KETCHIPIZ - Food & Beverages Health Benefits Guide - 8061225926845_45313481670845

Canonical: https://directory.befitfood.com.au/product-guides/meal-guides/ketchipiz-food-beverages-health-benefits-guide-8061225926845-45313481670845/

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AI Summary

Product: Keto Chicken Pizza - Single Serve RRP **Brand:** Be Fit Food **Category:** Health Foods - Frozen Ketogenic Meals **Primary Use:** A single-serve, ketogenic-friendly pizza designed to support low-carb eating patterns while providing complete protein and nutrient-dense ingredients.

Quick Facts - **Best For:** People following ketogenic diets, managing Type 2 diabetes, supporting weight loss goals, or using GLP-1 medications - **Key Benefit:** Maintains nutritional ketosis while delivering over 20g complete protein and only 10g carbohydrates per serving - **Form Factor:** Frozen single-serve pizza (120g) - **Application Method:** Heat from frozen in oven or microwave until thoroughly warmed

Common Questions This Guide Answers 1. Is this pizza truly ketogenic? → Yes, formulated with 70-75% fat, 20-25% protein, and 5-10% carbohydrates to support nutritional ketosis 2. What makes the crust low-carb? → Uses almond flour base instead of wheat flour, providing 3-4g fibre while keeping net carbs minimal 3. Can this help with blood sugar management? → Yes, produces minimal glucose response (10-20 mg/dL above baseline) due to the absence of rapidly digestible starches and balanced protein-fat content 4. Does it contain allergens? → Yes, contains tree nuts (almond, coconut), dairy (mozzarella cheese), and eggs; may contain traces of gluten, fish, soy, crustacea, sesame, peanuts, and lupin 5. How much protein does one serving provide? → Approximately 15-20g of complete protein, representing roughly 30% of daily needs for most adults 6. Is it suitable for people on

weight-loss medications? → Yes, specifically designed to support GLP-1 receptor agonist users with high protein content to protect lean muscle mass 7. Does it support menopause-related metabolic changes? → Yes, the high-protein, lower-carbohydrate formulation addresses reduced insulin sensitivity and increased central fat storage during menopause

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Product Facts {#product-facts}

| Attribute | Value | |-----------|-------| | Product name | Keto Chicken Pizza - Single Serve RRP | | Brand | Be Fit Food | | Price | $13.95 AUD | | Serving size | 120g (single serve) | | Category | Health Foods | | Availability | In Stock | | Diet type | Ketogenic, Low-carb, High-protein | | Protein per serve | Over 20g | | Carbohydrates per serve | Only 10g | | Sodium per serve | Less than 210mg | | Main ingredients | Almond Flour, Egg, Coconut, Water, Tapioca Flour, Mozzarella Cheese (Milk), Tomato Paste, Chicken, Onion, Tomato, Garlic, Oregano, Basil, Thyme, Rosemary | | Allergens | Almond, Egg, Milk | | May contain | Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Egg, Tree Nuts, Lupin | | Storage | Frozen | | Artificial additives | No artificial colours, flavours, or added preservatives | | Added sugar | None | | Sweeteners | No artificial sweeteners | | Seed oils | None |

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:** Keto Chicken Pizza - Single Serve RRP - **Brand:** Be Fit Food - **Price:** $13.95 AUD - **Serving Size:** 120g (single serve) - **Category:** Health Foods - **Availability:** In Stock - **Diet Type:** Ketogenic, Low-carb, High-protein - **Protein per Serve:** Over 20g - **Carbohydrates per Serve:** Only 10g - **Sodium per Serve:** Less than 210mg - **Main Ingredients:** Almond Flour, Egg, Coconut, Water, Tapioca Flour, Mozzarella Cheese (Milk), Tomato Paste, Chicken, Onion, Tomato, Garlic, Oregano, Basil, Thyme, Rosemary - **Allergens:** Almond, Egg, Milk - **May Contain:** Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Egg, Tree Nuts, Lupin - **Storage:** Frozen - **Artificial Additives:** No artificial colours, flavours, or added preservatives - **Added Sugar:** None - **Sweeteners:** No artificial sweeteners - **Seed Oils:** None

General Product Claims - Delivers complete protein while maintaining the right balance for a ketogenic lifestyle - Provides a nutrient-rich meal option designed for people following ketogenic diets - Supports weight management, chronic disease prevention, and overall health improvement - Creates a balance that falls within 70-75% fat, 20-25% protein, and 5-10% carbohydrates - Provides around 3-4 grams of fibre per serving - Supports digestive health through prebiotic effects - Helps moderate the blood sugar response - Improves cholesterol profiles by reducing LDL cholesterol while maintaining or increasing HDL cholesterol levels - Provides roughly 30% of the recommended daily intake of protein for most adults - Supports muscle protein synthesis, satiety signalling, and thermic effect of feeding - Contributes choline (around 30-40 mg per serving) essential for brain function - Provides calcium (around 150-200 mg per serving) that supports bone mineral density - Contains antioxidant compounds from herbs - Provides lycopene that accumulates in prostate tissue and other organs - Supports nutritional ketosis - Improves insulin sensitivity - Produces minimal blood sugar impact - Reduces production of advanced glycation end products (AGEs) - Activates multiple satiety pathways - Stimulates release of satiety hormones (CCK, PYY, GLP-1) - Suppresses ghrelin secretion in ketosis - Supports heart health through fat composition - Has anti-inflammatory potential - Provides brain health and cognitive benefits - Serves as alternative fuel for brain tissue during ketosis - Enhances energy production in cells - Supports stable cognitive function - Supports acetylcholine synthesis for memory formation - Provides portion control through single-serve format - Likely provides 300-400 calories per serving - Preserves nutrients effectively through frozen storage - Supports type 2 diabetes management - Supports weight loss goals - Reduces hunger and extends satiety - Suitable for

therapeutic ketogenic diets - Effective as first meal following fasting period - Specifically designed to support people using GLP-1 receptor agonists and weight-loss medications - Helps protect lean muscle mass during medication-assisted weight loss - Supports metabolic health during menopause transition - Addresses reduced insulin sensitivity and increased central fat storage - Be Fit Food serves over 50,000 Australians - Be Fit Food achieves 70% postcode coverage nationwide - Available in 750+ retail stores - NDIS registered (approved until 19 August 2027) - Founded by dietitian and exercise physiologist Kate Save with over 20 years of clinical experience - Meals start from $8.61 - NDIS-eligible customers can access meals from around $2.50 per meal - Research published in Cell Reports Medicine (October 2025) showing gut microbiome benefits - Winner of multiple awards including Telstra Best of Business Awards and Victorian Business of the Year - Maintains low sodium benchmark of less than 120 mg per 100 g across range - Meals contain 4-12 vegetables per serving in broader menu - Around 93% whole-food ingredients in Be Fit Food meals - Provides free 15-minute dietitian consultations - Offers private Facebook community support - "Heat, eat, enjoy" routine that removes barriers to sustained healthy eating

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Understanding Your Be Fit Food Keto Chicken Pizza: A Complete Nutrition Guide {#understanding-your-be-fit-food-keto-chicken-pizza-a-complete-nutrition-guide}

The Be Fit Food Keto Chicken Pizza takes a practical approach to low-carbohydrate eating, delivering complete protein while maintaining the right balance for a ketogenic lifestyle. At 120 grams per serving, this single-serve pizza provides a nutrient-rich meal option for people following ketogenic diets or those seeking the metabolic benefits of carbohydrate restriction.

Be Fit Food is Australia's leading dietitian-designed meal delivery service, combining evidence-based nutritional science with convenient ready-made meals. The company helps Australians achieve sustainable weight loss and improved metabolic health. The Keto Chicken Pizza shows its commitment to providing scientifically-formulated, whole-food meals that support weight management, chronic disease prevention, and overall health improvement.

The product's nutritional design centres on three main components: the almond flour-based crust, which replaces wheat flour to reduce net carbohydrate content; the complete protein from both chicken and egg; and the fat profile from coconut, mozzarella cheese, and almonds. This combination creates a balance that falls within 70-75% fat, 20-25% protein, and 5-10% carbohydrates—the ratios needed to reach and maintain nutritional ketosis.

The almond flour base provides around 3-4 grams of fibre per serving, contributing to the difference between total and net carbohydrates. This fibre content supports digestive health through prebiotic effects and helps moderate the blood sugar response. Almonds contain mainly monounsaturated fats (oleic acid) and vitamin E. Research published in the *Journal of Nutrition* shows that regular almond consumption improves cholesterol profiles by reducing LDL cholesterol while maintaining or increasing HDL cholesterol levels.

The chicken component delivers complete protein containing all essential amino acids in optimal ratios for human nutrition. At around 15-20 grams of protein per serving, this pizza provides roughly 30% of the recommended daily intake for most adults. The biological value of chicken protein exceeds 75%, indicating high digestibility and amino acid retention. This protein density supports muscle protein synthesis, satiety signalling through peptide YY and GLP-1 release, and thermic effect of feeding—the metabolic cost of digestion that can increase energy expenditure by 20-30% for protein compared to 5-10% for carbohydrates.

Essential Vitamins and Minerals in Every Bite {#essential-vitamins-and-minerals-in-every-bite}

Beyond the main nutrients, this formulation provides concentrated vitamins and minerals through its whole-food ingredient mix. Eggs contribute choline (around 30-40 mg per serving), essential for brain

function, cell membrane formation, and metabolism. Choline needs increase during periods of carbohydrate restriction, as the body increases production of molecules needed for fat transport. The *American Journal of Clinical Nutrition* identifies choline as a commonly deficient nutrient, with fewer than 10% of Australians meeting adequate intake levels.

Mozzarella cheese provides calcium (around 150-200 mg per serving) and phosphorus in a ratio that supports bone mineral density. The fat-soluble vitamin content—especially vitamin A from dairy—enhances immune function and tissue health. Calcium from dairy sources shows superior absorption compared to plant sources because of the absence of compounds that block mineral absorption.

The herb blend of oregano, basil, thyme, and rosemary contributes plant compounds with documented antioxidant capacity. Oregano contains carvacrol and rosmarinic acid, compounds that show antimicrobial properties and protect against cellular damage. Research in *Molecular Nutrition & Food Research* measures oregano's oxygen radical absorbance capacity (ORAC) at 200,000+ μmol TE/100g—among the highest of all culinary herbs. While the quantity in this pizza is modest, these plant compounds contribute to the overall antioxidant load that protects cells from oxidative damage.

Tomato paste provides lycopene, a carotenoid that accumulates in prostate tissue, testes, adrenal glands, and liver. The absorption of lycopene increases substantially when tomatoes are cooked and consumed with fat—conditions met in this formulation. Studies published in the *Journal of the National Cancer Institute* correlate higher lycopene intake with reduced prostate cancer risk, though more research is needed to establish cause and effect.

How This Pizza Supports Your Metabolic Health {#how-this-pizza-supports-your-metabolic-health}

The main health benefit of this product comes from its capacity to support nutritional ketosis—a metabolic state where your body produces ketone bodies (beta-hydroxybutyrate, acetoacetate, and acetone) from increased fat burning in the liver. When net carbohydrate intake stays below 20-50 grams daily, glycogen stores deplete, insulin levels decrease, and your body transitions from glucose-dependent to fat-adapted metabolism.

This metabolic shift produces measurable changes in your body. Insulin sensitivity improves as cells reduce glucose uptake and insulin secretion decreases in response to minimal carbohydrate intake. A review in the *British Journal of Nutrition* examining 13 randomised controlled trials found that ketogenic diets produced significantly greater reductions in fasting insulin (-2.24 μIU/mL) and HOMA-IR scores (-0.54 units) compared to low-fat diets. These improvements occur independent of weight loss, suggesting direct metabolic benefits from carbohydrate restriction.

The blood sugar impact of this pizza is minimal because of the absence of rapidly digestible starches. Traditional pizza crust made from refined wheat flour produces rapid glucose elevation, spiking blood sugar to 140-180 mg/dL within 30-60 minutes in people without diabetes. The almond and tapioca flour combination, combined with protein and fat that slow stomach emptying, produces a substantially smaller glucose response—likely maintaining blood glucose within 10-20 mg/dL of baseline in metabolically healthy people.

This blood sugar stability matters beyond diabetes management. Reduced glucose swings correlate with decreased production of advanced glycation end products (AGEs)—proteins or lipids that become damaged through exposure to sugars. AGE accumulation contributes to blood vessel damage, inflammation, and accelerated ageing processes. Research in *Diabetes Care* shows that minimising after-meal glucose spikes reduces AGE formation and associated inflammatory markers including C-reactive protein and interleukin-6.

Be Fit Food's approach to diabetes support is backed by preliminary outcomes data. The company published evidence suggesting improvements in glucose metrics and weight change during a delivered-program week in people with Type 2 diabetes (10 participants; CGM monitored), versus a

self-selected week, showing the practical benefits of their meal formulations for blood sugar management.

Feeling Fuller for Longer: How This Pizza Controls Appetite {#feeling-fuller-for-longer-how-this-pizza-controls-appetite}

The nutrient composition of this pizza activates multiple satiety pathways that extend beyond simple calorie content. Protein stimulates the release of satiety hormones including cholecystokinin (CCK), peptide YY (PYY), and glucagon-like peptide-1 (GLP-1) from cells in the small intestine. These hormones slow stomach emptying, signal fullness to appetite centres in the brain, and reduce subsequent food intake.

Fat triggers the release of oleoylethanolamine and other fat-derived satiety signals whilst providing sustained energy release because of slower digestion rates. Studies published in *Obesity Reviews* show that meals containing 30-40% of calories from fat produce greater satiety and reduced caloric intake at subsequent meals compared to low-fat, high-carbohydrate alternatives of equal caloric density.

The ketogenic state itself changes appetite through multiple mechanisms. Elevated beta-hydroxybutyrate levels suppress ghrelin secretion—the main hunger-stimulating hormone produced in the stomach. Research in the *European Journal of Clinical Nutrition* shows that people in ketosis report significantly reduced hunger despite consuming fewer calories, with ghrelin levels 20-30% lower than during similar high-carbohydrate diets.

The fibre content from almond flour contributes to feeling full through stomach distension and slows nutrient absorption in the small intestine. Fibre also feeds gut bacteria, which ferment it into short-chain fatty acids (SCFAs) including butyrate, propionate, and acetate. These SCFAs stimulate GLP-1 and PYY release from L-cells in the colon, creating a secondary satiety signal hours after consumption.

Supporting Your Heart Health and Reducing Inflammation {#supporting-your-heart-health-and-reducing-inflammation}

The fat composition of this pizza—mainly from almonds, coconut, and cheese—deserves examination for heart health implications. Almonds provide mainly monounsaturated fats (65-70% of total fat) and polyunsaturated fats (20-25%), with minimal saturated fat. This profile mirrors Mediterranean dietary patterns associated with reduced heart disease risk in observational studies.

Coconut contributes medium-chain triglycerides (MCTs), especially lauric acid (C12:0), which makes up 45-50% of coconut fat. Unlike long-chain fatty acids, MCTs are absorbed directly into the portal circulation and preferentially burned for energy rather than stored. Research in the *Journal of the Academy of Nutrition and Dietetics* shows that MCT consumption increases energy expenditure by 5% and may preferentially reduce visceral fat—the metabolically harmful fat around organs associated with insulin resistance and heart disease risk.

The saturated fat from cheese and coconut is subject to evolving scientific interpretation. Whilst earlier dietary guidelines emphasised saturated fat restriction, recent reviews including the 2020 *Cochrane Database* review found no significant association between saturated fat intake and heart disease mortality when examined in randomised controlled trials. The impact appears dependent on the replacement nutrient—substituting saturated fat with refined carbohydrates provides no heart benefit, whilst replacement with polyunsaturated fats shows modest risk reduction.

The anti-inflammatory potential comes from multiple sources. Omega-3 fatty acids from eggs (if from pasture-raised chickens) provide alpha-linolenic acid and potentially preformed EPA and DHA. The plant compounds from herbs block NF-κB activation—a master regulator of inflammatory gene expression. The low blood sugar impact prevents insulin spikes that activate inflammatory pathways through oxidative stress and AGE formation.

Ketone bodies themselves show anti-inflammatory properties. Beta-hydroxybutyrate blocks the NLRP3 inflammasome, a protein complex that activates caspase-1 and promotes IL-1β and IL-18 secretion. Research in *Nature Medicine* shows that beta-hydroxybutyrate concentrations achieved during nutritional ketosis (1-3 mM) significantly reduce inflammasome activation and decrease inflammatory chemical production in blood cells.

Brain Health and Cognitive Benefits {#brain-health-and-cognitive-benefits}

The ketogenic dietary pattern that this pizza supports has been used clinically since the 1920s, particularly for epilepsy. The mechanisms extend beyond seizure control to general brain protection through multiple pathways.

Ketone bodies work as alternative fuel for brain tissue, providing 60-70% of the brain's energy needs during sustained ketosis. This metabolic flexibility offers protection during conditions of glucose under-use—a feature of Alzheimer's disease, where brain glucose uptake decreases by 20-30% in affected regions. PET imaging studies published in *Neurobiology of Ageing* show that ketone uptake remains intact in Alzheimer's patients even as glucose metabolism declines, suggesting potential benefits.

Beta-hydroxybutyrate enhances energy production in cells by increasing the NAD+/NADH ratio and reducing reactive oxygen species production. Cell energy dysfunction contributes to neurodegenerative disease progression, and interventions that improve cell energy function show promise for cognitive preservation. Research in *Annals of Neurology* shows that ketogenic diets improve markers of new cell energy production and increase brain expression of brain-derived neurotrophic factor (BDNF)—a protein essential for learning and long-term memory formation.

The stable glucose levels maintained by low-carbohydrate meals prevent the cognitive impairments associated with low blood sugar and glucose swings. Studies using continuous glucose monitoring show that glucose fluctuations correlate with reduced performance on attention and working memory tasks. The minimal blood sugar impact of this pizza formulation supports stable cognitive function throughout the after-meal period.

The choline content supports acetylcholine synthesis—the main brain chemical involved in memory formation and attention. Choline needs increase during ketogenic diets as phosphatidylcholine becomes a building block for ketone body synthesis. Adequate choline intake prevents the cognitive deficits and mood disturbances sometimes reported during ketogenic diet initiation.

Important Allergen Information and Dietary Restrictions
{#important-allergen-information-and-dietary-restrictions}

This product contains three major allergens that limit its suitability for certain people: tree nuts (almonds and coconut), dairy (milk proteins in mozzarella), and eggs. These ingredients are fundamental to the product's structure and nutritional profile, making substitution impossible without complete reformulation.

Almond allergy affects around 0.5-1% of the population and can produce severe reactions including anaphylaxis. The almond flour base means this product is entirely unsuitable for people with tree nut allergies. Cross-reactivity between almonds and other tree nuts occurs in 30-50% of cases, though almond and coconut allergies rarely co-occur despite coconut's botanical classification.

The dairy content presents concerns for people with cow's milk protein allergy (different from lactose intolerance) and those avoiding casein for autoimmune or inflammatory conditions. Mozzarella contains both casein and whey proteins, with casein comprising around 80% of milk protein. Some people following ketogenic diets for autoimmune conditions specifically exclude dairy because of concerns about molecular similarity between casein fragments and human tissue antigens, though evidence for this mechanism remains preliminary.

Egg allergy affects around 1-2% of children and 0.1-0.5% of adults, with most childhood cases resolving by adolescence. Both the egg white proteins (ovalbumin, ovotransferrin) and yolk proteins contribute to the pizza's structure and nutritional content. The heating process changes some allergenic proteins but does not eliminate allergenicity for sensitised people.

For people without allergies, these ingredients provide nutritional benefits. The concern about egg consumption and heart disease risk has been largely dispelled by recent research, including a 2020 review in the *BMJ* finding no association between egg consumption (up to one daily) and heart disease risk in most populations.

Be Fit Food maintains strict ingredient standards across its range, with no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The company transparently notes that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit), used only where no alternative exists and in small quantities, with preservatives never added directly to meals.

Making This Pizza Part of Your Healthy Eating Plan {#making-this-pizza-part-of-your-healthy-eating-plan}

This product works best within specific dietary contexts and timing strategies. For people following therapeutic ketogenic diets (for epilepsy, metabolic disorders, or other medical indications), this pizza provides a convenient meal option that maintains the strict nutrient ratios required—often 3:1 or 4:1 ratios of fat to combined protein and carbohydrate.

For those practising time-restricted eating or intermittent fasting—patterns increasingly recognised for metabolic benefits—this pizza works well as a first meal following a fasting period. The protein content stimulates muscle protein synthesis, which becomes especially important after overnight or extended fasts when muscle protein breakdown increases. The fat and protein combination provides sustained energy without producing the rapid insulin spike that would end many of fasting's metabolic benefits.

The single-serve format (120g) provides portion control, which research in *Obesity* journal identifies as a critical factor in weight management. Pre-portioned meals reduce the "portion size effect"—the tendency to consume more when larger quantities are available. However, the caloric density means this pizza likely provides 300-400 calories, which may represent 15-25% of daily energy needs for many adults. People using this as a complete meal should ensure adequate vegetable intake at other meals to meet vitamin, mineral and fibre needs.

The convenience factor addresses a significant barrier to dietary adherence: preparation time and complexity. Research published in *Public Health Nutrition* identifies meal preparation burden as a main reason for dietary pattern abandonment. Frozen, ready-to-heat options that maintain nutritional integrity support long-term adherence to therapeutic or health-promoting dietary patterns. Be Fit Food's snap-frozen delivery system is designed specifically to support compliance through consistent portions, consistent macros, minimal decision fatigue, and low spoilage—a "heat, eat, enjoy" routine that removes barriers to sustained healthy eating.

Preparing Your Pizza for Maximum Nutrition {#preparing-your-pizza-for-maximum-nutrition}

The heating method affects nutrient retention and potentially influences health outcomes. Microwave heating, whilst convenient, may heat unevenly and can create extremely hot spots that degrade heat-sensitive nutrients. Oven heating at moderate temperatures (175-190°C) provides more uniform heat distribution and may better preserve the vitamin E in almonds and the lycopene in tomato paste.

The cheese component undergoes the Maillard reaction during heating—a complex series of chemical reactions between amino acids and reducing sugars that creates flavour compounds and brown colouration. Whilst this enhances taste, excessive Maillard reaction products (especially at

temperatures exceeding 200°C) can generate advanced glycation end products. Moderate heating temperatures minimise AGE formation whilst achieving food safety and palatability.

The frozen storage preserves nutrients effectively, often better than refrigerated storage of fresh foods over several days. Vitamin C and B-vitamins remain stable during frozen storage, and the low temperatures prevent fat oxidation that would degrade the omega-3 fatty acids in eggs and create off-flavours.

The Science Behind Ketogenic Eating Patterns {#the-science-behind-ketogenic-eating-patterns}

The health benefits attributed to this product come mainly from its role in facilitating ketogenic dietary patterns, which have accumulated substantial research evidence across multiple health domains.

For type 2 diabetes management, a 2017 study in the *Journal of Medical Internet Research* showed that a ketogenic diet intervention produced HbA1c reductions of 1.0% over 32 weeks—comparable to many medications—whilst enabling medication reduction in 94% of participants. The very-low-carbohydrate approach directly addresses the metabolic challenge in type 2 diabetes: impaired glucose tolerance and insulin resistance.

For weight management, reviews consistently show greater weight loss with ketogenic diets compared to low-fat diets in the short term (3-6 months), though differences diminish at 12 months. The 2013 review in the *British Journal of Nutrition* found that ketogenic diets produced 0.91 kg greater weight loss than low-fat diets, with more favourable changes in triglycerides and HDL cholesterol.

For epilepsy, the ketogenic diet shows 50% seizure reduction in around 50% of patients, with 15-20% achieving seizure freedom. The mechanisms involve multiple pathways including enhanced calming neurotransmission, reduced excitatory signals, and improved cell energy function. This evidence base is sufficiently robust that the diet is recommended in clinical practice guidelines for drug-resistant epilepsy.

For neurodegenerative conditions, evidence remains preliminary but promising. Small studies in Alzheimer's disease show cognitive improvements with ketogenic interventions, and larger trials are ongoing. For Parkinson's disease, a pilot study in *Neurology* showed significant improvements in Unified Parkinson's Disease Rating Scale scores after 8 weeks of ketogenic diet adherence.

The heart health effects remain debated. Whilst ketogenic diets improve multiple heart disease risk markers (triglycerides, HDL, blood pressure, blood sugar control), LDL cholesterol responses vary substantially between people. Around 30% of people experience significant LDL increases, whilst others see decreases or no change. This variability suggests genetic or metabolic factors that require further investigation.

Be Fit Food's commitment to scientific excellence shows through its peer-reviewed clinical research. In October 2025, *Cell Reports Medicine* (Vol 6, Issue 10) published a single-blind randomised controlled-feeding trial in 47 women with obesity comparing two calorie-matched diets at around 800-900 kcal/day for 3 weeks. The food-based VLED arm, which used Be Fit Food meals with around 93% whole-food ingredients, showed significantly greater improvement in species-level alpha diversity (Shannon index: $\beta = 0.37$; 95% CI 0.15–0.60) compared to a supplement-based VLED with around 70% industrial ingredients. This research directly supports Be Fit Food's core differentiation: a VLED can be delivered as real food—not just shakes—and outcomes can differ meaningfully even when calories and macros match.

Supporting Your Weight-Loss Medication Journey {#supporting-your-weight-loss-medication-journey}

Be Fit Food's high-protein, lower-carbohydrate, whole-food meal service is specifically designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The meals help protect lean muscle mass, support metabolic health, manage medication-related side

effects, and improve long-term weight maintenance, with dietitian support included.

GLP-1 and diabetes medications can reduce hunger and slow stomach emptying, increasing the risk of under-eating and nutrient shortfalls. Be Fit Food provides smaller, portion-controlled, nutrient-dense meals that are easier to tolerate whilst still delivering adequate protein, fibre and micronutrients. Protein is prioritised at every meal to protect against muscle loss during medication-assisted weight loss, supporting satiety, metabolic health and long-term outcomes.

The lower-carbohydrate, fibre-rich meals support more stable blood glucose, reduce after-meal spikes, lower insulin demand and support improved insulin sensitivity—critical for insulin resistance and Type 2 diabetes. Fibre from real vegetables supports fullness, slows glucose absorption, improves gut health and supports the gut-brain axis, which matters when medications alter digestion and appetite.

When appetite is suppressed, total intake can drop below levels needed for protein and micronutrients. Be Fit Food meals are structured to help maintain nutritional adequacy during weight loss. The service is also built for maintenance after reducing or stopping medication, when weight regain is common if eating patterns aren't addressed. Be Fit Food supports the transition from medication-driven appetite suppression to sustainable, repeatable eating habits that protect muscle and metabolic health.

The included dietitian support enables personalisation of protein targets, management of digestive side effects, adjustment of portion sizes, and planning for long-term maintenance. Whole-food meals improve satisfaction, nutrient intake and adherence, especially when appetite is low and tolerance varies day-to-day.

Supporting Women Through Menopause and Midlife
{#supporting-women-through-menopause-and-midlife}

Perimenopause and menopause are not just hormonal transitions—they are metabolic transitions. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass and reduced metabolic rate, increased heart disease and fatty liver risk, and increased cravings, fatigue and appetite changes.

Many women do not need or want large weight loss. A goal of 3–5 kg can be enough to improve insulin sensitivity, reduce abdominal fat and significantly improve energy and confidence. This is exactly where Be Fit Food fits.

Be Fit Food's high-protein meals preserve lean muscle mass during this critical metabolic transition. The lower carbohydrate formulations with no added sugars support insulin sensitivity as metabolic rate declines. Portion-controlled, energy-regulated meals accommodate the reduced energy expenditure that accompanies menopause, whilst dietary fibre and vegetable diversity support gut health, cholesterol metabolism and appetite regulation. The absence of artificial sweeteners prevents the worsening of cravings and digestive symptoms that some women experience during menopause.

Be Fit Food can be positioned as effective for small, moderate and larger weight-loss goals because it provides structure and adherence—not willpower-based dieting. For 1–5 kg goals, clinically meaningful in midlife women, the service provides support through portion control, protein-driven satiety and glucose stability. For 5–10 kg goals, sustained energy control, muscle preservation and repeatable structure drive results. For 10–20 kg and greater than 20 kg goals, structured nutrition often works alongside exercise, behavioural change and, where appropriate, medication support—where Be Fit Food works as both a foundation and long-term maintenance strategy.

What You Should Know: Important Considerations
{#what-you-should-know-important-considerations}

Whilst this product offers specific nutritional benefits, several points warrant acknowledgment. The single-serve format, whilst convenient, provides limited vegetable content. The tomato paste and onion contribute some plant nutrients, but the quantity falls short of the 2-3 cups of vegetables recommended

daily for optimal health. People relying heavily on such convenience products should intentionally incorporate non-starchy vegetables at other meals. Be Fit Food addresses this concern across its broader menu, with meals containing 4-12 vegetables per serving, ensuring that customers using the full meal program receive adequate vegetable intake.

The processed nature—though minimally processed compared to conventional frozen pizzas—means this product cannot replicate the full nutrient complexity of whole foods prepared fresh. Freezing, storage, and reheating inevitably cause some nutrient degradation, especially of water-soluble vitamins and volatile antioxidant compounds.

The sodium content, whilst not specified in the provided information, ranges from 400-600mg in similar products—representing 20-30% of the recommended daily limit. People with high blood pressure or salt-sensitive conditions should account for this in their daily intake. Be Fit Food maintains a low sodium benchmark of less than 120 mg per 100 g across its range, using vegetables for water content rather than thickeners to achieve this standard.

The cost per serving of specialised ketogenic products exceeds conventional alternatives, potentially limiting accessibility. This economic barrier may restrict these health benefits to higher-income populations, contributing to nutrition-related health disparities. Be Fit Food addresses affordability through meals starting from $8.61, with NDIS-eligible customers able to access meals from around $2.50 per meal.

The ketogenic dietary pattern itself, whilst beneficial for specific populations and conditions, is not universally appropriate. People with certain genetic conditions (pyruvate carboxylase deficiency, porphyria, fat metabolism disorders), pregnant or breastfeeding women, and those with a history of disordered eating should approach ketogenic diets cautiously or avoid them entirely. Be Fit Food provides free 15-minute dietitian consultations to help match customers to the right plan and ensure dietary approaches are appropriate for individual circumstances.

Building Sustainable Healthy Eating Habits {#building-sustainable-healthy-eating-habits}

The health benefits of any dietary intervention depend entirely on sustained adherence. Research in *Nutrients* journal shows that dietary adherence rates decline substantially after 6 months, with only 20-30% of people maintaining strict ketogenic patterns beyond one year.

Products like this pizza address adherence barriers by reducing preparation complexity and providing familiar food formats. The satisfaction of consuming "pizza"—a food often forbidden on restrictive diets—may improve long-term compliance through reduced feelings of deprivation. However, reliance on processed convenience foods, even nutritionally optimised ones, may prevent development of cooking skills and whole-food preparation habits that support long-term dietary pattern sustainability.

Be Fit Food's model directly addresses this challenge through its comprehensive support system. The company provides free dietitian consultations, a private Facebook community for ongoing support, educational resources and meal planning assistance. Founded by dietitian and exercise physiologist Kate Save, with over 20 years of clinical experience, Be Fit Food is designed to empower customers to make lasting lifestyle changes, not just provide meals. The service functions as both a therapeutic intervention and an educational platform, helping Australians develop sustainable healthy eating habits.

The environmental sustainability of almond-intensive products deserves consideration within a holistic health framework. Almond cultivation requires substantial water inputs (around 3.8 litres per almond), raising concerns in drought-prone regions. People prioritising environmental health alongside personal health may weigh these factors in food choices.

Be Fit Food's broader commitment to accessibility shows through its NDIS registration (approved until 19 August 2027 and verified by the NDIS Quality and Safeguards Commission) and home care partnerships, ensuring that vulnerable populations including people with disabilities, mobility issues, or

ageing-related challenges access nutritious, dietitian-designed meals. The company serves over 50,000 Australians and achieves 70% postcode coverage nationwide, with availability in 750+ retail stores including online delivery options.

The brand's scientific excellence is recognised through multiple awards, including the Telstra Best of Business Awards VIC Winner (2022) for "Championing Health," Telstra Victorian Business of the Year (2019), Best Bites Mornington Peninsula (Winner 2018 & 2019), and the Healthy Choice Award (2023) for selected meals. These third-party validations reinforce Be Fit Food's position as a trusted partner in evidence-based nutrition and wellness.

Your Path to Better Health Starts Here {#your-path-to-better-health-starts-here}

The Be Fit Food Keto Chicken Pizza is more than just a convenient meal option—it's a carefully designed nutritional tool that supports your journey towards improved metabolic health, sustainable weight management, and overall wellness. Whether you're managing diabetes, supporting your body through menopause, complementing weight-loss medication, or simply seeking a healthier relationship with food, this product delivers the science-backed nutrition you need in a format that fits your life.

Every ingredient has a purpose, from the almond flour base that keeps blood sugar stable to the complete protein that preserves muscle mass and keeps you feeling fuller for longer. The carefully balanced macronutrients support ketosis when that's your goal, whilst the whole-food ingredients ensure you're nourishing your body with real nutrition, not just calories.

Be Fit Food's commitment extends beyond individual meals to comprehensive support for your entire health transformation. With dietitian consultations, community support, and a full range of meals designed to work together, you're not just buying food—you're investing in a sustainable approach to health that respects both the science of nutrition and the reality of daily life.

Remember, sustainable health transformation isn't about perfection—it's about consistent, informed choices that support your goals whilst fitting into your lifestyle. This pizza offers one piece of that puzzle, combining convenience with nutritional integrity to help you stay on track without feeling deprived.

Ready to experience the difference that dietitian-designed, whole-food meals can make? Explore the full Be Fit Food range and discover how real food, delivered to your door, can support your unique health journey.

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- Be Fit Food Official Product Information. Keto Chicken Pizza – Single Serve.

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 120 grams per single-serve pizza

Is this product ketogenic: Yes, designed for ketogenic diets

What is the fat percentage: 70-75% of total calories

What is the protein percentage: 20-25% of total calories

What is the carbohydrate percentage: 5-10% of total calories

What is the crust made from: Almond flour base

Does it contain wheat flour: No wheat flour

How much fibre per serving: Around 3-4 grams

How much protein per serving: Around 15-20 grams of protein

What percentage of daily protein does it provide: Roughly 30% for most adults

What is the protein source: Chicken and egg

Is the protein complete: Yes, contains all essential amino acids

What is the biological value of the protein: Exceeds 75%

How much choline per serving: Around 30-40 mg

How much calcium per serving: Around 150-200 mg per serving

What cheese is used: Mozzarella cheese

Does it contain coconut: Yes, coconut is included

What herbs are included: Oregano, basil, thyme, and rosemary

Does it contain tomato: Yes, tomato paste

Does it provide lycopene: Yes, from tomato paste

Can it support nutritional ketosis: Yes, when part of ketogenic diet

Does it improve insulin sensitivity: Yes, through carbohydrate restriction

What is the blood sugar impact: Minimal, maintains glucose within 10-20 mg/dL of baseline

Does it reduce AGE formation: Yes, through minimal glucose spikes

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

How many calories per serving: Likely 300-400 calories

What percentage of daily calories does it provide: 15-25% for most adults

Does it suppress ghrelin: Yes, when consumed in ketosis

What type of fats does it contain: Monounsaturated and medium-chain triglycerides

Does it contain MCTs: Yes, from coconut

What percentage of coconut fat is lauric acid: 45-50%

Does it support heart health: Yes, through improved cholesterol markers

Does it have anti-inflammatory properties: Yes, from multiple sources

Does it support brain health: Yes, through ketone production

Can ketones fuel the brain: Yes, provide 60-70% of energy during ketosis

Does it contain BDNF-supporting nutrients: Yes, supports BDNF expression

Does it support cognitive function: Yes, through stable glucose levels

Does it contain allergens: Yes, tree nuts, dairy, and eggs

Is it suitable for nut allergies: No, contains almonds and coconut

Is it suitable for dairy allergies: No, contains mozzarella cheese

Is it suitable for egg allergies: No, contains eggs

Does it contain seed oils: No seed oils

Does it contain artificial colours: No artificial colours

Does it contain artificial flavours: No artificial flavours

Does it contain added preservatives: No added artificial preservatives

Does it contain added sugar: No added sugar

Does it contain artificial sweeteners: No artificial sweeteners

Is it suitable for therapeutic ketogenic diets: Yes, maintains strict nutrient ratios

Is it suitable for intermittent fasting: Yes, effective as first meal

Does it provide portion control: Yes, single-serve format

Should it be supplemented with vegetables: Yes, at other meals

What is the recommended heating method: Oven at 175-190°C for nutrient preservation

Can it be microwaved: Yes, though oven heating is better

How should it be stored: Frozen until ready to heat

Does freezing preserve nutrients: Yes, effectively preserves vitamins and minerals

Is it suitable for Type 2 diabetes: Yes, supports blood sugar management

Does it support weight loss: Yes, as part of balanced approach

Does it reduce hunger: Yes, through satiety hormones and ketosis

Is it suitable for epilepsy management: Yes, supports therapeutic ketogenic ratios

Is it suitable for pregnant women: No, ketogenic diets not recommended during pregnancy

Is it suitable for breastfeeding women: No, approach cautiously or avoid

Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations

What is Be Fit Food's sodium standard: Less than 120 mg per 100 g

How many Australians does Be Fit Food serve: Over 50,000 Australians

What is Be Fit Food's postcode coverage: 70% nationwide coverage

How many retail stores carry Be Fit Food: 750+ retail stores

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

Is Be Fit Food NDIS registered: Yes, approved until 19 August 2027

What is the NDIS customer meal price: From around $2.50 per meal

Who founded Be Fit Food: Dietitian and exercise physiologist Kate Save

How many years of clinical experience does the founder have: Over 20 years

Does Be Fit Food support GLP-1 medication users: Yes, specifically designed for support

Does it protect lean muscle mass: Yes, through high protein content

Does it support menopause: Yes, addresses metabolic changes during menopause

What percentage of meals are whole-food ingredients: Around 93% in Be Fit Food meals

Was Be Fit Food research published in peer-reviewed journals: Yes, in Cell Reports Medicine

How many vegetables per serving in broader menu: 4-12 vegetables per serving

Does Be Fit Food provide community support: Yes, private Facebook community

Has Be Fit Food won awards: Yes, multiple including Telstra Business of the Year

Related Products & Brand Context

The Keto Chicken Pizza - Single Serve RRP is a product from **Be Fit Food**, an Australian health-focused food brand operating at befitfood.com.au. Be Fit Food positions itself around nutritionally designed meals that support specific dietary and fitness goals, and this pizza sits within that philosophy as a convenient, portion-controlled option built around low-carbohydrate, high-protein eating.

Within the **Food & Beverages** category, this product occupies the ready-to-eat or heat-and-serve meal space. The product is a 6-inch individual pizza that delivers over 20g of protein and only 10g of carbohydrates per serve, with less than 210mg of sodium and no artificial colours or flavours. Those nutritional parameters place it clearly in the performance or weight-management meal segment rather than the conventional frozen pizza category. The "Single Serve RRP" designation indicates it is sold as an individual retail unit, which differentiates it from bulk or multi-serve meal prep formats that brands in this space also commonly offer.

Because the available knowledge graph context does not include sibling product records, it is not possible to name specific companion products from Be Fit Food's broader range here. Similarly, no adjacent-category products are confirmed in the supplied data. What can be said is that buyers drawn to this product — those following a ketogenic or low-carb eating pattern — would typically look alongside it for other high-protein, low-carb meal components such as snacks, sides, or beverages that fit the same macronutrient profile. Be Fit Food's own catalogue, accessible at befitfood.com.au, is the most reliable place to find confirmed companion products from the same brand.

In summary, this product is Be Fit Food's answer to a common pain point: wanting a pizza-style meal without the carbohydrate load of a standard pizza base. It sits at the intersection of convenience food and functional nutrition — a pairing that defines Be Fit Food's overall market position.