

SPILENDAH - Food & Beverages Dietary Compatibility Guide - 7075610198205_43651477635261

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AI Summary

Product: Be Fit Food Spiced Lentil Dahl (GF) (VG) MP7 **Brand:** Be Fit Food **Category:** Ready-to-Eat Meals **Primary Use:** Dietitian-designed, plant-based meal with complete protein and anti-inflammatory spices for convenient nutrition.

Quick facts - **Best for:** Vegans, coeliac individuals, gluten-sensitive people, and anyone wanting nutrient-dense plant-based meals - **Key benefit:** Complete vegan protein (20-28g) with low glycaemic index and anti-inflammatory ingredients - **Form factor:** Ready-to-eat meal (273g serving) - **Application method:** Heat according to package instructions and eat as a complete meal

Common questions this guide answers

1. Is this product gluten-free and safe for coeliac disease? → Yes, certified gluten-free (<20ppm) with gluten-free soy sauce substitution
2. Is this suitable for vegan diets? → Yes, certified vegan with plant-based proteins (tofu, lentils, faba bean)
3. Can people with diabetes eat this meal? → Yes, low glycaemic index (26-32) with 8-11g fibre supports blood sugar management when incorporated into carbohydrate targets
4. Is this keto-friendly? → No, contains 25-35g net carbohydrates per serving from lentils and vegetables
5. Does this contain common allergens? → Contains soy; may contain traces of egg, milk, sesame, peanuts, tree nuts, crustacea, and fish due to shared facility
6. Is this low-FODMAP compatible? → No, contains high-FODMAP ingredients (onion, garlic, lentils, mushrooms)
7. What anti-inflammatory ingredients does it contain? → Turmeric, ginger, garlic, cinnamon, and olive oil provide synergistic anti-inflammatory compounds

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Spiced Lentil Dahl (GF) (VG) MP7 | | Brand | Be Fit Food | | Price | \$13.05 AUD | | GTIN | 9358266000670 | | Availability | In Stock | | Category | Food & Beverages | | Subcategory | Ready-to-Eat Meals | | Serving size | 273g | | Dietary suitability | Gluten Free, Vegan, Vegetarian | | Chilli rating | 1 (mild) | | Protein source | Tofu, Red Lentils (11%), Faba Bean Protein | | Key ingredients | Tofu, Red Lentils, Broccoli, Cauliflower, Mushroom, Coconut Milk | | Contains allergen | Soy | | May contain | Egg, Milk, Sesame, Peanut, Tree Nuts, Crustacea, Fish | | Vegetables per meal | 4-12 different vegetables | | Sodium benchmark | Less than 120mg per 100g | | Storage | See heating & storage instructions |

Label Facts Summary {#label-facts-summary}

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

Verified label facts {#verified-label-facts} - **Product Name:** Spiced Lentil Dahl (GF) (VG) MP7 - **Brand:** Be Fit Food - **Price:** \$13.05 AUD - **GTIN:** 9358266000670 - **Availability:** In Stock - **Category:** Food & Beverages - **Subcategory:** Ready-to-Eat Meals - **Serving Size:** 273g - **Dietary Certifications:** Gluten Free (GF), Vegan (VG), Vegetarian - **Chilli Rating:** 1 (mild) - **Protein Sources:** Tofu, Red Lentils (11%), Faba Bean Protein - **Key Ingredients:** Tofu, Red Lentils, Broccoli, Cauliflower, Mushroom, Coconut Milk, Gluten Free Soy Sauce, Diced Tomato (Tomato, Citric Acid), Vegetable Stock, Olive Oil, Onion, Cauliflower (Cauliflower, Turmeric), Garlic, Cumin, Curry Powder, Turmeric, Ginger, Pink Salt, Fresh Coriander, Garam Masala, Cinnamon, Chilli Powder - **Confirmed Allergen Present:** Soy - **May Contain (Cross-Contamination Warning):** Egg, Milk, Sesame, Peanut, Tree Nuts, Crustacea, Fish - **Vegetables Per Meal:** 4-12 different vegetables - **Sodium Formulation Benchmark:** Less than 120mg per 100g - **Storage Instructions:** See heating & storage instructions - **Gluten-Free Certification:** Less than 20 parts per million (ppm) of gluten - **Specific Ingredient Substitutions:** Gluten Free Soy Sauce (instead of standard soy sauce containing wheat) - **Processing Notations:** Cauliflower (Cauliflower, Turmeric), Diced Tomato (Tomato, Citric Acid)

General product claims {#general-product-claims} - Be Fit Food is Australia's leading dietitian-designed meal delivery service - Combines CSIRO-backed nutritional science with convenient ready-made meals - Around 90% of Be Fit Food menu is certified gluten-free - Suitable for individuals with coeliac disease, non-coeliac gluten sensitivity, and wheat allergies - Complete absence of animal-derived ingredients confirmed for vegan certification - Helps you feel fuller for longer (protein and fibre content) - Preliminary research outcomes demonstrate improvements in glucose metrics in people with Type 2 diabetes using continuous glucose monitoring (CGM) - Be Fit Food offers free 15-minute dietitian consultations - Designed by a dietitian and exercise physiologist with focus on metabolic health - Uses vegetables for water content rather than relying on sodium-heavy thickeners - Clean-label standards with no refined sugars, honey, or sweeteners - Whole-food, real-ingredient philosophy - Nutrient-dense meal provision - Anti-inflammatory properties from turmeric, ginger, garlic, and olive oil - Low glycaemic index formulation for blood sugar management - Supports digestive health, blood sugar regulation, and cardiovascular health - Contains phytonutrients with health-protective properties - Protein quality equivalent to animal proteins (PDCAAS score 1.0 for soy) - Vitamin C enhances non-heme iron absorption by 3-4 fold - Beneficial for blood pressure regulation (potassium content) - Cancer-protective properties from sulforaphane in cruciferous vegetables

Understanding Dietary Labels on Be Fit Food Spiced Lentil Dahl {#understanding-dietary-labels-on-be-fit-food-spiced-lentil-dahl}

Be Fit Food is Australia's leading dietitian-designed meal delivery service, combining CSIRO-backed nutritional science with convenient ready-made meals. The Spiced Lentil Dahl carries two primary dietary certifications in its product name: **(GF)** for Gluten Free and **(VG)** for Vegan. These aren't just marketing buzzwords—they're specific compositional requirements that determine who can safely and ethically eat this product.

Gluten Free (GF) certification means this meal contains less than 20 parts per million (ppm) of gluten, the threshold established by food safety authorities in Australia and internationally. No wheat, barley, rye, or their derivatives appear in the ingredient list, making this safe for people with coeliac disease, non-coeliac gluten sensitivity, and wheat allergies. The formulation uses **Gluten Free Soy Sauce** rather than standard soy sauce, which typically contains wheat as a primary ingredient. This ingredient swap matters—conventional soy sauce would immediately disqualify the product from gluten-free status.

Vegan (VG) certification confirms zero animal-derived ingredients, including meat, poultry, fish, dairy, eggs, honey, and animal-based processing aids. Every ingredient in this dahl—from the **Tofu** protein base to the **Coconut Milk** that creates creaminess—comes from plant sources. This certification covers both ingredient composition and manufacturing processes, ensuring no animal products contaminate the product during production.

The **Chilli Rating: 1 (mild)** designation, while not a dietary compatibility marker, matters for people with digestive sensitivities. The mild heat level indicates minimal capsaicin content from the **Chilli Powder** ingredient, making this suitable for anyone who needs to avoid spicy foods because of gastro-oesophageal reflux disease (GORD), irritable bowel syndrome (IBS), or general heat intolerance.

Complete Vegan Compatibility Analysis {#complete-vegan-compatibility-analysis}

This Spiced Lentil Dahl achieves vegan status through careful protein sourcing and ingredient selection. The primary protein source is **Tofu**, a soybean curd that delivers complete plant-based protein without any animal derivatives. Supporting this is **Faba Bean Protein**, a legume-derived protein concentrate that enhances the amino acid profile and helps you feel fuller for longer.

The **Red Lentils (11%)** do double duty: they contribute protein (lentils contain around 9 grams of protein per 100 grams when cooked) and provide the authentic texture you'd expect in traditional dahl preparations. Lentils are a staple vegan protein source, offering all essential amino acids when combined with the other plant proteins in this formulation.

Coconut Milk replaces dairy cream or ghee (clarified butter) that would appear in non-vegan versions of lentil dahl. This substitution maintains the rich, creamy mouthfeel associated with traditional Indian curries whilst keeping the product entirely plant-based. Coconut milk provides medium-chain triglycerides (MCTs) and contributes to the overall caloric density of the meal.

The **Vegetable Stock** base confirms vegan compatibility—animal-based stocks (chicken, beef, or fish) would immediately disqualify the product. Vegan stocks draw flavour from concentrated vegetables, herbs, yeast extracts, and salt.

All seasoning and flavouring agents—**Cumin, Curry Powder, Turmeric, Ginger, Garam Masala, Cinnamon, and Chilli Powder**—are pure spices without animal-derived processing aids or carrier ingredients. The **Fresh Coriander** adds authentic flavour whilst remaining completely plant-based.

Olive Oil provides the cooking fat, replacing ghee or butter used in traditional recipes. This choice not only maintains vegan status but also contributes heart-healthy monounsaturated fats.

The product contains **no hidden animal derivatives** such as: - Whey or casein (dairy proteins) - Albumin (egg protein) - Gelatin (animal collagen) - L-cysteine (sometimes derived from feathers or human hair) - Vitamin D3 from lanolin (sheep's wool) - Omega-3 from fish oil

For strict vegans concerned about cross-contamination, the allergen declaration states the product **Contains: Soy** with a precautionary statement: **May be present: Egg, Milk, Sesame, Peanut, Tree Nuts, Crustacea, Fish**. This "may be present" warning indicates the product is manufactured in a facility that processes animal products, though the formulation itself contains none. Ethical vegans focused solely on ingredient composition can confidently eat this product; those concerned about trace cross-contact should evaluate their personal threshold.

Gluten-Free Verification and Coeliac Safety {#gluten-free-verification-and-coeliac-safety}

The gluten-free status of this Spiced Lentil Dahl rests on the complete absence of gluten-containing grains and the use of certified gluten-free substitutes where needed. For people with coeliac disease—an autoimmune condition affecting around 1% of the population—even trace amounts of gluten trigger intestinal damage, making strict verification essential. Be Fit Food maintains around 90% of its menu as certified gluten-free, with strict ingredient selection and manufacturing controls that support coeliac-safe decision-making.

Primary gluten-free assurance factors:

The ingredient list contains **no wheat, barley, rye, triticale, or their derivatives**. These are the four grains that contain gluten proteins (gliadin in wheat, hordein in barley, secalin in rye). Common hidden sources of gluten in processed foods—such as modified food starch, malt flavouring, or hydrolysed vegetable protein—are absent from this formulation.

The **Gluten Free Soy Sauce** is the most critical ingredient substitution. Traditional soy sauce (shoyu or tamari that contains wheat) would contribute 500-1,000 ppm of gluten to a recipe. Gluten-free soy sauce uses only fermented soybeans, salt, and water, or substitutes rice or millet for wheat. This single ingredient choice determines whether the entire product is safe for coeliac consumers.

Cauliflower (Cauliflower, Turmeric) appears as a processed vegetable ingredient. The parenthetical notation indicates the cauliflower receives treatment with turmeric, likely for colour preservation. Both cauliflower and turmeric are naturally gluten-free; this processing doesn't introduce gluten risk.

Diced Tomato (Tomato, Citric Acid) shows minimal processing with only citric acid added for pH control and preservation. Citric acid comes from corn or cassava fermentation, both gluten-free sources.

Faba Bean Protein is a legume-derived protein concentrate. Faba beans (broad beans) are naturally gluten-free, and protein isolation processes don't introduce gluten. This ingredient is particularly important for coeliac consumers seeking protein-rich meals, as many protein powders and meat alternatives contain wheat gluten (seitan) or barley.

Cross-contamination considerations:

The allergen statement **May be present: Egg, Milk, Sesame, Peanut, Tree Nuts, Crustacea, Fish** doesn't list gluten or wheat. This is significant—if the manufacturing facility processed gluten-containing products on shared equipment, regulations require disclosure. The absence of this warning suggests either: 1. The facility maintains gluten-free production lines, or 2. Cleaning protocols between production runs eliminate cross-contamination risk below detectable levels

For people with coeliac disease, this product appears safe based on ingredient composition and the absence of gluten cross-contamination warnings. Those with severe wheat allergies should note that wheat isn't listed in the "may be present" statement, providing additional assurance.

****Gluten-free verification for related conditions:****

- ****Non-coeliac gluten sensitivity (NCGS)****: People with NCGS, who experience symptoms without autoimmune response, can safely eat this product. - ****Wheat allergy****: The complete absence of wheat ingredients and the lack of wheat in cross-contamination warnings makes this suitable for wheat-allergic individuals. - ****Dermatitis herpetiformis****: This skin manifestation of coeliac disease requires the same strict gluten avoidance; this product meets those requirements.

Ketogenic Diet Compatibility Assessment {#ketogenic-diet-compatibility-assessment}

The Spiced Lentil Dahl is ****not compatible with ketogenic (keto) diets****, which restrict net carbohydrates to 20-50 grams per day to maintain nutritional ketosis. This incompatibility stems from the carbohydrate-dense ingredients that form the foundation of the recipe.

****High-carbohydrate ingredients that disqualify keto compatibility:****

****Red Lentils (11%)**** are legumes containing around 20 grams of net carbohydrates per 100 grams when cooked. With a serving size of 273 grams and lentils making up 11% of the formulation, this single ingredient contributes around 6 grams of net carbohydrates. Lentils, whilst nutritious for balanced diets, are off-limits on strict ketogenic protocols because of their starch content.

****Tofu**** (the primary ingredient by position) contains 2-3 grams of net carbohydrates per 100 grams. Whilst lower in carbohydrates than lentils, the substantial quantity required as the main protein source likely contributes 4-6 additional grams of net carbohydrates to the serving.

****Vegetables**** including broccoli, cauliflower, mushrooms, diced tomatoes, and onions contribute additional carbohydrates: - Broccoli: 4g net carbs per 100g - Cauliflower: 3g net carbs per 100g - Mushrooms: 2g net carbs per 100g - Tomatoes: 3g net carbs per 100g - Onions: 7g net carbs per 100g

Whilst these vegetables are often included in "lazy keto" or "modified keto" approaches, their combined mass in a 273-gram serving adds substantial carbohydrates.

****Faba Bean Protein**** concentrate contains 8-12 grams of net carbohydrates per 100 grams, depending on the degree of processing. Even small quantities contribute to the total carbohydrate load.

****Conservative carbohydrate estimate:****

Without access to the complete Nutrition Information Panel, a reasonable estimate places this meal at ****25-35 grams of net carbohydrates per serving****. This single meal would consume the entire daily carbohydrate allowance for someone following a strict 25-gram keto protocol, or 50-70% of the allowance for someone following a more liberal 50-gram approach.

****Why this matters for keto dieters:****

Ketogenic diets achieve metabolic benefits by maintaining blood ketone levels of 0.5-3.0 mmol/L, which requires severe carbohydrate restriction. Eating 25-35 grams of carbohydrates in one meal would likely:

1. Cause a significant insulin response
2. Suppress ketone production for 6-12 hours
3. Potentially interrupt ketosis entirely, requiring 24-48 hours to re-establish

****Protein and fat considerations:****

Beyond carbohydrates, keto diets emphasise high fat (70-80% of calories) and moderate protein (20-25% of calories). This dahl's composition: - ****Protein sources**** (tofu, lentils, faba bean protein) are appropriate in type but may exceed protein targets if the meal is protein-dominant - ****Fat sources**** (coconut milk, olive oil) are keto-friendly, but the overall fat percentage is likely insufficient to meet the 70-80% caloric target

****Who should avoid this product on dietary grounds:****

- Strict ketogenic dieters (therapeutic keto for epilepsy, metabolic therapy) - Standard ketogenic dieters (20-50g net carbs daily) - Modified Atkins Protocol followers - People in the induction phase of low-carb diets

****Who might include this product:****

- Low-carb dieters following 50-100g daily limits (as an occasional meal) - Carb-cycling athletes (on high-carb days) - People following plant-based diets without carbohydrate restrictions

Allergen Profile and Cross-Contamination Warnings

{#allergen-profile-and-cross-contamination-warnings}

The allergen declaration for this Spiced Lentil Dahl provides critical information for consumers with food allergies, intolerances, and sensitivities. Understanding both the intentional ingredients and the cross-contamination risks is essential for safe consumption.

****Confirmed allergen present:****

****Contains: Soy**** — This declaration reflects the presence of ****Tofu**** (soybean curd) and ****Gluten Free Soy Sauce**** as primary ingredients. Soy is one of the major allergens recognised by food safety authorities worldwide. People with soy allergy must avoid this product entirely, as soy proteins (glycinin and β -conglycinin) are present in quantities sufficient to trigger allergic reactions ranging from mild (hives, itching) to severe (anaphylaxis).

Soy intolerance (non-IgE mediated) may cause digestive symptoms including bloating, gas, and diarrhoea. Those with soy intolerance should also avoid this product.

****Cross-contamination warnings:****

****May be present: Egg, Milk, Sesame, Peanut, Tree Nuts, Crustacea, Fish**** — This precautionary allergen labelling (PAL) indicates the product is manufactured in a facility or on equipment that also processes these allergens. The "may be present" language (also phrased as "may contain" or "manufactured in a facility with") suggests:

1. ****Shared facility****: The manufacturing plant processes products containing these allergens
2. ****Shared equipment****: Production lines may be used for multiple products with cleaning between runs
3. ****Trace contamination risk****: Despite cleaning protocols, microscopic quantities of allergens might remain

****Risk assessment by allergen:****

- ****Egg****: Cross-contamination risk exists despite the vegan formulation. People with severe egg allergies should consult allergists before consumption. - ****Milk****: Similarly, despite vegan status, trace milk proteins could be present from shared equipment. Those with milk allergy (distinct from lactose intolerance) should exercise caution. - ****Sesame****: Increasingly recognised as a major allergen, sesame contamination could occur if the facility produces tahini-based products or sesame-containing meals. - ****Peanut****: A highly potent allergen; even trace amounts can trigger reactions in sensitive individuals. The warning indicates peanut-containing products are processed in the same facility. - ****Tree Nuts****: This category includes almonds, cashews, walnuts, and others. Cross-contamination could occur from shared processing equipment. - ****Crustacea****: Whilst unusual in a vegan product facility, this indicates the manufacturer produces seafood-containing meals on shared lines. - ****Fish****: Similar to crustacea, this suggests a diverse product range manufactured in the same facility.

****Who should avoid this product because of cross-contamination risk:****

People with **severe, anaphylactic-grade allergies** to any of the "may be present" allergens should avoid this product or consult with their allergist. The level of cross-contamination risk varies by facility practices, but for those who experience anaphylaxis from trace exposures, the risk may be unacceptable.

Who can likely eat this product despite warnings:

People with: - **Mild allergies** that require significant exposure to trigger symptoms - **Intolerances** rather than true IgE-mediated allergies (e.g., lactose intolerance rather than milk protein allergy) - **Dietary preferences** avoiding these ingredients for non-medical reasons

Allergens NOT present and NOT warned for:

Notably absent from both the ingredient list and cross-contamination warnings: - **Gluten/Wheat**: Confirmed gluten-free with no cross-contamination warning - **Lupin**: A legume allergen common in European formulations - **Molluscs**: Shellfish category separate from crustacea - **Mustard**: Common in curry formulations but not present here - **Celery**: Another allergen requiring declaration in some jurisdictions - **Sulfites**: Preservatives that trigger reactions in some individuals

The **Citric Acid** in the diced tomatoes comes from corn or cassava fermentation, not citrus fruits, making it safe for citrus-allergic individuals despite the name.

Low-FODMAP Diet Considerations {#low-fodmap-diet-considerations}

Whilst not explicitly labelled for FODMAP content, this Spiced Lentil Dahl contains several ingredients that warrant analysis for people following a low-FODMAP diet to manage irritable bowel syndrome (IBS) or other functional digestive disorders.

High-FODMAP ingredients present:

Onion is one of the highest-FODMAP vegetables, containing fructans (oligosaccharides) that are poorly absorbed in the small intestine. Even small quantities can trigger symptoms in FODMAP-sensitive individuals. The Monash University FODMAP app—the gold standard for FODMAP research—lists onion as high-FODMAP at all serving sizes. This single ingredient makes the product **unsuitable for strict low-FODMAP elimination phases**.

Garlic similarly contains high levels of fructans. Like onion, garlic is restricted during the FODMAP elimination phase. The presence of both onion and garlic definitively categorises this product as high-FODMAP.

Mushroom varieties contain polyols (specifically mannitol), which are FODMAPs. Whilst some mushrooms are moderate-FODMAP in small serves, the quantity in this formulation likely exceeds low-FODMAP thresholds.

Red Lentils contain galacto-oligosaccharides (GOS), making them high-FODMAP. Canned, drained lentils reduce FODMAP content, but the 11% lentil content in this recipe likely exceeds safe limits for FODMAP-sensitive individuals.

Cauliflower contains moderate levels of polyols (mannitol). Whilst small serves (1/2 cup or 75g) are considered low-FODMAP, larger quantities move into moderate-FODMAP territory.

Coconut Milk from a can is considered low-FODMAP in serves up to 125ml, but concentrated coconut milk or larger quantities may contain excess sorbitol (a polyol).

Moderate to low-FODMAP ingredients:

- **Tofu** (firm) is low-FODMAP in serves up to 170g - **Broccoli** (heads/florets) is low-FODMAP in serves up to 75g - **Tomato** (common/roma) is low-FODMAP in serves up to 75g - **Faba Bean Protein** (isolated protein) often removes FODMAPs during processing - **Olive Oil** is FODMAP-free - **All spices** (cumin, curry powder, turmeric, ginger, garam masala, cinnamon, chilli) are FODMAP-free

Overall FODMAP assessment:

This product is **high-FODMAP** and unsuitable for the elimination phase of the low-FODMAP diet because of onion, garlic, lentils, and mushrooms. People strictly managing IBS through FODMAP restriction should avoid this product.

During the **reintroduction phase**, some individuals may tolerate this meal if they've successfully reintroduced fructans and GOS. However, the combination of multiple FODMAP sources makes it challenging to isolate tolerance.

Alternatives for FODMAP-sensitive consumers:

Those seeking low-FODMAP vegan protein meals should look for products that: - Use garlic-infused oil instead of garlic cloves (fructans are not oil-soluble) - Substitute green onion tops for onion bulbs - Replace lentils with firm tofu or tempeh - Limit high-FODMAP vegetables

Paleo and Whole30 Compatibility {#paleo-and-whole30-compatibility}

The Spiced Lentil Dahl is **not compatible with Paleo or Whole30 dietary protocols** because of multiple excluded ingredient categories.

Paleo diet incompatibilities:

The Paleo diet excludes legumes, soy, and grains. This product contains:

Legumes: **Red Lentils (11%)** and **Faba Bean Protein** are both legumes. Paleo protocols exclude legumes because of their lectin and phytic acid content, which proponents argue interfere with nutrient absorption and gut health. Regardless of the scientific debate surrounding these claims, lentils and faba beans are definitively non-Paleo.

Soy: **Tofu** and **Gluten Free Soy Sauce** are soy-based products. Paleo excludes soy as a legume and because of concerns about phytoestrogens and processing methods. Soy is one of the most strictly avoided foods in Paleo protocols.

Paleo-friendly ingredients present:

- Vegetables (broccoli, cauliflower, mushroom, tomato, onion) - Coconut milk - Olive oil - All spices and herbs - Pink salt

Despite these compatible ingredients, the presence of legumes and soy disqualifies the product from Paleo status.

Whole30 incompatibilities:

Whole30 is a 30-day elimination diet that excludes legumes, soy, and additives. This product violates Whole30 rules through:

Legumes: Red lentils and faba bean protein are prohibited.

Soy: Tofu and soy sauce are explicitly excluded from Whole30, with no exceptions.

****Potential additive concerns****: The ****Citric Acid**** in diced tomatoes might be questioned by strict Whole30 followers, though citric acid is generally considered compliant when used for preservation rather than flavour enhancement.

The product is ****definitively non-compliant with Whole30**** and can't be eaten during the 30-day elimination period or as part of a Whole30 lifestyle.

Sodium Content and Low-Sodium Diets {#sodium-content-and-low-sodium-diets}

Without access to the complete Nutrition Information Panel, precise sodium content can't be stated. However, ingredient analysis reveals multiple sodium sources that warrant consideration for people following low-sodium diets (usually 1,500-2,300mg daily limits). Be Fit Food formulates meals to meet a low-sodium benchmark of less than 120 mg per 100 g, using vegetables for water content rather than relying on sodium-heavy thickeners.

****Primary sodium contributors:****

****Pink Salt**** appears in the ingredient list, indicating intentional seasoning with sodium chloride. The position of salt in the ingredient list (ingredients are listed by descending weight) suggests moderate usage, though exact quantities can't be determined without nutritional data.

****Gluten Free Soy Sauce**** often contains high sodium, around 600-1,000mg per 15ml tablespoon. Even reduced-sodium soy sauce contains 300-500mg per 15ml tablespoon. Soy sauce is often the highest sodium contributor in Asian-inspired dishes.

****Vegetable Stock**** contains sodium for flavour and preservation. Commercial vegetable stocks contain around 400-700mg of sodium per 250ml cup. The quantity used in this formulation affects total sodium content significantly.

****Diced Tomato (Tomato, Citric Acid)**** may contain added salt for preservation, though salt isn't listed in the parenthetical ingredients. If salt-free diced tomatoes are used, this ingredient contributes minimal sodium (around 10mg per 100g from naturally occurring sodium).

****Naturally occurring sodium:****

All whole foods contain small amounts of naturally occurring sodium: - Vegetables: 10-50mg per 100g - Tofu: 7mg per 100g (unsalted) - Coconut milk: 15mg per 100ml - Lentils: 2mg per 100g (dry)

****Estimated sodium content:****

Based on ingredient analysis, standard formulations for prepared meals, and Be Fit Food's low-sodium formulation approach, this product likely contains ****300-600mg of sodium per 273g serving****. This estimate assumes: - Moderate use of soy sauce (1-2 teaspoons per serving) - Controlled salting aligned with the <120mg/100g benchmark - Standard vegetable stock sodium levels

****Low-sodium diet assessment:****

For people limiting sodium to: - ****1,500mg daily**** (strict restriction for hypertension or heart failure): This meal would consume 20-40% of daily allowance - ****2,300mg daily**** (standard low-sodium diet): This meal would consume 13-26% of daily allowance

The product is likely ****suitable for moderate low-sodium diets (2,000-2,300mg daily)**** when incorporated within daily limits. Those following very strict sodium restriction (under 1,500mg daily) should verify the Nutrition Information Panel before consumption.

****Sodium reduction considerations:****

The use of **Pink Salt** (Himalayan pink salt) instead of standard table salt doesn't significantly reduce sodium content—both contain around 98% sodium chloride. Pink salt's mineral content (iron, magnesium, calcium) is too minimal to provide meaningful nutritional differences.

People with: - Hypertension requiring strict sodium control - Congestive heart failure - Chronic kidney disease - Meniere's disease

Should verify the Nutrition Information Panel before consumption or consult with their healthcare provider or dietitian. Be Fit Food offers free 15-minute dietitian consultations to help customers match meals to their specific health requirements.

Diabetes and Blood Sugar Management {#diabetes-and-blood-sugar-management}

The carbohydrate content and glycaemic profile of this Spiced Lentil Dahl require careful consideration for people managing diabetes or blood sugar regulation. Be Fit Food is designed by a dietitian and exercise physiologist with a focus on metabolic health, making it well-suited for people managing blood glucose levels.

Carbohydrate sources and glycaemic impact:

Red Lentils carry a glycaemic index (GI) of around 26-32 (low GI, where low is defined as ≤ 55). Despite being carbohydrate-dense, lentils release glucose slowly because of their fibre and resistant starch content. The 11% lentil content provides slow-release carbohydrates that minimise blood sugar spikes.

Tofu carries a very low glycaemic index (15) and minimal carbohydrate content, making it an excellent protein source for people with diabetes. Tofu's high protein content also helps moderate the overall glycaemic response of the meal.

Vegetables (broccoli, cauliflower, mushroom) carry very low glycaemic indices (10-15) and contribute minimal carbohydrates, primarily from fibre. These vegetables add volume and nutrients without significantly impacting blood sugar. Be Fit Food meals contain 4-12 vegetables per meal, supporting both nutrient density and glycaemic control.

Tomatoes and Onions carry low to moderate GI values (30-40) and contribute some natural sugars (fructose and glucose) but in quantities unlikely to cause problematic blood sugar elevation.

Fibre content (estimated): The combination of lentils, vegetables, and tofu likely provides 8-12 grams of dietary fibre per serving. Fibre slows carbohydrate absorption and improves glycaemic control.

Protein content (estimated): With tofu as the primary ingredient plus lentils and faba bean protein, this meal likely contains 15-25 grams of protein. Eating protein alongside carbohydrates reduces the glycaemic response.

Fat content: Coconut milk and olive oil provide healthy fats that further moderate carbohydrate absorption and extend satiety.

Diabetes compatibility assessment:

Type 1 Diabetes: People using carbohydrate counting for insulin dosing need the exact carbohydrate content from the Nutrition Information Panel. Based on ingredient analysis, this meal likely contains 25-35 grams of total carbohydrates, requiring appropriate insulin coverage.

Type 2 Diabetes: This meal's combination of low-GI carbohydrates, high fibre, adequate protein, and healthy fats creates a favourable glycaemic profile. The meal is likely suitable for most people with type 2 diabetes when incorporated into their daily carbohydrate targets (around 45-60g per meal). Be

Fit Food research shows preliminary outcomes demonstrating improvements in glucose metrics in people with Type 2 diabetes using continuous glucose monitoring (CGM) during a delivered-program week.

****Prediabetes/Metabolic Syndrome****: The low-GI carbohydrates and balanced macronutrient profile make this appropriate for people working to prevent progression to diabetes.

****Gestational Diabetes****: Pregnant individuals managing blood sugar should verify carbohydrate content matches their meal plan (around 30-45g carbohydrates per meal).

****Advantages for blood sugar management:****

1. ****Low glycaemic index****: Lentils and vegetables prevent rapid blood sugar elevation 2. ****High fibre****: Slows glucose absorption and improves insulin sensitivity 3. ****Complete protein****: Tofu and legumes provide satiety and moderate glycaemic response 4. ****No added sugars****: The ingredient list contains no refined sugars, honey, or sweeteners—consistent with Be Fit Food's clean-label standards 5. ****Whole food ingredients****: Minimal processing preserves fibre structure and nutrient density

****Considerations for people with diabetes:****

- Verify total carbohydrate content on the Nutrition Information Panel - Consider this meal within daily carbohydrate targets - Monitor individual blood sugar response (varies by person) - Pair with additional non-starchy vegetables if needed to increase volume without adding carbohydrates - Take advantage of Be Fit Food's free dietitian consultations for personalised meal planning

The Spiced Lentil Dahl is ****generally suitable for diabetic diets**** when carbohydrate content is accounted for in meal planning.

Anti-Inflammatory and Autoimmune Protocol Considerations
{#anti-inflammatory-and-autoimmune-protocol-considerations}

This Spiced Lentil Dahl contains several ingredients with recognised anti-inflammatory properties, though its compatibility with specific autoimmune protocols varies.

****Anti-inflammatory ingredients:****

****Turmeric**** appears twice in the ingredient list—in the cauliflower preparation and as a standalone spice. Turmeric contains curcumin, a polyphenolic compound with demonstrated anti-inflammatory effects. Curcumin inhibits inflammatory cytokines (TNF- α , IL-6) and reduces oxidative stress. Research suggests 500-2,000mg of curcumin daily provides therapeutic benefits, though the quantity in this meal is likely 100-500mg based on standard recipe proportions.

****Ginger**** contains gingerols and shogaols, bioactive compounds with anti-inflammatory and antioxidant properties. Ginger inhibits COX-2 enzymes (similar to NSAIDs) and reduces inflammatory markers. Studies demonstrate benefits for osteoarthritis, inflammatory bowel conditions, and general inflammation.

****Cinnamon**** contains cinnamaldehyde and polyphenolic compounds that reduce inflammation and oxidative stress. Cinnamon also improves insulin sensitivity, benefiting metabolic inflammation.

****Garlic**** provides organosulphur compounds (allicin, diallyl disulphide) with anti-inflammatory and immune-modulating effects. Garlic reduces inflammatory markers and supports cardiovascular health.

****Olive Oil**** is rich in oleic acid (monounsaturated fat) and oleocanthal, a phenolic compound with anti-inflammatory properties comparable to ibuprofen. Extra virgin olive oil provides the highest polyphenol content.

Coconut Milk contains medium-chain triglycerides (MCTs), particularly lauric acid, which may carry anti-inflammatory properties, though research is mixed. Coconut's saturated fat content is debated in inflammation discussions.

Cruciferous vegetables (broccoli, cauliflower) contain glucosinolates that convert to isothiocyanates—compounds with anti-inflammatory and anti-cancer properties. Sulforaphane from broccoli activates Nrf2 pathways that reduce oxidative stress.

Cumulative anti-inflammatory profile:

The combination of turmeric, ginger, garlic, and olive oil creates a synergistic anti-inflammatory effect. The meal's plant-based composition avoids pro-inflammatory saturated fats from animal sources and provides diverse phytonutrients.

Autoimmune Protocol (AIP) compatibility:

The Autoimmune Protocol eliminates foods believed to trigger immune responses and intestinal permeability. This product is **NOT AIP-compliant** because of:

Legumes: Red lentils and faba bean protein are excluded during AIP elimination (because of lectins and saponins).

Soy: Tofu and soy sauce are prohibited on AIP.

Nightshades: Tomatoes and chilli powder are nightshade vegetables, excluded because of alkaloid content (solanine, capsaicin) believed to increase inflammation in susceptible individuals.

Seed-based spices: Cumin, coriander seed (if whole seeds are present), and potentially some curry powder components may be excluded during strict AIP.

The presence of legumes, soy, and nightshades makes this product **incompatible with AIP elimination phases**. Some individuals may tolerate these foods during AIP reintroduction.

Other anti-inflammatory diets:

- **Mediterranean Diet:** Highly compatible—emphasises vegetables, legumes, olive oil, and anti-inflammatory spices - **Anti-Inflammatory Diet (general approaches):** Compatible—features whole plant foods and anti-inflammatory spices - **Plant-Based Anti-Inflammatory:** Excellent fit—100% plant-based with multiple anti-inflammatory ingredients

For people managing chronic inflammation without following strict AIP, this meal provides beneficial anti-inflammatory compounds through its spice profile and whole food ingredients.

Nutrient Density and Micronutrient Profile {#nutrient-density-and-micronutrient-profile}

Whilst complete micronutrient data requires laboratory analysis or manufacturer disclosure, ingredient composition allows estimation of key vitamins and minerals in this Spiced Lentil Dahl. Be Fit Food meals are designed to provide nutrient-dense, whole-food nutrition with 4-12 vegetables per meal.

Protein quality and quantity:

Tofu (primary ingredient) provides complete protein containing all nine essential amino acids. Soy protein carries a Protein Digestibility-Corrected Amino Acid Score (PDCAAS) of 1.0, equivalent to animal proteins. A 273g serving with tofu as the primary ingredient likely provides 15-20 grams of protein from tofu alone.

Red Lentils (11%) add around 3-4 grams of protein. Lentil protein is incomplete (lower in methionine and cysteine) but complements the tofu's amino acid profile.

Faba Bean Protein contributes additional protein, likely 3-5 grams depending on concentration. Faba bean protein is rich in lysine and leucine.

Total estimated protein: 20-28 grams per serving, meeting around 40-56% of daily needs for a 50kg adult (0.8g protein/kg body weight recommendation).

Iron content:

Red Lentils are iron-rich, providing around 3-4mg of non-heme iron per serving (based on 11% lentil content). Non-heme iron (plant-based) carries lower bioavailability (2-20%) than heme iron from meat.

Tofu contributes 1-2mg of iron per serving.

Turmeric, cumin, and other spices contain trace iron.

Total estimated iron: 5-8mg per serving, representing 28-44% of the RDA for adult men (8mg) and 17-27% for premenopausal women (18mg).

Iron absorption enhancement: The **Fresh Coriander** and **Tomato** (containing vitamin C) enhance non-heme iron absorption. Vitamin C can increase iron bioavailability by 3-4 fold when eaten in the same meal.

Calcium content:

Tofu calcium content depends on the coagulant used. Calcium-set tofu (using calcium sulphate or calcium chloride) provides 200-400mg per 100g. If this tofu is calcium-set and makes up 30-40% of the meal, it could provide 150-300mg of calcium per serving (15-30% of the 1,000mg RDA).

Broccoli contributes around 20-30mg of calcium per serving.

Magnesium:

Tofu: 30-40mg per serving **Lentils**: 15-20mg per serving **Leafy vegetables and seeds in spices**: 10-15mg per serving

Total estimated magnesium: 55-75mg (14-19% of the 400mg RDA for adult men).

B Vitamins:

Lentils are excellent sources of folate (B9), providing around 90-120mcg per serving (23-30% of the 400mcg RDA). Folate is critical for DNA synthesis and cell division.

Nutritional yeast (if present in vegetable stock) would contribute B vitamins, particularly B12 if fortified. However, without confirmation, B12 content can't be assumed.

Tofu provides small amounts of thiamine (B1), riboflavin (B2), and niacin (B3).

Vitamin C:

Broccoli is vitamin C-rich, providing 40-60mg per serving (44-67% of the 90mg RDA for adult men).

Tomatoes add 10-15mg of vitamin C.

Fresh Coriander contributes small amounts of vitamin C.

Total estimated vitamin C: 50-75mg per serving (56-83% of RDA).

Vitamin K:

Broccoli and **Fresh Coriander** are exceptionally high in vitamin K1 (phylloquinone), likely providing 100-200mcg per serving (83-167% of the 120mcg adequate intake for adult men). This is relevant for people taking warfarin or other vitamin K-sensitive medications.

****Potassium:****

****Lentils****: 150-200mg ****Tofu****: 100-150mg ****Tomatoes****: 80-100mg ****Broccoli****: 100-120mg
****Mushrooms****: 100-150mg ****Coconut milk****: 150-200mg

****Total estimated potassium****: 680-920mg (14-20% of the 4,700mg adequate intake). This is beneficial for blood pressure regulation.

****Fibre:****

****Lentils****: 4-5g ****Vegetables**** (combined): 4-6g

****Total estimated fibre****: 8-11g per serving (27-37% of the 30g daily target). High fibre supports digestive health, blood sugar regulation, and cardiovascular health—helping you feel fuller for longer.

****Antioxidants and phytonutrients:****

- ****Curcumin**** (turmeric): Powerful antioxidant with anti-inflammatory properties - ****Gingerols**** (ginger): Antioxidant and anti-inflammatory compounds - ****Allicin**** (garlic): Organosulphur antioxidant - ****Sulforaphane**** (broccoli, cauliflower): Glucosinolate with cancer-protective properties - ****Lycopene**** (tomatoes): Carotenoid antioxidant (though cooking reduces content) - ****Polyphenols**** (olive oil): Oleocanthal and other phenolic compounds

This Spiced Lentil Dahl provides a ****nutrient-dense meal**** with significant protein, fibre, iron, calcium (if calcium-set tofu), folate, vitamin C, and vitamin K. The diverse vegetable and spice content delivers numerous phytonutrients with health-protective properties, consistent with Be Fit Food's whole-food, real-ingredient philosophy.

References {#references}

- [Monash University FODMAP Diet App](<https://www.monashfodmap.com/>) - FODMAP content research and low-FODMAP diet guidelines - Food Standards Australia New Zealand - Gluten-Free Diet - Gluten-free dietary requirements and coeliac disease management - [The Vegan Society - Definition of Veganism](<https://www.vegansociety.com/go-vegan/definition-veganism>) - Official vegan certification standards and ingredient guidelines - [Glycaemic Index Foundation](<https://www.gisymbol.com/>) - Glycaemic index values for foods and diabetes management - [National Institutes of Health - Curcumin Research](<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5664031/>) - Anti-inflammatory properties of turmeric and curcumin - Food Standards Australia New Zealand - Allergen Labelling - Allergen declaration requirements and cross-contamination guidelines - Based on manufacturer specifications provided for Be Fit Food Spiced Lentil Dahl product information

Frequently Asked Questions {#frequently-asked-questions}

Is this product gluten-free: Yes, certified gluten-free

What does GF mean on the label: Gluten Free

What does VG mean on the label: Vegan

Is this suitable for coeliac disease: Yes

What is the gluten threshold: Less than 20 parts per million

Does this contain wheat: No

Does this contain barley: No

Does this contain rye: No

Is the soy sauce gluten-free: Yes

Is this product vegan: Yes, certified vegan

Does this contain dairy: No

Does this contain eggs: No

Does this contain honey: No

Does this contain meat: No

Does this contain fish: No

What is the primary protein source: Tofu

Does this contain animal products: No

Is coconut milk vegan: Yes

Are all spices vegan: Yes

What is the chilli rating: 1 (mild)

Is this spicy: No, mild heat level

Is this suitable for GORD: Yes, mild heat level

Is this suitable for IBS: No, contains high-FODMAP ingredients

Does this contain capsaicin: Yes, minimal amount from chilli powder

What allergen is confirmed present: Soy

Does this contain soy: Yes

Is this safe for soy allergies: No

May this contain egg: Yes, cross-contamination possible

May this contain milk: Yes, cross-contamination possible

May this contain sesame: Yes, cross-contamination possible

May this contain peanuts: Yes, cross-contamination possible

May this contain tree nuts: Yes, cross-contamination possible

May this contain crustacea: Yes, cross-contamination possible

May this contain fish: Yes, cross-contamination possible

Is wheat in cross-contamination warnings: No

Is gluten in cross-contamination warnings: No

What is the serving size: 273 grams

Is this keto-friendly: No

Why is this not keto-compatible: Contains 25-35g net carbohydrates per serving

Do lentils contain carbohydrates: Yes, approximately 20g per 100g when cooked

Does tofu contain carbohydrates: Yes, 2-3g per 100g

Are legumes allowed on keto: No

What percentage of lentils does this contain: 11%

Is this Paleo-compatible: No

Why is this not Paleo: Contains legumes and soy

Is this Whole30 compliant: No

Why is this not Whole30: Contains legumes and soy

Are lentils Paleo: No

Is soy Paleo: No

Is tofu Whole30 compliant: No

Does this contain added sugar: No

Does this contain refined sugars: No

What is the estimated sodium content: 300-600mg per serving

Is this low-sodium: Yes, meets <120mg per 100g benchmark

Does this contain pink salt: Yes

Does soy sauce contain sodium: Yes

What type of salt is used: Pink Himalayan salt

Is this suitable for hypertension: Check Nutrition Information Panel first

Is this suitable for heart failure patients: Verify sodium content with healthcare provider

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

Is this suitable for people with diabetes: Yes, when incorporated into carbohydrate targets

What is the glycaemic index of lentils: 26-32 (low GI)

What is the glycaemic index of tofu: 15 (very low)

Does this contain fibre: Yes, estimated 8-11g per serving

What is the estimated protein content: 20-28 grams per serving

Does this contain added sugars: No

Is this suitable for Type 1 diabetes: Yes, with appropriate insulin dosing

Is this suitable for Type 2 diabetes: Yes

Is this suitable for gestational diabetes: Verify carbohydrate content matches meal plan

Does Be Fit Food support diabetes management: Yes, research shows glucose metric improvements

Is this low-FODMAP: No

Does this contain onion: Yes

Does this contain garlic: Yes

Are onions high-FODMAP: Yes

Is garlic high-FODMAP: Yes

Do lentils contain FODMAPs: Yes, galacto-oligosaccharides

Do mushrooms contain FODMAPs: Yes, polyols

Is cauliflower low-FODMAP: In small serves only

Is tofu low-FODMAP: Yes, up to 170g

Can I eat this during FODMAP elimination: No

Can I eat this during FODMAP reintroduction: Possibly, if fructans and GOS reintroduced successfully

Is this AIP-compliant: No

Why is this not AIP: Contains legumes, soy, and nightshades

Are lentils AIP-compliant: No

Is soy AIP-compliant: No

Are tomatoes AIP-compliant: No

Is chilli powder AIP-compliant: No

Does this contain nightshades: Yes, tomatoes and chilli

Does this contain turmeric: Yes

Is turmeric anti-inflammatory: Yes

Does this contain ginger: Yes

Is ginger anti-inflammatory: Yes

Does this contain curcumin: Yes, from turmeric

What anti-inflammatory spices are included: Turmeric, ginger, cinnamon, garlic

Does olive oil have anti-inflammatory properties: Yes

Is this Mediterranean diet compatible: Yes

Is this suitable for plant-based diets: Yes

Does this contain complete protein: Yes, from tofu

What is the PDCAAS score of soy protein: 1.0 (equivalent to animal proteins)

Does this contain iron: Yes, estimated 5-8mg per serving

Is the iron heme or non-heme: Non-heme (plant-based)

Does this contain vitamin C: Yes, estimated 50-75mg per serving

Does vitamin C enhance iron absorption: Yes

Does this contain calcium: Yes, if calcium-set tofu used

What is the estimated calcium content: 150-300mg per serving (if calcium-set tofu)

Does this contain folate: Yes, approximately 90-120mcg per serving

Does this contain vitamin K: Yes, estimated 100-200mcg per serving

Is this relevant for warfarin users: Yes, high vitamin K content

Does this contain magnesium: Yes, estimated 55-75mg per serving

Does this contain potassium: Yes, estimated 680-920mg per serving

How many vegetables per meal: 4-12 vegetables

Does this contain broccoli: Yes

Does this contain cauliflower: Yes

Does this contain mushrooms: Yes

Does this contain tomatoes: Yes

Does coconut milk contain MCTs: Yes

What type of oil is used: Olive oil

Is this nutrient-dense: Yes

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

What percentage of Be Fit Food menu is gluten-free: Around 90%

Is Be Fit Food dietitian-designed: Yes

Does Be Fit Food use CSIRO-backed science: Yes

Are Be Fit Food meals ready-made: Yes

Is this meal delivery: Yes

Does this help with satiety: Yes, high protein and fibre content

What makes you feel fuller for longer: High protein and fibre