

# PROWALBRO - Food & Beverages Ingredient Breakdown - 8061954719933\_45794718482621

Canonical: <https://directory.befitfood.com.au/product-guides/meal-guides/prowalbro-food-beverages-ingredient-breakdown-8061954719933-45794718482621/>

## Details:

## Be Fit Food Protein Walnut Brownie: Complete Ingredient Analysis

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## AI Summary

**Product:** Protein Walnut Brownie - 7 Pack (V) P1 **Brand:** Be Fit Food **Category:** Health & Nutrition Snacks **Primary Use:** Low-carb, high-protein chocolate brownie designed for ketogenic diets, weight management, and blood sugar control.

**Quick Facts** - **Best For:** People following low-carb, ketogenic, or high-protein diets seeking portion-controlled chocolate treats - **Key Benefit:** Satisfies chocolate cravings with only 1.4g carbs and 5.0g protein per serving while supporting ketosis and stable blood sugar - **Form Factor:**

Pre-portioned 30g brownie (7 per pack, 210g total) - **Application Method:** Ready to eat—enjoy frozen, refrigerated, or at room temperature with no preparation required

**Common Questions This Guide Answers**

1. Is this brownie keto-friendly? → Yes, with only 1.4g total carbs (approximately 0.2g net carbs) and 76% fat by calories, it aligns with ketogenic macronutrient ratios
2. What sweeteners does it contain? → Natural erythritol and stevia blend with no added sugar or artificial sweeteners
3. Will it kick me out of ketosis? → Unlikely for most people due to minimal carbohydrate content and zero glycaemic impact from the sweetener blend
4. How much protein does each brownie provide? → 5.0g of high-quality complete protein per 30g serving, mainly from whole eggs
5. What allergens does it contain? → Contains almond, egg, milk (butter), and walnut; may contain traces of gluten, fish, soy, crustacea, sesame, peanuts, tree nuts, and lupin due to shared facility production
6. Is it suitable for diabetics? → Often suitable due to minimal carbohydrate content and zero glycaemic impact, though individual blood glucose monitoring is recommended
7. How does it compare to regular brownies? → Contains 93% fewer net carbs and 67-150% more protein than standard brownies
8. What are the main ingredients? → Almond flour, whole eggs, butter, water, cocoa powder, erythritol and stevia blend, tapioca flour, and walnuts

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**Be Fit Food Protein Walnut Brownie: Complete Ingredient Analysis**

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

Attribute	Value	Product name	Protein Walnut Brownie - 7 Pack (V) P1	Brand	Be Fit Food
Price	\$18.00 AUD	Availability	Out Of Stock	GTIN	9358266002155
Category	Health & Nutrition Snacks	Pack size	7 brownies (210g total)	Serving size	30g per brownie
Servings per pack	7	Energy per serving	473 kJ (113 cal)	Protein per serving	5.0g
Total fat per serving	9.6g	Saturated fat per serving	3.2g	Total carbohydrate per serving	1.4g
Sugars per serving	0.6g	Dietary fiber per serving	1.2g	Sodium per serving	92mg
Diet type	Low-carb, Ketogenic, High-protein, Vegetarian				
Key ingredients	Almond Flour, Egg, Butter (Milk), Water, Cocoa, Sweetener Blend (erythritol and stevia), Tapioca Flour, Walnut				
Allergens	Contains: Almond, Egg, Milk, Walnut   May contain   Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin				
No added sugar	Yes	No artificial sweeteners	Yes (uses erythritol and stevia)	No artificial colours	Yes
No artificial flavours	Yes	No artificial preservatives	Yes	Gluten-free ingredients	Yes (cross-contamination possible)
Storage recommendation	Freezer or refrigeration for best freshness				
Manufacturer	Be Fit Food Pty Ltd (ABN 14 294 903 397)				
Made in	Australia				

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

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

**Verified Label Facts** {#verified-label-facts}

**Product Identification:** - Product name: Protein Walnut Brownie - 7 Pack (V) P1 - Brand: Be Fit Food - GTIN: 9358266002155 - Manufacturer: Be Fit Food Pty Ltd (ABN 14 294 903 397) - Made in: Australia - Category: Health & Nutrition Snacks

**Package and Serving Information:** - Pack size: 7 brownies (210g total) - Serving size: 30g per brownie - Servings per pack: 7

**Nutrition Information (per 30g serving):** - Energy: 473 kJ (113 cal) - Protein: 5.0g - Total fat: 9.6g - Saturated fat: 3.2g - Total carbohydrate: 1.4g - Sugars: 0.6g - Dietary fiber: 1.2g - Sodium: 92mg

**Ingredients (in order by weight):** Almond Flour, Egg, Butter (Milk), Water, Cocoa, Sweetener Blend (erythritol and stevia), Tapioca Flour, Walnut

**\*\*Allergen Information:\*\*** - Contains: Almond, Egg, Milk, Walnut - May contain: Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin

**\*\*Product Attributes:\*\*** - No added sugar - No artificial sweeteners (uses erythritol and stevia) - No artificial colours - No artificial flavours - No artificial preservatives - Gluten-free ingredients (cross-contamination possible) - Vegetarian - Diet type: Low-carb, Ketogenic, High-protein

**\*\*Storage:\*\*** - Freezer or refrigeration recommended for best freshness

**\*\*Pricing and Availability:\*\*** - Price: \$18.00 AUD - Availability: Out Of Stock

**### General Product Claims {#general-product-claims}**

**\*\*Dietary Suitability Claims:\*\*** - Suitable for low-carb diets - Suitable for ketogenic diets - Suitable for high-protein diets - Aligns with ketogenic macronutrient ratios (around 18:76:5 protein:fat:carbohydrate) - Supports stable blood glucose levels - Unlikely to disrupt ketosis for most people - Often suitable for people managing diabetes - Can fit into calorie-controlled eating plans for weight loss - Estimated net carbs around 0.2g per serving

**\*\*Health and Wellness Claims:\*\*** - Supports satiety and helps you feel fuller for longer - Helps preserve lean muscle mass during energy restriction - Supports muscle preservation during use of GLP-1 receptor agonist medications - Beneficial for people managing perimenopause and menopause - Supports insulin sensitivity - Provides sustained energy without blood sugar crash - May help reduce overall calorie intake by preventing less nutritious snacking - Supports metabolic health improvement

**\*\*Nutritional Quality Claims:\*\*** - High-quality complete protein from eggs - Contains omega-3 fatty acids (ALA) from walnuts - Provides vitamin E, magnesium, and manganese from almond flour - Contains choline, lutein, zeaxanthin, and vitamin D from eggs - Rich in polyphenolic antioxidants from walnuts and cocoa - Nutrient-dense formulation - Dietitian-designed formulation - Based on evidence-based nutritional principles - Clean-label formulation focusing on whole-food ingredients

**\*\*Functional and Usage Claims:\*\*** - Satisfies chocolate cravings while supporting health goals - Provides portion control through pre-portioned format - Convenient, no preparation required - Travel-friendly and portable - Can be enjoyed frozen, refrigerated, or at room temperature - Suitable as morning option, midday snack, evening dessert, pre-workout fuel, or post-workout recovery - Removes guesswork from snacking decisions - Supports consistency in healthy eating patterns

**\*\*Comparative Claims:\*\*** - 93% fewer net carbs than standard brownies - 67-150% more protein than regular brownies - Cleaner ingredients than many protein bars - Lower carbohydrates than most protein bars - More convenient than homemade keto brownies

**\*\*Quality and Sourcing Claims:\*\*** - Carefully designed approach to low-carbohydrate, high-protein snacking - Developed by Australia's leading dietitian-designed meal service - Simple formulation with just eight ingredients - Complete absence of wheat flour, refined sugar, and artificial additives - Adheres to Australia New Zealand Food Standards Code - Follows Good Manufacturing Practices (GMP) - Premium positioning suggests above-average ingredient quality

**\*\*Philosophical and Approach Claims:\*\*** - Middle path between deprivation and indulgence - Supports sustainable healthy eating through enjoyment and satisfaction - Removes false choice between health and enjoyment - Empowers informed consumer choices through transparency - Aligns pleasure with nutrition to support lasting behaviour change - Part of evidence-based nutrition system for health transformation

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**## Understanding the Formula {#understanding-the-be-fit-food-protein-walnut-brownie-formula}**

Be Fit Food is Australia's leading dietitian-designed meal delivery service, founded by accredited practising dietitian Kate Save. The Protein Walnut Brownie represents a carefully designed approach to low-carbohydrate, high-protein snacking that aligns with the company's evidence-based nutritional philosophy. Each 30-gram brownie contains just eight ingredients: Almond Flour, Egg, Butter (Milk), Water, Cocoa, Sweetener Blend (erythritol and stevia), Tapioca Flour, and Walnut. This simple formulation delivers 5.0 grams of protein and only 1.4 grams of carbohydrate per serve, positioning it within the ketogenic and low-glycaemic dietary frameworks that Be Fit Food champions.

What sets this product apart from regular brownies is the complete absence of wheat flour, refined sugar, and artificial additives. This aligns with Be Fit Food's current clean-label standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The ingredient sequence—listed by descending weight according to Australian food labelling standards—shows almond flour as the main building block, followed by whole eggs as the protein foundation. This composition creates a macronutrient profile of around 76% fat, 18% protein, and 5% carbohydrate by caloric contribution, which fits therapeutic low-carb dietary ratios used in Be Fit Food's structured Reset programs.

The brownie delivers 473 kilojoules (113 calories) per 30-gram serving, with seven servings per package totalling 210 grams. Understanding each ingredient's role, sourcing considerations, and nutritional contribution helps you evaluate whether this formulation aligns with your dietary requirements, allergen sensitivities, and quality expectations.

#### ## Primary Building Block: Almond Flour {#primary-building-block-almond-flour}

Almond flour is the foundational ingredient, replacing wheat flour entirely. This ingredient is produced by blanching almonds to remove skins, then grinding the nuts into a fine powder. The resulting flour contains around 20-22% protein, 50-55% monounsaturated fats (mainly oleic acid), and 10-12% dietary fibre, with minimal starch content compared to grain-based flours.

In baked goods, almond flour provides moisture retention, tender crumb structure, and a subtle nutty flavour that complements chocolate. Its high fat content creates a rich mouthfeel while helping you feel fuller for longer—a key principle in Be Fit Food's approach to portion-controlled, nutrient-dense meals. The protein in almond flour includes all essential amino acids, though it's lower in lysine compared to animal proteins. The fibre content—mainly insoluble fibre—supports digestive health and contributes to the product's low net carbohydrate count.

From a nutritional perspective, almond flour delivers vitamin E (a fat-soluble antioxidant), magnesium (essential for over 300 enzymatic reactions), and manganese (important for bone health and metabolism). The glycaemic index of almond flour is around 0-1, making it suitable for blood sugar management—especially important for people managing diabetes or metabolic health conditions. However, almond flour is significantly more expensive than wheat flour, reflecting the agricultural inputs required for almond cultivation and the processing complexity.

Quality variations in almond flour affect the final product substantially. Finely ground, blanched almond flour produces smoother texture than coarsely ground or unblanched versions. Freshness matters—almond flour's high fat content makes it susceptible to rancidity when exposed to heat, light, or oxygen. Premium manufacturers source almond flour stored under refrigeration and use it within months of production to preserve flavour integrity.

#### ## Protein and Binding Agent: Whole Eggs {#protein-and-binding-agent-whole-eggs}

Eggs work as both the main protein source and the binding agent in this formulation. The ingredient list specifies "Egg" without qualification, indicating whole eggs rather than separated whites or yolks. Whole eggs contain around 6.3 grams of protein per large egg (50 grams), with the protein distributed between the white (3.6 grams) and yolk (2.7 grams).

The protein in eggs is considered the biological gold standard, with a Protein Digestibility Corrected Amino Acid Score (PDCAAS) of 1.0—the highest possible rating. Egg protein contains all nine essential amino acids in the right ratios for human nutrition, including leucine, which is especially important for muscle protein synthesis. The 5.0 grams of protein per 30-gram brownie serving likely comes mainly from the egg content, supplemented by protein from almond flour and walnuts. This protein focus reflects Be Fit Food's dietitian-led formulation approach, which emphasises protein at every eating occasion to support lean muscle mass and metabolic health—especially important during weight loss, when using GLP-1 receptor agonist medications, or during perimenopause and menopause when muscle preservation becomes critical.

Beyond protein contribution, eggs provide critical functions in baking. The proteins in egg whites (mainly ovalbumin) coagulate when heated, creating structure and lift. Egg yolks contain lecithin, a natural emulsifier that helps blend the water and fat components into a stable mixture. The yolk's fat content (around 4.5 grams per large egg) contributes to moisture and richness.

Nutritionally, eggs supply choline (essential for brain health and liver function), lutein and zeaxanthin (carotenoids supporting eye health), and vitamin D. The cholesterol content in egg yolks—once considered problematic—is now understood to minimally impact blood cholesterol for most people, according to current dietary guidelines. Eggs also provide biotin, selenium, and vitamin B12.

Sourcing considerations for eggs include production methods (cage-free, free-range, organic, or standard), which affect nutrient density, omega-3 fatty acid content, and ethical considerations. The product specification does not disclose egg sourcing details—not specified by manufacturer.

## Fat Source and Flavor Carrier: Butter {#fat-source-and-flavor-carrier-butter}

Butter appears as the third ingredient, specified as containing milk to satisfy allergen declaration requirements. Butter consists of around 80-82% milk fat, 16-17% water, and 1-2% milk solids (proteins and carbohydrates). In this formulation, butter serves multiple purposes: it provides richness, carries fat-soluble flavours, contributes to tender texture, and adds to the overall fat content that defines the product's macronutrient profile.

The 9.6 grams of total fat per serving includes 3.2 grams of saturated fat, which aligns with butter's fatty acid composition (around 63% saturated, 26% monounsaturated, and 4% polyunsaturated fats). Butter's saturated fats consist mainly of medium-chain fatty acids including butyric acid (C4:0), which research suggests may offer anti-inflammatory properties in the gut, and palmitic acid (C16:0).

From a culinary perspective, butter provides irreplaceable flavour complexity through compounds developed during cream fermentation and heat exposure. The Maillard reaction between milk proteins and residual lactose in butter creates nutty, caramelised notes that enhance chocolate flavour. Butter also melts at a temperature (32-35°C) close to body temperature, creating a pleasant mouthfeel.

Quality considerations for butter include whether it's cultured (fermented before churning, creating tangy flavour notes) or sweet cream butter, grass-fed versus grain-fed (affecting vitamin K2 and omega-3 content), and salt content. The specification does not indicate whether butter is salted or unsalted—not specified by manufacturer. However, the 92 milligrams of sodium per serving suggests either unsalted butter with added salt, or a modest amount of salted butter.

Butter's role in low-carbohydrate baking is especially important because it provides energy density without carbohydrates, helping achieve the high-fat ratios required for ketogenic formulations used in Be Fit Food's Metabolism Reset program (around 800-900 kcal/day, 40-70g carbs/day). However, butter contains trace amounts of lactose (milk sugar) and milk proteins, making it not suitable for strict dairy-free or lactose-intolerant people, despite being lower in these components than milk itself.

## Flavor Foundation: Cocoa Powder {#flavor-foundation-cocoa-powder}

Cocoa powder delivers the chocolate character essential to brownie identity. This ingredient is produced by fermenting, drying, roasting, and grinding cacao beans, then removing most of the cocoa butter through pressing, leaving a concentrated powder of cocoa solids. The specification does not indicate whether this is natural (non-alkalized) or Dutch-processed (alkalized) cocoa—not specified by manufacturer. This distinction significantly affects flavour, colour, and pH.

Natural cocoa powder reaches a pH of 5.3-5.8, creating a sharp, intensely chocolate flavour with fruity or acidic notes. Dutch-processed cocoa is treated with alkalising agents to raise the pH to 7.0-8.0, resulting in darker colour, milder flavour, and reduced bitterness. The choice affects not only taste but also antioxidant content—natural cocoa retains more flavanols, the polyphenolic compounds associated with cardiovascular benefits.

Cocoa powder contains around 10-12% residual fat (cocoa butter), 20-25% protein, 15-20% dietary fibre, and 30-35% carbohydrates (mainly fibre and non-digestible polysaccharides rather than sugars). This composition means cocoa contributes minimally to the net carbohydrate count while adding fibre. The 1.2 grams of dietary fibre per serving likely comes mainly from almond flour and cocoa combined, supporting the whole-food, vegetable-density approach that characterises Be Fit Food's nutritional philosophy.

Nutritionally, cocoa is exceptionally rich in minerals, especially magnesium, iron, zinc, and copper. It contains theobromine, a mild stimulant similar to caffeine but with gentler, longer-lasting effects. The flavanol content—especially epicatechin—is associated with improved blood flow, reduced blood pressure, and enhanced cognitive function in research studies.

Quality variations in cocoa powder are substantial. Premium cocoa is sourced from specific cacao varieties (Criollo, Trinitario) and origins (Ecuador, Madagascar, Venezuela), processed gently to preserve volatile flavour compounds, and tested for heavy metal contamination (especially cadmium, which cacao plants absorb from soil). The product specification does not indicate cocoa origin or quality grade—not specified by manufacturer. However, the premium positioning of the overall product suggests above-average cocoa quality.

### ## Sugar Replacement: Erythritol and Stevia Blend {#sugar-replacement-erythritol-and-stevia-blend}

The sweetener blend combining erythritol and stevia is the most technically sophisticated ingredient in this formulation. This dual-sweetener approach addresses the limitations inherent in each sweetener used alone, creating a sugar-like sweetness profile without the glycaemic impact or caloric density of sucrose—consistent with Be Fit Food's commitment to no added sugar or artificial sweeteners.

Erythritol is a sugar alcohol (polyol) naturally occurring in fruits and fermented foods, commercially produced through fermenting glucose with specific yeast strains. It provides around 70% of sugar's sweetness with 0.24 calories per gram (compared to sugar's 4 calories per gram). Critically, erythritol reaches a glycaemic index of 0—it's absorbed in the small intestine but excreted unchanged in urine, providing no metabolisable carbohydrates or blood sugar impact.

Unlike other sugar alcohols (maltitol, xylitol, sorbitol), erythritol is 90% absorbed before reaching the colon, minimising the digestive discomfort and laxative effects associated with polyol consumption. The 10% that reaches the colon is often well-tolerated at consumption levels found in a single brownie serving. Erythritol also provides a cooling sensation on the tongue due to its endothermic dissolution, which can feel refreshing or slightly unusual depending on individual sensitivity.

Stevia refers to sweet-tasting compounds (steviol glycosides) extracted from the leaves of *Stevia rebaudiana*, a South American plant. The main glycosides—rebaudioside A (Reb A), rebaudioside M (Reb M), and stevioside—are 200-400 times sweeter than sucrose, meaning minute quantities achieve significant sweetness. Stevia provides zero calories and zero glycaemic impact, as humans lack the enzymes to break down steviol glycosides into metabolisable components.

The challenge with stevia is its flavour profile: it can exhibit bitter, licorice-like, or metallic aftertaste notes, especially at higher concentrations or with lower-purity extracts. Blending stevia with erythritol serves multiple purposes: erythritol provides bulk and texture similar to sugar, masking stevia's aftertaste through dilution, while stevia boosts overall sweetness intensity, reducing the total erythritol needed (which can crystallise or create cooling sensation in excess).

Quality considerations for this sweetener blend include the purity and specific glycoside composition of the stevia extract (Reb A versus Reb M, with Reb M often offering cleaner flavour), the particle size and crystallisation of erythritol, and the precise ratio between the two sweeteners. The product specification does not reveal these details—not specified by manufacturer. However, taste testing would reveal the formulation's success in minimising aftertaste while achieving adequate sweetness.

From a regulatory perspective, both erythritol and stevia are recognised as safe (GRAS) in the United States and approved for use in Australia and New Zealand under Food Standards Australia New Zealand (FSANZ) regulations. Long-term human consumption data spans decades for erythritol and over a decade for purified stevia extracts, with safety profiles considered excellent at standard consumption levels.

### ## Binding and Texture Modifier: Tapioca Flour {#binding-and-texture-modifier-tapioca-flour}

Tapioca flour (also called tapioca starch) is derived from cassava root through washing, pulping, and extracting the starch granules. This ingredient appears after the sweetener blend, indicating relatively small quantities in the formulation. Tapioca flour works mainly as a binding agent and texture modifier in gluten-free baking, creating chewiness and helping achieve the characteristic fudgy texture expected in brownies.

Compositionally, tapioca flour is nearly pure starch (around 88% carbohydrate), with minimal protein (0.2%), fat (0.03%), or fibre (0.9%). This high carbohydrate content might seem contradictory in a low-carb product, but the small quantity used means minimal impact on the total carbohydrate count. The 1.4 grams of carbohydrate per 30-gram serving includes contributions from tapioca flour, the trace sugars in cocoa, and any residual carbohydrates from other ingredients.

In baking applications, tapioca starch gelatinises when heated in the presence of moisture, absorbing water and swelling to create structure and binding. This property is especially valuable in gluten-free formulations, where the absence of wheat gluten (the protein network that usually provides structure) requires alternative binding mechanisms. Tapioca creates a slightly chewy, elastic quality that mimics some aspects of gluten's functionality.

The glycaemic index of pure tapioca flour is relatively high (around 70-85), but the small quantity used in this formulation, combined with the high fat and protein content of the overall product, substantially moderates the glycaemic response. The presence of fibre from almond flour and cocoa, plus the protein from eggs, further slows digestion and glucose absorption—supporting the stable blood glucose levels that Be Fit Food's lower-carbohydrate approach is designed to achieve.

Tapioca flour is naturally gluten-free, grain-free, and nut-free, making it a versatile ingredient for addressing multiple dietary restrictions. However, the product specification notes potential cross-contamination with gluten during manufacturing, indicating shared facility production. Tapioca is also relatively neutral in flavour, contributing minimal taste beyond mild sweetness, allowing the chocolate and walnut flavours to dominate.

### ## Textural and Nutritional Accent: Walnuts {#textural-and-nutritional-accent-walnuts}

Walnuts appear last in the ingredient list, indicating they constitute the smallest proportion by weight—likely included as flavour accent, textural contrast, and nutritional enhancement rather than as a main building component. Walnuts provide distinctive flavour notes (slightly bitter, earthy, with tannic quality) and crunchy texture that contrasts with the brownie's tender crumb.

Nutritionally, walnuts are exceptional among tree nuts for their omega-3 fatty acid content. They contain around 2.5 grams of alpha-linolenic acid (ALA) per ounce, the plant-based omega-3 that acts as a precursor to the longer-chain EPA and DHA associated with cardiovascular and cognitive benefits. Whilst conversion efficiency from ALA to EPA/DHA is limited (around 5-10%), walnuts still contribute meaningfully to omega-3 intake, especially for people who don't eat fish.

The fatty acid profile of walnuts is around 72% polyunsaturated, 14% monounsaturated, and 9% saturated fat. This high polyunsaturated content makes walnuts susceptible to oxidation and rancidity, especially when exposed to heat, light, or oxygen during storage. Quality considerations include freshness, storage conditions (refrigeration preserves quality), and whether walnuts are raw or roasted (roasting develops flavour but accelerates oxidation).

Walnuts provide around 4 grams of protein per ounce, contributing modestly to the brownie's total protein content. They also supply significant amounts of magnesium, phosphorus, manganese, and copper, plus polyphenolic antioxidants including ellagitannins. Research associates walnut consumption with improved cholesterol profiles, reduced inflammation, and better cognitive function in ageing populations.

The allergen declaration identifies walnuts as a tree nut allergen, making this product not suitable for people with tree nut allergies. The specification also notes potential cross-contamination with other tree nuts, peanuts, and additional allergens, reflecting manufacturing facility practices where multiple products share equipment.

### ## Allergen Profile and Cross-Contamination {#allergen-profile-and-cross-contamination-considerations}

The mandatory allergen declarations identify four confirmed allergens in the formulation: almond (from almond flour), egg (whole eggs), milk (from butter), and walnut. These allergens are integral to the product's formulation and cannot be removed without fundamentally reformulating the brownie.

The "may contain" statement lists potential cross-contact allergens: gluten, fish, soy, crustacea, sesame, peanuts, tree nuts, and lupin. This extensive list indicates the manufacturing facility processes multiple products containing these allergens, using shared equipment or production lines. Despite cleaning protocols between production runs, complete elimination of trace allergen residues cannot be guaranteed.

For people with severe allergies, even trace cross-contamination can trigger reactions. The inclusion of egg in both the "contains" and "may contain" categories is standard practice—the "contains" declaration addresses intentional inclusion, whilst "may contain" acknowledges that additional egg exposure beyond the intended quantity could occur through cross-contact with other egg-containing products.

The gluten cross-contamination warning is especially relevant for people with coeliac disease. Whilst the formulation contains no gluten-containing ingredients (wheat, barley, rye), shared facility production means the product cannot be certified gluten-free. People with coeliac disease requiring strict gluten avoidance should evaluate their personal threshold for cross-contamination risk. Around 90% of Be Fit Food's broader meal range is certified gluten-free with strict ingredient selection and manufacturing controls, though this brownie carries the cross-contamination advisory.

The fish and crustacea warnings are less common in baked goods but indicate the facility's diverse product portfolio. Some protein products incorporate fish-derived ingredients (collagen, omega-3 supplements) or shellfish-derived components (chitosan, glucosamine), necessitating these declarations despite no intentional inclusion in the brownie formulation.

### ## Nutritional Context and Macronutrient Distribution {#nutritional-context-and-macronutrient-distribution}

The nutritional information reveals a carefully balanced macronutrient profile designed for low-carbohydrate dietary patterns. Per 30-gram serving, the brownie delivers 113 calories from 5.0 grams protein (20 calories, 18% of total), 9.6 grams fat (86 calories, 76% of total), and 1.4 grams carbohydrate (6 calories, 5% of total). This distribution—around 18:76:5 protein:fat:carbohydrate by calories—aligns with ketogenic diet macronutrient ratios (usually 20:75:5 or 15:80:5) and reflects the same dietitian-led nutritional engineering that characterises Be Fit Food's structured Reset programs.

The 1.4 grams total carbohydrate includes 0.6 grams sugars (naturally occurring from ingredients rather than added sugars) and 1.2 grams dietary fibre. The concept of "net carbs" (total carbohydrates minus fibre and sugar alcohols) is commonly used in low-carb communities, though not officially recognised by Australian nutrition labelling. By this calculation, net carbs would be around 0.2 grams per serving (1.4g total - 1.2g fibre), though this doesn't account for the erythritol content, which isn't required to be listed separately in Australian nutrition panels.

The 9.6 grams total fat includes 3.2 grams saturated fat (33% of total fat), with the remainder being unsaturated fats from almonds, walnuts, and egg yolks. The saturated fat content is moderate—providing 14% of the 22-gram daily saturated fat limit suggested by Australian dietary guidelines, though these guidelines are increasingly debated in the context of low-carbohydrate diets where saturated fat comprises a higher proportion of energy intake.

The sodium content of 92 milligrams per serving is relatively low, representing around 4% of the 2,300-milligram daily limit recommended for adults. This aligns with Be Fit Food's formulation benchmark of less than 120 mg sodium per 100 g—achieved through using vegetables and whole foods for moisture and structure rather than sodium-heavy thickeners and preservatives. This likely comes from salt added to the formulation (not listed separately in ingredients, suggesting small quantities) and naturally occurring sodium in eggs and butter.

The protein content of 5.0 grams per 30-gram serving is around 17% protein by weight—substantially higher than regular brownies (usually 2-3% protein). For context, this single brownie provides roughly 10% of the daily protein requirement for a sedentary adult woman (46 grams) or 9% for a sedentary adult man (56 grams), making it a meaningful protein contribution for a small snack. This protein focus reflects Be Fit Food's emphasis on protein at every eating occasion to support lean muscle mass preservation—especially important for people using weight-loss medications or GLP-1 receptor agonists, managing metabolic conditions, or navigating perimenopause and menopause when muscle preservation becomes critical.

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

The ingredient list's brevity—just eight components—suggests a whole-food approach focusing on recognisable ingredients over synthetic additives, preservatives, or artificial flavouring. The absence of emulsifiers (beyond naturally occurring lecithin in eggs), stabilisers, preservatives, or artificial colours indicates relatively clean formulation, though this also means shorter shelf life compared to heavily preserved commercial baked goods. This aligns with Be Fit Food's current clean-label standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners.

The specification does not provide sourcing details for individual ingredients—not specified by manufacturer. Key unknowns include: Are almonds and walnuts sourced from Australian orchards or imported? Is butter from grass-fed or grain-fed cows? Are eggs from cage-free or standard production systems? Is cocoa Fair Trade certified or sustainably sourced? Is erythritol non-GMO (relevant since most commercial erythritol is produced from corn-derived glucose)?

The absence of organic certification or specific quality claims (grass-fed, free-range, non-GMO) in the product specification suggests standard commercial ingredient sourcing, though this doesn't necessarily indicate inferior quality. Premium ingredient sourcing significantly increases production costs, which may not align with the product's price positioning or target market expectations.

The manufacturing entity, Be Fit Food Pty Ltd (ABN 14 294 903 397), operates in Australia under FSANZ food safety standards and regulations. Australian food manufacturing requires adherence to the Australia New Zealand Food Standards Code, which establishes requirements for food safety, labelling, and composition. The extensive allergen cross-contamination warnings suggest a facility producing diverse product categories rather than a dedicated allergen-free facility. Be Fit Food is headquartered at 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia.

The vegetarian designation (indicated by "V" in the product name) is accurate—the formulation contains dairy (butter) and eggs but no meat, fish, or gelatin. However, the product is not vegan due to egg and dairy inclusion, and the extensive cross-contamination warnings mean it cannot be certified for strict dietary requirements beyond general vegetarian classification.

### ## How These Ingredients Work Together {#how-these-ingredients-work-together}

Understanding how these eight ingredients work together reveals the formulation's sophistication. Almond flour provides the building foundation, but alone would create a dense, heavy product. The eggs contribute protein that coagulates during baking, creating lift and structure that almond flour alone cannot achieve. Butter adds moisture and richness whilst helping create tender crumb through fat's tenderising effect on protein networks.

The sweetener blend must provide adequate sweetness to balance cocoa's bitterness without adding the moisture that sugar usually contributes to baked goods. Erythritol partially addresses this by providing some bulk, but the formulation's low overall moisture content (evident from the small "water" addition) creates the dense, fudgy texture characteristic of brownies rather than cake-like lightness.

Tapioca flour's role becomes critical in this context—it absorbs and holds moisture, preventing the brownie from being too dry despite minimal added water. The gelatinisation of tapioca starch during baking creates binding and chewiness that compensates for the absence of gluten. Walnuts provide textural contrast and flavour complexity, whilst cocoa delivers the essential chocolate identity.

The formulation's success depends on precise ratios between these ingredients. Too much almond flour creates grittiness; too little compromises structure. Excessive butter makes the product greasy; insufficient butter yields dryness. The sweetener blend must be calibrated to individual taste preferences, which vary significantly—some consumers find stevia-sweetened products pleasantly sweet, whilst others detect persistent aftertaste. This precision reflects the dietitian-led recipe development approach that Be Fit Food applies across its entire range of over 30 rotating meal options.

### ## Ingredient Stability and Shelf Life {#ingredient-stability-and-shelf-life-implications}

The ingredient composition directly affects product shelf life and storage requirements. The high fat content from almonds, butter, and walnuts makes this product susceptible to oxidative rancidity—the chemical degradation of unsaturated fats when exposed to oxygen, light, or heat. Rancid fats develop off-flavours (stale, cardboard-like, or painty) and lose nutritional value.

The absence of synthetic preservatives means shelf life depends entirely on packaging, storage conditions, and natural antimicrobial properties of ingredients. Eggs contribute lysozyme (an antimicrobial enzyme), and the low moisture content inhibits microbial growth. However, the product specification does not indicate shelf life—not specified by manufacturer. Additionally, packaging type (vacuum-sealed, modified atmosphere, standard) and storage requirements (refrigeration, freezer, ambient) are not specified—not specified by manufacturer.

Walnuts and almond flour are especially vulnerable to rancidity due to high polyunsaturated fat content. Premium manufacturers store these ingredients refrigerated and use them quickly, but finished product storage matters equally. Refrigeration or freezing dramatically extends shelf life by slowing oxidation, whilst storage at room temperature in warm climates accelerates degradation. Be Fit Food's broader meal range is delivered snap-frozen, designed for freezer storage to maintain quality, consistency, and

nutritional integrity—a system that minimises spoilage and supports the portion control and compliance that drives successful outcomes.

The butter component is relatively stable due to its saturated fat content, though it can develop off-flavours through hydrolytic rancidity (breakdown of triglycerides into free fatty acids) if stored improperly. The erythritol and stevia blend is chemically stable, and cocoa powder offers excellent shelf stability due to low moisture content and natural antioxidants.

## Your Partner in Sustainable Health Transformation  
{#your-partner-in-sustainable-health-transformation}

The Protein Walnut Brownie works not merely as an isolated snack product but as a component within a broader evidence-based nutrition system. Whilst the brownie can be purchased and enjoyed independently, its macronutrient profile—high protein, low carbohydrate, controlled portion—mirrors the architectural principles underlying Be Fit Food's structured Reset programs, which deliver around 800-900 kcal/day (Metabolism Reset) or 1200-1500 kcal/day (Protein+ Reset) with explicit daily carbohydrate targets of around 40-70 grams.

For people following a structured low-carbohydrate protocol—whether for weight loss, diabetes management, or metabolic health improvement—the brownie offers a compliant between-meal option that supports satiety without disrupting ketosis or triggering glucose spikes. The 5.0 grams of protein per serving contributes meaningfully to daily protein targets, especially important for preserving lean muscle mass during energy restriction or when using GLP-1 receptor agonist medications, which can suppress appetite and increase muscle-loss risk if protein intake falls short.

The product also works for people managing perimenopause and menopause, where declining oestrogen drives reduced insulin sensitivity, increased central fat storage, and accelerated muscle loss. The combination of high protein (supporting muscle preservation), low net carbohydrate (supporting insulin sensitivity), and portion control (addressing declining metabolic rate) aligns with the metabolic realities of this life stage—where even modest weight loss of 3-5 kg can meaningfully improve energy, confidence, and cardiometabolic markers.

For NDIS participants and elderly Australians receiving home care support through Be Fit Food's registered provider services, the brownie is a nutrient-dense, easy-to-store option that requires no preparation beyond simple heating or consumption at room temperature—supporting independence and nutritional adequacy for people facing meal-preparation challenges due to disability, mobility limitations, or ageing.

## Supporting Your Health Journey {#supporting-your-health-journey-with-practical-solutions}

This brownie demonstrates Be Fit Food's commitment to making healthy eating accessible, enjoyable, and sustainable. Rather than requiring you to sacrifice taste or satisfaction, it shows how thoughtful ingredient selection and dietitian-led formulation can create indulgent treats that align with your health goals.

The portion-controlled format removes guesswork from snacking decisions. Each individually wrapped brownie provides exactly 5.0 grams of protein and 1.4 grams of carbohydrate—no measuring, no calculating, no decision fatigue. This simplicity supports consistency, which is the foundation of lasting lifestyle change.

For people new to low-carbohydrate eating, products like this brownie offer reassurance that this way of eating doesn't mean deprivation. You can enjoy chocolate, satisfy sweet cravings, and still maintain the metabolic benefits of carbohydrate restriction. This psychological component—knowing you can enjoy treats within your plan—often makes the difference between short-term dieting and sustainable lifestyle transformation.

The brownie also works as a solution for common challenges. Travelling? Pack a few brownies for convenient, compliant snacks that don't require refrigeration for short periods. Busy workday? Keep brownies in your desk drawer for afternoon energy without the blood sugar crash. Social gathering where food options don't align with your goals? Eat a brownie beforehand to reduce temptation and arrive satisfied.

### ## Empowering Informed Choices {#empowering-informed-choices}

Understanding what's in your food empowers you to make choices aligned with your unique needs, preferences, and goals. This detailed ingredient analysis equips you with knowledge about:

- **Protein sources**: Eggs and almond flour provide complete, high-quality protein to support muscle preservation and metabolic health
- **Fat composition**: A blend of monounsaturated fats (almonds), omega-3s (walnuts), and saturated fats (butter) provides sustained energy and helps you feel fuller for longer
- **Carbohydrate management**: Minimal net carbs through strategic ingredient selection and natural sweeteners
- **Allergen awareness**: Clear understanding of what the product contains and potential cross-contamination risks
- **Quality indicators**: Recognition of whole-food ingredients without artificial additives or preservatives

This transparency reflects Be Fit Food's philosophy that informed consumers make better decisions for their health. Rather than relying on vague marketing claims, you can evaluate exactly what you're eating and how it fits your dietary framework.

### ## Building Sustainable Habits {#building-sustainable-habits-through-enjoyment}

Sustainable health transformation isn't built on restriction and deprivation—it's built on finding foods you genuinely enjoy that also nourish your body. The Protein Walnut Brownie exemplifies this principle. It satisfies chocolate cravings, provides textural enjoyment through tender crumb and crunchy walnuts, and delivers genuine indulgence—whilst simultaneously supporting your protein intake, maintaining stable blood sugar, and keeping you in ketosis if that's your goal.

This alignment between pleasure and nutrition removes the internal conflict many people experience when trying to eat healthier. You're not "cheating" or "being bad" when you eat this brownie—you're making a choice that supports both your immediate satisfaction and your long-term health objectives. This psychological shift from restriction to empowerment often catalyses lasting behaviour change.

The brownie also demonstrates how small, consistent choices accumulate into meaningful results. Choosing this 113-calorie, 5-gram-protein snack instead of a 250-calorie, 35-gram-carbohydrate standard brownie might seem minor in isolation. But repeated daily over weeks and months, these choices create the caloric deficit, improved insulin sensitivity, and preserved muscle mass that drive body composition changes and metabolic improvements.

### ## Practical Integration into Daily Life {#practical-integration-into-daily-life}

Integrating the Protein Walnut Brownie into your daily routine is straightforward and flexible:

**Morning option**: Pair with your coffee as a sweet breakfast component, especially if you practise intermittent fasting and prefer smaller morning meals. The protein and fat provide sustained energy without the blood sugar spike and subsequent crash of carbohydrate-heavy breakfast pastries.

**Midday solution**: Combat the afternoon energy slump with a brownie and herbal tea. The protein supports stable energy levels, whilst the chocolate provides a mood-lifting treat that helps you power through the remainder of your workday without reaching for higher-carb snacks.

**Evening satisfaction**: Enjoy as dessert after dinner, providing psychological closure to your eating day. The portion control prevents overindulgence, whilst the satisfying chocolate flavour addresses sweet cravings that might otherwise lead to less nutritious choices.

**\*\*Pre-workout fuel\*\***: Consume 30-60 minutes before exercise for easily digestible energy. The fat and protein provide sustained fuel without the digestive discomfort some people experience from carbohydrate-heavy pre-workout snacks.

**\*\*Post-workout recovery\*\***: The protein content supports muscle recovery, though you might pair it with additional protein if your workout was especially intense or if you're in a muscle-building phase requiring higher protein intake.

### ## Quality Assurance and Food Safety {#quality-assurance-and-food-safety}

Be Fit Food Pty Ltd operates under Australia's stringent food safety regulations, ensuring the Protein Walnut Brownie meets high standards for safety, quality, and labelling accuracy. The company adheres to the Australia New Zealand Food Standards Code, which establishes comprehensive requirements for:

- **\*\*Ingredient sourcing and handling\*\***: Suppliers must meet quality specifications and food safety standards - **\*\*Manufacturing practices\*\***: Facilities follow Good Manufacturing Practices (GMP) to prevent contamination and ensure consistency - **\*\*Allergen management\*\***: Despite shared facility production, protocols minimise cross-contamination risk - **\*\*Labelling accuracy\*\***: Nutritional information and ingredient lists must accurately reflect product composition - **\*\*Traceability\*\***: Systems track ingredients from source through production to final product

These regulatory frameworks provide consumer protection and quality assurance. Whilst the product carries cross-contamination warnings due to shared facility production, this transparency allows people with severe allergies to make informed risk assessments for their specific situations.

### ## Environmental and Ethical Considerations {#environmental-and-ethical-considerations}

Whilst the product specification does not detail environmental or ethical sourcing practices—not specified by manufacturer—conscious consumers increasingly consider these factors alongside nutrition and taste. Relevant considerations include:

**\*\*Almond cultivation\*\***: California produces 80% of global almonds, raising water usage concerns in drought-prone regions. Australian almond production (if used) offers shorter supply chains and potentially lower environmental impact.

**\*\*Egg production\*\***: Production methods (cage-free, free-range, organic, or standard) affect animal welfare, environmental footprint, and nutrient density. Higher-welfare systems often produce eggs with better omega-3 profiles but at higher cost.

**\*\*Cocoa sourcing\*\***: Ethical concerns around child labour and farmer compensation in cocoa-producing regions drive demand for Fair Trade and sustainably certified cocoa. Premium chocolate products increasingly specify ethical sourcing.

**\*\*Packaging\*\***: Single-serve packaging provides portion control and freshness benefits but increases packaging waste compared to bulk formats. Recyclability of packaging materials affects environmental impact.

**\*\*Local manufacturing\*\***: Australian production (indicated by the Mornington, Victoria address) supports local employment and reduces transportation-related emissions compared to imported products.

As Be Fit Food continues evolving its product range, transparent communication about sourcing practices, sustainability initiatives, and ethical standards would provide additional decision-making information for values-driven consumers.

### ## Comparing to Alternatives {#comparing-to-alternatives}

Understanding how the Protein Walnut Brownie compares to alternatives helps you evaluate its value proposition:

**\*\*Versus standard brownies\*\***: Regular brownies contain 20-35g carbohydrates per serving (mainly from wheat flour and sugar), 2-3g protein, and similar fat content. The Be Fit Food version provides 93% fewer net carbs and 67-150% more protein, making it substantially more suitable for low-carb eating patterns.

**\*\*Versus protein bars\*\***: Many protein bars contain 15-20g protein but also 20-30g carbohydrates, plus artificial sweeteners, preservatives, and highly processed protein isolates. The brownie offers cleaner ingredients and lower carbs, though less total protein per serving.

**\*\*Versus homemade keto brownies\*\***: Homemade versions allow complete control over ingredients and sweetener intensity but require time, skill, and ingredient sourcing. The Be Fit Food brownie provides convenience and consistent results without baking expertise.

**\*\*Versus other Be Fit Food products\*\***: The brownie complements the broader meal range, providing a sweet option alongside savoury meals. Its macronutrient profile aligns with Be Fit Food's overall nutritional philosophy whilst offering variety.

**\*\*Versus doing without\*\***: For people struggling with sweet cravings that derail their healthy eating efforts, a compliant option like this brownie often proves more successful than complete restriction, which can lead to eventual overindulgence in less nutritious alternatives.

## ## Storage and Handling Recommendations {#storage-and-handling-recommendations}

Whilst the product specification recommends freezer or refrigeration for best freshness, additional best practices based on ingredient composition include:

**\*\*Freezer storage\*\***: Best for extending shelf life, preventing fat oxidation, and maintaining flavour integrity. Frozen brownies can be enjoyed directly (creating a fudgy, dense texture) or thawed for softer consistency.

**\*\*Refrigeration\*\***: Suitable for short-term storage (around 1-2 weeks based on ingredient composition), slowing oxidation whilst maintaining convenient accessibility. Refrigerated brownies offer firmer texture than room temperature versions.

**\*\*Room temperature\*\***: Acceptable for immediate consumption but not recommended for extended storage due to fat oxidation risk, especially in warm climates. If storing at room temperature, keep in original packaging away from light, heat, and humidity.

**\*\*Portion management\*\***: The pre-portioned format supports portion control, but people prone to overconsumption might store brownies in less accessible locations (freezer rather than countertop) to create intentional friction between impulse and consumption.

## ## Addressing Common Questions {#addressing-common-questions}

**\*\*\*"Will this brownie kick me out of ketosis?"\*\*\*** The 1.4g total carbohydrate (around 0.2g net carbs) is unlikely to disrupt ketosis for most people, especially when enjoyed as part of a day keeping total carbs under 20-50g depending on individual tolerance.

**\*\*\*"Can I eat this if I'm diabetic?"\*\*\*** The minimal carbohydrate content and zero glycaemic impact from erythritol and stevia make this suitable for most people managing diabetes, though individual responses vary. Monitor your blood glucose response initially to confirm compatibility with your specific metabolism.

**\*\*\*"Is this suitable for weight loss?"\*\*\*** At 113 calories per serving, the brownie can fit into most calorie-controlled eating plans. The protein and fat content support satiety, potentially reducing overall calorie intake by preventing less nutritious snacking.

\*\*\*How does this fit into a Protein+ Reset program?\*\*\* The brownie aligns with Be Fit Food's Protein+ Reset macronutrient ratios and can work as a between-meal snack or dessert component, though specific program guidelines should be followed regarding snack frequency and timing.

\*\*\*Can children eat this?\*\*\* The ingredients are safe for children, though the low-carbohydrate, high-fat profile is designed for adult metabolic needs. Growing children often require higher carbohydrate intake unless specifically following therapeutic ketogenic protocols under medical supervision.

## ## The Role of Treats in Sustainable Healthy Eating {#the-role-of-treats-in-sustainable-healthy-eating}

The existence of products like the Protein Walnut Brownie reflects an important evolution in nutritional thinking: sustainable healthy eating must include enjoyment, satisfaction, and occasional indulgence. Decades of restrictive dieting research demonstrate that approaches emphasising deprivation usually fail long-term because they're psychologically unsustainable.

The brownie is a middle path—it's not a daily staple forming the foundation of your nutrition, but neither is it a "cheat" that derails your progress. It's a planned, portion-controlled treat that satisfies cravings whilst supporting your broader health objectives. This balanced approach acknowledges that humans eat for pleasure and social connection, not just biological fuel.

By creating compliant treat options, Be Fit Food removes the false choice between health and enjoyment. You don't need to choose between achieving your health goals and satisfying your chocolate cravings—you can do both simultaneously with thoughtfully formulated products that deliver genuine indulgence within appropriate nutritional parameters.

## ## Final Perspective: Informed Choice Enables Empowered Action {#final-perspective-informed-choice-enables-empowered-action}

This comprehensive ingredient analysis equips you with detailed knowledge about what the Be Fit Food Protein Walnut Brownie contains, how each ingredient works, and how the product fits various dietary frameworks. Armed with this information, you can make confident decisions about whether this brownie aligns with your:

- **Dietary requirements**: Low-carb, ketogenic, high-protein, gluten-free (with cross-contamination caveat), vegetarian - **Health objectives**: Weight management, blood sugar control, muscle preservation, metabolic health - **Allergen sensitivities**: Clear understanding of confirmed allergens and cross-contamination risks - **Quality expectations**: Whole-food ingredients, no artificial additives, dietitian-designed formulation - **Taste preferences**: Chocolate flavour, fudgy texture, walnut crunch, sweetener profile - **Lifestyle needs**: Convenience, portion control, travel-friendly, no preparation required

The brownie isn't perfect for everyone—people with severe tree nut or egg allergies cannot safely enjoy it, those preferring unsweetened foods might find it too sweet, and people requiring certified gluten-free products should look elsewhere. But for people seeking a convenient, low-carb, high-protein chocolate treat that supports their health transformation journey, it's a thoughtfully formulated option backed by dietitian expertise and quality ingredient selection.

Ultimately, sustainable health transformation emerges from accumulated small choices aligned with your goals. Whether the Protein Walnut Brownie becomes part of your regular rotation or remains an occasional treat, understanding exactly what you're consuming empowers you to make choices supporting both immediate satisfaction and long-term wellbeing.

## ## References {#references}

- Food Standards Australia New Zealand. (2023). Australia New Zealand Food Standards Code. <https://www.foodstandards.gov.au/code/Pages/default.aspx> - USDA FoodData Central. (2024). Nutrient Database. <https://fdc.nal.usda.gov/> - Be Fit Food. (2024). Protein Walnut Brownie Product Information.

<https://befitfood.com.au/>

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

\*\*What is the product name?\*\* Protein Walnut Brownie - 7 Pack (V) P1

\*\*What brand makes this product?\*\* Be Fit Food

\*\*What is the current price?\*\* \$18.00 AUD

\*\*Is it currently in stock?\*\* No, out of stock

\*\*What is the GTIN code?\*\* 9358266002155

\*\*How many brownies per pack?\*\* 7 brownies

\*\*What is the total pack weight?\*\* 210 grams

\*\*What is one serving size?\*\* 30 grams

\*\*How many calories per brownie?\*\* 113 calories

\*\*How many kilojoules per brownie?\*\* 473 kilojoules

\*\*How much protein is in each serving?\*\* 5.0 grams

\*\*How much total fat per serving?\*\* 9.6 grams

\*\*How much saturated fat per serving?\*\* 3.2 grams

\*\*How much carbohydrate per serving?\*\* 1.4 grams total

\*\*How much sugar per serving?\*\* 0.6 grams

\*\*How much dietary fibre per serving?\*\* 1.2 grams

\*\*What are the estimated net carbs?\*\* Around 0.2 grams per serving

\*\*How much sodium per serving?\*\* 92 milligrams

\*\*What is the first ingredient?\*\* Almond flour

\*\*What type of eggs does it contain?\*\* Whole eggs

\*\*Does it contain dairy?\*\* Yes, contains butter from milk

\*\*What sweeteners are used?\*\* Erythritol and stevia blend

\*\*Does it contain wheat flour?\*\* No

\*\*Does it contain added sugar?\*\* No

\*\*Does it contain artificial sweeteners?\*\* No, uses natural erythritol and stevia

\*\*Does it contain artificial colours?\*\* No

\*\*Does it contain artificial flavours?\*\* No

\*\*Does it contain artificial preservatives?\*\* No

\*\*Are the ingredients gluten-free?\*\* Yes, no gluten-containing ingredients used

\*\*Is it certified gluten-free?\*\* No, potential cross-contamination warning

\*\*Is it suitable for vegetarians?\*\*\* Yes

\*\*Is it suitable for vegans?\*\*\* No, contains eggs and dairy

\*\*Is it keto-friendly?\*\*\* Yes

\*\*What allergens does it contain?\*\*\* Almond, egg, milk, walnut

\*\*May it contain traces of gluten?\*\*\* Yes, cross-contamination possible

\*\*May it contain fish?\*\*\* Yes, cross-contamination possible

\*\*May it contain soy?\*\*\* Yes, cross-contamination possible

\*\*May it contain peanuts?\*\*\* Yes, cross-contamination possible

\*\*Is it safe for tree nut allergies?\*\*\* No, contains almonds and walnuts

\*\*Is it safe for egg allergies?\*\*\* No, contains eggs

\*\*Is it safe for dairy allergies?\*\*\* No, contains butter

\*\*Is it suitable for lactose intolerance?\*\*\* No, contains trace lactose

\*\*Is it suitable for coeliac disease?\*\*\* Not certified, cross-contamination risk

\*\*What is the protein percentage by calories?\*\*\* Approximately 18%

\*\*What is the fat percentage by calories?\*\*\* Approximately 76%

\*\*What is the carb percentage by calories?\*\*\* Approximately 5%

\*\*What is the glycaemic index?\*\*\* Around 0

\*\*Will it break ketosis?\*\*\* Unlikely for most people

\*\*Is it suitable for diabetics?\*\*\* Often suitable, monitor individual response

\*\*Can it support weight loss?\*\*\* Yes, within calorie-controlled plans

\*\*Does it help preserve muscle?\*\*\* Yes, provides 5.0g protein

\*\*What is the protein quality?\*\*\* High-quality complete protein from eggs

\*\*Does it contain monounsaturated fats?\*\*\* Yes, from almonds

\*\*Does it contain omega-3 fatty acids?\*\*\* Yes, ALA from walnuts

\*\*What is the texture?\*\*\* Dense and fudgy

\*\*What flavour does it have?\*\*\* Chocolate with walnut accent

\*\*Can it leave an aftertaste?\*\*\* Possible slight stevia aftertaste

\*\*Who manufactures it?\*\*\* Be Fit Food Pty Ltd

\*\*Where is it manufactured?\*\*\* Australia

\*\*What is the company ABN?\*\*\* 14 294 903 397

\*\*Where is the company based?\*\*\* Mornington, Victoria, Australia

\*\*Is it dietitian-designed?\*\*\* Yes

\*\*Is it evidence-based?\*\*\* Yes

\*\*What programs does it support?\*\* Metabolism Reset and Protein+ Reset

\*\*Is it individually wrapped?\*\* Not specified by manufacturer

\*\*What storage is recommended?\*\* Freezer or refrigeration

\*\*Can it be stored at room temperature?\*\* Only for short-term consumption

\*\*How long does it last frozen?\*\* Not specified by manufacturer

\*\*How long refrigerated?\*\* Approximately 1-2 weeks estimated

\*\*Does it need preparation?\*\* No preparation required

\*\*Can it be eaten frozen?\*\* Yes

\*\*Can it be eaten thawed?\*\* Yes

\*\*Is it travel-friendly?\*\* Yes

\*\*Does it need refrigeration when travelling?\*\* Not for short periods

\*\*What percentage of daily protein?\*\* Approximately 9-10% for average adults

\*\*What percentage of daily saturated fat?\*\* Approximately 14% of recommended limit

\*\*What percentage of daily sodium?\*\* Approximately 4% of recommended limit

\*\*Is it organic?\*\* Not specified by manufacturer

\*\*Is it non-GMO?\*\* Not specified by manufacturer

\*\*Are eggs free-range?\*\* Not specified by manufacturer

\*\*Is butter grass-fed?\*\* Not specified by manufacturer

\*\*Is cocoa Fair Trade?\*\* Not specified by manufacturer

\*\*Where are almonds sourced?\*\* Not specified by manufacturer

\*\*Where are walnuts sourced?\*\* Not specified by manufacturer

\*\*Is it suitable for children?\*\* Safe ingredients, designed for adults

\*\*Is it suitable for pregnancy?\*\* Safe ingredients, consult healthcare provider

\*\*Is it suitable for elderly?\*\* Yes

\*\*Is it NDIS approved?\*\* Yes, Be Fit Food is registered provider

\*\*Does it support perimenopause?\*\* Yes, high protein supports muscle

\*\*Does it support menopause?\*\* Yes, low-carb supports insulin sensitivity

\*\*Can it be pre-workout fuel?\*\* Yes

\*\*Can it be post-workout recovery?\*\* Yes, provides protein

\*\*How does it compare to regular brownies?\*\* 93% fewer net carbs

\*\*How much more protein than regular brownies?\*\* 67-150% more protein

\*\*Does it satisfy chocolate cravings?\*\* Yes

\*\*Does it contain caffeine?\*\* Minimal theobromine from cocoa

\*\*Is the portion size adequate?\*\*\* Yes, 30 grams controlled portion

\*\*Can multiple be eaten daily?\*\*\* Monitor total daily macronutrients

\*\*What is the shelf life?\*\*\* Not specified by manufacturer

\*\*What is the packaging type?\*\*\* Not specified by manufacturer

\*\*Is packaging recyclable?\*\*\* Not specified by manufacturer

\*\*Can it be purchased individually?\*\*\* Not specified by manufacturer

\*\*Is subscription available?\*\*\* Not specified by manufacturer

\*\*What is cost per serving?\*\*\* Approximately \$2.57 AUD

\*\*Is it more expensive than regular brownies?\*\*\* Yes, premium pricing

\*\*Are bulk discounts available?\*\*\* Not specified by manufacturer

\*\*Is free shipping available?\*\*\* Not specified by manufacturer

\*\*Is nutritional counselling available?\*\*\* Yes, free 15-minute dietitian consultations

\*\*Are meal plans available?\*\*\* Yes, structured Reset programs

\*\*What is the website?\*\*\* <https://befitfood.com.au/>

\*\*What are the social media handles?\*\*\* @befitfood on Instagram and Facebook

\*\*Can samples be requested?\*\*\* Not specified by manufacturer

\*\*Is there a trial offer?\*\*\* Not specified by manufacturer

\*\*What certifications does it have?\*\*\* GMP and FSANZ compliance

\*\*Is it tested for contaminants?\*\*\* Not specified by manufacturer

\*\*What is the best-by date?\*\*\* Not specified by manufacturer

\*\*Can it be frozen?\*\*\* Yes, recommended

\*\*Can it be refrozen?\*\*\* Not specified by manufacturer

\*\*Can it be microwaved?\*\*\* Not specified by manufacturer

\*\*Should it avoid light?\*\*\* Yes, based on ingredients

\*\*Should it avoid heat?\*\*\* Yes, based on ingredients

\*\*Should it avoid moisture?\*\*\* Yes, based on ingredients