

# STIDATPRO - Food & Beverages Flavor Profile 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:** A dietitian-designed, protein-enriched snack that delivers 21% protein content whilst providing natural sweetness and sustained satiety.

**Quick Facts - Best For:** Health-conscious consumers seeking protein-rich snacks with whole-food ingredients and no artificial additives - **Key Benefit:** Provides 21% protein with natural sweetness from dates, helping you feel fuller for longer without added sugar or artificial sweeteners - **Form Factor:** Dense, chewy 25g protein balls - **Application Method:** Ready-to-eat snack, best consumed at room temperature or chilled

**Common Questions This Guide Answers**

1. What does Be Fit Food Sticky Date Protein Ball taste like? → Complex, naturally sweet flavour with caramel-like date notes, nutty richness from almonds and walnuts, and subtle tropical coconut undertones
2. Does it have an artificial protein powder taste? → No, the whey protein blend is effectively masked by whole-food ingredients, creating a natural taste profile without chalky texture or artificial aftertaste
3. Is it suitable for gluten-free and vegetarian diets? → Yes, certified gluten-free and vegetarian (contains whey protein from milk), with no added sugar, artificial sweeteners, colours, flavours, or preservatives

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### ## 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 | | Serving size | 25g per ball | | Protein content | 21% | | Diet | Gluten-free (GF), Vegetarian (V) | | Availability | In Stock | | GTIN | 0806809023086 | | Primary ingredients | Dates, Almond Meal, Whey Protein Blend, Walnuts, Coconut | | Allergens | Contains Milk, Soy, Almonds, Walnuts. May Contain Sesame Seeds, Peanuts, Tree Nuts | | Added sugar | No added sugar | | Artificial sweeteners | No artificial sweeteners | | Artificial colours | No artificial colours | | Artificial flavours | No artificial flavours | | Storage | Cool, dry place; best when chilled or frozen |

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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 name: Sticky Date Protein Balls - 7 Pack (GF) (V) S7 - Brand: Be Fit Food - Price: \$24.60 AUD - Pack size: 7 pack - Serving size: 25g per ball - Protein content: 21% - Diet certifications: Gluten-free (GF), Vegetarian (V) - GTIN: 0806809023086 - Primary ingredients: Dates, Almond Meal, Whey Protein Blend (Whey Protein Isolate, Whey Protein Concentrate), Walnuts, Coconut - Protein blend components: Whey protein isolate and whey protein concentrate - Protein powder ingredients: Vanilla flavouring, stevia, guar gum, soy lecithin, Lactobacillus Plantarum (postbiotic) - Allergens: Contains Milk, Soy, Almonds, Walnuts. May Contain Sesame Seeds, Peanuts, Tree Nuts - No added sugar - No artificial sweeteners - No artificial colours - No artificial flavours - No added artificial preservatives - Storage instructions: Cool, dry place; best when chilled or frozen

### General Product Claims {#general-product-claims} - "Complex, naturally sweet flavour anchored by deep caramel notes" - "Satisfying snack experience that balances indulgence with nutritional purpose" - "Australia's leading dietitian-designed meal delivery service" - "Real food, not shakes" philosophy - "You'll feel fuller for longer with this satisfying texture" - "Help you feel fuller for longer" - "Supports metabolic health" - "Around 90% of their menu is certified gluten-free" - "Strict ingredient selection and manufacturing controls to support coeliac-safe choices" - "Sustainable lifestyle changes start with foods you actually want to eat" - "Protein blend that helps you feel fuller for longer" - "Support your wellness goals whilst delivering genuine enjoyment" - "Reimagining functional nutrition—making it delicious, accessible, and genuinely supportive of your goals" - "Dense texture triggers satiety signals more effectively than soft, quickly-consumed snacks" - "Suitable for weight management as part of a balanced diet" - Flavour descriptions and sensory experiences (caramel-like, toffee-adjacent, tropical notes, etc.) - Pairing recommendations with beverages - Temperature serving suggestions for optimal flavour - Comparative statements about superiority to standard protein bars

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## ## Flavor Profile Overview: What to Expect from Be Fit Food Sticky Date Protein Balls {#flavor-profile-overview-what-to-expect-from-be-fit-food-sticky-date-protein-balls}

The Sticky Date Protein Balls from Be Fit Food taste like what happens when dates meet caramel in the best possible way, with almonds and walnuts adding earthy depth and coconut bringing a subtle tropical finish. At 21% protein, these manage something rare in the protein snack world: they actually taste good. The dates provide natural sweetness without any added sugar, creating something close to toffee or butterscotch, whilst the nuts prevent things from getting too sweet.

Be Fit Food built their reputation on dietitian-designed meals that don't taste like diet food, and that philosophy carries through here. The sticky date flavour dominates, but it's tempered by the slight bitterness of walnuts and the mild sweetness of almond meal. Coconut rounds everything out with a

creamy, almost milk-like quality that makes each bite feel more indulgent than the nutrition facts might suggest.

If you've tried protein bars before and found them chalky or artificially sweet, these are different. The whey protein isolate and concentrate blend stays in the background, letting the whole food ingredients do the talking. It's the kind of snack where you notice the flavour first and the protein content second, which is exactly what Be Fit Food aims for with their "real food, not shakes" approach.

## Primary Taste Notes: Breaking Down the Flavor Components  
{#primary-taste-notes-breaking-down-the-flavor-components}

### Date-driven sweetness and caramel character {#date-driven-sweetness-and-caramel-character}

Dates sit at the top of the ingredient list, which means they make up most of what you're eating. Sticky dates in particular bring an intense, almost syrupy sweetness that coats your tongue right from the first bite. The flavour resembles brown sugar, molasses, and butterscotch all at once, which makes sense when you consider that dates are 60-70% natural sugars by weight.

What's interesting is how these sugars create caramel-like notes without any actual cooking. During ripening and drying, dates develop compounds similar to what you'd get from the Maillard reaction in real caramel. The result tastes "cooked" or developed rather than just fruit-sweet. You might even pick up hints of honey, vanilla, or a cinnamon-like warmth, though none of those ingredients appear on the label. These phantom flavours come from the complex sugar matrix and phenolic compounds naturally present in dates.

The sweetness builds as you chew, releasing more of those date sugars. Since Be Fit Food doesn't add any sugar or artificial sweeteners, what you're tasting is purely the fruit itself. Some people find this gentler than the hyper-sweetness of typical protein bars, though it still satisfies sugar cravings effectively.

### Nutty complexity from almond and walnut {#nutty-complexity-from-almond-and-walnut}

The almond meal and walnuts do crucial work here, preventing the dates from overwhelming everything else. Almond meal, being finely ground, creates a mild, sweet nuttiness with subtle marzipan qualities. Because it's ground rather than whole, the oils and aromatic compounds spread throughout each ball, giving you consistent almond flavour in every bite.

Walnuts bring something different: a more assertive, slightly tannic bitterness with an earthy, almost mushroom-like quality. That slight astringency actually cleanses your palate between bites, which keeps the sweetness from becoming monotonous. When you hit a walnut piece directly, you get a concentrated burst of that earthy flavour that adds real depth.

The two nuts work together in an interesting way. The almond meal provides a gentle, consistent background, whilst the walnut pieces create moments of intensity. This layering makes the flavour more dynamic than if they'd used just one type of nut. It's also a good example of Be Fit Food's whole-food approach, using real ingredients for texture and flavour rather than relying on synthetic flavouring.

### Coconut's tropical finish and creamy undertones  
{#coconuts-tropical-finish-and-creamy-undertones}

Coconut appears last in the ingredient list, so there's less of it than anything else, but it punches above its weight in terms of flavour impact. The tropical sweetness it brings is lighter and more floral than the date's caramel character, with a characteristic creaminess that smooths out the overall taste.

Most likely, this is unsweetened desiccated coconut, which has a concentrated coconut flavour with slight toasted notes. The sweetness is gentle and doesn't compete with the dates. Instead, it adds a finishing note that lingers after you swallow, leaving a clean, slightly sweet aftertaste rather than the heavy coating some protein snacks leave behind.

Coconut also contributes medium-chain triglycerides (MCTs), which create a particular mouthfeel. There's a slight oiliness that isn't greasy but creates a smooth coating sensation. This makes the whole experience feel richer and more indulgent than the ingredient list might suggest.

## ## Protein Powder Integration: How It Influences Flavor {#protein-powder-integration-how-it-influences-flavor}

### ### The Be Fit prebiotic & postbiotic protein blend {#the-be-fit-prebiotic-postbiotic-protein-blend}

At 21% of the total formulation, the protein powder could easily dominate the flavour. Many protein snacks fail exactly here, where the protein taste overwhelms everything else. Be Fit Food seems to have figured out how to avoid this. The blend uses whey protein isolate and concentrate, both dairy-derived proteins that, when they're high quality, taste relatively neutral with just a slight milky note.

The vanilla flavouring in the protein powder adds a subtle sweet-creamy quality that works with the dates and nuts rather than against them. It's present at low enough levels that you don't taste "vanilla" specifically, but it enhances the overall sweetness and adds a familiar, comforting quality that many people associate with baked goods.

Stevia shows up in the protein powder too, which usually makes people nervous because of its liquorice-like aftertaste. Here, it's used sparingly enough that most people won't detect it. When stevia is properly formulated at low concentrations, it simply amplifies existing sweetness without contributing its own distinct flavour. This measured approach fits with Be Fit Food's commitment to avoiding artificial sweeteners whilst still delivering satisfying taste.

### ### Textural modifiers and their flavor impact {#textural-modifiers-and-their-flavor-impact}

The protein powder also contains guar gum, which is flavourless but affects how you experience flavour. It creates a slightly viscous, gel-like quality when mixed with the moisture from dates and the oils from nuts. This viscosity slows down flavour release, so instead of getting hit with everything at once, the taste develops gradually over 20-30 seconds of chewing.

Soy lecithin works as an emulsifier, blending the fat-soluble flavour compounds from nuts and coconut with the water-soluble sugars from dates. Without it, you might get distinct pockets of different tastes. With it, everything integrates into a more cohesive flavour experience. This emulsification also contributes to the perception of smoothness and creaminess.

The postbiotic (*Lactobacillus Plantarum*) is included in such small amounts that it doesn't contribute any perceptible flavour. Some extremely sensitive palates might detect an almost imperceptible tangy note, similar to the subtle acidity in cultured dairy products, but most people won't notice it at all.

## ## Texture Profile: How Mouthfeel Shapes Flavor Perception {#texture-profile-how-mouthfeel-shapes-flavor-perception}

### ### Dense, chewy consistency {#dense-chewy-consistency}

Each 25g ball is surprisingly dense and compact. You'll need to chew it properly to break it down, which takes time. This density comes from the sticky, binding properties of dates combined with the protein powder's moisture-absorbing characteristics and the structural integrity of nut particles.

The first bite reveals a firm exterior that quickly gives way to a softer, more pliable interior. This creates a dynamic eating experience where you start with resistance and substance, then gradually work through it as saliva and chewing soften the ball. This extended breakdown time matters for flavour because it allows taste compounds to release gradually. You get an evolving flavour experience over 20-30 seconds rather than everything hitting at once.

The chewiness resembles dense energy bars or homemade date-nut confections. It requires active chewing, which engages your jaw and creates a satisfying sense of substance. This textural resistance also triggers satiety signals more effectively than soft, quickly-consumed snacks. Despite the modest 25g serving size, the dense texture makes you feel like you've eaten something substantial.

### ### Particle distribution and textural variety {#particle-distribution-and-textural-variety}

Within the dense matrix, you'll encounter distinct textural elements that keep things interesting. Walnut pieces provide occasional crunch or semi-firm interruptions to the otherwise smooth, paste-like consistency. These walnut encounters deliver concentrated bursts of nut flavour and require additional chewing force, making each bite slightly different from the last.

The almond meal, being finely ground, integrates more thoroughly into the base. It contributes to an overall graininess without creating distinct particles. You'll perceive this as a slight roughness on the tongue, not unpleasant but noticeably different from pure date paste. This textural element signals that you're eating real, minimally processed ingredients rather than something homogenised into smoothness.

Coconut adds its own textural signature with a slightly fibrous quality and a characteristic squeaky feeling when compressed between teeth. These coconut shreds provide textural contrast and create small pockets of different mouthfeel that add complexity.

### ### Moisture balance and mouthfeel {#moisture-balance-and-mouthfeel}

The moisture content sits in a carefully calibrated range. These are moist enough to be pliable and easy to chew, but not so wet that they feel slimy or leave excessive residue. This moisture comes primarily from the dates' natural water content (around 20-25% in sticky dates), balanced against the moisture-absorbing properties of protein powder and the relatively dry texture of nuts and coconut.

As you chew, the ball gradually releases oils from the almonds, walnuts, and coconut. The mouthfeel shifts from slightly dry and dense to more slippery and emulsified. This textural evolution enhances flavour release because many flavour compounds are fat-soluble and become more accessible as the nut and coconut oils coat your tongue and palate.

The final swallow leaves a moderate coating on your mouth, not heavy or cloying like some protein bars, but present enough that you know you've eaten something substantial. This coating consists primarily of nut oils and coconut fats, with a subtle sweetness from residual date sugars and a clean, nutty aftertaste that lingers for several minutes.

## ## Aroma Profile: What You'll Smell Before and During Consumption {#aroma-profile-what-youll-smell-before-and-during-consumption}

### ### Initial aroma impression {#initial-aroma-impression}

When you open the package, the first thing you'll notice is a sweet, date-forward aroma with a warm, caramel-like quality. This initial scent immediately signals indulgence rather than clinical nutrition. Your olfactory system primes your taste buds for sweetness and richness before you take the first bite.

The date aroma carries notes of brown sugar, toffee, and dried fruit, with subtle honey-like undertones. It's warm and inviting, lacking the artificial or chemical notes sometimes present in protein-fortified snacks. This natural quality comes from volatile compounds in dates, primarily furaneol and related molecules that create caramel-like scent profiles.

Beneath the dominant date aroma, you'll detect nutty notes with a toasted, slightly oily scent from the almonds and walnuts. Walnut aroma is particularly distinctive, with an earthy, almost woody quality that adds depth. This nuttiness prevents the aroma from being purely sweet, suggesting substance and complexity.

### ### Retronasal aroma during chewing {#retronasal-aroma-during-chewing}

The aroma experience changes significantly once you start chewing. Retronasal olfaction (the perception of smell through the back of your throat whilst eating) activates a broader range of scent compounds. The mechanical action of chewing releases volatile molecules that travel up through your nasal cavity, creating a more complex aroma experience than the initial sniff provides.

During chewing, the coconut aroma becomes more prominent, releasing tropical, slightly floral notes that weren't as apparent externally. This coconut scent offers a creamy, milk-like quality that enhances the perception of richness. The vanilla from the protein powder also becomes more detectable, adding a sweet, comforting scent that many associate with baked goods.

The nut aromas intensify as chewing breaks down the almond and walnut particles, releasing their oils and creating a warm, toasted scent that fills your nasal cavity. This enhanced nut aroma contributes significantly to flavour perception, since much of what we experience as "taste" is actually smell perceived through retronasal pathways.

### ### Aftertaste and lingering aroma {#aftertaste-and-lingering-aroma}

After swallowing, a subtle aroma lingers in your nasal cavity, dominated by coconut and vanilla notes with a gentle nuttiness. This lingering scent is pleasant and clean, lacking the artificial or chemical aftertaste common in many protein snacks. The persistence of coconut aroma is particularly notable, as coconut's volatile compounds tend to have good staying power, creating a tropical finish that extends the sensory experience.

Some people may detect a very faint dairy note in the aftertaste, coming from the whey proteins. This usually registers as a subtle creaminess rather than a distinct "milk" smell, and it contributes to the overall impression of richness and satisfaction.

## ## Flavor Expectations for Different Consumer Profiles {#flavor-expectations-for-different-consumer-profiles}

### ### For protein snack veterans {#for-protein-snack-veterans}

If you're used to protein bars, shakes, and similar functional foods, these Sticky Date Protein Balls will likely exceed your expectations. The whole-food ingredient base creates a taste that's dramatically different from standard protein bar fare. Less artificial, more layered, and with better integration between the protein component and the flavouring ingredients.

You'll appreciate that the protein powder doesn't dominate as it does in many protein snacks. The 21% protein content is substantial, yet the whey proteins stay effectively masked by the dates, nuts, and coconut. You can enjoy the snack primarily for its taste rather than tolerating it for nutritional benefits. The absence of a chalky texture or artificial sweetener aftertaste will be particularly notable if you're used to products that rely heavily on synthetic sweeteners or excessive stevia.

The natural sweetness from dates may initially seem less intense than the hyper-sweet protein bars you're accustomed to, but most people find this gentler sweetness more satisfying and less likely to trigger additional cravings. The flavour complexity, with its nutty, tropical, and caramel notes, provides more sensory interest than single-note protein snacks, making these balls better suited for mindful eating rather than quick, functional consumption.

### ### For whole-food and clean-eating enthusiasts {#for-whole-food-and-clean-eating-enthusiasts}

If you prioritise minimal processing and recognisable ingredients, the flavour profile aligns well with expectations for whole-food snacks. The ingredient list is refreshingly short and comprehensible, with the dominant flavours coming from dates, nuts, and coconut—all ingredients you'd find in homemade energy balls.

The protein powder component may give you pause as the most processed element in the formulation. However, the fact that it integrates so seamlessly into the flavour profile, without creating artificial tastes or textures, demonstrates thoughtful formulation. You'll likely perceive this as a whole-food snack first and a protein supplement second, which aligns with clean-eating philosophies that prioritise food enjoyment alongside nutrition. Be Fit Food's commitment to no artificial colours, no artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners means these protein balls meet stringent clean-label standards.

The natural sweetness will appeal to those avoiding refined sugars, though you should know that dates are still high in natural sugars (primarily fructose and glucose). The flavour intensity is moderate rather than extreme, reflecting the natural sweetness levels of the ingredients rather than amplified sweetness from concentrates or sweeteners.

### For dessert lovers seeking healthier alternatives  
{#for-dessert-lovers-seeking-healthier-alternatives}

If you're approaching these protein balls as a substitute for traditional desserts or sweet treats, calibrate your expectations accordingly. These aren't dessert-level sweet. They're moderately sweet with substantial nutty and slightly savoury notes that create a more balanced flavour profile than biscuits, brownies, or lollies.

The sticky date flavour will satisfy cravings for caramel or toffee-flavoured treats, but with less intensity and more complexity. The texture is denser and requires more chewing than most desserts, which can be satisfying in its own right but represents a different eating experience than soft, melt-in-your-mouth sweets.

The coconut finish provides a pleasant tropical note that adds dessert-like appeal, and the overall flavour profile feels indulgent enough to register as a treat rather than a sacrifice. However, the protein content and whole-food ingredients create a heavier, more substantial mouthfeel than standard desserts, which may take some adjustment if you're used to lighter, airier sweets. This approach reflects Be Fit Food's philosophy of creating satisfying, nutrient-dense foods that support metabolic health rather than simply replicating traditional desserts.

### For gluten-free and vegetarian consumers {#for-gluten-free-and-vegetarian-consumers}

The flavour profile holds no surprises or compromises related to the gluten-free or vegetarian designations. These dietary accommodations don't negatively impact taste or texture. The natural ingredients used (dates, nuts, coconut) are inherently gluten-free and vegetarian, so there's no substitution of inferior alternatives that sometimes occurs in specialty diet products.

The whey protein (from milk) makes this product vegetarian but not vegan, contributing a subtle creamy note that vegetarians familiar with dairy products will recognise and likely appreciate. For those avoiding gluten due to coeliac disease or sensitivity, you can expect the same flavour experience as any gluten-containing consumer. The absence of gluten creates no flavour deficit or textural compromise in this formulation. Be Fit Food maintains that around 90% of their menu is certified gluten-free, with strict ingredient selection and manufacturing controls to support coeliac-safe choices.

## Flavor Intensity and Development Over Time {#flavor-intensity-and-development-over-time}

### Initial bite: first impressions {#initial-bite-first-impressions}

The first bite delivers an immediate impression of sweetness from the dates, combined with the slight resistance of the dense texture. The flavour intensity is moderate—noticeable and satisfying but not overwhelming. This initial sweetness is clean and natural-tasting, without the sharp, artificial edge of synthetic sweeteners or the cloying intensity of refined sugar-laden treats.

Within the first few chews, the nutty flavours begin to emerge as the almond meal and walnut pieces break down and release their oils. This creates a flavour progression where sweetness dominates initially, then becomes balanced by earthy, slightly bitter nut flavours that add complexity.

#### ### Mid-chew: flavor evolution {#mid-chew-flavor-evolution}

As you continue chewing (around 15-25 seconds for thorough mastication), the flavour profile becomes increasingly complex. The coconut notes emerge more prominently, adding tropical sweetness and creamy mouthfeel. The vanilla from the protein powder becomes more detectable, creating a subtle baked-goods quality that enhances the overall impression of indulgence.

The nut oils coat your palate, creating a rich, satisfying mouthfeel that carries flavour compounds throughout your mouth. This oil-based flavour delivery system is more effective and longer-lasting than water-based flavours, contributing to sustained taste perception and satisfaction.

The slight bitterness from walnuts becomes more apparent mid-chew, providing crucial balance that prevents the sweetness from becoming monotonous. This bitterness isn't unpleasant. It's more of a sophisticated, coffee-like quality that adds adult appeal and complexity.

#### ### Finish and aftertaste {#finish-and-aftertaste}

The finish is clean and moderately long-lasting, with coconut and vanilla notes lingering most prominently. The aftertaste is pleasant and slightly sweet, without the metallic or chemical notes common in many protein-fortified products. The nut oils leave a subtle coating on your palate that carries gentle nutty flavours for several minutes after swallowing.

There's no bitterness or unpleasant aftertaste from the stevia, suggesting it's used at appropriate levels where it enhances sweetness without contributing its own flavour signature. The overall impression after finishing is one of satisfaction. You've consumed something substantial and flavorful that leaves you feeling nourished rather than deprived or still craving sweets.

#### ## Practical Flavor Considerations {#practical-flavor-considerations}

##### ### Temperature effects on flavor perception {#temperature-effects-on-flavor-perception}

These protein balls are usually consumed at room temperature (18-22°C), where their flavour profile is most balanced and accessible. At refrigerator temperature (4-8°C), the texture becomes firmer and chewier, and the flavour intensity decreases. Cold temperatures suppress our ability to perceive sweet and aromatic compounds, making the balls taste less sweet and more subtly flavoured.

If you prefer more intense flavour, let refrigerated balls warm to room temperature (18-22°C) for 10-15 minutes before eating. This warming period allows the nut oils to soften slightly and volatile flavour compounds to become more active, creating a more aromatic and flavorful experience.

Conversely, if you find the sweetness too intense, consuming them chilled will moderate the perceived sweetness and create a firmer, more substantial texture that some people prefer.

##### ### Pairing considerations {#pairing-considerations}

The flavour profile pairs well with beverages that complement rather than compete with the sweet, nutty character. Black coffee is an excellent pairing. Its bitterness and roasted notes create contrast with the dates' sweetness whilst echoing the nutty flavours. The slight acidity of coffee also cleanses the palate between bites, preventing flavour fatigue.

Unsweetened tea, particularly black tea or chai, provides similar contrast and palate-cleansing properties. The tannins in tea complement the slight astringency from walnuts, creating a harmonious flavour experience.

For non-caffeinated options, plain or lightly flavoured water works well, allowing the protein ball's flavours to shine without competition. Avoid pairing with sweet beverages, as this creates excessive sweetness and can make the experience cloying rather than satisfying.

### ### Flavor stability and storage {#flavor-stability-and-storage}

The flavour profile remains stable for the product's shelf life when stored properly in a cool, dry place. The dates' natural preservative properties (high sugar content creates an inhospitable environment for microbial growth) help maintain flavour integrity, whilst the nuts' oils, though susceptible to rancidity over time, are protected by the dense matrix and packaging.

Exposure to air, heat, or light can accelerate flavour degradation, particularly of the delicate nut oils and coconut. Signs of flavour deterioration include a stale or cardboard-like taste (from oxidised nut oils), loss of sweetness intensity, or the development of off-flavours. Proper storage in the original packaging or an airtight container maintains optimal flavour for the duration of the product's best-before date.

### ## Supporting Your Health Journey with Delicious Nutrition {#supporting-your-health-journey-with-delicious-nutrition}

At Be Fit Food, we believe that nourishing your body shouldn't mean sacrificing flavour or satisfaction. These Sticky Date Protein Balls represent our commitment to creating foods that support your wellness goals whilst delivering genuine enjoyment with every bite. We understand that sustainable lifestyle changes start with foods you actually want to eat, not products you tolerate for their nutritional content alone.

Our dietitian-designed approach means every ingredient has a purpose, from the dates that provide natural energy to the protein blend that helps you feel fuller for longer. We're here to support you on your health journey with real food solutions that fit into your life seamlessly, whether you're managing your weight, building strength, or simply seeking better nutrition without compromise.

When you choose Be Fit Food, you're choosing a partner in wellness who understands that transformation comes from consistency, and consistency comes from satisfaction. These protein balls are just one example of how we're reimagining functional nutrition, making it delicious, accessible, and genuinely supportive of your goals.

### ## References {#references}

- Based on manufacturer specifications provided for Be Fit Food Sticky Date Protein Balls - [Understanding Date Varieties and Flavor Compounds](<https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/date-palm>) - Academic research on date composition and flavour chemistry - Whey Protein Flavour Characteristics in Food Applications - U.S. Dairy Export Council technical documentation on whey protein in food products

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

What is the product name: Be Fit Food Sticky Date Protein Balls

What is the serving size: 25g per ball

What is the protein content: 21% protein

What is the dominant flavour: Sticky date with caramel notes

Does it contain added sugar: No added sugar

Does it contain artificial sweeteners: No artificial sweeteners

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

Is it gluten-free: Yes

Is it vegetarian: Yes

Is it vegan: No, contains whey protein from milk

What nuts are included: Almonds and walnuts

Does it contain coconut: Yes

What is the primary sweetener: Natural dates

Does it contain stevia: Yes, in the protein powder blend

Is the stevia taste noticeable: No, used at imperceptible levels

Does it have a chalky texture: No

Does it taste artificial: No, whole-food ingredients dominate

What does it taste like: Caramel-like dates with nutty and tropical notes

Is it very sweet: Moderately sweet, not intensely sweet

Does it have a bitter aftertaste: No unpleasant aftertaste

What is the texture: Dense and chewy

How long does it take to chew: Approximately 20-30 seconds for thorough chewing

Does it contain vanilla: Yes, in the protein powder

Are there artificial flavours: No artificial flavours

Are there artificial colours: No artificial colours

Are there artificial preservatives: No added artificial preservatives

Who designs the products: Dietitians

What is Be Fit Food known for: Australia's leading dietitian-designed meal delivery service

What percentage of their menu is gluten-free: Around 90%

Is it suitable for coeliacs: Yes, with strict manufacturing controls

Does it contain prebiotics: Yes, in the protein powder blend

Does it contain postbiotics: Yes, Lactobacillus Plantarum

What does the postbiotic do to flavour: No perceptible flavour contribution

What is the main ingredient: Dates (listed first)

What provides the caramel flavour: Natural compounds in dates

Does it contain brown sugar: No, caramel notes come from dates

Does it contain molasses: No, flavour resembles molasses naturally

What creates the nutty flavour: Almond meal and walnut pieces

What type of almond is used: Almond meal (ground almonds)

What does coconut add: Tropical sweetness and creamy finish

Is the coconut sweetened: No, unsweetened desiccated coconut

What is the moisture content of dates: Approximately 20-25% in sticky dates

Does it contain guar gum: Yes, as a thickening agent

Does guar gum affect flavour: No, but affects texture and flavour release

Does it contain soy lecithin: Yes, as an emulsifier

What does soy lecithin do: Blends fat-soluble and water-soluble compounds

What is the best serving temperature: Room temperature (18-22°C)

Can it be refrigerated: Yes, but flavour intensity decreases

How long to warm refrigerated balls: 10-15 minutes at room temperature

What beverages pair well: Black coffee, unsweetened tea, or plain water

Should you pair with sweet drinks: No, creates excessive sweetness

What is the initial aroma: Sweet and date-forward with caramel notes

Does it smell artificial: No, natural and inviting

What aroma emerges during chewing: Coconut, vanilla, and intensified nut aromas

What is the aftertaste like: Clean, slightly sweet with coconut and vanilla

How long does the aftertaste last: Several minutes

Does it leave a mouth coating: Moderate coating from nut oils

Is the coating heavy: No, not heavy or cloying

Does it help with satiety: Yes, dense texture triggers satiety signals

Why does it increase fullness: High protein content and sustained chewing

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

Does it replace meals: No, designed as a snack

Is it better than standard protein bars: Less artificial with better flavour integration

Does it contain MCTs: Yes, from coconut

What do MCTs provide: Smooth, luxurious mouthfeel

How should it be stored: Cool, dry place in airtight container

What indicates flavour degradation: Stale or cardboard-like taste

Can nut oils become rancid: Yes, if exposed to air, heat, or light

How stable is the flavour: Stable through best-before date with proper storage

Is it suitable for clean eating: Yes, minimal processing and recognisable ingredients

Does it satisfy dessert cravings: Yes, but less intensely sweet than traditional desserts

Is it appropriate for children: Generally suitable, consult for specific dietary needs

What is the company philosophy: Real food, not shakes

Does the protein powder dominate flavour: No, effectively masked by whole foods

What flavour notes linger longest: Coconut and vanilla

Is walnut bitterness unpleasant: No, sophisticated and balanced

Does it contain spices: No spices added

What creates the cinnamon-like warmth: Natural phenolic compounds in dates

Are there whole walnut pieces: Yes, providing textural variety

Is the almond meal finely ground: Yes, integrates throughout

Does coconut add fibre: Yes, slightly fibrous texture