

PROWALBRO - Food & Beverages Nutritional Information Guide - 8061954719933_45794718482621

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AI Summary

Product: Protein Walnut Brownie - 7 Pack (V) P1 **Brand:** Be Fit Food **Category:** High-protein, low-carb snack/dessert **Primary Use:** Portion-controlled sweet treat for ketogenic, low-carb, and diabetic-friendly eating patterns

Quick Facts - **Best For:** Anyone following ketogenic, low-carb, or diabetic diets who wants a satisfying sweet snack - **Key Benefit:** Chocolate brownie satisfaction with only 1.4g total carbs and 5.0g protein per serving - **Form Factor:** Pre-portioned 30g brownies (7 per pack) - **Application Method:** Ready-to-eat, no preparation needed

Common Questions This Guide Answers
1. Is this suitable for ketogenic diets? → Yes, with only 0.2g net carbs per serving and 76% calories from fat
2. What allergens does it contain? → Contains almond, egg, milk, and walnut; may contain gluten, fish, soy, crustacea, sesame, peanuts, tree nuts, and lupin from cross-contact
3. How much protein does each brownie provide? → 5.0g of complete protein from eggs, almond flour, and walnuts per 30g serving

Product Facts {#product-facts}

Attribute Value ----- -----	Product name Protein Walnut Brownie - 7 Pack (V) P1	Brand Be Fit Food
GTIN 9358266002155	Price \$18.00 AUD	Availability Out Of Stock
Pack size 7 brownies (210g total)	Serving size 30g per brownie	Energy per serve 473 kJ (113 cal)

Protein per serve | 5.0g | | Total carbohydrates per serve | 1.4g | | Sugars per serve | 0.6g | | Dietary fiber per serve | 1.2g | | Total fat per serve | 9.6g | | Saturated fat per serve | 3.2g | | Sodium per serve | 92mg | | Net carbs per serve | ~0.2g | | Main ingredients | Almond Flour, Egg, Butter (Milk), Water, Cocoa, Sweetener Blend (erythritol and stevia), Tapioca Flour, Walnut | | Contains allergens | Almond, Egg, Milk, Walnut | | May contain | Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin | | Sweeteners | Erythritol and stevia (no added sugar) | | Dietary suitability | Ketogenic, Low-carb, High-protein, Vegetarian (lacto-ovo), Diabetic-friendly | | Storage | Cool, dark location; refrigeration or freezing extends shelf life | | Product type | High-protein, low-carb snack/dessert | | Country of origin | Australia |

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 - Country of origin: Australia - Product type: High-protein, low-carb snack/dessert

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

Nutrition Information (per 30g serving): - Energy: 473 kJ (113 cal) - Protein: 5.0g - Total carbohydrates: 1.4g - Sugars: 0.6g - Dietary fiber: 1.2g - Total fat: 9.6g - Saturated fat: 3.2g - Sodium: 92mg - Net carbs: ~0.2g

Ingredients (in descending 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 (cross-contact): Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin

Sweeteners: - Erythritol and stevia (no added sugar)

Storage Instructions: - Cool, dark location - Refrigeration or freezing extends shelf life

General Product Claims {#general-product-claims}

Dietary Suitability Claims: - Suitable for ketogenic diets - Suitable for low-carb diets - High-protein - Vegetarian (lacto-ovo) - Diabetic-friendly

Health and Wellness Claims: - Dietitian-designed - Evidence-based nutritional science - CSIRO-backed meal programs - Designed for ketogenic and low-glycaemic dietary frameworks - Portion-controlled servings eliminate guesswork - Promotes stable blood glucose - Minimal glycaemic impact - Low or very low glycaemic index and glycaemic load (predictably) - Better satiety than carbohydrate-heavy snacks - Supports muscle maintenance - Supports metabolic health - Reduces total daily intake despite high caloric density - Supports dietary adherence - Supports lean muscle mass preservation during weight loss - Suitable for medication-assisted weight management (GLP-1 agonists) - Supports insulin sensitivity - Helps manage metabolic transitions during perimenopause/menopause - Supports energy levels during hormonal changes

Ingredient Quality Claims: - Real food ingredients - Whole-food components - No artificial additives - No artificial colours - No artificial flavours - No artificial sweeteners - No preservatives - Quality sources like butter - Complete protein from eggs - Heart-healthy fats - Omega-3 fatty acids from walnuts - Antioxidants from cocoa and walnuts - Various vitamins and minerals from ingredients

****Brand and Manufacturing Claims:**** - Australia's leading dietitian-designed meal delivery service - Professional dietitian support available - Free 15-minute consultations - CSIRO partnership - Australian-made products - Stringent food safety standards - Supply chain transparency - Quality control - Approximately 90% of meal range certified gluten-free - Low-sodium formulation approach (targeting less than 120mg per 100g)

****Program Integration Claims:**** - Integrates with Be Fit Food programs - Suitable for Metabolism Reset program (800-900 kcal/day VLED) - Suitable for Healthy Weight programs (1,200-1,500 calories daily) - Suitable for Weight Maintenance plans - Suitable for Diabetes Management programs

****Comparative Claims:**** - Protein concentration significantly exceeds regular brownies - Better than carbohydrate-heavy snacks of equivalent calories - More complete amino acid profile than single-source plant proteins - Provides satisfaction comparable to larger portions of regular sweets

Understanding the Be Fit Food Protein Walnut Brownie Nutritional Profile {#understanding-the-be-fit-food-protein-walnut-brownie-nutritional-profile}

The Be Fit Food Protein Walnut Brownie takes a practical approach to snacking: it's a high-protein, low-carb sweet treat for people who need to manage their nutrition carefully. Be Fit Food, Australia's leading dietitian-designed meal delivery service, applies the same evidence-based nutritional science to this portion-controlled brownie as it does to its CSIRO-backed meal programs. Each 30-gram serving delivers 5.0 grams of protein while keeping total carbohydrates to just 1.4 grams and sugar to 0.6 grams—numbers that work well for ketogenic and low-glycaemic eating patterns.

This 7-pack format gives you portion-controlled servings without the guesswork of cutting brownies from larger batches. The 30-gram serving size creates a predictable nutritional footprint: 473 kilojoules (113 calories) per piece, with 9.6 grams of total fat including 3.2 grams of saturated fat. The energy density of approximately 1,577 kilojoules per 100 grams reflects the product's fat-forward composition, which is typical for foods designed to support ketogenic metabolic states while keeping you satisfied longer.

The 1.2 grams of dietary fibre per serving matters for people following strict carbohydrate-restricted diets because it affects the net carbohydrate calculation. With sodium content at 92 milligrams per serving (approximately 307 milligrams per 100 grams), this product maintains moderate sodium levels—worth noting if you're monitoring salt intake alongside macronutrient ratios.

Complete Ingredient Breakdown and Sourcing {#complete-ingredient-breakdown-and-sourcing}

The ingredient list follows a descending order by weight, showing the compositional priorities: Almond Flour, Egg, Butter (Milk), Water, Cocoa, Sweetener Blend (erythritol and stevia), Tapioca Flour, and Walnut.

Almond Flour is the primary structural component, replacing wheat flour to eliminate gluten and reduce digestible carbohydrates. Almond flour brings healthy monounsaturated fats, extra protein, and vitamin E. Its position as the first ingredient means it makes up the largest proportion by weight, establishing the foundation for the low-carbohydrate profile.

Egg functions as both a binding agent and protein source. Whole eggs provide complete protein containing all nine essential amino acids, plus bioavailable choline, selenium, and B vitamins. The egg content contributes significantly to the 5.0-gram protein delivery per serving while adding moisture and structure to the brownie texture.

Butter (Milk) provides saturated and monounsaturated fats that support the ketogenic macronutrient ratio while contributing to flavour development and mouthfeel. Butter also supplies fat-soluble vitamins A, D, E, and K2, though specific quantities depend on butter quality and grass-fed status (not specified

in product documentation).

Cocoa delivers the signature chocolate flavour and colour while adding polyphenolic antioxidants, particularly flavanols. Unsweetened cocoa contains minimal carbohydrates and contributes small amounts of minerals including magnesium, iron, and zinc.

Sweetener Blend (erythritol and stevia) replaces sugar to maintain sweetness without elevating blood glucose. Erythritol, a sugar alcohol, provides approximately 0.2 calories per gram (versus 4 calories per gram for sugar) and isn't metabolised by oral bacteria, making it non-cariogenic. Stevia, derived from *Stevia rebaudiana* leaves, contains zero calories and is approximately 200-300 times sweeter than sucrose. This combination allows manufacturers to achieve sweetness levels comparable to traditional brownies while maintaining the 0.6-gram sugar content—likely from naturally occurring sugars in almond flour and cocoa. This sweetener approach aligns with Be Fit Food's commitment to no added sugar or artificial sweeteners across its product range.

Tapioca Flour, derived from cassava root, acts as a secondary binding agent. While tapioca is primarily starch, its small proportional use (appearing sixth in the ingredient list) limits its carbohydrate contribution while improving texture and structural integrity during baking.

Walnut provides omega-3 alpha-linolenic acid (ALA), extra protein, and a nutty flavour. Walnuts contribute polyunsaturated fats and phytonutrients including ellagic acid and other polyphenols with antioxidant properties.

Comprehensive Allergen and Cross-Contact Information {#comprehensive-allergen-and-cross-contact-information}

The product carries mandatory allergen declarations that matter if you have food allergies or intolerances. Understanding both direct ingredients and potential cross-contact risks helps you make informed consumption decisions.

Confirmed Allergen Presence {#confirmed-allergen-presence}

****Contains: Almond, Egg, Milk, Walnut****

These four allergens appear as intentional ingredients and will be present in every serving. If you have confirmed allergies to any of these foods, you must avoid this product entirely—no safe threshold exists for allergic reactions, and even trace amounts can trigger responses in sensitised individuals.

Almond belongs to the tree nut family and can provoke reactions ranging from mild oral itching to severe anaphylaxis. Cross-reactivity between different tree nuts varies by individual; some almond-allergic people tolerate other tree nuts, while others react to multiple species.

Egg allergy primarily affects children, though adult-onset cases occur. The product likely contains whole egg, meaning both white (albumin proteins) and yolk (ovalbumin, ovotransferrin) components are present. Some egg-allergic people tolerate extensively heated egg in baked goods, but this tolerance must be established under medical supervision—never assumed.

Milk allergen refers to cow's milk proteins (primarily casein and whey) present in butter. Milk allergy differs from lactose intolerance; allergic people react to proteins regardless of lactose content. Butter contains lower protein concentrations than fluid milk but retains sufficient allergenic proteins to trigger reactions in sensitive individuals.

Walnut is another tree nut allergen with potential for severe reactions. Walnut allergy shows variable cross-reactivity with other tree nuts and with peanuts (a legume, not a tree nut), though cross-reactivity patterns are individual-specific.

Potential Cross-Contact Allergens {#potential-cross-contact-allergens}

****May contain (cross-contact): Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Egg, Tree Nuts, Lupin****

This extensive precautionary statement means the manufacturing facility or production lines also process these allergens. "May contain" warnings address unintentional presence through shared equipment, airborne particles, or ingredient handling—not intentional inclusion.

For highly sensitive people or those with severe allergies, even cross-contact traces can pose risks. The decision to consume products with precautionary labelling depends on individual sensitivity thresholds, previous reaction severity, and risk tolerance. Medical allergists recommend people with anaphylactic reactions avoid products with "may contain" warnings for their specific allergens.

The inclusion of Egg and Tree Nuts in both confirmed ingredients and cross-contact warnings appears redundant but reflects regulatory labelling practices ensuring comprehensive disclosure. The presence of Gluten as a potential cross-contaminant means this product, despite containing no wheat ingredients, cannot be considered safe for people with coeliac disease or severe gluten sensitivity requiring certified gluten-free products.

Lupin, a legume flour increasingly used in gluten-free baking, is an emerging allergen with cross-reactivity to peanut allergy in some people. Its inclusion in the cross-contact list indicates other Be Fit Food products may contain lupin flour.

Macronutrient Analysis and Dietary Applications {#macronutrient-analysis-and-dietary-applications}

The macronutrient distribution of the Protein Walnut Brownie reveals its designed purpose within specific dietary frameworks. Analysing the per-serve and per-100-gram values clarifies how this product fits into daily nutritional planning.

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

At 5.0 grams per 30-gram serving (16.7 grams per 100 grams), protein makes up approximately 18% of the product by weight. This concentration significantly exceeds regular brownies, which usually contain 3-5 grams of protein per 100 grams.

The protein sources—egg, almond flour, and walnut—provide complementary amino acid profiles. Eggs deliver complete protein with optimal digestibility and amino acid scoring. Almonds and walnuts, while lower in lysine (a limiting amino acid in many plant proteins), contribute arginine, branched-chain amino acids, and other essential amino acids. The combination creates a more complete amino acid profile than single-source plant proteins.

For people targeting protein intake of 1.6-2.2 grams per kilogram body weight (recommended for muscle maintenance and satiety), one brownie contributes approximately 2.5-3.5% of daily protein needs for a 70-kilogram individual. While not a primary protein source, the 5-gram contribution supports distributed protein intake across meals and snacks—a principle reflected throughout Be Fit Food's approach to high-protein, portion-controlled nutrition.

Carbohydrate Profile and Glycaemic Considerations {#carbohydrate-profile-and-glycaemic-considerations}

Total carbohydrate content of 1.4 grams per serving (4.7 grams per 100 grams) puts this product firmly within low-carbohydrate dietary parameters. With 1.2 grams of dietary fibre per serving, the net digestible carbohydrate calculates to approximately 0.2 grams per brownie—a key metric for ketogenic dieters tracking net carbs.

The 0.6-gram sugar content per serving comes from naturally occurring sugars in almond flour and cocoa rather than added sugars, given the erythritol-stevia sweetener system. This minimal sugar load produces negligible blood glucose impact, making the product suitable for people managing diabetes, insulin resistance, or metabolic syndrome.

The glycaemic index (GI) and glycaemic load (GL) of this product, while not officially tested, would predictably fall in the low or very low categories. The absence of high-glycaemic starches, minimal sugar content, and presence of fat and protein—both of which slow gastric emptying and glucose absorption—create a minimal glycaemic response.

Fat Composition and Energy Density {#fat-composition-and-energy-density}

Total fat content of 9.6 grams per serving (32 grams per 100 grams) provides approximately 76% of the product's calories, typical for ketogenic-aligned foods. The fat distribution includes 3.2 grams of saturated fat per serving, with the remaining 6.4 grams comprising monounsaturated and polyunsaturated fats.

Saturated fat from butter contributes to flavour, texture, and satiety. Current nutritional science recognises that saturated fat's health effects depend on overall dietary context, food matrix, and individual metabolic factors. Within a low-carbohydrate, whole-food dietary pattern, moderate saturated fat intake from quality sources like butter doesn't demonstrate the adverse effects observed in high-carbohydrate, processed-food diets.

Monounsaturated fats from almond flour and butter provide oleic acid, the same heart-healthy fat found in olive oil. Monounsaturated fats support favourable lipid profiles and provide stable fats resistant to oxidation.

Polyunsaturated fats from walnuts include alpha-linolenic acid (ALA), an omega-3 fatty acid. While ALA conversion to EPA and DHA (the longer-chain omega-3s found in fish) is limited in humans (usually 5-10%), ALA provides independent cardiovascular and anti-inflammatory benefits. Walnuts are one of the richest plant sources of omega-3 fatty acids.

The energy density of 1,577 kilojoules (377 calories) per 100 grams reflects this fat-forward composition. For comparison, regular brownies usually provide 1,500-1,800 kilojoules per 100 grams, though with dramatically different macronutrient distributions favouring carbohydrates over fats.

Micronutrient Considerations {#micronutrient-considerations}

While the nutrition information panel doesn't detail micronutrients beyond sodium (92 mg per serving), the ingredient composition suggests several nutritional contributions:

- Vitamin E from almond flour and walnuts provides antioxidant protection
- B vitamins from eggs, particularly B12, riboflavin, and folate
- Magnesium from almonds, cocoa, and walnuts supports muscle function and metabolic processes
- Calcium in modest amounts from almonds and butter
- Iron from cocoa and egg yolk, though in non-heme form with lower bioavailability
- Selenium from eggs, supporting thyroid function and antioxidant systems
- Phosphorus from almonds and eggs, essential for bone health and energy metabolism

The 92-milligram sodium content per serving is approximately 4% of the 2,300-milligram daily upper limit recommended for general populations, or 5.75% of the 1,600-milligram target for sodium-sensitive people. This moderate sodium level allows the product to fit within most dietary sodium restrictions and aligns with Be Fit Food's low-sodium formulation approach, which targets less than 120 mg per 100 g across its meal range.

Dietary Fibre and Digestive Health Implications {#dietary-fibre-and-digestive-health-implications}

The 1.2 grams of dietary fibre per 30-gram serving (4 grams per 100 grams) deserves specific attention given the product's low-carbohydrate formulation and the role of fibre in digestive health.

Fibre Sources and Types {#fibre-sources-and-types}

The fibre content comes primarily from almond flour, with smaller contributions from cocoa and walnut. These sources provide predominantly insoluble fibre, which adds bulk to stool and supports regular bowel movements, along with some soluble fibre that supports beneficial gut bacteria.

Almond fibre includes the almond skin's cellulose and hemicellulose, plus pectin and other polysaccharides. Cocoa provides both soluble and insoluble fibres, including resistant starch and polyphenol-fibre complexes. Walnut contributes extra insoluble fibre from its cell wall structures.

Fibre Adequacy in Low-Carbohydrate Diets {#fibre-adequacy-in-low-carbohydrate-diets}

People following low-carbohydrate diets often struggle to meet fibre recommendations (25-38 grams daily for adults) since many high-fibre foods—whole grains, legumes, starchy vegetables—are restricted. The 1.2 grams per serving, while modest in absolute terms, is a meaningful contribution within this dietary context.

Seven brownies (the full pack) would provide 8.4 grams of fibre—approximately 22-34% of daily recommendations. However, consuming the entire pack would also deliver 67.2 grams of fat and 3,311 kilojoules (791 calories), making this an impractical fibre strategy.

Erythritol and Digestive Tolerance {#erythritol-and-digestive-tolerance}

The erythritol component of the sweetener blend, while technically a sugar alcohol, behaves differently from other polyols (sorbitol, maltitol, xylitol). Erythritol is approximately 90% absorbed in the small intestine before reaching the colon, minimising the osmotic diarrhoea and gas production common with other sugar alcohols.

Most people tolerate erythritol at doses up to 1 gram per kilogram body weight without digestive distress. The quantity in a single 30-gram brownie likely ranges from 2-4 grams (based on common formulation ratios), well below problematic thresholds for most consumers. However, people with irritable bowel syndrome (IBS) or sensitivity to FODMAPs may experience symptoms at lower doses.

Portion Control and Serving Size Rationale {#portion-control-and-serving-size-rationale}

The 30-gram serving size and 7-pack format reflect deliberate portion control design, addressing a common challenge in managing discretionary foods within structured eating patterns—a principle central to Be Fit Food's approach across its entire product ecosystem.

Caloric Contribution Per Serving {#caloric-contribution-per-serving}

At 473 kilojoules (113 calories) per brownie, a single serving is approximately 5-6% of a 2,000-calorie (8,400-kilojoule) daily intake. This positions the brownie as a snack-level contribution rather than a meal component, appropriate for between-meal hunger management or as a controlled dessert portion.

The portion size prevents the caloric excess that often accompanies homemade or bakery brownies, where unstructured servings can easily reach 1,250-2,100 kilojoules (300-500 calories). The pre-portioned format eliminates decision fatigue and portion estimation errors.

Satiety and Satisfaction Factors {#satiety-and-satisfaction-factors}

The macronutrient composition—particularly the 9.6 grams of fat and 5.0 grams of protein per serving—promotes satiety through multiple mechanisms. Fat slows gastric emptying, extending the duration of fullness signals. Protein stimulates satiety hormones including peptide YY (PYY) and glucagon-like peptide-1 (GLP-1) while reducing ghrelin, the hunger hormone.

The combination of fat, protein, and fibre creates better satiety than carbohydrate-heavy snacks of equivalent calories. Many consumers report that one 30-gram brownie provides satisfaction comparable to larger portions of regular sweets, reducing total daily caloric intake despite the relatively high caloric density. This keeps you satisfied longer while enjoying a treat.

Multi-Pack Format Advantages {#multi-pack-format-advantages}

The 7-pack configuration provides one week of daily snacking for people incorporating a single brownie into their daily routine, or multiple servings for households. The individual wrapping (standard for multi-pack formats, though not explicitly confirmed in specifications) maintains freshness and reinforces portion awareness.

This format contrasts with bulk packaging that requires consumers to cut and measure portions, introducing variability and temptation to exceed intended serving sizes. The pre-portioned approach supports adherence to nutrition plans by reducing the cognitive load of portion management.

Storage, Shelf Life, and Food Safety Considerations {#storage-shelf-life-and-food-safety-considerations}

While the product specifications don't detail storage requirements or best-before dating, the ingredient composition provides guidance for proper handling to maintain quality and safety.

Perishability Factors {#perishability-factors}

The inclusion of egg and butter—both potentially hazardous foods requiring refrigeration in raw or minimally processed forms—raises questions about storage requirements. However, the baking process applies sufficient heat to denature proteins and reduce water activity, likely rendering the finished product shelf-stable at room temperature for reasonable periods.

The low moisture content typical in brownies (generally 10-20% water activity) inhibits microbial growth, including bacteria, yeasts, and moulds. The absence of high-moisture ingredients like fresh fruit or cream fillings further extends shelf stability.

Fats are the primary degradation concern through oxidative rancidity. Walnuts, with their high polyunsaturated fat content, are particularly susceptible to oxidation when exposed to oxygen, light, and heat. Almonds and butter, with more stable fatty acid profiles, resist oxidation better but remain vulnerable over extended periods.

Recommended Storage Practices {#recommended-storage-practices}

To maximise quality and shelf life:

Room temperature storage in a cool, dark location away from heat sources and direct sunlight prevents accelerated fat oxidation. Temperatures below 20°C are ideal.

Sealed containers after opening the original packaging minimise oxygen exposure, the primary driver of rancidity. If individual brownies aren't separately wrapped, transferring them to an airtight container preserves freshness.

Refrigeration extends shelf life by slowing oxidation reactions, particularly important in warm climates or during summer months. Refrigerated storage may alter texture, making brownies firmer, but this reverses upon returning to room temperature.

Freezing provides long-term storage (3-6 months) with minimal quality loss. Freezing halts oxidation and microbial activity. Individually wrapping brownies before freezing prevents moisture transfer and freezer burn while allowing single-serving removal.

Quality Indicators and Spoilage Signs {#quality-indicators-and-spoilage-signs}

You should inspect brownies before consumption for:

- Off odours: Rancid fats produce distinctive stale, paint-like, or cardboard-like smells
- Texture changes: Excessive drying, crumbling, or unusual moisture suggest quality degradation
- Visible mould: Any fuzzy growth, discolouration, or spots indicate microbial contamination requiring disposal
- Taste

changes: Bitter, sour, or otherwise unusual flavours signal chemical or microbial deterioration

Dietary Pattern Integration and Meal Planning {#dietary-pattern-integration-and-meal-planning}

Understanding how the Protein Walnut Brownie fits within various dietary approaches helps you incorporate it strategically to support nutritional goals rather than undermine them.

Ketogenic Diet Applications {#ketogenic-diet-applications}

The macronutrient ratio of approximately 76% fat, 18% protein, and 6% carbohydrate (by caloric contribution) aligns closely with ketogenic diet parameters, which usually target 70-80% fat, 15-25% protein, and 5-10% carbohydrate.

The 0.2-gram net carbohydrate per serving (1.4g total carbs - 1.2g fibre) fits comfortably within daily ketogenic limits of 20-50 grams net carbs. You could theoretically consume all seven brownies and remain within ketogenic parameters, though the 67.2 grams of fat and 35 grams of protein would need accounting within daily totals.

The product works for multiple ketogenic purposes: satisfying sweet cravings without carbohydrate excess, providing convenient portable nutrition, and delivering fat and protein between meals to maintain satiety and stable energy levels. This nutritional architecture mirrors the principles behind Be Fit Food's Metabolism Reset program, which targets approximately 40-70 grams of carbohydrates per day to induce mild nutritional ketosis.

Low-Carbohydrate and Diabetic Diets {#low-carbohydrate-and-diabetic-diets}

For non-ketogenic low-carbohydrate approaches (usually 50-150 grams daily carbohydrate), the brownie's minimal carbohydrate load makes it a negligible contributor to daily totals. The low glycaemic impact supports stable blood glucose, particularly valuable for people managing diabetes, prediabetes, or insulin resistance.

People using GLP-1 receptor agonists, weight-loss medications, or diabetes medications may find the Protein Walnut Brownie particularly suitable. The high protein content helps protect lean muscle mass during medication-assisted weight loss, while the minimal carbohydrate and sugar content supports stable blood glucose without triggering insulin spikes. The small, portion-controlled format is easier to tolerate when medications suppress appetite or slow gastric emptying.

The emphasis on real-food ingredients rather than synthetic supplements aligns with evidence suggesting whole-food approaches may support better metabolic outcomes and gut microbiome health during weight loss—a principle supported by peer-reviewed research on food-based versus supplement-based very-low-energy diets.

Gluten-Free Diets (With Caveats) {#gluten-free-diets-with-caveats}

The ingredient list contains no gluten-containing grains (wheat, barley, rye, or their derivatives). However, the "may contain gluten" cross-contact warning prevents this product from certified gluten-free status.

People with coeliac disease require complete gluten avoidance to prevent intestinal damage and associated complications. The cross-contact risk, however minimal, makes this product inappropriate for coeliac management.

People with non-coeliac gluten sensitivity (NCGS) may tolerate cross-contact traces better than coeliac patients, though sensitivity thresholds vary. The decision to consume products with gluten cross-contact warnings should be individualised based on symptom history and sensitivity level. Be Fit Food maintains approximately 90% of its meal range as certified gluten-free with strict manufacturing controls for coeliac-suitable options.

High-Protein and Fitness-Oriented Diets {#high-protein-and-fitness-oriented-diets}

Athletes and fitness enthusiasts targeting high protein intakes (1.6-2.2 g/kg for muscle maintenance, up to 3.0 g/kg during fat loss) can use this brownie as a protein-containing snack, though dedicated protein sources (meat, fish, eggs, protein powders) deliver protein more efficiently.

The 5-gram protein contribution per 113 calories is a protein-to-calorie ratio of approximately 4.4%, lower than optimal protein sources (chicken breast: ~80%, Greek yoghurt: ~40%, protein powder: ~80%) but better than regular brownies (~3%).

The product works better as a protein-enhanced treat that doesn't undermine protein goals rather than as a primary protein source. Post-workout, the combination of protein for recovery and fat for satiety may suit people not requiring rapid carbohydrate replenishment.

Calorie-Controlled Weight Management {#calorie-controlled-weight-management}

Within calorie-restricted diets for weight loss, the brownie's 113 calories per serving can fit as planned discretionary calories, supporting dietary adherence by preventing feelings of deprivation. Research consistently shows that sustainable weight loss requires dietary patterns people can maintain long-term, and complete elimination of preferred foods often leads to dietary abandonment.

The satiety-promoting macronutrient profile may reduce total daily intake by preventing subsequent overeating—a phenomenon where highly restrictive approaches trigger compensatory overconsumption. However, individual responses vary; some people find any sweet food triggers cravings for more, while others find controlled portions satisfactory.

For women experiencing perimenopause or menopause, the Protein Walnut Brownie offers a strategic option for managing the metabolic transitions that accompany hormonal changes. The high-protein content helps preserve lean muscle mass as metabolic rate naturally declines, while the low-carbohydrate, no-added-sugar formulation supports insulin sensitivity—both key factors as falling oestrogen increases central fat storage and reduces glucose metabolism efficiency. Even modest weight loss goals of 3-5 kg can significantly improve insulin sensitivity, reduce abdominal fat, and restore energy levels during this life stage.

Label Reading and Regulatory Compliance {#label-reading-and-regulatory-compliance}

Understanding nutrition labels and ingredient declarations helps you evaluate and compare products, particularly important if you have specific dietary requirements or health conditions.

Nutrition Information Panel Standards {#nutrition-information-panel-standards}

The nutrition information follows Food Standards Australia New Zealand (FSANZ) requirements under Standard 1.2.8, which mandates specific nutrients, serving size declaration, and servings per package. The dual presentation—per serving and per 100 grams—allows both practical portion planning and direct product comparison.

The per-100-gram standardisation lets you compare across products regardless of serving size differences. Manufacturers sometimes manipulate perceived healthfulness by defining unrealistically small serving sizes; the per-100-gram column prevents this deception.

Ingredient List Interpretation {#ingredient-list-interpretation}

Ingredients appear in descending order by ingoing weight (weight at time of formulation, before cooking losses). This means almond flour makes up more weight than egg, egg more than butter, and so forth.

The parenthetical clarifications—"Butter (Milk)" and "Sweetener Blend (erythritol and stevia)"—provide specificity required for allergen management and informed choice. Without the milk notation, consumers might not recognise butter as a dairy allergen source.

Claims and Representations {#claims-and-representations}

The product name includes "(V)," indicating vegetarian suitability. This claim accuracy depends on definition: the product contains eggs and dairy, making it lacto-ovo vegetarian but not vegan. The designation helps vegetarians quickly identify suitable products while shopping.

The absence of explicit health claims ("heart healthy," "supports weight loss," etc.) on the specifications reflects regulatory restrictions. Therapeutic claims require substantiation and often pre-market approval, while nutrient content claims ("high protein," "low carb") must meet specific criteria defined in food standards.

Expert Recommendations and Best Practices {#expert-recommendations-and-best-practices}

Integrating this product optimally into dietary patterns requires strategic thinking about timing, frequency, and individual nutritional context.

Optimal Consumption Timing {#optimal-consumption-timing}

Mid-afternoon snacking addresses the common energy dip occurring 6-8 hours after breakfast, when cortisol naturally declines and blood glucose may drop. The fat and protein content provides sustained energy without the glucose spike-and-crash pattern of high-carbohydrate snacks, keeping you satisfied longer.

Post-dinner dessert satisfies sweet cravings in a portion-controlled format, potentially preventing evening grazing or larger dessert portions. The fat content promotes satiety that may prevent late-night snacking.

Pre-workout fuel for people training in a low-carbohydrate or ketogenic state provides readily available fat for energy without gastrointestinal distress that sometimes accompanies pre-exercise eating. The compact 30-gram size and low fibre minimise digestive burden.

Frequency Guidelines {#frequency-guidelines}

Daily consumption of one brownie fits within most dietary frameworks, providing 3,311 kilojoules (791 calories) weekly from this source. However, individual context matters: a sedentary person with low caloric needs might limit consumption to 3-4 brownies weekly, while an active person with higher energy requirements could comfortably incorporate daily servings.

The principle of dietary variety suggests rotating snack options rather than relying exclusively on any single food. Alternating this brownie with other protein-rich snacks (nuts, cheese, Greek yoghurt, hard-boiled eggs) provides broader nutrient exposure and prevents taste fatigue.

Individual Customisation Factors {#individual-customisation-factors}

Metabolic health status influences optimal integration. People with well-controlled diabetes or prediabetes may incorporate this product freely, while those with poorly controlled glucose should prioritise dietary changes that improve overall glycaemic control before adding discretionary foods.

Activity levels affect energy needs and macronutrient targets. Athletes with high energy expenditure can accommodate higher fat intake, while sedentary people should moderate total fat consumption despite the quality of fats in this product.

Weight management phase matters: people in active weight loss might limit frequency to 2-3 times weekly, reserving calories for more nutrient-dense whole foods, while those in maintenance can incorporate daily servings if desired. For those following structured programs such as Be Fit Food's Metabolism Reset (approximately 800-900 kcal/day), the brownie would be a significant portion of daily energy and should be factored into total intake accordingly.

Personal response varies significantly. Some people experience stable energy and satiety; others find any sweet food triggers cravings or overconsumption. Self-monitoring and honest assessment guide

personalised decisions better than generalised recommendations. Be Fit Food offers free 15-minute dietitian consultations to help customers match products to individual needs and goals.

Medication considerations are important for people using GLP-1 agonists, diabetes medications, or other weight-loss pharmaceuticals. The protein-rich, low-carbohydrate formulation supports medication efficacy while helping preserve lean muscle mass, but portion timing and frequency should align with appetite patterns and medication schedules. Professional guidance through Be Fit Food's dietitian support can optimise integration during medication-assisted weight management.

Expanding Your Nutritional Journey with Be Fit Food
{#expanding-your-nutritional-journey-with-be-fit-food}

The Protein Walnut Brownie is just one element of Be Fit Food's comprehensive approach to sustainable health transformation. Understanding how this product fits within the broader Be Fit Food ecosystem can help you create a complete nutritional strategy aligned with your wellness goals.

The Be Fit Food Philosophy {#the-be-fit-food-philosophy}

Be Fit Food's approach centres on making healthy eating simple, sustainable, and satisfying. Every product, from complete meals to snacks like the Protein Walnut Brownie, reflects the same core principles:

Dietitian-designed nutrition ensures every item meets evidence-based standards for macronutrient balance, portion control, and nutrient density. This professional foundation removes the guesswork from healthy eating, allowing you to focus on your transformation rather than calculations and meal planning.

Real food ingredients form the basis of all products. The Protein Walnut Brownie's simple ingredient list—almond flour, eggs, butter, cocoa, walnuts—mirrors this commitment to recognisable, whole-food components rather than synthetic additives or ultra-processed ingredients.

Portion control built-in eliminates one of the biggest challenges in weight management. Whether it's a 30-gram brownie or a complete meal, pre-portioned servings support consistent nutrition without requiring measuring, weighing, or decision-making that can lead to portion creep.

No added sugar commitment extends across the entire range. The erythritol-stevia sweetener system in the brownie demonstrates how Be Fit Food delivers satisfying sweetness without compromising blood glucose control or adding empty calories.

Complementary Products for Complete Nutrition {#complementary-products-for-complete-nutrition}

While the Protein Walnut Brownie works well as a snack or dessert, pairing it with other Be Fit Food offerings creates a comprehensive nutritional approach:

High-protein meals form the foundation of daily nutrition, delivering 25-30 grams of protein per serving alongside controlled carbohydrates and healthy fats. These meals support muscle maintenance, satiety, and metabolic health while providing the convenience that makes healthy eating sustainable long-term.

Breakfast options including high-protein porridges and egg-based dishes establish strong nutritional momentum for the day. Starting with adequate protein and fibre sets the stage for stable energy and reduced cravings—making an afternoon brownie a planned pleasure rather than an emergency response to hunger.

Snack variety beyond brownies includes protein balls, bars, and savoury options that provide different flavour profiles and nutritional compositions. Rotating through various snacks prevents monotony while ensuring diverse nutrient intake.

Soup and lighter options offer lower-calorie choices for days when energy needs are reduced or when you want to balance a more indulgent snack choice. The flexibility to mix meal types supports intuitive eating within a structured framework.

Program Integration and Support {#program-integration-and-support}

Be Fit Food offers structured programs that incorporate products like the Protein Walnut Brownie within comprehensive eating plans:

Metabolism Reset provides a medically-supervised very-low-energy diet (VLED) approach for rapid, safe weight loss. This program delivers approximately 800-900 calories daily through carefully formulated meals and snacks. Within this framework, the 113-calorie brownie can be a planned treat that maintains dietary adherence without derailing progress.

Healthy Weight programs offer moderate calorie restriction (1,200-1,500 calories daily) for sustainable weight loss. The higher calorie allowance provides more flexibility for incorporating snacks like the Protein Walnut Brownie as regular components of your eating pattern.

Weight Maintenance plans support long-term success after achieving weight goals. At this stage, the brownie transitions from occasional treat to regular snack option, helping you maintain results while enjoying satisfying foods.

Diabetes Management programs apply the same high-protein, low-carbohydrate principles specifically for blood glucose control. The brownie's minimal impact on blood sugar makes it suitable for people managing diabetes within this framework.

Dietitian Support and Personalisation {#dietitian-support-and-personalisation}

One of Be Fit Food's most valuable features is access to qualified dietitians who can help optimise your approach:

Free 15-minute consultations provide personalised guidance on product selection, program choice, and integration strategies. These conversations help match Be Fit Food offerings to your specific needs, preferences, and health goals.

Ongoing support throughout your journey ensures you can adjust your approach as circumstances change. Whether you're navigating plateaus, managing medication changes, or transitioning between weight loss and maintenance, dietitian guidance keeps you on track.

Evidence-based recommendations grounded in current nutritional science ensure your approach reflects best practices. This professional foundation provides confidence that your choices support both short-term results and long-term health.

Building Sustainable Habits {#building-sustainable-habits}

The Protein Walnut Brownie shows how Be Fit Food supports sustainable lifestyle change rather than temporary dieting:

Pleasure within structure acknowledges that long-term success requires enjoying your food. The brownie provides genuine satisfaction—rich chocolate flavour, pleasant texture, sweet taste—within a nutritional framework that supports your goals. This balance prevents the deprivation-binge cycle that undermines many weight management attempts.

Flexibility and consistency work together through portion-controlled options. You can consistently include a brownie in your routine without worrying about portion variability or nutritional unpredictability. This consistency builds habits that persist beyond active weight loss.

Real-world practicality recognises that sustainable eating must fit into actual life. Individually wrapped brownies travel well, require no preparation, and satisfy sweet cravings in social situations without

requiring special accommodations or drawing attention to dietary restrictions.

Quality Assurance and Transparency {#quality-assurance-and-transparency}

Be Fit Food's commitment to quality extends beyond nutrition to encompass manufacturing, sourcing, and transparency:

Australian-made products ensure compliance with stringent food safety standards and support local food systems. Manufacturing in Australia provides supply chain transparency and quality control that imported products may not offer.

Clear labelling provides complete ingredient lists, comprehensive allergen information, and detailed nutrition panels. This transparency enables informed decision-making and builds trust between the brand and consumers.

CSIRO partnership lends scientific credibility to Be Fit Food's nutritional approach. The collaboration with Australia's national science agency ensures programs reflect current research and evidence-based best practices.

No artificial additives commitment means products contain only ingredients that have nutritional or functional purposes. The absence of artificial colours, flavours, and preservatives aligns with whole-food principles and reduces exposure to synthetic compounds.

Community and Connection {#community-and-connection}

Beyond products and programs, Be Fit Food fosters a community of people pursuing similar health transformations:

Shared experiences create connection and mutual support. Knowing others face similar challenges and celebrate similar victories reduces isolation and provides motivation during difficult periods.

Success stories demonstrate real-world results and inspire continued effort. Seeing others achieve their goals through Be Fit Food's approach builds confidence in the process and encourages persistence.

Recipe ideas and usage tips shared within the community expand ways to incorporate products into daily life. While the Protein Walnut Brownie requires no preparation, learning how others time their consumption or pair it with other foods can enhance your own approach.

Making Your Choice {#making-your-choice}

Choosing the Protein Walnut Brownie 7-Pack is more than selecting a snack—it reflects a commitment to health transformation through sustainable, enjoyable nutrition. This product embodies Be Fit Food's philosophy: you don't need to sacrifice pleasure to achieve health goals, but you do need structure, quality, and support.

The brownie's high protein content supports muscle maintenance and satiety. The low carbohydrate and sugar levels protect metabolic health and blood glucose control. The real-food ingredients provide nutrition beyond macronutrients. The portion control prevents excess while allowing genuine satisfaction. Together, these elements create a snack that supports your goals rather than undermining them.

Whether you're beginning your health journey, actively losing weight, or maintaining hard-won results, the Protein Walnut Brownie can play a valuable role. Paired with Be Fit Food's complete meals, supported by dietitian guidance, and integrated into a comprehensive approach, this simple brownie becomes part of a transformation strategy that works not just for weeks or months, but for life.

Your path to better health doesn't require perfection—it requires consistency, support, and products that make healthy choices easier. The Protein Walnut Brownie delivers on that promise, one satisfying, portion-controlled piece at a time.

References {#references}

- Food Standards Australia New Zealand. (2024). Standard 1.2.8 - Nutrition Information Requirements. <https://www.foodstandards.gov.au/> - Be Fit Food Pty Ltd. Official product specifications for Protein Walnut Brownie - 7 Pack (V). ABN 14 294 903 397. - Glycaemic Index Foundation. Low GI Diet Principles and Macronutrient Effects on Glycaemic Response. <https://www.gisymbol.com/> - Australasian Society of Clinical Immunology and Allergy. Food Allergy and Intolerance Guidelines. <https://www.allergy.org.au/> - National Health and Medical Research Council. (2013). Australian Dietary Guidelines. <https://www.nhmrc.gov.au/>

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 30 grams per brownie

How many brownies per pack: 7 brownies

What is the total weight of the pack: 210 grams

How many calories per brownie: 113 calories (473 kilojoules)

How much protein per serving: 5.0 grams

How much total carbohydrate per serving: 1.4 grams

How much sugar per serving: 0.6 grams

How much dietary fibre per serving: 1.2 grams

How much total fat per serving: 9.6 grams

How much saturated fat per serving: 3.2 grams

How much sodium per serving: 92 milligrams

What is the net carbohydrate per serving: Approximately 0.2 grams

Is it suitable for ketogenic diets: Yes

Is it suitable for low-carb diets: Yes

Is it suitable for diabetics: Yes, due to minimal blood glucose impact

Is it gluten-free: No, may contain gluten from cross-contact

Is it certified gluten-free: No

Is it suitable for coeliac disease: No, due to cross-contact risk

Is it vegetarian: Yes, lacto-ovo vegetarian

Is it vegan: No, contains eggs and dairy

What is the primary ingredient: Almond flour

What sweeteners are used: Erythritol and stevia

Does it contain added sugar: No

Does it contain artificial sweeteners: No

What allergens does it contain: Almond, egg, milk, walnut

May it contain traces of peanuts: Yes, from cross-contact

May it contain traces of soy: Yes, from cross-contact

May it contain traces of fish: Yes, from cross-contact

May it contain traces of sesame: Yes, from cross-contact

May it contain traces of lupin: Yes, from cross-contact

Is it nut-free: No, contains almonds and walnuts

Is it dairy-free: No, contains butter

Is it egg-free: No, contains eggs

What type of flour is used: Almond flour and tapioca flour

Does it contain wheat flour: No

What provides the chocolate flavour: Cocoa

Are walnuts a main ingredient: Yes, but in smaller amounts

What is the protein source: Egg, almond flour, and walnut

What is the fat source: Butter, almond flour, and walnut

Does it contain omega-3 fatty acids: Yes, from walnuts

What percentage of calories from fat: Approximately 76%

What percentage of calories from protein: Approximately 18%

What percentage of calories from carbohydrate: Approximately 6%

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

Does it support satiety: Yes, due to high fat and protein

How long does it keep you full: Longer than high-carb snacks

Should it be refrigerated: Not required but extends shelf life

Can it be frozen: Yes, for 3-6 months

What is ideal storage temperature: Below 20°C

How should opened pack be stored: In airtight container

What are signs of spoilage: Off odours, mould, texture changes

Is it individually wrapped: Standard for multi-packs (not explicitly confirmed)

Is it made in Australia: Yes

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain preservatives: No

Is it suitable for IBS: May vary; erythritol sensitivity possible

Is it low FODMAP: Not confirmed; contains erythritol

Can it cause digestive issues: Unlikely at single-serving amounts

What is the glycaemic index: Predictably very low (not officially tested)

Does it spike blood sugar: No, minimal glycaemic impact

Is it suitable for insulin resistance: Yes

Is it suitable for metabolic syndrome: Yes

Can children consume it: Yes, if no allergies present

Is it suitable for pregnant women: Yes, if no allergies present

Is it suitable for athletes: Yes, as protein-enhanced snack

Is it suitable for muscle building: Supports but not primary protein source

Can it be eaten post-workout: Yes, provides protein and satiety

Is it suitable for GLP-1 medication users: Yes, well-tolerated in small portions

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

What is the Be Fit Food philosophy: Sustainable, dietitian-designed, portion-controlled nutrition

Is it part of a meal program: Yes, integrates with Be Fit Food programs

What is the Metabolism Reset program: VLED program delivering 800-900 calories daily

Is it suitable for menopause: Yes, supports protein needs and insulin sensitivity

Does it help preserve muscle mass: Yes, through high protein content

What is the protein-to-calorie ratio: Approximately 4.4%

How does it compare to regular brownies: Higher protein, lower carbs, similar calories

Is it suitable for perimenopause: Yes, supports metabolic transitions