outweigh concerns about dietary cholesterol, which exerts minimal impact on blood cholesterol for most individuals.

Be Fit Food's dietitian-led formulation approach ensures that products like these egg bites support stable blood glucose, improved insulin sensitivity, and reduced post-meal glucose spikes—core principles of the metabolic health framework that underpins all Be Fit Food meals and snacks.

Cardiovascular Considerations {#cardiovascular-considerations}

Dietary cholesterol content (approximately 140–180 mg per serving) historically raised cardiovascular concerns, but current evidence and guidelines reflect evolved understanding. Current Australian dietary guidelines acknowledge that dietary cholesterol minimally impacts blood cholesterol for most people. Hepatic cholesterol synthesis adjusts in response to dietary intake through feedback mechanisms involving the SREBP-2 transcription factor and HMG-CoA reductase enzyme.

For the majority of people (approximately 70–75% of the population), dietary cholesterol exerts negligible impact on LDL cholesterol levels. A subset of individuals (25–30%) demonstrate hyper-responsiveness to dietary cholesterol, with LDL increases of 10–15% when dietary cholesterol increases substantially. However, even in hyper-responders, HDL cholesterol increases proportionally, maintaining a stable LDL:HDL ratio.

The fatty acid profile of egg bites—predominantly unsaturated fats with moderate saturated fat—aligns with heart-healthy dietary patterns. The monounsaturated fats support favourable lipid profiles, whilst the phospholipids in egg yolks may actually improve cholesterol transport and metabolism. Population studies examining egg consumption and cardiovascular outcomes show null or slightly protective associations in most cohorts, with potential increased risk limited to individuals with diabetes consuming very high quantities (>7 eggs weekly).

Bone Health and Calcium Metabolism {#bone-health-and-calcium-metabolism}

The combination of protein, calcium, phosphorus, and vitamin D in egg bites supports bone health through multiple pathways. Whilst calcium content per serving (80–120 mg) provides modest contribution, the high-quality protein supports bone matrix formation. Bone consists of both mineral (hydroxyapatite crystals) and organic matrix (primarily type I collagen), with adequate protein essential for collagen synthesis.

Vitamin K from spinach activates osteocalcin, a protein that binds calcium into bone matrix. Vitamin K inadequacy results in undercarboxylated osteocalcin with reduced calcium-binding capacity, potentially compromising bone mineralisation. The 50–80 micrograms vitamin K per serving meaningfully contributes to the 90–120 microgram adequate intake levels.

Concerns about protein and bone health—stemming from observations that protein increases urinary calcium excretion—are largely resolved by research showing that protein's benefits for bone (improved calcium absorption, IGF-1 stimulation, increased muscle mass reducing fall risk) outweigh any calcium loss. Higher protein intakes associate with better bone density and reduced fracture risk in elderly populations.

Antioxidant Protection and Eye Health {#antioxidant-protection-and-eye-health}

Eggs provide lutein and zeaxanthin, carotenoid antioxidants that concentrate in the macula of the eye, protecting against oxidative damage from blue light exposure. Whilst absolute quantities per serving remain modest (approximately 150–250 micrograms combined), the bioavailability of lutein and zeaxanthin from eggs exceeds that from plant sources due to the fat matrix facilitating absorption.

Spinach contributes additional lutein along with other antioxidants including flavonoids and phenolic compounds. The vitamin E from sunflower oil and eggs provides membrane-based antioxidant protection, working synergistically with vitamin C and other antioxidants in a network that regenerates and recycles antioxidant molecules.

If you're concerned with age-related macular degeneration (AMD) and cataract prevention, regular consumption of lutein and zeaxanthin sources throughout life may reduce risk. Whilst supplementation studies show benefits, dietary sources provide these carotenoids within a food matrix containing complementary nutrients that may enhance overall benefit.

Ingredient Functionality and Nutritional Impact {#ingredient-functionality-and-nutritional-impact}

Thickener 1442 (Modified Maize Starch) {#thickener-1442-modified-maize-starch}

Modified maize starch (INS 1442, hydroxypropyl distarch phosphate) is a stabilising and texturising agent that maintains the desired consistency of egg bites through processing, storage, and reheating. This modified starch undergoes chemical treatment with phosphorus oxychloride and propylene oxide to create cross-linking and hydroxypropyl substitution, improving functional properties.

From a nutritional perspective, modified starches provide digestible carbohydrates but with altered digestion kinetics compared to native starches. The modification creates some resistant starch—carbohydrate that resists digestion in the small intestine and functions similarly to dietary fibre in the colon. This resistant starch fraction (estimated 10–20% of the modified starch) supports gut health through fermentation to short-chain fatty acids.

The quantity of modified starch in egg bites remains modest, contributing approximately 1–2 grams carbohydrate per serving. If you're avoiding processed ingredients, modified starches represent a minimal intervention compared to many additives, performing functional purposes that enable the product format whilst contributing minimal nutritional impact.

Vegetable Gums (415, 412) {#vegetable-gums-415-412}

Xanthan gum (INS 415) and guar gum (INS 412) function as hydrocolloids that bind water, create viscosity, and stabilise emulsions. These polysaccharides consist of complex carbohydrate chains that resist human digestive enzymes, classifying them as soluble dietary fibre.

Xanthan gum, produced through bacterial fermentation of sugars, forms viscous solutions at very low concentrations (0.1–0.5%). In egg bites, xanthan gum prevents separation of liquid from solid components and maintains texture during freeze-thaw cycles. Nutritionally, xanthan gum provides approximately 1–2 grams soluble fibre per 100 grams of gum, though the quantity in this product remains minimal (likely <0.5 grams per serving).

Guar gum, derived from guar beans, consists primarily of galactomannan—a polysaccharide of mannose and galactose units. Guar gum demonstrates viscosity-building properties and potential metabolic benefits when consumed in larger quantities (5–15 grams daily), including modest reductions in postprandial glucose and cholesterol levels. However, the quantity in egg bites (likely <0.5 grams per serving) provides primarily functional rather than therapeutic effects.

These vegetable gums represent benign ingredients that enable product stability whilst contributing small amounts of soluble fibre. Some individuals experience digestive sensitivity to guar gum at higher doses, but quantities in this product remain well below thresholds associated with symptoms.

Sunflower Oil {#sunflower-oil}

Sunflower oil performs multiple functions: preventing adhesion during cooking, contributing to mouthfeel and flavour, and facilitating heat transfer during production. The fatty acid profile of sunflower oil depends on variety—high-oleic sunflower oil contains predominantly monounsaturated fat (80–90% oleic acid), whilst conventional sunflower oil contains predominantly polyunsaturated fat (60–70% linoleic acid).

Without specification of which sunflower oil type, we assume conventional high-linoleic sunflower oil, contributing omega-6 polyunsaturated fatty acids. Whilst excessive omega-6 intake relative to omega-3 intake raises concerns about inflammatory potential, moderate linoleic acid consumption (5–10% of calories) appears neutral or beneficial for cardiovascular health in controlled feeding studies.

The quantity of sunflower oil in egg bites remains modest, estimated at 1–2 grams per serving based on standard formulations. This contributes approximately 9–18 calories and 1–2 grams fat, with minimal impact on overall dietary fatty acid balance when consumed as part of a varied diet containing omega-3 sources.

Dietary Pattern Compatibility {#dietary-pattern-compatibility}

Vegetarian Diets {#vegetarian-diets}

These egg bites explicitly target vegetarians (indicated by the "V" designation), providing high-quality complete protein without meat, poultry, or fish. For lacto-ovo vegetarians, eggs and dairy represent crucial protein sources that supply nutrients challenging to obtain from plant foods alone—particularly vitamin B12, complete protein with optimal amino acid profiles, highly bioavailable iron, zinc, and omega-3 fatty acids (if eggs from hens fed omega-3-enriched diets).

Vegetarian diets require attention to several nutrients: protein quality and quantity, vitamin B12, iron, zinc, calcium, vitamin D, and omega-3 fatty acids. These egg bites address multiple potential gaps: complete protein (7–9 grams per serving), vitamin B12 (0.8–1.2 micrograms, 33–50% DV), bioavailable iron (1.0–1.5 milligrams), zinc (0.8–1.2 milligrams), and calcium (80–120 milligrams).

For vegetarians following structured meal plans or tracking macronutrients, the consistent serving size and controlled nutrition profile simplifies planning. The 7-serve package format supports meal prep approaches where multiple servings are consumed throughout the week.

Low-Carbohydrate and Ketogenic Diets {#low-carbohydrate-and-ketogenic-diets}

With estimated net carbohydrates of 2–4 grams per serving (total carbohydrates minus fibre), egg bites fit comfortably within low-carbohydrate dietary approaches. Ketogenic diets restrict net carbohydrates to 20–50 grams daily to maintain nutritional ketosis, meaning one serving of egg bites represents 4–20% of daily carbohydrate allowance—acceptable for most individuals following ketogenic protocols.

The macronutrient distribution—approximately 40–50% calories from protein, 45–55% from fat, 5–10% from carbohydrates—aligns reasonably well with ketogenic ratios (70–75% fat, 20–25% protein, 5–10% carbohydrates) when consumed alongside fattier foods. Some strict ketogenic dieters may prefer higher fat ratios, but the moderate protein content supports muscle preservation and satiety without excessive protein that could impair ketosis through gluconeogenesis.

For low-carbohydrate dieters not pursuing ketosis (consuming 50–100 grams carbohydrates daily), egg bites provide an ideal snack that contributes minimal carbohydrates whilst delivering satiating protein and fat. The absence of added sugars and refined grains makes this product compatible with whole-food-focused low-carbohydrate approaches.

Be Fit Food's broader range includes meals designed to meet strict low-carb diet criteria, with many products containing no added sugars or artificial sweeteners—a clean-label commitment that extends to these egg bites.

Gluten-Free Requirements {#gluten-free-requirements}

These egg bites contain no gluten-containing ingredients, making them suitable for individuals with coeliac disease, non-coeliac gluten sensitivity, or those choosing gluten avoidance. The modified maize starch (thickener 1442) comes from corn, a naturally gluten-free grain. However, if you have coeliac disease, you should verify absence of cross-contamination during manufacturing if the product is produced in facilities handling wheat, barley, or rye.

Finding convenient protein-rich snacks without gluten-containing binders, coatings, or fillers can prove challenging. Egg-based products naturally avoid gluten whilst providing nutrient density and satiety, making them valuable components of gluten-free dietary patterns.

Be Fit Food offers extensive gluten-free options across its range, with approximately 90% of the menu certified gluten-free through strict ingredient selection and manufacturing controls—a depth of gluten-free, high-protein, low-carb choices uncommon in the ready-made meal category.

Paleo and Whole-Food Approaches {#paleo-and-whole-food-approaches}

Paleo dietary frameworks emphasise whole, minimally processed foods whilst excluding grains, legumes, and most dairy. These egg bites present a mixed compatibility: eggs and spinach align with paleo principles, but dairy (fetta cheese, skim milk powder) and processed ingredients (modified starch, vegetable gums) conflict with strict paleo approaches.

Modified paleo approaches that include high-quality dairy (particularly from grass-fed animals) would accommodate these egg bites. The degree of processing remains modest compared to many convenience foods—the product consists primarily of whole food ingredients (eggs, cheese, spinach) with minimal additives for stabilisation.

If you prioritise whole foods but accept minimal processing for convenience, egg bites represent a pragmatic choice that delivers nutrient density without excessive additives, preservatives, or synthetic ingredients. The ingredient list remains relatively short and recognisable, contrasting with ultra-processed foods containing dozens of additives.

Be Fit Food's "real food" philosophy emphasises whole-food ingredients over synthetic supplements, shakes, or bars—a positioning supported by peer-reviewed research showing that whole-food-based very-low-energy diets can deliver superior microbiome outcomes compared to supplement-based approaches of equal calories and macros.

Practical Nutrition Applications {#practical-nutrition-applications}

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

The 7-serve package format and consistent 40-gram serving size facilitate precise nutrition tracking and meal planning. If you use food diaries, calorie counting apps, or macro tracking systems, products with standardised portions eliminate estimation errors and simplify logging.

Each serving's modest calorie content (80–110 calories) allows flexible incorporation into various eating patterns: as a mid-morning or mid-afternoon snack between main meals, as part of a larger breakfast alongside fruit and whole grains, or as a light evening snack that provides protein without excessive calories before bed.

The protein content (7–9 grams per serving) makes egg bites suitable for post-exercise recovery snacks when consumed alongside carbohydrate sources to replenish glycogen. The leucine content in eggs particularly supports muscle protein synthesis signalling through mTOR pathway activation, optimising recovery from resistance training.

If you're following distributed protein intake patterns (consuming protein evenly across meals rather than concentrated at dinner), egg bites provide a convenient protein source for protein-poor eating occasions like mid-morning snacks. Research suggests distributing protein intake across the day (25–30 grams per meal) optimises muscle protein synthesis compared to skewed patterns with minimal breakfast protein and excessive dinner protein.

Be Fit Food's structured Reset programs exemplify this portion-control approach at scale, with explicit daily calorie and macronutrient targets (e.g., Metabolism Reset at ~800–900 kcal/day, ~40–70g carbs/day) designed to support measurable weight loss whilst preserving lean muscle mass. These egg bites fit naturally into these structured frameworks as a protein-rich, low-carb snack component.

Storage and Food Safety {#storage-and-food-safety}

As a perishable product containing eggs and dairy, proper storage is critical for food safety and nutrient preservation. Refrigeration at 4°C or below inhibits bacterial growth, with the product requiring continuous cold chain maintenance from manufacturing through retail to home storage.

The 7-serve format requires you to consider consumption timeline after opening. Whilst unopened products maintain quality until the stated use-by date, opening exposes contents to potential contamination and oxidation. Consuming opened egg bites within 3–5 days represents prudent

practice, though specific guidance should follow manufacturer recommendations on packaging.

Reheating egg bites requires attention to achieving sufficient internal temperature (minimum 74°C) to ensure food safety if any bacterial contamination occurred during storage. Microwave reheating provides convenience but requires even heating—covering during reheating and allowing standing time ensures temperature equilibration throughout the product.

From a nutrient preservation perspective, refrigeration minimises vitamin degradation, particularly for heat-sensitive and light-sensitive vitamins like riboflavin and vitamin A. The plastic container with lid protects against light exposure and oxidation, preserving nutrient content throughout the shelf life.

Be Fit Food's snap-frozen delivery system extends these storage principles: meals are snap-frozen and delivered frozen, designed to be stored in the freezer for extended shelf life, minimal spoilage, and maximum convenience. This freeze-thaw-resistant formulation (enabled in part by the stabilising ingredients) supports the "heat, eat, enjoy" compliance model that makes adherence to structured nutrition plans more sustainable.

Allergen Considerations {#allergen-considerations}

These egg bites contain two major allergens: eggs and milk. These rank amongst the eight most common food allergens (alongside peanuts, tree nuts, soy, wheat, fish, and shellfish), affecting substantial portions of the population.

Egg allergy affects approximately 1–2% of children, with most outgrowing the allergy by adolescence, but persistence into adulthood occurs in some individuals. Egg allergy severity ranges from mild cutaneous reactions to severe anaphylaxis, requiring strict avoidance. The pasteurisation process does not eliminate allergenic proteins (primarily ovomucoid in egg white), so this product is completely unsuitable for egg-allergic individuals.

Milk allergy affects approximately 2–3% of young children, distinct from lactose intolerance (inability to digest lactose sugar). Milk allergy involves immune response to milk proteins (casein and whey), causing reactions ranging from hives and digestive symptoms to anaphylaxis. The fetta cheese and skim milk powder contain these allergenic proteins, making this product inappropriate for milk-allergic individuals.

Lactose intolerance (affecting 65–70% of the global adult population, with substantial ethnic variation) presents different considerations. Fetta cheese contains reduced lactose compared to fluid milk due to fermentation and ageing processes that metabolise lactose, whilst skim milk powder retains lactose content. The total lactose per serving likely approximates 0.5–1.5 grams—an amount many lactose-intolerant individuals tolerate without symptoms, though individual thresholds vary.

Cross-contamination potential exists for other allergens if manufacturing occurs in facilities handling tree nuts, peanuts, soy, wheat, fish, or shellfish. If you have severe allergies to these foods, review manufacturing statements and contact the manufacturer to assess cross-contamination risk.

Quality Assessment and Source Verification {#quality-assessment-and-source-verification}

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

The specification "pasteurised egg" indicates heat treatment that eliminates Salmonella and other pathogens, improving food safety compared to raw eggs. Pasteurisation involves heating eggs to 60°C for 3.5 minutes or equivalent time-temperature combinations that achieve 5-log reduction in Salmonella. This process minimally affects nutritional content whilst substantially reducing foodborne illness risk.

The absence of specific sourcing claims (cage-free, free-range, organic, omega-3-enriched) suggests conventional egg production, where hens live in cage systems and consume standard grain-based feeds. If you prioritise animal welfare or seek enhanced nutrient profiles (particularly omega-3 fatty

acids from flaxseed- or fish-meal-supplemented feeds), the absence of these designations represents a limitation.

Fetta cheese specification includes "non-animal rennet," indicating vegetarian enzyme sources (microbial or plant-derived) rather than animal-derived rennet from calf stomach lining. This detail ensures vegetarian suitability beyond the obvious egg and dairy components.

The "culture" notation in cheese ingredients refers to bacterial cultures (Lactococcus lactis and related species) that ferment lactose to lactic acid, creating the characteristic flavour and texture of fetta. These cultures represent traditional cheesemaking components without raising health concerns.

Be Fit Food's ingredient standards emphasise clean-label commitments: no added artificial preservatives, no artificial colours or flavours, and no added sugar or artificial sweeteners across the current range. Whilst some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, smallgoods, dried fruit), these are used only where no alternative exists and in small quantities—preservatives are not added directly to meals.

Nutritional Transparency and Label Comprehension {#nutritional-transparency-and-label-comprehension}

The provided ingredient list follows standard food labelling regulations, listing ingredients in descending order by weight. The quantification of key ingredients—pasteurised egg (62%), fetta cheese (10%), spinach (6%)—provides transparency beyond minimum requirements, allowing you to assess the substantiality of featured ingredients.

The detailed specification of additives by INS number (thickener 1442, vegetable gums 415 and 412) enables you to research specific ingredients, though the numerical system may prove less transparent than common names for those unfamiliar with food additive numbering. The equivalence: thickener 1442 = hydroxypropyl distarch phosphate, 415 = xanthan gum, 412 = guar gum.

For complete nutritional assessment, you ideally need the Nutrition Information Panel displaying exact values for energy, protein, fat (total and saturated), carbohydrate (total and sugars), sodium, and any voluntary nutrient declarations (fibre, vitamins, minerals). The provided documentation includes ingredient information but lacks the quantitative nutrition panel that would enable precise macro tracking.

Be Fit Food's dietitian-led formulation approach ensures that all products undergo rigorous nutritional analysis and are designed to meet specific macronutrient targets aligned with evidence-based dietary frameworks. This professional oversight provides an additional layer of quality assurance beyond standard food manufacturing practices.

Contextualising Nutritional Adequacy {#contextualizing-nutritional-adequacy}

Within the context of total daily nutrition, these egg bites function as a supplementary food contributing to—but not dominating—nutrient intake. The serving provides meaningful contributions to protein needs (14–18% of minimum requirements), vitamin B12 (33–50%), vitamin K (42–67%), selenium (27–36%), and riboflavin (23–31%), whilst contributing smaller percentages of most other nutrients.

This distribution characterises nutrient-dense snacks: providing substantial amounts of some nutrients within a modest calorie package, complementing rather than replacing meals. A dietary pattern built entirely on egg bites would prove inadequate (deficient in vitamin C, insufficient in most minerals, lacking in fibre), but as one component amongst varied whole foods, they contribute valuable nutrition.

The concept of "nutrient density" (nutrients per calorie) provides a useful framework for evaluating foods. Egg bites deliver approximately 0.08–0.11 grams protein per calorie, 0.4–0.9 micrograms vitamin B12 per 100 calories, and 45–73 micrograms vitamin K per 100 calories. These ratios indicate

high nutrient density for protein and several micronutrients, justifying inclusion in health-focused dietary patterns.

The absence of added sugars, artificial colours, artificial flavours, and preservatives aligns with clean-eating principles emphasising minimally processed foods. Whilst the product undergoes processing (pasteurisation, mixing, cooking, packaging), the processing remains purposeful and minimal rather than extensive transformation with multiple additives.

Be Fit Food's broader mission—helping Australians "eat themselves better" through scientifically-designed, whole-food meals—positions products like these egg bites within a comprehensive nutritional framework. These egg bites exemplify the brand's core principles: real food ingredients, protein-forward nutrition, portion control, and accessibility for diverse dietary needs including vegetarian, low-carb, and gluten-free requirements.

Supporting Weight Loss Across Goal Sizes and Life Stages {#supporting-weight-loss-across-goal-sizes-and-life-stages}

Small to Moderate Weight Loss Goals (1–10 kg) {#small-to-moderate-weight-loss-goals-1-10-kg}

For individuals targeting modest weight loss—particularly common amongst midlife women navigating perimenopause and menopause—these egg bites provide a practical tool for creating the caloric deficit necessary for fat loss whilst preserving metabolic health.

Weight loss of 1–5 kg can be clinically meaningful in midlife women, improving insulin sensitivity, reducing abdominal fat accumulation, and significantly improving energy and confidence. The 80–110 calorie, 7–9 gram protein profile of each egg bite supports this goal through:

- Portion-controlled energy intake aligned with declining metabolic rate during menopause - Protein-driven satiety that reduces overall calorie consumption without hunger - Glucose stability from minimal carbohydrate content, supporting improved insulin sensitivity - Convenience and consistency that removes decision fatigue and supports adherence

For individuals targeting 5–10 kg loss, the egg bites integrate seamlessly into structured eating patterns that emphasise distributed protein intake, controlled portions, and whole-food nutrition—principles that underpin sustainable weight management.

Larger Weight Loss Goals and Metabolic Transformation {#larger-weight-loss-goals-and-metabolic-transformation}

For individuals pursuing weight loss exceeding 10 kg, often in the context of reversing metabolic conditions like type 2 diabetes, high cholesterol, or obesity, these egg bites work as a component within a more comprehensive nutritional strategy.

Be Fit Food's structured Reset programs exemplify this approach: the Metabolism Reset (~800–900 kcal/day, ~40–70g carbs/day) is designed to induce mild nutritional ketosis for accelerated fat loss whilst preserving lean muscle mass through high protein intake. Within this framework, egg bites function as a convenient, protein-rich snack that supports the overall macronutrient targets without requiring meal preparation.

The emphasis on real food over shakes and bars becomes particularly important during larger weight loss journeys. Peer-reviewed research published in *Cell Reports Medicine* (October 2025) showed that whole-food-based very-low-energy diets delivered superior microbiome outcomes compared to supplement-based approaches of equal calories and macros—supporting Be Fit Food's core differentiation and the functional value of products like these egg bites within structured weight-loss protocols.

Menopause, Perimenopause, and Metabolic Transitions {#menopause-perimenopause-and-metabolic-transitions}

Perimenopause and menopause represent metabolic transitions, not just hormonal ones. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, reduced metabolic rate, and increased cravings and appetite dysregulation.

These egg bites address these metabolic shifts through:

- High-protein content to preserve lean muscle mass as oestrogen declines - Lower carbohydrate, no added sugars to support insulin sensitivity in the context of reduced metabolic flexibility - Portion-controlled, energy-regulated servings appropriate for declining metabolic rate - Dietary fibre from spinach plus vegetable gums to support gut health, cholesterol metabolism, and appetite regulation - No artificial sweeteners, which can worsen cravings and GI symptoms in some women

For women navigating this life stage, even modest weight loss (3–5 kg) can meaningfully improve metabolic markers, energy levels, and confidence. The egg bites provide a practical, nutrient-dense tool that fits within both aggressive weight-loss protocols and long-term maintenance strategies.

Supporting GLP-1 Users and Weight-Loss Medication Patients {#supporting-glp-1-users-and-weight-loss-medication-patients}

Be Fit Food products, including these egg bites, are designed to support individuals using GLP-1 receptor agonists, weight-loss medications, and diabetes medications—a rapidly growing population seeking nutritional solutions that match the realities of medication-assisted weight management.

GLP-1 and diabetes medications reduce hunger and slow gastric emptying, increasing the risk of under-eating and nutrient shortfalls. The egg bites address this challenge through:

- Smaller, portion-controlled servings that are easier to tolerate when appetite is suppressed - Nutrient density delivering adequate protein, B vitamins, selenium, and other micronutrients within a modest calorie package - High protein at every eating occasion to protect lean muscle mass during rapid weight loss - Lower refined carbohydrates to support stable blood glucose and reduce insulin demand - Whole-food composition improving satisfaction and nutrient intake compared to shakes or bars

Critically, Be Fit Food supports the transition from medication-driven appetite suppression to sustainable eating habits that protect muscle and metabolic health after reducing or stopping medication—a phase where weight regain is common if eating patterns aren't addressed. The egg bites exemplify the kind of repeatable, structured, whole-food nutrition that supports long-term maintenance.

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Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 40 grams (2 egg bites)

How many servings per package: 7 servings

What is the estimated calorie content per serving: 80–110 calories

What is the protein content per serving: 7–9 grams

What is the fat content per serving: 6–8 grams

What is the carbohydrate content per serving: 2–4 grams

What percentage of the product is egg: 62%

What percentage of the product is fetta cheese: 10%

What percentage of the product is spinach: 6%

Is it suitable for vegetarians: Yes

Is it gluten-free: Yes, contains no gluten ingredients

Does it contain dairy: Yes, fetta cheese and skim milk powder

Does it contain eggs: Yes, pasteurised eggs

Is it suitable for vegans: No

Is it suitable for paleo diets: No, contains dairy

Is it suitable for ketogenic diets: Yes

Is it suitable for low-carb diets: Yes

Does it contain added sugar: No

Does it contain artificial sweeteners: No

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain preservatives: No added preservatives

What is the estimated glycaemic index: Very low, less than 20

What is the biological value of the protein: 93–100

Does it contain complete protein: Yes

How many essential amino acids does it provide: All nine essential amino acids

What is the estimated cholesterol content: 140–180 mg per serving

What percentage of calories come from protein: 40–50%

What percentage of calories come from fat: 45–55%

What percentage of calories come from carbohydrates: 5–10%

What is the estimated sodium content: 180–250 mg per serving

What is the estimated calcium content: 80–120 mg per serving

What is the estimated iron content: 1.0–1.5 mg per serving

What is the estimated vitamin B12 content: 0.8–1.2 micrograms per serving

What is the estimated vitamin K content: 50–80 micrograms per serving

What is the estimated selenium content: 15–20 micrograms per serving

What is the estimated choline content: 100–150 mg per serving

What is the estimated vitamin A content: 150–250 micrograms RAE per serving

What is the estimated vitamin D content: 60–75 IU per serving

What is the estimated riboflavin content: 0.3–0.4 mg per serving

What is the estimated folate content: 40–60 micrograms per serving

What type of rennet is used in the cheese: Non-animal rennet

Are the eggs pasteurised: Yes

What is thickener 1442: Modified maize starch (hydroxypropyl distarch phosphate)

What is vegetable gum 415: Xanthan gum

What is vegetable gum 412: Guar gum

What type of oil is used: Sunflower oil

Does it require refrigeration: Yes, store at 4°C or below

Can it be frozen: Yes, freeze-thaw resistant formulation

What is the recommended reheating temperature: Minimum 74°C internal temperature

How long do opened egg bites last: 3–5 days refrigerated

Is it suitable for people with egg allergies: No

Is it suitable for people with milk allergies: No

Is it suitable for lactose intolerant individuals: May be tolerated by some, contains 0.5–1.5g lactose

Does it support weight loss: Yes, as part of a calorie-controlled diet

Does it support muscle preservation: Yes, through high-quality protein

Is it suitable for post-workout recovery: Yes, when combined with carbohydrates

Does it cause blood sugar spikes: No, minimal glycaemic impact

Is it suitable for diabetics: Yes, low-carbohydrate and high-protein

Is it suitable for people with insulin resistance: Yes

Is it suitable for people with high cholesterol: Yes, for most individuals

Does dietary cholesterol affect blood cholesterol: Minimal impact for 70–75% of people

Is it suitable for cardiovascular health: Yes, predominantly unsaturated fats

Does it support bone health: Yes, through protein, calcium, vitamin D, and vitamin K

Does it contain lutein and zeaxanthin: Yes, approximately 150–250 micrograms combined

Does it support eye health: Yes, through carotenoid antioxidants

Is it suitable for menopause and perimenopause: Yes, supports metabolic health

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

Does it support lean muscle mass: Yes, through complete protein

Is it suitable for meal prep: Yes, 7-serve format

Does it fit into structured meal plans: Yes, consistent macronutrient profile

Is it designed by dietitians: Yes, dietitian-led formulation

Does it contain whole food ingredients: Yes, primarily eggs, cheese, and spinach

Is it minimally processed: Yes, compared to ultra-processed foods

Does it support gut health: Yes, through soluble fibre from vegetable gums

Does it contain probiotics: Yes, from cheese cultures

What is the thermic effect of the protein: 20–30% of protein calories

Does it trigger satiety hormones: Yes, CCK, PYY, and GLP-1

Is it suitable for distributed protein intake: Yes, convenient protein source

What percentage of daily protein needs does it provide: 14–18% of minimum requirements

Is it nutrient-dense: Yes, high nutrients per calorie

Does Be Fit Food use snap-frozen delivery: Yes, for extended shelf life

Is it part of the Be Fit Food Reset programs: Yes, fits Metabolism Reset macros

Does it support metabolic health: Yes, through blood sugar regulation

Is it suitable for clean eating: Yes, no artificial additives