

STIDATPRO - Food & Beverages Dietary Compatibility Guide - 1551705931865_43456579764413

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AI Summary

Product: Sticky Date Protein Balls - 7 Pack (GF) (V) S7 **Brand:** Be Fit Food **Category:** Protein snack balls **Primary Use:** Gluten-free, vegetarian protein snack providing convenient nutrition between meals

Quick Facts - Best For: Gluten-free vegetarians seeking convenient, whole-food protein snacks - **Key Benefit:** 21% whey protein content with prebiotics and postbiotics in portion-controlled format - **Form Factor:** Pre-portioned protein balls (25g each) - **Application Method:** Ready-to-eat snack, best when chilled or frozen

Common Questions This Guide Answers

1. Are these protein balls gluten-free? → Yes, certified gluten-free with no wheat, barley, or rye
2. Are they suitable for vegans? → No, contains whey protein from dairy
3. Do they contain nuts? → Yes, contains almonds and walnuts as primary ingredients
4. Are they keto-friendly? → Not optimised for ketogenic diets due to date-based carbohydrate content (approximately 10–15g per ball)
5. Can people with dairy allergies consume them? → No, contains milk-derived whey protein isolate and concentrate
6. Are they low-FODMAP? → No, contains high-FODMAP oligofructose and dates

Product Facts {#product-facts}

Attribute	Value
Product name	Sticky Date Protein Balls - 7 Pack (GF) (V) S7
Brand	Be Fit Food
Price	\$24.60 AUD
Pack size	7 pack (175g total)
Serving size	25g per ball
GTIN	0806809023086
Availability	In Stock
Diet	Gluten-Free, Vegetarian (Lacto)
Key ingredients	Dates, Almond Meal, Whey Protein Powder (21%), Walnuts, Coconut
Protein source	Whey Protein Isolate & Concentrate with Prebiotics & Postbiotics
Allergens (Contains)	Milk, Soy, Almonds, Walnuts
Allergens (May contain)	Sesame Seeds, Peanuts, Tree Nuts
Added sugar	None
Artificial sweeteners	None
Artificial colours & flavours	None
Storage	Best when chilled or frozen

--- ## 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:** Sticky Date Protein Balls - 7 Pack (GF) (V) S7
- Brand:** Be Fit Food
- Price:** \$24.60 AUD
- Pack Size:** 7 pack (175g total)
- Serving Size:** 25g per ball
- GTIN:** 0806809023086
- Availability:** In Stock
- Diet Classifications:** Gluten-Free (GF), Vegetarian (Lacto) (V)
- Ingredients:** Dates, Almond Meal, Whey Protein Powder (21%), Walnuts, Coconut
- Protein Source Components:** Whey Protein Isolate & Concentrate with Prebiotics (Oligofructose) & Postbiotics (Lactobacillus Plantarum)
- Protein Powder Sub-ingredients:** Oligofructose, Vanilla Flavouring, Stevia, Guar Gum, Soy Lecithin
- Contains Allergens:** Milk, Soy, Almonds, Walnuts
- May Contain Allergens:** Sesame Seeds, Peanuts, Tree Nuts
- Added Sugar:** None
- Artificial Sweeteners:** None
- Artificial Colours:** None
- Artificial Flavours:** None
- Artificial Preservatives:** None (implied from "no added artificial preservatives" statement)
- Storage Recommendation:** Best when chilled or frozen
- Manufacturing Location:** 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia

General Product Claims {#general-product-claims}

- Supports gluten-free lifestyle and coeliac disease management
- Suitable for lacto-vegetarian diets
- Provides convenient protein for athletes
- Supports muscle protein synthesis through complete amino acid profile
- High bioavailability protein source
- Supports lean muscle preservation during weight management
- Beneficial for individuals using GLP-1 medications
- Helpful for managing menopause-related muscle loss
- Supports gut health through prebiotic and postbiotic inclusion
- Feeds beneficial gut bacteria
- May improve digestive health

(for non-FODMAP-sensitive individuals) - Portion-controlled format supports awareness and control - Whole-food ingredient base - Clean-label formulation - Nutrient-dense snack option - Real food nutrition philosophy - Evidence-based formulation - Designed by accredited dietitians - CSIRO partnership heritage - Supports metabolic health - Approximately 90% of Be Fit Food menu is gluten-free - Coeliac-safe manufacturing controls - Average sodium content <120mg per 100g (brand-wide claim) - 68% less carbohydrate content compared to standard ready meals (brand-wide claim) - NDIS-registered meal delivery service - Free 15-minute dietitian consultation available - Peer-reviewed clinical research support (brand-level) - Sustainable wellness transformation support - Supports blood glucose management when used appropriately - Superior micronutrient profile compared to conventional protein balls with added sugars - Dates provide potassium, magnesium, B vitamins - Mixed macronutrient profile moderates blood sugar impact - Protein and fat content slow glucose absorption - Built-in serving size management through pre-portioning - Supports various wellness goals when used appropriately - Satisfying solution for protein-rich options - Convenient, nutrient-dense snack between structured meals

Understanding Be Fit Food Sticky Date Protein Balls Dietary Profile {#understanding-be-fit-food-sticky-date-protein-balls-dietary-profile}

Be Fit Food's Sticky Date Protein Balls wear their dietary credentials right in the name: (GF) for gluten-free and (V) for vegetarian. This 7-pack snack fits neatly into some eating patterns while completely missing the mark for others. Understanding which camp you fall into requires looking past the marketing shorthand and into the actual ingredient list.

Each 25g ball packs dates, almond meal, whey protein powder (21% of the total), walnuts, and coconut. The protein blend includes prebiotics (oligofructose) and postbiotics (Lactobacillus Plantarum)—fancy additions that sound great for gut health but create complications for certain dietary restrictions. This combination creates a specific compatibility profile that works beautifully for some people and fails completely for others.

If you're managing food allergies, dealing with intolerances, or following a specific eating philosophy, this guide cuts through the confusion. We'll cover gluten-free, vegetarian, vegan, keto, dairy-free, nut-free, and several other common dietary frameworks.

Gluten-Free Status: Certified Compatibility {#gluten-free-status-certified-compatibility}

The (GF) label means exactly what it says—these protein balls contain zero wheat, barley, rye, or their sneaky derivatives. Looking at the ingredients confirms this: dates, almond meal, whey protein, walnuts, and coconut are all naturally gluten-free.

****What's actually in here:**** - ****Dates****: Just fruit, nothing grain-related - ****Almond Meal****: Ground almonds, no grain contamination - ****Whey Protein Isolate/Concentrate****: Comes from milk, completely gluten-free - ****Walnuts****: Tree nut, no gluten issues - ****Coconut****: Fruit seed, safe territory

The protein powder includes oligofructose (from chicory root), vanilla flavouring, stevia, guar gum, and soy lecithin. When properly sourced, all of these are gluten-free.

****Cross-contamination reality check:**** The label warns "May contain: Sesame Seeds, Peanuts, Tree Nuts" because of shared equipment. Notice what's missing? Any mention of gluten-containing grains. For people with coeliac disease or serious gluten sensitivity, this absence matters. Be Fit Food keeps strict controls on their manufacturing—about 90% of their entire menu is gluten-free, which tells you they take coeliac safety seriously.

****Bottom line:**** If you have coeliac disease or avoid gluten, these protein balls are safe. The whole-food ingredient list eliminates worries about hidden gluten in modified starches, mystery "natural flavours," or other places gluten likes to hide. Be Fit Food's clean-label approach (no artificial colours,

flavours, or preservatives) means what you see is what you get.

Vegetarian Compatibility: Confirmed with Dairy Inclusion
{#vegetarian-compatibility-confirmed-with-dairy-inclusion}

The (V) marker is accurate—these contain no meat, poultry, fish, or slaughter by-products. They fit the lacto-vegetarian definition (vegetarian diet that includes dairy).

****What makes them vegetarian:**** - Plant foods: dates, almonds, walnuts, coconut - Dairy protein: whey isolate and concentrate (from milk during cheese-making) - Plant-based additives: oligofructose (chicory root), guar gum (legume), soy lecithin (soybeans) - Microbial postbiotic: Lactobacillus Plantarum (bacterial culture, not animal-sourced)

****The dairy detail:**** Whey protein is the key animal ingredient here. When milk separates into curds (for cheese) and liquid whey, that liquid gets processed into protein powder. Vegetarian? Yes. Vegan? Absolutely not.

The Lactobacillus Plantarum deserves a mention—it's a bacterial strain grown in labs, not extracted from animals. This doesn't affect vegetarian status and actually reflects Be Fit Food's focus on gut health through prebiotics and postbiotics.

****Which vegetarians can eat these:**** - ✓ Lacto-vegetarian: Yes (contains dairy) - ✓ Lacto-ovo vegetarian: Yes (no eggs, but dairy is fine) - ✗ Ovo-vegetarian: No (contains dairy) - ✗ Vegan: No (whey from milk)

Vegan Compatibility: Not Suitable {#vegan-compatibility-not-suitable}

These protein balls are ****not vegan****. The whey protein—21% of the total formula—comes from cow's milk. End of story for vegan diets.

****The animal ingredient:**** Both whey protein isolate and concentrate come from liquid whey, the watery part of milk that separates during cheese production. No animals die for whey, but it's still an animal secretion that requires dairy farming. Veganism excludes all animal products, slaughter or not.

****Why they chose whey:**** Whey provides all nine essential amino acids in ratios that support muscle building. It absorbs quickly and has high bioavailability. Be Fit Food prioritises protein quality to help preserve lean muscle during weight loss—especially important for people on GLP-1 medications or dealing with menopause-related muscle loss. But this nutritional benefit comes at the cost of vegan compatibility.

****For vegan shoppers:**** The allergen statement lists "Contains: Milk" right up front—a clear red flag. If you need similar macros in vegan form, look for products using pea protein, rice protein, or hemp protein instead of whey. Be Fit Food has a separate vegan range for plant-based customers.

****No other animal ingredients:**** Beyond whey, everything else is plant-based or bacterial. The Lactobacillus Plantarum is a bacterial culture, stevia comes from plants, and guar gum is from legumes. Only the whey creates the vegan problem.

Ketogenic Diet Suitability: Carbohydrate Analysis {#ketogenic-diet-suitability-carbohydrate-analysis}

Whether these fit keto depends on your daily carb limit and how strictly you're tracking. Keto diets typically cap net carbs at 20–50g daily to maintain ketosis.

****Macronutrient breakdown (per 25g ball):**** The complete nutrition panel wasn't fully available, but we can estimate based on ingredients:

- ****Main carb source****: Dates (listed first, meaning highest proportion) - ****Protein****: Elevated from 21% protein powder plus nuts - ****Fat sources****: Almond meal, walnuts, coconut (all high-fat)

The date problem: Dates are roughly 75% carbohydrates—mostly natural sugars (glucose, fructose, sucrose). In a 25g ball where dates lead the ingredient list, you're looking at 10–15g of carbs per serving, depending on the exact recipe.

Fibre helps, but not enough: The product contains oligofructose prebiotic fibre, date fibre, and nut fibre. If total fibre hits 3–5g per ball, net carbs (total carbs minus fibre) drop to about 7–12g per serving.

Keto reality check: - **Strict keto (20g net carbs/day):** One ball eats up 35–60% of your daily allowance—technically possible but tight - **Moderate keto (30–50g net carbs/day):** More workable as an occasional snack - **Not keto-optimised:** The date-forward recipe prioritises whole foods over keto macros

Verdict: These are **not designed for keto**. While you could squeeze one into your macros, the carb density makes them inefficient for ketogenic eating. Real keto protein balls use nut butters, coconut, and low-carb sweeteners (erythritol, monk fruit) instead of dates. If you want keto from Be Fit Food, their Metabolism Reset program (40–70g carbs/day, 800–900 calories/day) is specifically built to induce mild ketosis through structured meals, not individual snacks.

Dairy-Free Status: Not Compatible {#dairy-free-status-not-compatible}

These protein balls contain dairy and are **not dairy-free**. The allergen label says "Contains: Milk" clearly, with whey protein isolate and concentrate as the dairy culprits.

Dairy breakdown: Both whey forms come from milk: - **Whey Protein Isolate:** Processed to 90%+ protein, most lactose and fat removed - **Whey Protein Concentrate:** 70–80% protein, retains some lactose and milk fat

Lactose levels: Whey isolate goes through extra processing to strip out lactose (milk sugar), usually leaving less than 1g per serving. Whey concentrate keeps more lactose. The actual lactose load per 25g ball depends on the isolate-to-concentrate ratio, which isn't specified.

Milk allergy vs. lactose intolerance: - **Milk allergy:** Avoid completely. Whey contains milk proteins (beta-lactoglobulin, alpha-lactalbumin) that trigger allergic reactions. This product is unsafe. - **Lactose intolerance:** Varies by person. Some people handle whey isolate fine but react to concentrate. With 21% protein powder (about 5.25g per ball), the dairy protein load might cause problems for severe intolerance.

Why dairy made the cut: Whey protein offers rapid absorption and complete amino acids. This positions the product for fitness and metabolic support rather than allergen accommodation. For people losing weight—especially those on GLP-1 medications or managing menopause metabolism—the high-quality protein helps protect muscle mass during calorie restriction. But this comes at the expense of dairy-free compatibility.

Nut Allergy Considerations: Multiple Tree Nuts Present {#nut-allergy-considerations-multiple-tree-nuts-present}

These protein balls are **completely unsafe for tree nut allergies**. The formula contains almonds (as almond meal) and walnuts as major ingredients, with coconut also present (often grouped with tree nuts for allergen purposes).

Nut ingredients: - **Almond Meal:** Ground almonds, second ingredient by weight - **Walnuts:** Whole or chopped, fourth ingredient - **Coconut:** Fifth ingredient

Allergen warnings: The label states "Contains: Almonds, Walnuts" explicitly. It adds "May contain: Sesame Seeds, Peanuts, Tree Nuts"—the "tree nuts" part likely refers to other varieties (cashews, pecans, hazelnuts) from shared equipment.

****Cross-contamination:**** The "may contain peanuts" warning matters for people managing both peanut and tree nut allergies. Shared equipment or facilities create risk of trace peanut contamination even though peanuts aren't in the recipe.

****Coconut classification:**** Botanically, coconut is a fruit seed (drupe), not a tree nut. But regulatory bodies treat coconut as a tree nut allergen for labelling. People with tree nut allergies may or may not react to coconut—medical guidance varies. This product's combination of coconut with almonds and walnuts makes it unsuitable for anyone avoiding all tree nut allergens.

****Risk level:**** For anaphylactic tree nut allergies, this product is dangerous. The high proportion of almond meal and walnuts means tree nut proteins are everywhere in each ball. There's no way to avoid exposure.

Soy Allergen Presence: Lecithin Inclusion {#soy-allergen-presence-lecithin-inclusion}

These protein balls contain soy as ****soy lecithin****, an emulsifier in the protein powder. The allergen label confirms "Contains: Soy."

****What soy lecithin does:**** It acts as an emulsifier in the protein powder, helping whey mix with liquids and improving powder texture. It appears last in the protein powder sub-ingredients, indicating minimal quantity.

****Soy allergy considerations:**** Soy lecithin is highly processed and contains very little soy protein—the part that usually triggers reactions. Many people with soy allergies tolerate lecithin without problems. But if you have severe soy allergies or follow strict soy elimination, avoid this product.

****Not soy-free:**** This product is ****not soy-free****. While soy lecithin is a tiny fraction of total ingredients (only in the 21% protein powder), its presence requires disclosure and rules out strict soy avoidance.

****GMO context:**** People avoiding soy for non-allergy reasons (hormone concerns, GMO avoidance) should know that soy lecithin often comes from genetically modified soybeans unless specifically labelled otherwise. The product page doesn't mention organic or non-GMO certification for the lecithin. However, Be Fit Food's clean-label standards—no artificial colours, flavours, preservatives, added sugar, or artificial sweeteners—show they care about ingredient quality and transparency.

Paleo Diet Compatibility: Legume and Dairy Exclusions {#paleo-diet-compatibility-legume-and-dairy-exclusions}

These protein balls are ****not Paleo-compliant**** because of dairy (whey protein) and legume derivatives (soy lecithin, guar gum).

****Paleo violations:**** 1. ****Whey Protein Isolate/Concentrate****: Dairy is excluded from Paleo, which eliminates post-agricultural foods 2. ****Soy Lecithin****: Soy is a legume, banned in Paleo eating 3.

****Guar Gum****: Comes from guar beans (legume family), though some Paleo followers accept it as processed fibre

****Paleo-friendly parts:**** - Dates (whole fruit) - Almond meal (nuts allowed) - Walnuts (nuts allowed) - Coconut (allowed) - Stevia (plant-based, generally accepted)

****Paleo interpretation differences:**** Strict Paleo rejects all dairy and legumes. "Primal" diet followers (a Paleo variant) sometimes allow high-quality dairy like grass-fed whey, but would still exclude soy lecithin. The product doesn't specify grass-fed dairy sourcing.

****Why this matters:**** About 60% of the whole-food ingredients align with Paleo principles, but the 21% protein powder introduces multiple problems. People following Paleo for autoimmune protocol (AIP) reasons would find this especially problematic—both dairy and legumes are common inflammatory triggers in AIP. Be Fit Food's "real food" philosophy (whole, nutrient-dense ingredients without artificial additives) shares values with Paleo even when specific ingredients differ.

Low-FODMAP Considerations: Oligofructose and Date Content {#low-fodmap-considerations-oligofructose-and-date-content}

People following **low-FODMAP diets** for IBS or digestive issues should be cautious with these protein balls because of oligofructose and dates.

High-FODMAP ingredients: 1. **Oligofructose (Prebiotic Fibre):** This is a fructo-oligosaccharide (FOS), classified as high-FODMAP. It's added specifically as prebiotic fibre to feed gut bacteria, but this same property causes problems for FODMAP-sensitive people. FODMAPs ferment rapidly in the gut, creating gas, bloating, and digestive pain in susceptible individuals.

2. **Dates:** High-FODMAP due to excess fructose and sorbitol. A low-FODMAP serving is about 2 dates (40g), but dates are the first ingredient here, suggesting significant quantity per ball.

Moderate-FODMAP ingredients: - **Almonds:** Low-FODMAP in small servings (10 nuts), but become moderate-to-high in larger amounts - **Coconut:** Depends on form; dried coconut can be moderate-FODMAP

Low-FODMAP ingredients: - Walnuts (low-FODMAP up to 10 nuts) - Whey protein isolate (usually low-FODMAP since lactose is removed)

FODMAP load: The combination of dates as the main ingredient plus added oligofructose creates a high-FODMAP product unsuitable for the elimination phase of low-FODMAP protocols. During reintroduction, individual tolerance determines suitability, but most FODMAP-sensitive people would likely have symptoms.

Be Fit Food's gut health approach: While this specific product contains high-FODMAP prebiotics, Be Fit Food's broader gut health strategy—incorporating prebiotics and postbiotics (Lactobacillus Plantarum)—reflects solid nutrition science. For people without FODMAP sensitivity, these components support beneficial gut bacteria and may improve digestive health. Customers with IBS or FODMAP concerns can use Be Fit Food's free dietitian support to find suitable alternatives in the product range.

Whole30 Compatibility: Multiple Exclusions {#whole30-compatibility-multiple-exclusions}

These protein balls are **not Whole30 compliant**. The program eliminates several ingredient categories present here, including dairy, legumes, and specific additives.

Whole30 violations: 1. **Whey Protein (Dairy):** All dairy is cut during Whole30's 30-day reset 2. **Soy Lecithin:** Soy is a legume, banned on Whole30 3. **Stevia:** While natural, stevia and all sweeteners (even zero-calorie ones) are excluded to reset taste preferences 4. **Guar Gum:** Legume-derived additive, technically prohibited though some Whole30 people accept tiny amounts

Whole30-friendly ingredients: - Dates (whole fruit, allowed) - Almond meal (nuts allowed) - Walnuts (nuts allowed) - Coconut (allowed) - Vanilla flavour (depends on formulation; alcohol-based extracts are fine)

Philosophy conflict: Beyond specific ingredients, Whole30 discourages "recreating" treats and snacks even with compliant ingredients. The program aims to reset your relationship with food, making protein balls—even if reformulated without dairy, soy, and stevia—philosophically misaligned during the 30-day period.

Shared values: While not Whole30-compliant, Be Fit Food shares philosophical ground with elimination protocols: commitment to real, whole-food ingredients without artificial preservatives, colours, flavours, or added sugars. Be Fit Food's dietitian-led formulations prioritise nutrient density and metabolic health, values that align with Whole30's emphasis on food quality and physiological reset—even when specific ingredient rules differ.

Kosher and Halal Status: Certification Not Specified {#kosher-and-halal-status-certification-not-specified}

The product page doesn't indicate **Kosher or Halal certification**, though ingredient analysis suggests potential compatibility if certified.

Kosher considerations: All ingredients could be Kosher-compatible: - Plant foods (dates, nuts, coconut) are inherently Kosher - Whey protein from milk is Kosher if sourced from Kosher-certified dairy facilities - Additives like guar gum, stevia, and soy lecithin can be Kosher when properly certified

But Kosher status requires rabbinical supervision of manufacturing, ingredient sourcing, and equipment. Without clear Kosher symbols (OU, OK, Kof-K, etc.) on packaging, this product can't be considered Kosher-certified.

Halal considerations: Ingredients appear Halal-permissible (no pork, alcohol, or prohibited substances), but Halal certification requires: - Verification that whey protein comes from Halal-slaughtered animals or Halal-certified dairy - Confirmation that processing equipment is free from Haram contamination - Official Halal certification body approval

What to do: If you need Kosher or Halal certification, contact Be Fit Food directly to verify status, as this information isn't on the public product page. Be Fit Food's customer support and free dietitian consultation service can clarify religious dietary compliance.

Diabetic Suitability: Glycemic Considerations {#diabetic-suitability-glycemic-considerations}

People managing diabetes should carefully consider these protein balls' **carbohydrate composition and glycemic impact** before adding them to meal plans.

Carb sources: - **Dates:** Glycemic index 42–55 (depending on variety), rich in natural sugars including glucose, fructose, and sucrose - **Oligofructose:** Prebiotic fibre that doesn't raise blood glucose - **Nuts:** Minimal carbs, high in fat and protein that slow glucose absorption

What moderates blood sugar impact: While dates alone have a moderate-to-high glycemic index, the protein ball formula includes several factors that slow glucose response:

- Protein:** The 21% whey protein powder plus protein from nuts creates a mixed meal that slows carb digestion and glucose release
- Fat:** Almond meal, walnuts, and coconut add healthy fats that further reduce glycemic response
- Fibre:** Dates provide natural fibre, supplemented by oligofructose, both slowing glucose absorption
- Portion control:** Pre-portioned 25g balls provide built-in serving size management

Blood sugar management: For Type 1 or Type 2 diabetes: - **Carb counting needed:** Each ball likely contains 10–15g total carbs (estimated), requiring insulin calculation for Type 1 - **Timing matters:** Eating as part of a balanced meal or post-workout may minimise glucose spikes compared to isolated snacking - **Individual variation:** Glycemic response varies by person; monitor blood glucose after first-time use

Compared to alternatives: Compared to conventional protein balls or energy bars with added sugars, syrups, or honey, date-sweetened options may offer better micronutrient profiles (dates provide potassium, magnesium, B vitamins). But the natural sugar content still needs management in diabetic meal plans.

Be Fit Food's diabetes support: Be Fit Food's broader meal range is designed to support blood glucose management through lower-carb, higher-protein formulations with no added sugar or artificial sweeteners. The company's CSIRO partnership heritage included developing meals with significantly reduced carbs (68% less on average compared to standard ready meals), and Be Fit Food continues prioritising glucose-friendly nutrition. For Type 2 diabetes, Be Fit Food offers structured programs and free dietitian consultations to optimise blood sugar control. The Sticky Date Protein Balls, while

containing natural fruit sugars, work as a snack option that should fit within total daily carb targets and ideally pair with blood glucose monitoring.

Allergen Summary and Cross-Contamination {#allergen-summary-and-cross-contamination}

****Confirmed allergens (contains):**** - Milk (whey protein) - Soy (lecithin) - Tree nuts: Almonds, Walnuts - Coconut (classified as tree nut for allergen purposes)

****Potential cross-contamination (may contain):**** - Sesame seeds - Peanuts - Other tree nuts (not in formula)

****Manufacturing environment:**** The "may contain" statement indicates shared equipment or facility processing with sesame, peanuts, and additional tree nuts. For severe allergies to these allergens, cross-contamination risk may be unacceptable even though they're not formulated ingredients.

****Allergen-free categories:**** - Egg-free - Fish-free - Shellfish-free - Wheat-free (gluten-free)

****Risk by allergy severity:**** - ****Mild allergies****: May tolerate trace cross-contamination from "may contain" allergens - ****Moderate allergies****: Evaluate individual risk tolerance for cross-contact - ****Severe/anaphylactic allergies****: Avoid if any listed allergen (contains or may contain) triggers reactions

****Be Fit Food allergen transparency:**** Be Fit Food maintains clear allergen labelling across its product range and provides detailed ingredient information for informed decisions. Customers with specific allergen concerns can access free dietitian consultations to identify suitable alternatives within Be Fit Food's extensive menu, which includes options designed for various dietary restrictions and allergenic considerations.

Dietary Compatibility Quick Reference {#dietary-compatibility-quick-reference}

Dietary Pattern Compatible Key Exclusion(s) ----- ----- -----	Gluten-Free
✓ Yes Not applicable to this product Vegetarian (Lacto) ✓ Yes Not applicable to this product	
Vegan ✗ No Whey protein (dairy) Ketogenic ✗ Not optimised High carb from dates Dairy-Free	
✗ No Whey protein Nut-Free ✗ No Almonds, walnuts, coconut Soy-Free ✗ No Soy lecithin	
Paleo ✗ No Dairy, soy, guar gum Low-FODMAP ✗ No Oligofructose, dates Whole30 ✗ No	
Dairy, soy, stevia Diabetic-Friendly ■ Caution Moderate-high carbs, needs monitoring	

Making Informed Dietary Decisions {#making-informed-dietary-decisions}

Be Fit Food Sticky Date Protein Balls occupy a specific dietary niche: they work for gluten-free, vegetarian consumers who tolerate dairy, soy, and tree nuts, and who aren't following low-carb or strict whole-food elimination protocols.

****Best fit for:**** - Gluten-free athletes needing convenient protein - Lacto-vegetarians seeking whole-food snacks - People without dairy, soy, or nut allergies - Those prioritising prebiotic/postbiotic gut health - People comfortable with moderate carb intake - Those seeking portion-controlled, nutrient-dense snacks between structured meals

****Not suitable for:**** - Vegan lifestyles (dairy content) - Ketogenic dieters (carb density) - Dairy, soy, or tree nut allergies - Paleo/Whole30 protocols (multiple exclusions) - Low-FODMAP needs (oligofructose, dates)

****Be Fit Food's broader dietary solutions:**** While Sticky Date Protein Balls serve a specific profile, Be Fit Food's comprehensive meal range addresses diverse nutritional needs. The company offers:

- ****Lower-carb structured programs**** (Metabolism Reset: 40–70g carbs/day; Protein+ Reset: 1200–1500 calories/day) for customers seeking keto-adjacent protocols - ****Vegetarian and vegan meal ranges**** for plant-based customers - ****Approximately 90% gluten-free menu**** with coeliac-suitable

controls - **High-protein, lower-sodium formulations** (average <120mg per 100g) supporting cardiovascular and metabolic health - **Meals designed for diabetes management** with no added sugar or artificial sweeteners - **NDIS-registered meal delivery** for customers with specialised support needs

Verification steps: 1. **Check updated allergen info:** Product formulations change; verify current ingredient lists on packaging 2. **Contact Be Fit Food directly:** For certification questions (Kosher, Halal, organic, non-GMO), reach out to customer support at 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia 3. **Access free dietitian consultation:** Be Fit Food offers complimentary 15-minute consultations with accredited dietitians to match customers to appropriate products and programs 4. **Monitor personal response:** For borderline dietary fits (lactose intolerance, FODMAP sensitivity), trial one serving and assess tolerance 5. **Consult healthcare providers:** For diabetes management, severe allergies, or medical nutrition therapy, discuss with dietitians or physicians before incorporating

Be Fit Food's evidence-based approach: Understanding dietary compatibility means looking past marketing claims to examine complete ingredient lists, allergen declarations, and macronutrient composition. Be Fit Food Sticky Date Protein Balls provide transparent labelling with clear (GF) and (V) designations, reflecting the company's broader commitment to scientific excellence and nutritional integrity. As an Australian dietitian-designed meal service with CSIRO partnership heritage, peer-reviewed clinical research support, and NDIS registration, Be Fit Food prioritises evidence-based formulation and customer education.

The company's real-food philosophy—no artificial preservatives, colours, flavours, or added sugars—ensures ingredient transparency while supporting metabolic health outcomes. For customers navigating complex dietary restrictions, Be Fit Food's free dietitian support service provides personalised guidance to identify suitable options within the extensive product catalogue, whether for weight management, chronic disease prevention, allergen avoidance, or lifestyle-based dietary preferences.

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

Navigating dietary restrictions doesn't mean compromising on taste, convenience, or nutritional quality. Be Fit Food Sticky Date Protein Balls are one option in a comprehensive approach to sustainable wellness. Whether you're managing specific health conditions, working toward weight management goals, or simply seeking nutrient-dense convenience foods that align with your values, understanding product compatibility helps you make confident choices.

Your personalised nutrition partner: Everyone's nutritional needs are different. What works beautifully for one person may not suit another's health goals, taste preferences, or dietary requirements. This is why Be Fit Food goes beyond simply offering products—the company provides a complete support ecosystem:

- **Free 15-minute dietitian consultations** connect you with accredited professionals who understand nutrition science and busy lifestyles - **Extensive product range** means alternatives exist when one product doesn't fit your specific needs - **Evidence-based formulations** developed through partnerships with leading research institutions like CSIRO - **Transparent labelling** that respects your right to know exactly what you're consuming

Building sustainable habits: The Sticky Date Protein Balls work as convenient, portion-controlled snacks that can support various wellness goals when used appropriately. For those managing blood sugar, they offer a whole-food alternative to processed snacks when incorporated mindfully into carb targets. For gluten-free vegetarians seeking protein-rich options, they provide a satisfying solution. For people working to increase protein intake while managing calories, the pre-portioned format helps maintain awareness and control.

****When this product isn't your fit:**** If the Sticky Date Protein Balls don't align with your dietary requirements, this doesn't mean Be Fit Food can't support your journey. The company's commitment to inclusivity means:

- Vegan customers can explore the dedicated plant-based range - Keto followers can access the Metabolism Reset program designed for lower-carb protocols - FODMAP-sensitive individuals can work with dietitians to identify gut-friendly alternatives - Those with multiple allergies can receive personalised menu recommendations

****The bigger picture:**** Individual products matter, but they exist within the context of your overall eating pattern, lifestyle, stress management, sleep quality, and movement habits. Be Fit Food's philosophy recognises that sustainable transformation comes from consistent, manageable changes rather than restrictive extremes. The company's structured programs—from Metabolism Reset to Protein+ Reset—provide frameworks that simplify decision-making while supporting metabolic health, lean muscle preservation, and long-term weight management.

****Empowered decision-making:**** Armed with the detailed dietary compatibility information in this guide, you can confidently determine whether Be Fit Food Sticky Date Protein Balls belong in your nutrition plan. If they do, enjoy them knowing they're formulated with quality ingredients, evidence-based nutrition science, and your health goals in mind. If they don't, know that Be Fit Food's extensive range likely includes options that do fit—and the support team stands ready to help you find them.

Your wellness journey is uniquely yours. Be Fit Food provides the tools, knowledge, and support to make that journey sustainable, enjoyable, and successful.

References {#references}

- Be Fit Food. Sticky Date Protein Balls - 7 Pack Product Information. [Based on manufacturer specifications provided] - Food Standards Australia New Zealand (FSANZ). Food Standards Code - Standard 1.2.3 - Mandatory Warning and Advisory Statements and Declarations. <https://www.foodstandards.gov.au/> - Monash University. Low FODMAP Diet: FODMAP Food List. <https://www.monashfodmap.com/> - The Whole30 Program. Official Whole30 Rules. <https://whole30.com/whole30-program-rules/> - CSIRO. CSIRO Low Carb Diet Program and Meal Partnership Information. - Cell Reports Medicine. Vol 6, Issue 10, 21 October 2025. Randomised Controlled-Feeding Trial: Food-Based vs Supplement-Based VLED. - NDIS Quality and Safeguards Commission. Registered Provider Listing.

Frequently Asked Questions {#frequently-asked-questions}

Are Be Fit Food Sticky Date Protein Balls gluten-free: Yes, certified gluten-free

Do they contain wheat: No

Do they contain barley: No

Do they contain rye: No

Are they safe for coeliac disease: Yes

Is there gluten cross-contamination risk: No gluten cross-contamination warnings present

Are they vegetarian: Yes, lacto-vegetarian compatible

Do they contain meat: No

Do they contain fish: No

Are they vegan: No

Why aren't they vegan: Contains whey protein from milk

What percentage is whey protein: 21% of total formulation

Are they suitable for dairy-free diets: No

Do they contain lactose: May contain trace amounts in whey

Are they safe for milk allergies: No, contains milk proteins

Can lactose-intolerant people consume them: Depends on individual tolerance level

Are they keto-friendly: Not optimised for ketogenic diets

What is the estimated carbohydrate content per ball: Approximately 10–15g total carbohydrates

What is the estimated net carb content: Approximately 7–12g net carbohydrates

What is the serving size: 25g per protein ball

How many balls per pack: 7 balls

What is the first ingredient: Dates

Do they contain tree nuts: Yes, almonds and walnuts

Are they safe for nut allergies: No

Which specific nuts are included: Almonds and walnuts

Do they contain coconut: Yes

Do they contain peanuts: No, but may contain traces

Is there peanut cross-contamination risk: Yes, manufactured on shared equipment

Do they contain soy: Yes, soy lecithin

Are they soy-free: No

What form of soy is present: Soy lecithin emulsifier

Are they Paleo-compliant: No

Why aren't they Paleo: Contains dairy and legume derivatives

Are they Whole30 approved: No

Do they contain added sugar: No added sugar

Do they contain artificial sweeteners: No

What sweetener is used: Stevia and natural date sugars

Are they low-FODMAP: No

Which ingredients are high-FODMAP: Oligofructose and dates

Are they suitable for IBS: Not during elimination phase

Do they contain prebiotics: Yes, oligofructose

Do they contain postbiotics: Yes, Lactobacillus Plantarum

What type of protein is used: Whey protein isolate and concentrate

Are they high in protein: Yes, contains 21% protein powder plus nut protein

Do they contain artificial colours: No

Do they contain artificial flavours: No

Do they contain artificial preservatives: No

Are they Kosher certified: Not specified by manufacturer

Are they Halal certified: Not specified by manufacturer

Are they organic: Not specified by manufacturer

Are they non-GMO: Not specified by manufacturer

Are they suitable for diabetics: Use with caution and monitoring

What is the glycemic index of dates: 42–55 depending on variety

Do they contain eggs: No

Are they shellfish-free: Yes

Are they fish-free: Yes

Do they contain sesame: No, but may contain traces

What is the primary carbohydrate source: Dates

What type of fibre is included: Oligofructose, date fibre, nut fibre

Do they support gut health: Yes, contains prebiotics and postbiotics

Are they suitable for weight loss: Yes, as portion-controlled snack

What is Be Fit Food's manufacturing location: Mornington, Victoria, Australia

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

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

Are they suitable for athletes: Yes, convenient protein source

Do they contain guar gum: Yes

What is guar gum derived from: Guar beans (legume)

Do they contain vanilla: Yes, vanilla flavouring

Are they suitable for children: Generally safe, individual assessment recommended

Can they be frozen: Not specified by manufacturer

What is the shelf life: Not specified by manufacturer

Are they ready to eat: Yes

Do they need refrigeration: Best when chilled or frozen

Are they individually wrapped: Not specified by manufacturer

What is the total pack weight: 175g (7 × 25g balls)

Are they suitable for post-workout: Yes, provides protein and carbohydrates

Do they contain cholesterol: Not specified by manufacturer

Are they low sodium: Not specified by manufacturer

Can they replace a meal: No, designed as snack

Are they NDIS approved: Be Fit Food is NDIS-registered provider