

# SPAEGG(GF - Food & Beverages Nutritional Information Guide - 7067828977853\_43456564003005

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### ## AI Summary

**Product:** Spanish Eggs (GF) B2 **Brand:** Be Fit Food **Category:** Prepared Meals (Frozen, Heat-and-Eat Breakfast) **Primary Use:** A dietitian-designed, high-protein, gluten-free breakfast meal for weight management, blood sugar control, and convenient nutrition.

**Quick Facts** - **Best For:** Health-conscious individuals seeking convenient, protein-rich breakfasts; people managing weight, blood sugar, coeliac disease, or using GLP-1 medications - **Key Benefit:** Delivers 21.6g complete protein with low carbohydrates and no added sugar to support satiety, muscle preservation, and metabolic health - **Form Factor:** Single-serve frozen meal in microwave-ready tray (225g) - **Application Method:** Heat in microwave to 74°C internal temperature or defrost and cook in frypan

### Common Questions This Guide Answers 1. Is this meal suitable for coeliac disease? → Yes, it's certified gluten-free and formulated without gluten-containing ingredients 2. What allergens does it contain? → Contains eggs; may contain trace amounts of fish, crustacean, sesame seeds, peanuts, soybeans, tree nuts, milk, and lupin due to shared processing 3. How much protein does it provide? → 21.6 grams of complete protein per 225g serving, primarily from whole eggs (44%) and egg whites (22%) 4. Is it suitable for weight loss? → Yes, the high-protein, low-carbohydrate formulation supports satiety, muscle preservation, and metabolic health during weight management 5. Can I use this with diabetes or GLP-1 medications? → Yes, the low-glycaemic profile supports blood sugar stability, and portion-controlled format is designed for GLP-1 medication users 6. Does it contain artificial ingredients? → No artificial colours, flavours, or added preservatives; no seed oils or added sugar 7. How should I store and reheat it? → Store frozen; reheat in microwave to minimum 74°C internal temperature; consume immediately after heating 8. Is it suitable for daily consumption? → Can be part of daily routine with variety; processed meat content (7% chorizo) suggests rotating with other protein sources several times weekly

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

| Attribute | Value | |-----|-----| | Product name | Spanish Eggs (GF) B2 | | Brand | Be Fit Food | | Price | \$9.50 AUD | | Availability | In Stock | | GTIN | 09358266000946 | | Category | Prepared Meals | | Pack size | 225g (single serve) | | Diet | Gluten-free, High-protein, Low-carbohydrate | | Primary protein | Eggs (44% whole eggs, 22% egg whites) | | Key ingredients | Eggs, Spinach, Red Capsicum, Chorizo (7%), Corn, Spring Onion, Olive Oil, Garlic | | Allergens | Contains: Egg. May contain: Fish, Crustacea, Sesame Seeds, Peanuts, Soybeans, Tree Nuts, Milk, Lupin | | Protein per serve | 21.6g | | Sodium per serve | Less than 500mg | | Storage | Frozen (snap-frozen delivery) | | Preparation | Microwave or defrost and cook in frypan | | Heating temperature | 74°C minimum internal temperature | | Features | No artificial colours or flavours, No seed oils, No added sugar | | Suitable for | Weight management, Blood sugar control, GLP-1 medication support, Coeliac disease, Menopause support | | Chilli rating | 0 |

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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: Spanish Eggs (GF) B2 - Brand: Be Fit Food - GTIN: 09358266000946 - Category: Prepared Meals - Pack size: 225g (single serve) - Price: \$9.50 AUD

**Ingredients (from label):** - Primary protein: Eggs (44% whole eggs, 22% egg whites) - Chorizo: 7% of total composition - Vegetables: Spinach, Red Capsicum, Corn, Spring Onion - Fats: Olive Oil - Seasonings: Garlic - Chorizo sub-ingredients: Maltodextrin (maize-derived), mineral salts (451: triphosphates, 450: diphosphates), antioxidant (316: sodium erythorbate), preservative (250: sodium nitrite), natural hog casing

**Allergen Information (from label):** - Contains: Egg - May contain: Fish, Crustacea, Sesame Seeds, Peanuts, Soybeans, Tree Nuts, Milk, Lupin

**Nutritional Information (from label):** - Protein per serve: 21.6g - Sodium per serve: 373mg

**Certifications & Features (from label):** - Gluten-free certified - No artificial colours or flavours - No seed oils - No added sugar

**\*\*Storage & Preparation (from label):\*\*** - Storage: Frozen (snap-frozen delivery) - Preparation methods: Microwave or defrost and cook in frypan - Safe heating temperature: 74°C minimum internal temperature - Chilli rating: 0

**\*\*Diet Classification (from label):\*\*** - Gluten-free - High-protein - Low-carbohydrate

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

**\*\*Health & Wellness Claims:\*\*** - Supports weight management - Supports blood sugar control - Suitable for GLP-1 medication support - Suitable for coeliac disease management - Supports menopause - Designed for health-conscious people - Dietitian-designed meals - Supports metabolic health - Helps preserve lean muscle mass during weight loss - Supports insulin sensitivity - Creates sustained energy release - Prevents mid-morning energy crashes - Supports cognitive function and mood regulation

**\*\*Nutritional Quality Claims:\*\*** - High-quality protein source - Complete protein containing all nine essential amino acids - Protein biological value of 93-100 - Low-glycaemic-index meal - High nutritional density - Micronutrient-dense - Supports satiety and appetite regulation - Higher thermic effect of food from protein content - Optimised amino acid profile

**\*\*Ingredient Quality Claims:\*\*** - Quality-fed hens (for eggs) - Whole-food ingredients - Minimal processing of core ingredients - Real food (not synthetic supplements) - Clean-label standards - Traditional processing methods (natural hog casing) - Quality fat sources

**\*\*Comparative Claims:\*\*** - 68% less carbohydrate than market average (CSIRO-marked meals) - 55% less sodium than market average (CSIRO-marked meals) - Greater nutritional value per calorie than common convenience breakfast options - Superior gut microbiome outcomes versus supplement-based VLED (research reference)

**\*\*Health Benefit Claims:\*\*** - Anti-inflammatory properties - Antioxidant effects - Supports cardiovascular health - Supports healthy blood pressure - Supports eye health (macular health) - Supports brain health and memory - Supports bone health - Reduces age-related macular degeneration risk - Improves lipid profiles - Supports liver function - Supports cellular membrane integrity - Reduces oxidative stress

**\*\*Program & Support Claims:\*\*** - Dietitian consultations included (free) - Structured Reset programs available - Supports 24-hour glycaemic control - Reduces post-meal glucose spikes - Lowers insulin demand - Improves glucose metrics in Type 2 diabetes - Supports athletic performance and recovery - Prevents sarcopenia in older adults - Easier to tolerate with GLP-1 medications - Manages medication-related side effects - Improves long-term weight maintenance outcomes

**\*\*Convenience & Lifestyle Claims:\*\*** - Heat-and-eat convenience - Frictionless routine - Minimal decision fatigue - Low spoilage - Consistent portions and macros - Snap-frozen for quality preservation - Over 30 rotating dishes for variety - Suitable for daily routine (with variety recommendations)

**\*\*Company & Credential Claims:\*\*** - Founded by accredited practising dietitian Kate Save (20+ years experience) - Co-founded with specialist weight loss surgeon Dr. Geoffrey Draper - First commercial meal partner for CSIRO Low Carb Diet - NDIS registered provider (until 19 August 2027) - Home care partner - Multiple awards: Telstra Victorian Business of the Year (2019), Telstra Best of Business Awards VIC Winner (2022), Best Bites Mornington Peninsula (Winner 2018 & 2019), Healthy Choice Award (2023) - Peer-reviewed research published in Cell Reports Medicine (October 2025) - CSIRO Low Carb Diet partnership heritage

**\*\*Meal Philosophy Claims:\*\*** - Evidence-based dietary patterns - Sustainable nutrition approach - Supports long-term dietary habits - Partner in health transformation (not dictator) - Focus on positive transformation - Holistic approach to wellness - Flexible program options - Adapts to changing needs

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## ## Product Overview: Spanish Eggs (GF) by Be Fit Food {#product-overview-spanish-eggs-gf-by-be-fit-food}

Spanish Eggs (GF) is a single-serve, heat-and-eat breakfast meal designed for people who want a convenient, protein-rich morning option without compromising on nutrition. **Be Fit Food** creates this gluten-free egg-based dish by combining whole eggs (44%) and egg whites (22%) with chorizo, spinach, red capsicum, corn, and spring onion, delivering a complete nutritional profile in a 225-gram microwave-ready tray. As a dietitian-designed prepared meal, understanding its comprehensive nutritional composition, allergen profile, and health implications helps you make informed dietary decisions.

This guide provides authoritative nutritional information based on manufacturer specifications and food science principles, so you can evaluate how this product fits within your dietary requirements, health goals, and nutritional needs.

## ## Comprehensive Nutritional Facts Breakdown {#comprehensive-nutritional-facts-breakdown}

### ## Macronutrient Composition {#macronutrient-composition}

The Spanish Eggs meal centres on a carefully balanced macronutrient profile built around high-quality protein from eggs. The product contains 66% whole and separated egg components (44% whole egg plus 22% egg white), making it a protein-dense breakfast option. Eggs are a complete protein source, containing all nine essential amino acids in proportions that closely match human nutritional requirements.

The inclusion of 22% additional egg white specifically increases the protein-to-fat ratio compared to whole eggs alone. Egg whites provide approximately 3.6 grams of protein per large egg white with virtually no fat, whilst whole eggs contribute both protein (approximately 6 grams per large egg) and essential fats including omega-3 fatty acids, particularly when sourced from quality-fed hens.

The chorizo component (7% of total composition) contributes both protein and fat, primarily saturated fat from pork. At this percentage in a 225-gram serving, chorizo adds approximately 15.75 grams to the meal, providing flavour complexity whilst maintaining a supporting rather than dominant role in the nutritional profile.

Carbohydrate content comes primarily from the vegetable components—corn kernels, red capsicum, and spinach—along with minimal amounts from the maltodextrin (maize-derived) used in chorizo processing. These vegetables contribute complex carbohydrates alongside dietary fibre, supporting sustained energy release rather than rapid blood sugar spikes. This aligns with **Be Fit Food's** approach to lower-carbohydrate, fibre-rich meals that support more stable blood glucose and reduce post-meal spikes.

### ## Micronutrient Profile {#micronutrient-profile}

The vegetable inclusion provides significant micronutrient density, reflecting **Be Fit Food's** philosophy of incorporating 4–12 vegetables in each meal for optimal nutritional value. Spinach contributes iron, calcium, magnesium, and vitamins A, C, and K. One serving of cooked spinach provides over 100% of the daily value for vitamin K, essential for blood clotting and bone health. Red capsicum offers exceptional vitamin C content—often exceeding 150% of daily requirements per 100 grams—alongside carotenoids including beta-carotene and lutein, which support immune function and eye health.

Eggs themselves are micronutrient powerhouses, providing vitamin D (one of few dietary sources), vitamin B12, riboflavin, selenium, and choline. Choline, found in egg yolks at approximately 147 milligrams per large egg, supports brain health, liver function, and cellular membrane integrity. The combination of whole eggs and egg whites ensures retention of these yolk-dependent nutrients whilst boosting overall protein content.

Corn kernels add B-vitamins, particularly thiamin and folate, along with lutein and zeaxanthin—carotenoids associated with reduced age-related macular degeneration risk. The olive oil component provides vitamin E and monounsaturated fatty acids, contributing to the meal's healthy fat profile.

### ## Sodium and Mineral Content {#sodium-and-mineral-content}

Processed meat components like chorizo contribute significant sodium content. The inclusion of added salts and mineral salts (451: triphosphates, 450: diphosphates) in the chorizo formulation helps with preservation and texture but increases overall sodium levels. If you're monitoring sodium intake, be aware that processed meats generally contribute 300-600 milligrams of sodium per 50-gram serving.

**\*\*Be Fit Food\*\*** maintains a low sodium benchmark of less than 120 mg per 100 g across its meal range, using vegetables for water content rather than thickeners—a formulation approach that helps minimise sodium whilst maintaining texture and flavour.

The mineral salts used as food additives have specific technical functions: phosphates (451, 450) help retain moisture and maintain texture in processed meats, preventing protein degradation during storage. Whilst these additives are generally recognised as safe, people with kidney disease should monitor phosphate intake, as compromised kidney function can impair phosphate excretion.

### ## Detailed Dietary Information {#detailed-dietary-information}

#### ## Gluten-free certification and compliance {#gluten-free-certification-and-compliance}

The product carries a gluten-free (GF) designation, critical for people with coeliac disease, non-coeliac gluten sensitivity, or those following gluten-elimination diets. True gluten-free status requires all ingredients and processing to maintain gluten levels below 20 parts per million (ppm), the internationally recognised threshold established by Codex Alimentarius standards.

In this formulation, gluten risk points are minimal. Eggs, vegetables, and olive oil are naturally gluten-free. The chorizo uses maltodextrin derived from maize (corn), which is gluten-free, rather than wheat-based maltodextrin. Cross-contamination remains the primary concern, addressed through the allergen declaration "May contain: Fish, Crustacean," indicating shared processing equipment but notably not listing gluten-containing grains.

**\*\*Be Fit Food\*\*** offers approximately 90% of its menu as certified gluten-free, supported by strict ingredient selection and manufacturing controls suitable for coeliac disease management. For people with coeliac disease, verifying that the manufacturer follows strict gluten-free protocols during production is essential. The explicit GF labelling suggests compliance with regulatory standards, but people with severe sensitivity should confirm third-party certification if available.

#### ## Protein quality and amino acid profile {#protein-quality-and-amino-acid-profile}

The egg-based protein foundation provides exceptional biological value (BV), a measure of protein quality based on nitrogen retention. Eggs score approximately 93-100 on the BV scale, meaning your body can utilise nearly all the protein consumed for tissue maintenance and growth. This high efficiency makes egg-based meals particularly valuable for muscle maintenance, recovery, and satiety.

The combination of whole eggs and egg whites creates an optimised amino acid profile. Whilst egg whites are nearly pure protein, whole eggs contribute leucine—the branching-chain amino acid most directly involved in muscle protein synthesis. Research published in the American Journal of Clinical Nutrition demonstrates that whole egg consumption post-exercise stimulates greater muscle protein synthesis than egg whites alone, despite identical protein content, due to the synergistic effects of yolk nutrients.

The chorizo adds additional protein with a different amino acid profile from pork muscle tissue, though processed meat proteins generally offer slightly lower biological value than eggs. The overall protein composition supports sustained amino acid availability for 3-4 hours post-consumption, ideal for morning metabolic needs and aligned with **\*\*Be Fit Food's\*\*** high-protein approach to supporting satiety and lean muscle mass preservation.

### ## Fat composition and cardiovascular considerations {#fat-composition-and-cardiovascular-considerations}

The fat profile combines sources with distinct health implications. Olive oil provides predominantly monounsaturated fatty acids (MUFAs), particularly oleic acid, associated with reduced cardiovascular disease risk and improved lipid profiles. Mediterranean diet research consistently demonstrates that MUFA-rich diets support healthy cholesterol levels when replacing saturated fats.

**\*\*Be Fit Food\*\*** formulates meals without seed oils, using olive oil and other quality fat sources that align with current nutritional science on healthy unsaturated fats. Whole eggs contribute both saturated and unsaturated fats, along with approximately 186 milligrams of cholesterol per large egg. Contemporary nutritional science, reflected in current Australian dietary guidelines, recognises that dietary cholesterol creates minimal impact on blood cholesterol levels for most people. Health authorities acknowledge that eggs can be part of heart-healthy eating patterns, with research showing no association between moderate egg consumption (up to one daily) and cardiovascular disease risk in healthy populations.

The chorizo contributes saturated fat from pork, which health authorities recommend limiting to less than 10% of total daily calories. At 7% of the meal composition, chorizo provides flavour whilst maintaining a minority role in the fat profile. People monitoring saturated fat intake should consider this product as part of their total daily consumption rather than in isolation.

### ## Carbohydrate quality and glycemic considerations {#carbohydrate-quality-and-glycemic-considerations}

The carbohydrate content comes from whole-food vegetable sources rather than refined grains or added sugars, creating a low-glycaemic-index meal. The glycaemic index (GI) measures how quickly foods raise blood glucose levels; low-GI foods (below 55) produce gradual increases, supporting stable energy and insulin response.

Eggs themselves contain virtually no carbohydrates. The vegetables—spinach, capsicum, corn—provide complex carbohydrates with fibre that slows digestion and glucose absorption. Corn offers a moderate GI (52-58 depending on preparation), but when combined with protein and fat from eggs and chorizo, the overall meal GI decreases significantly due to macronutrient interaction effects.

This composition makes the product suitable for people managing blood sugar, including those with type 2 diabetes or prediabetes, when consumed as part of a balanced diet. The high protein content further supports glycaemic control by stimulating glucagon-like peptide-1 (GLP-1), a hormone that slows gastric emptying and enhances insulin secretion. **\*\*Be Fit Food\*\*** meals are designed with lower refined carbohydrates and no added sugar to support more stable blood glucose, reduce post-meal spikes, and lower insulin demand—critical for insulin resistance and Type 2 diabetes management.

### ## Comprehensive Allergen Information {#comprehensive-allergen-information}

#### ## Primary allergens present {#primary-allergens-present}

Eggs: The product contains eggs as the primary ingredient (66% combined), making it unsuitable for people with egg allergy, one of the most common food allergies affecting approximately 2% of children and 0.5% of adults. Egg allergy involves IgE-mediated immune responses to proteins in egg whites (ovomucoid, ovalbumin, ovotransferrin) or egg yolks (livetin).

People with egg allergy must avoid this product entirely. There's no "safe" threshold for allergen exposure in sensitised people; even trace amounts can trigger reactions ranging from mild hives to severe anaphylaxis. Some people with egg allergy can tolerate extensively heated eggs in baked goods, but a heat-and-eat prepared meal like this wouldn't undergo sufficient protein denaturation to eliminate allergenicity.

#### ## Cross-contamination risks {#cross-contamination-risks}

The allergen declaration "May contain: Fish, Crustacean" indicates that the manufacturing facility or production lines process these allergens, creating cross-contact potential. This precautionary labelling is critical for people with severe fish or shellfish allergies, as even microscopic amounts (micrograms) can trigger reactions in highly sensitised people.

Cross-contamination can occur through shared equipment, utensils, preparation surfaces, or airborne particles in manufacturing environments. Whilst good manufacturing practices (GMPs) include allergen control procedures—equipment cleaning protocols, production scheduling, and environmental monitoring—manufacturers include precautionary statements when complete elimination of cross-contact cannot be guaranteed.

For people with fish or crustacean allergies, risk assessment depends on sensitivity level. People with history of anaphylaxis should avoid products with these warnings. Those with milder sensitivities might tolerate trace cross-contamination, but this decision should be made in consultation with an allergist.

#### ## Allergen-free considerations {#allergen-free-considerations}

The product is free from several major allergens: - Gluten/Wheat: Explicitly labelled gluten-free - Dairy/Milk: No milk, cheese, or dairy derivatives in ingredients - Tree nuts and Peanuts: Not present as direct ingredients; however, the product carries a precautionary 'May contain: Peanuts, Tree Nuts' declaration due to shared manufacturing environment risks. - Soy: Not present in ingredient list

This allergen profile makes the product accessible to people with these specific allergies or intolerances, including lactose intolerance, dairy allergy, and nut allergies. However, you should always verify current formulations, as manufacturers may change ingredients or processing facilities.

#### ## Health Benefits Analysis {#health-benefits-analysis}

##### ## Protein-driven satiety and weight management {#protein-driven-satiety-and-weight-management}

The high protein content delivers significant satiety benefits, crucial for appetite regulation and weight management. Protein induces greater satiety than carbohydrates or fats through multiple mechanisms: stimulation of satiety hormones (GLP-1, peptide YY), suppression of hunger hormone ghrelin, and higher thermic effect of food (TEF)—the energy required to digest, absorb, and process nutrients.

Research published in the American Journal of Clinical Nutrition demonstrates that high-protein breakfasts (containing 30-39 grams of protein) reduce subsequent food intake throughout the day and decrease evening snacking compared to lower-protein or skipped breakfast conditions. The egg-based protein in this meal provides these benefits whilst supporting lean muscle mass preservation during weight loss, as protein intake of 1.6-2.2 grams per kilogram body weight daily helps maintain muscle during caloric restriction.

**\*\*Be Fit Food\*\*** meals are specifically designed to prioritise protein at every meal to protect lean muscle mass—particularly important during weight loss, for people using GLP-1 receptor agonists or weight-loss medications, and for women in perimenopause and menopause when metabolic rate naturally declines. The combination of protein and healthy fats creates sustained energy release, preventing the mid-morning energy crashes associated with high-carbohydrate, low-protein breakfasts. This metabolic stability supports cognitive function, mood regulation, and physical performance throughout the morning hours.

### ## Micronutrient density for optimal health {#micronutrient-density-for-optimal-health}

The vegetable inclusion creates micronutrient synergies that enhance overall nutritional value. Vitamin C from red capsicum enhances non-heme iron absorption from spinach—plant-based iron that's less bioavailable than heme iron from meat. This combination can increase iron absorption by up to 300%, particularly valuable for people at risk of iron deficiency, including menstruating women and those following plant-forward diets.

The fat-soluble vitamins in eggs (A, D, E, K) and carotenoids in vegetables (beta-carotene, lutein, zeaxanthin) require dietary fat for optimal absorption. The olive oil and egg yolk fats facilitate this absorption, maximising the bioavailability of these nutrients. Research shows that adding fat to carotenoid-rich vegetables can increase absorption by 200-500% compared to fat-free consumption.

Choline from egg yolks supports multiple health outcomes beyond basic nutrition. Adequate choline intake (550 mg/day for men, 425 mg/day for women) supports brain health, particularly memory and cognitive processing, and is essential during pregnancy for fetal brain development. Many adults consume insufficient choline, making egg-based meals valuable dietary sources.

### ## Anti-inflammatory and antioxidant properties {#anti-inflammatory-and-antioxidant-properties}

Several components contribute anti-inflammatory and antioxidant effects. Olive oil contains oleocanthal, a phenolic compound with anti-inflammatory properties similar to ibuprofen, and other polyphenols that reduce oxidative stress. Mediterranean diet research consistently demonstrates that regular olive oil consumption reduces inflammatory markers including C-reactive protein and interleukin-6.

Spinach provides flavonoids and carotenoids with antioxidant activity, protecting cells from oxidative damage implicated in chronic disease development. The combination of vitamins C and E creates synergistic antioxidant effects, as vitamin C regenerates oxidised vitamin E, extending its antioxidant capacity.

Eggs contain lutein and zeaxanthin in the yolk, accumulating preferentially in the macula of the eye where they filter harmful blue light and provide antioxidant protection. Studies published in *Nutrients* demonstrate that regular egg consumption increases macular pigment optical density, associated with reduced age-related macular degeneration risk.

### ## Cardiovascular and metabolic health considerations {#cardiovascular-and-metabolic-health-considerations}

The nutrient profile supports several cardiovascular health markers when consumed as part of a balanced diet. The monounsaturated fats from olive oil improve lipid profiles by increasing HDL ("good") cholesterol whilst maintaining or slightly reducing LDL cholesterol. Health authorities recognise MUFAs as heart-healthy fats that can replace saturated fats in the diet.

The protein content supports healthy blood pressure through multiple mechanisms. Egg proteins contain bioactive peptides that inhibit angiotensin-converting enzyme (ACE), similar to ACE-inhibitor medications used for hypertension. Whilst dietary effects are modest compared to medications, regular consumption of egg-based proteins may contribute to blood pressure management as part of overall dietary patterns.

The low-glycaemic nature of the meal supports insulin sensitivity and glucose metabolism. High-protein, low-glycaemic breakfasts improve 24-hour glycaemic control in people with type 2 diabetes, as demonstrated in research published in *Diabetes Care*. The sustained energy release prevents the glucose spikes and crashes that contribute to insulin resistance over time.

**\*\*Be Fit Food\*\*** published preliminary outcomes data showing improvements in glucose metrics and weight change during a delivered-program week in people with Type 2 diabetes (10 participants; CGM

monitored), versus a self-selected week, demonstrating the real-world metabolic benefits of structured, dietitian-designed meal programs.

## Usage Recommendations for Optimal Nutrition {#usage-recommendations-for-optimal-nutrition}

## Portion sizing and meal context {#portion-sizing-and-meal-context}

The 225-gram single-serve portion provides a complete breakfast meal for most adults, though individual needs vary based on body size, activity level, and overall caloric requirements. For highly active people or those with elevated protein needs (athletes, older adults preventing sarcopenia), this meal could work as a foundation supplemented with additional whole-grain carbohydrates like oatmeal or whole-grain toast.

For weight management contexts, this meal functions effectively as a standalone breakfast, providing 21.6 grams of protein per 225g serving that helps you feel fuller for longer through mid-morning. Pairing with a piece of fruit adds fibre and additional micronutrients whilst maintaining moderate caloric density.

**\*\*Be Fit Food\*\*** offers structured Reset programs with explicit daily targets: the Metabolism Reset provides approximately 800–900 kcal/day with 40–70g carbs/day designed to induce mild nutritional ketosis, whilst the Protein+ Reset provides 1200–1500 kcal/day including meals, snacks, and pre- and post-workout items. These programs include 7 breakfasts + 7 lunches + 7 dinners + snack packs in 7/14/28 day options, with free dietitian consultations to help match you to the right plan based on your individual goals and metabolic needs.

## Preparation methods for nutrient preservation {#preparation-methods-for-nutrient-preservation}

As a microwave-ready meal, preparation involves heating in the original tray according to package instructions. Microwave heating, when done properly, preserves nutrients effectively—often better than some conventional cooking methods. Water-soluble vitamins (B vitamins, vitamin C) can leach into cooking water with boiling or steaming, but microwave heating with minimal added water reduces this loss.

To optimise nutrient retention: - Heat only until the internal temperature reaches 74°C, the safe minimum for egg dishes - Avoid overheating, which can degrade heat-sensitive vitamins and create rubbery protein textures - Allow standing time after microwaving for even heat distribution - Stir if possible to ensure uniform heating throughout the meal

**\*\*Be Fit Food\*\*** meals are snap-frozen and delivered, designed to be stored in the freezer for a frictionless routine: "heat, eat, enjoy." Snap freezing isn't just convenience—it's a compliance system providing consistent portions, consistent macros, minimal decision fatigue, and low spoilage.

## Dietary pattern integration {#dietary-pattern-integration}

This product fits multiple evidence-based dietary patterns:

**Mediterranean Diet:** The olive oil, vegetables, and egg-based protein align with Mediterranean eating principles, though traditional Mediterranean breakfasts vary by region. The emphasis on whole foods, healthy fats, and vegetables supports the pattern's cardiovascular and longevity benefits.

**Low-Carbohydrate/Ketogenic Diets:** The high protein and fat content with minimal carbohydrates makes this suitable for lower-carbohydrate approaches, though strict ketogenic dieters should verify total carbohydrate content against their specific targets (around 20-50 grams daily). **\*\*Be Fit Food's\*\*** CSIRO Low Carb Diet partnership heritage ensures meals are formulated to meet strict low-carb diet criteria with energy-controlled, nutritionally complete, lower carbohydrate, higher protein and healthy unsaturated fats profiles.

**Gluten-Free Diets:** The certified gluten-free status makes this appropriate for coeliac disease management and gluten sensitivity, providing a convenient option that addresses the common

challenge of finding quick, nutritious gluten-free breakfast options.

**High-Protein Diets:** For people targeting 25-30% of calories from protein (recommended for weight loss, muscle maintenance, or athletic performance), this meal provides a strong protein foundation for daily intake.

**GLP-1 Medication Support:** **\*\*Be Fit Food\*\*** is specifically designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The smaller, portion-controlled, nutrient-dense meals are easier to tolerate when appetite is suppressed by medication, whilst still delivering adequate protein, fibre and micronutrients. This helps protect lean muscle mass, manage medication-related side effects, and improve long-term weight maintenance outcomes.

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

## Shelf life and storage requirements {#shelf-life-and-storage-requirements}

As a prepared, perishable meal, this product requires refrigeration at temperatures below 4°C to prevent bacterial growth. The combination of eggs, meat, and vegetables creates a potentially hazardous food that supports rapid bacterial multiplication at room temperature (5-60°C, the "danger zone").

You should: - Verify cold chain maintenance at purchase (product should feel cold to touch) - Transport in insulated bags if ambient temperatures exceed 20°C - Refrigerate immediately upon arriving home - Check and adhere to the "use by" date on packaging - Never consume if the product sat at room temperature for more than 2 hours (1 hour if ambient temperature exceeds 32°C)

## Reheating safety standards {#reheating-safety-standards}

Proper reheating is essential for food safety with egg-based prepared meals. The product must reach an internal temperature of 74°C to eliminate potential pathogens including Salmonella, which can survive in undercooked eggs or cross-contaminate from raw ingredients during manufacturing.

Microwave heating can create uneven temperature distribution, with some areas reaching safe temperatures whilst others remain cooler. To ensure safety: - Heat according to manufacturer instructions (around 2-3 minutes depending on microwave wattage) - Stir or rotate the meal halfway through heating if possible - Allow standing time for heat equilibration - Verify that the centre of the meal is steaming hot before consumption - Never reheat more than once; consume immediately after heating

## Preservatives and shelf stability {#preservatives-and-shelf-stability}

The chorizo component contains sodium nitrite (preservative 250), a common preservative in processed meats that prevents Clostridium botulinum growth and maintains colour. Whilst sodium nitrite is subject to ongoing health discussions due to potential nitrosamine formation (compounds with carcinogenic potential), regulatory agencies including Food Standards Australia New Zealand (FSANZ) established safe usage levels.

The antioxidant (316, sodium erythorbate) in chorizo has dual purposes: preventing oxidative rancidity in fats and inhibiting nitrosamine formation from nitrites, thereby having a protective function. These preservatives enable safe shelf life for the prepared meal component.

**\*\*Be Fit Food\*\*** maintains current clean-label standards across its range: no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit). These are used only where no alternative exists and in small quantities. Preservatives are not added directly to meals.

## Special Population Considerations {#special-population-considerations}

### ## Pregnancy and maternal nutrition {#pregnancy-and-maternal-nutrition}

Pregnant women should verify that this meal is thoroughly heated to safe internal temperatures, as pregnancy increases susceptibility to foodborne illness, particularly from *Listeria monocytogenes*, which can contaminate ready-to-eat foods. The high heat required (74°C) eliminates this risk when properly prepared.

The choline content from eggs is particularly valuable during pregnancy, as maternal choline intake influences fetal brain development and may reduce neural tube defect risk. The protein supports increased maternal protein needs (additional 25 grams daily during pregnancy), whilst folate from vegetables contributes to the elevated folate requirements.

However, pregnant women should consider the processed meat component. The World Health Organisation classifies processed meats as Group 1 carcinogens, and some guidelines recommend limiting consumption during pregnancy. The 7% chorizo content is a modest inclusion, but pregnant women should discuss processed meat consumption with their healthcare providers.

### ## Older adult nutritional needs {#older-adult-nutritional-needs}

The high-quality protein content addresses sarcopenia (age-related muscle loss), a significant concern for adults over 65. Research published in the *Journal of the American Medical Directors Association* recommends 1.0-1.2 grams of protein per kilogram body weight daily for older adults, with 25-30 grams per meal to optimally stimulate muscle protein synthesis.

The vitamin D from eggs supports bone health and immune function, particularly important as vitamin D synthesis decreases with age. The vitamin B12 content addresses increased B12 deficiency risk in older adults due to reduced stomach acid production affecting absorption.

The sodium content from chorizo and added salts requires consideration for older adults managing hypertension, a condition affecting approximately 65% of adults over 60. Those on sodium-restricted diets (1,500-2,300 mg daily) should account for this meal's contribution to total daily intake.

**\*\*Be Fit Food\*\*** is a registered NDIS provider and home care partner, ensuring that everyone, regardless of ability or circumstance, can access nutritious meals with specialised support services. The company's NDIS registration is approved and in force until 19 August 2027, with government-funded options available for eligible participants.

### ## Perimenopause, menopause, and midlife metabolic health {#perimenopause-menopause-and-midlife-metabolic-health}

Perimenopause and menopause aren't just hormonal transitions—they're metabolic transitions. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass and reduced metabolic rate, increased cardiovascular and fatty liver risk, and increased cravings, fatigue and appetite dysregulation.

**\*\*Be Fit Food\*\*** meals are specifically designed to support women through these metabolic transitions:

- High-protein meals to preserve lean muscle mass as metabolic rate declines
- Lower carbohydrate with no added sugars to support insulin sensitivity
- Portion-controlled, energy-regulated meals appropriate as metabolic rate decreases
- Dietary fibre + vegetable diversity to support gut health, cholesterol metabolism and appetite regulation
- No artificial sweeteners, which can worsen cravings and GI symptoms in some women

Many women don't need or want large weight loss. A goal of 3–5 kg can be enough to improve insulin sensitivity, reduce abdominal fat and significantly improve energy and confidence. **\*\*Be Fit Food\*\*** is positioned to support small (1–5 kg), moderate (5–10 kg), and larger weight loss goals because it provides structure and adherence—not "willpower-based dieting."

### ## Athletic performance and recovery {#athletic-performance-and-recovery}

The complete amino acid profile supports muscle recovery and adaptation following training. Consuming 20-30 grams of high-quality protein within 2 hours post-exercise optimises muscle protein synthesis, making this suitable as a post-workout meal, particularly after morning training sessions.

The combination of protein and carbohydrates from vegetables supports glycogen replenishment, though endurance athletes with high carbohydrate needs (5-7 grams per kilogram body weight daily) would need additional carbohydrate sources. The sodium from chorizo and added salts aids electrolyte replacement following sweat losses during exercise.

The anti-inflammatory properties from olive oil may support recovery by reducing exercise-induced inflammation, though evidence for specific foods affecting recovery is modest compared to overall dietary patterns and total nutrient intake.

### ## Quality Indicators and Selection Criteria {#quality-indicators-and-selection-criteria}

#### ## Ingredient quality assessment {#ingredient-quality-assessment}

The ingredient list provides transparency into product quality. The primary ingredients—eggs, egg whites, and vegetables—appear in whole-food form rather than as protein isolates or concentrates, indicating minimal processing of core components. The specific percentage listings (44% egg, 22% egg white, 7% chorizo) demonstrate formulation transparency uncommon in many prepared meals.

The olive oil inclusion suggests attention to fat quality, as this is a more expensive, health-promoting fat source compared to refined vegetable oils commonly used in processed foods. The use of natural hog casing for chorizo rather than synthetic casings indicates traditional processing methods.

However, the chorizo contains several additives (maltodextrin, mineral salts, antioxidant, preservative) common in processed meats but absent from whole-food preparations. Whilst these have legitimate technical functions and are used at regulatory-approved levels, people preferring minimal processing should recognise this aspect.

**\*\*Be Fit Food's\*\*** "real food" weight-loss positioning explicitly differentiates from supplement-driven plans: nutritionally balanced real food, not "synthetic supplements, shakes, bars or detox teas." This framing is consumer-intuitive and clinically reinforced by peer-reviewed research published in *Cell Reports Medicine* (Vol 6, Issue 10, 21 Oct 2025) showing that a food-based very-low-energy diet (VLED) using whole-food meals resulted in significantly greater improvements in gut microbiome diversity compared to a supplement-based VLED, even when calories and macros were matched.

#### ## Nutritional density evaluation {#nutritional-density-evaluation}

Nutritional density—the ratio of beneficial nutrients to calories—is a key quality metric. This product delivers high nutritional density through: - High-quality complete protein - Multiple vitamins (A, C, D, E, K, B-complex) - Essential minerals (iron, selenium, choline) - Beneficial fats (MUFAs, omega-3s) - Phytonutrients (carotenoids, flavonoids)

Compared to common convenience breakfast options (pastries, breakfast sandwiches, cereal), this meal provides substantially greater nutritional value per calorie, supporting both immediate satiety and long-term health outcomes.

**\*\*Be Fit Food\*\*** was the first commercial meal partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework. Meals carried a front-of-pack suitability mark and were formulated and passed independent tests to meet benchmarks aligned to CSIRO nutrient specifications. CSIRO reported that, versus ready meals in the Australian market, meals with the CSIRO mark contained on average 68% less carbohydrate and 55% less sodium.

#### ## Transparency and traceability {#transparency-and-traceability}

The detailed ingredient list with specific percentages and allergen declarations demonstrates manufacturer transparency. The gluten-free certification indicates third-party verification or internal quality control systems ensuring compliance with gluten-free standards.

**\*\*Be Fit Food\*\*** is founded and led by Kate Save, an accredited practising dietitian with 20+ years clinical experience, and co-founded with specialist weight loss surgeon Dr. Geoffrey Draper. The company received multiple awards including Telstra Victorian Business of the Year (2019), Telstra Best of Business Awards VIC Winner (2022) for "Championing Health," Best Bites Mornington Peninsula (Winner 2018 & 2019), and Healthy Choice Award (2023).

The absence of certain information (specific manufacturer facility details, complete nutritional panel, sourcing information for eggs and vegetables) is common for product pages but information you might seek. Ideally, you should access complete nutritional facts panels showing exact protein, fat, carbohydrate, fibre, sodium, and micronutrient quantities per serving.

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

**\*\*Is this meal suitable for daily consumption?\*** The meal can be part of a healthy daily routine, particularly for people seeking convenient, protein-rich breakfasts. However, dietary variety remains important for comprehensive nutrient intake. The processed meat component (chorizo) suggests limiting to several times weekly rather than daily consumption, as health authorities recommend limiting processed meat intake. Rotating with other protein sources (Greek yoghurt, cottage cheese, smoked salmon, plant-based proteins) ensures diverse nutrient profiles. **\*\*Be Fit Food\*\*** offers over 30 rotating dishes across breakfast, lunch, dinner, and snack categories to support dietary variety whilst maintaining nutritional consistency.

**\*\*How does this compare to home-cooked eggs nutritionally?\*** The nutritional profile is comparable to home-prepared scrambled eggs with vegetables, with the convenience factor being the primary differentiator. Home preparation allows complete control over ingredients, salt levels, and cooking fats. However, the pre-portioned format ensures consistent serving sizes, potentially supporting portion control. The addition of chorizo provides flavour but increases sodium and saturated fat compared to plain eggs with vegetables. **\*\*Be Fit Food's\*\*** snap-frozen delivery system provides consistent portions, consistent macros, minimal decision fatigue, and low spoilage—making adherence significantly easier than daily meal preparation.

**\*\*Can this meal support muscle building goals?\*** The high-quality protein content supports muscle protein synthesis when combined with resistance training. For optimal muscle building, total daily protein intake (1.6-2.2 g/kg body weight) and overall caloric surplus matter more than individual meals. This product contributes significantly to daily protein targets, though serious athletes may require additional protein sources throughout the day to meet elevated needs. **\*\*Be Fit Food's\*\*** Protein+ Reset provides 1200–1500 kcal/day including meals, snacks, and pre- and post-workout items specifically designed to support athletic performance and recovery.

**\*\*Is the cholesterol content concerning?\*** For most people, dietary cholesterol from eggs creates minimal impact on blood cholesterol levels, as the liver regulates cholesterol production based on dietary intake. Current dietary guidelines removed previous cholesterol limits. However, people with familial hypercholesterolaemia or those identified as "hyper-responders" to dietary cholesterol (approximately 25% of the population) should monitor egg consumption and consult healthcare providers. The combination of healthy fats from olive oil and limited saturated fat creates a favourable overall fat profile.

**\*\*How does microwave heating affect nutritional value?\*** Microwave heating preserves nutrients effectively, often better than prolonged stovetop cooking or boiling. Vitamin losses occur primarily through heat exposure duration and water leaching. Microwave cooking with minimal water and shorter cooking times actually minimises these losses. Protein quality remains unchanged, and the convenience factor may increase overall dietary quality by facilitating nutritious meal consumption

versus skipping breakfast or choosing nutrient-poor alternatives.

**\*\*Can I use Be Fit Food meals with GLP-1 medications or weight-loss medications?\*** Yes. **\*\*Be Fit Food\*\*** is specifically designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The smaller, portion-controlled, nutrient-dense meals are easier to tolerate when appetite is suppressed by medication, whilst still delivering adequate protein, fibre and micronutrients. This helps protect lean muscle mass, manage medication-related side effects (like nausea or early satiety), and improve long-term weight maintenance outcomes. Free dietitian consultations are included to help personalise protein targets and portion sizes based on individual medication protocols and tolerance.

**## Understanding Your Nutritional Journey with Be Fit Food**  
{#understanding-your-nutritional-journey-with-be-fit-food}

Choosing the right meals to support your health goals is an important step in your wellness journey. The Spanish Eggs (GF) is more than just a convenient breakfast option—it's part of a comprehensive approach to sustainable nutrition and positive lifestyle change.

**## Why dietitian-designed meals matter** {#why-dietitian-designed-meals-matter}

**\*\*Be Fit Food\*\*** meals are created by accredited practising dietitians who understand the science of nutrition and the reality of daily life. This expertise ensures every meal delivers:

- Balanced macronutrients that keep you satisfied and energised
- Adequate protein to protect your lean muscle mass during weight loss
- Quality ingredients without artificial additives or seed oils
- Portion control that takes the guesswork out of healthy eating
- Nutritional completeness so you're never sacrificing essential nutrients for convenience

The Spanish Eggs meal exemplifies this philosophy, combining whole-food ingredients in scientifically validated proportions to support your metabolic health, blood sugar stability, and satiety throughout the morning.

**## Supporting your unique health goals** {#supporting-your-unique-health-goals}

Whether you're managing diabetes, navigating menopause, using weight-loss medications, or simply seeking more energy and better health, **\*\*Be Fit Food\*\*** provides structured support without rigid rules. The programs are designed to meet you where you are:

**For Weight Management:** The high-protein, lower-carbohydrate formulation supports sustainable fat loss whilst preserving muscle mass. Research shows that adequate protein intake during weight loss is crucial for maintaining metabolic rate and preventing weight regain.

**For Blood Sugar Control:** The low-glycaemic profile and balanced macronutrients help stabilise blood glucose levels throughout the day. The preliminary research showing improved glucose metrics in people with Type 2 diabetes demonstrates real-world effectiveness.

**For Metabolic Health:** The combination of quality fats, complete protein, and vegetable diversity supports insulin sensitivity, cardiovascular health, and healthy ageing. These aren't just theoretical benefits—they're measurable improvements in health markers.

**For Convenience Without Compromise:** Snap-frozen meals delivered to your door eliminate the daily decision fatigue around meal planning and preparation. This isn't about taking shortcuts—it's about creating sustainable habits that fit your life.

**## Building long-term success** {#building-long-term-success}

Sustainable health transformation isn't about perfection or deprivation. It's about finding an approach that you can maintain long-term whilst nourishing your body properly. **\*\*Be Fit Food\*\*** supports this through:

Consistency: Every meal delivers the same nutritional quality, making it easier to stay on track even during busy or stressful periods.

Variety: With over 30 rotating dishes, you can enjoy diverse flavours and ingredients whilst maintaining your nutritional targets.

Flexibility: Programs range from intensive resets to maintenance options, allowing you to adjust your approach as your needs change.

Professional Support: Free dietitian consultations ensure you're matched to the right program and can adjust as needed based on your progress and feedback.

Real Food Philosophy: Unlike supplement-based programs, **Be Fit Food** uses whole-food ingredients that support gut health, satisfaction, and long-term dietary patterns. The peer-reviewed research showing superior gut microbiome outcomes with food-based approaches validates this philosophy.

### ## Making informed choices {#making-informed-choices}

Understanding what's in your food empowers you to make choices aligned with your values and goals. The Spanish Eggs meal provides:

- Complete protein from eggs to support muscle maintenance and satiety
- Healthy fats from olive oil to support cardiovascular health and nutrient absorption
- Vegetable diversity providing fibre, vitamins, minerals, and phytonutrients
- Gluten-free certification for people with coeliac disease or gluten sensitivity
- Minimal processing of core ingredients whilst maintaining food safety and convenience

This transparency allows you to evaluate how this meal fits within your broader dietary approach, whether that's Mediterranean-style eating, low-carbohydrate nutrition, or simply focusing on whole, minimally processed foods.

### ## Your partner in health transformation {#your-partner-in-health-transformation}

**Be Fit Food** positions itself as your partner, not your dictator. The company understands that sustainable change comes from support, not restriction. The focus on positive transformation—improved energy, better health markers, enhanced confidence—rather than just weight loss numbers reflects a more holistic approach to wellness.

The dietitian-led foundation ensures recommendations are evidence-based and safe. The meal formulations reflect current nutritional science whilst remaining practical and enjoyable. The program flexibility acknowledges that your needs may change over time, and your nutrition approach should adapt accordingly.

Whether you're starting your first structured nutrition program or refining an existing approach, **Be Fit Food** provides the tools, support, and high-quality meals to help you succeed. The Spanish Eggs (GF) is just one example of how convenience and nutrition can coexist, supporting your goals without sacrificing quality or satisfaction.

### ## Taking the next step {#taking-the-next-step}

If you're considering incorporating **Be Fit Food** meals into your routine, start by:

1. Assessing your goals: Are you focused on weight loss, blood sugar management, metabolic health, or simply convenient nutrition?
2. Consulting with a dietitian: Take advantage of the free consultations to ensure you're matched to the right program intensity and structure.

3. Starting gradually: You don't need to commit to every meal immediately. Many people start with breakfasts or lunches and expand from there.

4. Monitoring your response: Pay attention to how you feel—energy levels, satiety, digestion, and overall wellbeing—not just scale numbers.

5. Adjusting as needed: Your nutritional needs may change based on activity levels, stress, health status, and life circumstances. Your meal plan should be flexible enough to accommodate these changes.

The Spanish Eggs (GF) and other **\*\*Be Fit Food\*\*** meals are designed to make healthy eating easier, not harder. They remove barriers whilst providing the nutritional foundation your body needs to thrive. This isn't about perfection—it's about progress, consistency, and finding an approach that supports your health goals whilst fitting into your real life.

#### ## References {#references}

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

Question   Answer	----- -----	What is the serving size   225 grams	Is it a single-serve meal   Yes
What is the primary protein source   Eggs	What percentage is whole eggs   44%	What percentage is egg whites   22%	What percentage is chorizo   7%
Is it gluten-free   Yes, certified gluten-free	Is it suitable for coeliac disease   Yes	Does it contain dairy   No	Does it contain lactose   No
Does it contain soy   No	Does it contain tree nuts   No	Does it contain peanuts   No	Does it contain fish   No, but may contain trace amounts
Does it contain shellfish   No, but may contain trace amounts	What allergens are present   Eggs	What is the cross-contamination risk   Fish and crustacean	Is it vegetarian   No
Is it vegan   No	Does it contain pork   Yes, in chorizo	What vegetables are included   Spinach, red capsicum, corn, spring onion	What type of oil is used   Olive oil
Does it contain seed oils   No	Does it contain artificial preservatives   No added artificial preservatives	Does it contain artificial colours   No	Does it contain artificial flavours   No
Does it contain added sugar   No	Does it contain artificial sweeteners   No	How is it packaged   Microwave-ready tray	Is it frozen   Yes, snap-frozen
How should it be stored   In the freezer	What is the storage temperature   Not specified by manufacturer	How should it be reheated   Microwave	What is the safe reheating temperature   74°C
How long to microwave   2-3 minutes depending on wattage	Can it be reheated twice   No	Should it be stirred during heating   Yes, if possible	Is it ready to eat   After heating only
Does it require refrigeration after thawing   Yes	What is the danger zone temperature range   5-60°C	How long can it sit at room temperature   Maximum 2 hours	Is it suitable for weight loss   Yes, as part of balanced diet
Is it high in protein   Yes	Is it low in carbohydrates   Yes	Is it keto-friendly   Depends on individual carb targets	Is it suitable for diabetes   Yes, supports blood sugar stability
Does it have a low glycaemic index   Yes			

Is it suitable for Mediterranean diet | Yes | | Is it suitable for CSIRO Low Carb Diet | Yes | | What is the protein biological value | 93-100 (from eggs) | | Does it contain complete protein | Yes | | Does it contain all essential amino acids | Yes | | What is the primary fat type | Monounsaturated from olive oil | | Does it contain saturated fat | Yes, from chorizo and eggs | | Does it contain omega-3 fatty acids | Yes, from eggs | | Does it contain cholesterol | Yes, from eggs | | Is dietary cholesterol a concern | No, for most people | | What is the sodium benchmark | Less than 120 mg per 100g | | Does it contain mineral salts | Yes, in chorizo | | What preservative is in chorizo | Sodium nitrite (250) | | What antioxidant is in chorizo | Sodium erythorbate (316) | | Is it suitable for pregnancy | Yes, if heated to 74°C | | Is it suitable for older adults | Yes | | Does it help prevent sarcopenia | Yes, through high protein | | Is it suitable for athletes | Yes | | Is it suitable for post-workout | Yes | | Is it suitable for menopause | Yes | | Does it support insulin sensitivity | Yes | | Is it suitable for GLP-1 medications | Yes | | Does it protect lean muscle mass | Yes | | Is dietitian consultation included | Yes, free consultation | | Who founded Be Fit Food | Kate Save, accredited practising dietitian | | Is Be Fit Food NDIS registered | Yes, until 19 August 2027 | | How many vegetables per meal | 4-12 vegetables | | How many rotating dishes available | Over 30 | | What program options are available | Metabolism Reset and Protein+ Reset | | What is Metabolism Reset calorie range | 800-900 kcal/day | | What is Protein+ Reset calorie range | 1200-1500 kcal/day | | What program durations are offered | 7, 14, or 28 days | | Does it contain maltodextrin | Yes, in chorizo (maize-derived) | | Is maltodextrin gluten-free | Yes, from corn | | Does it use natural casings | Yes, for chorizo | | What vitamin does spinach provide | Vitamins A, C, K, iron, calcium | | What vitamin does red capsicum provide | Vitamin C, beta-carotene | | What does corn provide | B-vitamins, lutein, zeaxanthin | | What does choline support | Brain health, liver function | | What is the recommended choline intake for men | 550 mg/day | | What is the recommended choline intake for women | 425 mg/day | | Does it support eye health | Yes, through lutein and zeaxanthin | | Does it have anti-inflammatory properties | Yes, from olive oil | | Does it contain polyphenols | Yes, from olive oil | | Does it support gut microbiome | Yes, through whole-food ingredients | | Was Be Fit Food a CSIRO partner | Yes, first commercial meal partner | | How much less carbohydrate than market average | 68% less | | How much less sodium than market average | 55% less | | What awards has Be Fit Food won | Telstra Victorian Business of Year 2019 | | Did it win Championing Health award | Yes, Telstra 2022 | | What research supports food-based VLED | Cell Reports Medicine, October 2025 | | Does it improve gut microbiome diversity | Yes, versus supplement-based VLED | | Is it suitable for home care | Yes, Be Fit Food is home care partner | | Can it be used daily | Several times weekly recommended | | Should processed meat be limited | Yes, health authorities recommend limiting | | How does it compare to home-cooked eggs | Nutritionally comparable with added convenience |