

STIDATPRO - Food & Beverages Ingredient Breakdown - 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:** Portable, whole-food protein snack for satiety, post-workout recovery, and weight management.

Quick Facts - **Best For:** Active people, weight management, post-workout recovery, GLP-1 medication users, busy professionals - **Key Benefit:** Keeps you fuller longer through 21% protein powder combined with whole foods (dates, almonds, walnuts, coconut) - **Form Factor:** Pre-portioned 25-gram balls, 7 per pack - **Application Method:** Ready-to-eat, no prep, no refrigeration needed until opened

Common Questions This Guide Answers

1. What percentage is protein powder? → 21% by weight, with 79% whole-food ingredients (dates, almond meal, walnuts, coconut)
2. Is it suitable for people with allergies? → Contains milk, soy, almonds, and walnuts; may contain sesame seeds, peanuts, and other tree nuts
3. Is it vegan or vegetarian? → Vegetarian (lacto-vegetarian) but not vegan because of whey protein
4. What type of protein does it contain? → Whey protein isolate and concentrate (dairy-based, complete amino acids)
5. Does it contain added sugar or artificial ingredients? → No added sugar

(sweetness from dates and stevia), no artificial colours, flavours, or preservatives 6. Is it gluten-free? → Yes, certified gluten-free (GF) 7. Is it suitable for keto or low-FODMAP diets? → No—too many carbs from dates for keto; dates and oligofructose are high-FODMAP 8. What are the functional ingredients? → Prebiotic (oligofructose) and postbiotic (Lactobacillus plantarum) for gut health 9. How should it be stored? → Cool, dry place at room temperature; refrigeration optional; keep away from moisture and sunlight 10. Who is it best suited for? → Post-workout recovery, weight management, GLP-1 medication users needing protein, menopause/perimenopause support, time-poor professionals, elderly individuals, people with chewing difficulties

Be Fit Food Sticky Date Protein Balls: Complete Ingredient Analysis & Composition Guide

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 | | GTIN | 0806809023086 | | Availability | In Stock | | Diet | Vegetarian (V), Gluten-Free (GF) | | Protein content | 21% protein powder by weight | | Primary ingredients | Dates, Almond Meal, Protein Powder, Walnuts, Coconut | | Protein type | Whey Protein Isolate & Concentrate | | Allergens (Contains) | Milk, Soy, Almonds, Walnuts | | May contain | Sesame Seeds, Peanuts, Tree Nuts | | Added sugar | None | | Artificial ingredients | No artificial colours, flavours, or sweeteners | | Functional ingredients | Prebiotic (Oligofructose), Postbiotic (Lactobacillus Plantarum) | | Storage | Cool, dry place; refrigeration optional | | Suitable for | Post-workout recovery, weight management support, GLP-1 medication users | | Not suitable for | Vegans, strict keto diet, low-FODMAP diet, milk/nut allergies |

Label Facts Summary {#label-facts-summary}

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

Verified Label Facts {#verified-label-facts}

Product Identification: - Product name: Sticky Date Protein Balls - 7 Pack (GF) (V) S7 - Brand: Be Fit Food - GTIN: 0806809023086 - Pack size: 7 pack - Serving size: 25g per ball - Price: \$24.60 AUD

Ingredient List (in descending order by weight): 1. Dates (predominant ingredient) 2. Almond Meal (second-highest proportion) 3. Be Fit Prebiotic & Postbiotic Protein Powder (21% by weight) 4. Walnuts (fourth position) 5. Coconut (smallest proportion)

Protein Powder Sub-Ingredients (in descending order): - Whey Protein Isolate - Whey Protein Concentrate - Prebiotic (Oligofructose) - Vanilla Flavour - Salt - Stevia - Postbiotic (Lactobacillus Plantarum) - Guar Gum - Soy Lecithin

Allergen Declarations: - Contains: Milk, Soy, Almonds, Walnuts - May contain: Sesame Seeds, Peanuts, Tree Nuts

Dietary Certifications and Classifications: - Vegetarian (V) - Lacto-vegetarian compatible - Gluten-Free (GF) - No added sugar - No artificial colours - No artificial flavours - No artificial sweeteners - No added chemical preservatives

Storage Instructions: - Store in cool, dry place - Refrigeration optional - Protect from moisture and direct sunlight

Protein Specifications: - 21% protein powder by weight (exact percentage disclosed) - Protein type: Whey Protein Isolate & Concentrate (dairy-derived)

****Functional Ingredients:**** - Prebiotic: Oligofructose - Postbiotic: Lactobacillus Plantarum (heat-treated)

****Product Composition:**** - 21% protein powder - 79% whole-food ingredients (dates, nuts, coconut)

****Not Suitable For:**** - Vegans (contains dairy) - Individuals with milk allergy - Individuals with soy allergy - Individuals with almond allergy - Individuals with walnut allergy - Strict keto diet followers (high carbohydrate content from dates) - Low-FODMAP diet followers (dates and oligofructose are high-FODMAP)

General Product Claims {#general-product-claims}

****Health and Wellness Statements:**** - Helps you feel fuller for longer - Supports sustainable energy - Supports post-workout recovery - Supports weight management - Supports muscle preservation during weight loss - Suitable for GLP-1 medication users - Supports protein intake during appetite suppression - Suitable for menopause and perimenopause support - Supports lean muscle mass protection - Optimises recovery in endurance and mixed-modality training - Supports gut health through prebiotic and postbiotic ingredients - Enhances satiety between meals - Moderates glycaemic response compared to dates alone

****Nutritional Philosophy Claims:**** - Dietitian-led formulation approach - Whole-food nutrition philosophy - Evidence-based functional nutrition - Science-backed formulation - Clean-label commitment - Real food over highly processed alternatives - Minimal processing approach preserves nutrient integrity

****Ingredient Quality Claims:**** - High-quality whole-food ingredients - Premium ingredient formulation - Complete essential amino acid profile from whey protein - High leucine content for muscle protein synthesis - Superior protein quality (PDCAAS score 1.0) - High biological value protein - Omega-3 fatty acids from walnuts support overall wellness - Vitamin E from almonds provides antioxidant benefits - Natural binding from dates eliminates need for added syrups

****Functional Benefits Claims:**** - Protein-carbohydrate ratio optimised for recovery - Fat content enhances absorption of fat-soluble nutrients - Prebiotic feeds beneficial gut bacteria - Postbiotic provides immunomodulatory benefits - Dual-mechanism approach to gut health - Supports intestinal barrier function - Supports immune system modulation - Anti-inflammatory effects from postbiotic metabolites

****Usage and Lifestyle Claims:**** - Portable and convenient for busy lifestyles - No refrigeration required until consumed - Grab-and-go convenience - Fits into structured meal plans - Eliminates decision fatigue through portion control - Supports adherence to calorie and macronutrient targets - Integrates into Metabolism Reset and Protein+ Reset programs - Suitable for time-poor professionals - Suitable for active individuals - Suitable for elderly Australians - Suitable for individuals with chewing difficulties - Soft, easy-to-chew texture

****Behavioural and Psychological Claims:**** - Satisfies sweet cravings with whole-food ingredients - Helps build positive relationship with food - Supports sustainable eating habits - Prevents feelings of restriction or deprivation - Supports consistent habits for lasting transformation - Empowers informed food choices

****Manufacturing and Transparency Claims:**** - Transparency exceeds minimum Australian labelling requirements - Responsible manufacturing practices - Comprehensive allergen declarations - Evidence-based nutrition information - Treats customers as partners in health transformation

****Comparative and Market Positioning Claims:**** - Distinguishes from traditional energy balls - Differentiates from protein bars with 40-50% protein powder - Superior to vending machine or convenience store snacks - Alternative to highly processed protein snacks - Premium positioning in marketplace

Be Fit Food Sticky Date Protein Balls: Complete Ingredient Analysis & Composition Guide

Be Fit Food's Sticky Date Protein Balls are built on five primary ingredients and one proprietary protein complex. Each 25-gram ball contains 21% Be Fit Prebiotic & Postbiotic Protein Powder by weight, with the remaining 79% coming from whole foods: dates, almond meal, walnuts, and coconut. This puts them somewhere between traditional energy balls—which rely only on dried fruit and nuts—and protein-fortified functional snacks designed to keep you satisfied longer.

The ingredient architecture follows a deliberate strategy that aligns with Be Fit Food's dietitian-led approach. Dates provide both sweetness and binding through natural sugars and pectin, while the dual-nut system (almonds and walnuts) adds healthy fats, extra protein, and textural depth. The coconut works as both a flavour component and a finishing agent that prevents the balls from sticking together. If you're evaluating this product against dietary requirements, allergen concerns, or nutritional goals, understanding this composition matters.

Complete Ingredient List and Ordering Significance {#complete-ingredient-list-and-ordering-significance}

The ingredients appear in descending order by weight, as Australian food labelling regulations require:

1. **Dates** (predominant ingredient)
2. **Almond Meal** (second-highest proportion)
3. **Be Fit Prebiotic & Postbiotic Protein Powder (21%)** (third position, with exact percentage disclosed)
4. **Walnuts** (fourth position)
5. **Coconut** (smallest proportion)

The protein powder itself contains seven sub-ingredients, listed in parenthetical descending order: Whey Protein Isolate, Whey Protein Concentrate, Prebiotic (Oligofructose), Vanilla Flavour, Salt, Stevia, Postbiotic (*Lactobacillus Plantarum*), Guar Gum, and Soy Lecithin.

This ordering tells you something important about composition. Dates make up the largest single ingredient by weight, which means the product gets its primary caloric density and binding properties from dried fruit rather than protein powder. The 21% protein powder disclosure is particularly telling—it shows that roughly one-fifth of each ball's weight comes from the fortified protein complex, while four-fifths is whole-food ingredients. This ratio sets these protein balls apart from many protein bars, which often contain 40-50% protein powder or isolates, and reflects Be Fit Food's commitment to real food over synthetic supplements.

Primary Ingredients: Function and Nutritional Contribution {#primary-ingredients-function-and-nutritional-contribution}

Dates: Structural Foundation and Natural Sweetener {#dates-structural-foundation-and-natural-sweetener}

Dates do the heavy lifting here, providing multiple functional roles. As dried fruit with 60-70% natural sugar content (primarily glucose and fructose), dates deliver the adhesive properties needed to bind the other ingredients without requiring added syrups or processing aids. The natural pectin and fibre in dates create a sticky, pliable texture when ground or processed.

Nutritionally, dates bring rapid-digesting carbohydrates, dietary fibre (around 7-8 grams per 100 grams of dates), potassium, magnesium, and B-vitamins. The "sticky date" flavour profile mentioned in the product description comes entirely from this ingredient—no caramel flavouring or date extract added. The natural caramel notes come from Maillard reaction products already present in dried dates, particularly Medjool or Deglet Noor varieties commonly used in food manufacturing.

If you're monitoring glycaemic response, dates rank moderately on the glycaemic index (42-55 depending on variety), which means they cause a moderate blood sugar rise rather than the sharp spike you'd get from refined sugars. But the concentrated nature of dried dates means a small volume delivers substantial sugar content. Be Fit Food's formulation balances this with protein and healthy fats

to moderate the overall glycaemic impact.

Almond Meal: Protein, Fat, and Texture Modifier {#almond-meal-protein-fat-and-texture-modifier}

Almond meal (ground almonds with skin included) sits in second position, showing it makes up the second-largest proportion by weight. This ingredient does three things: it adds plant-based protein (around 21 grams per 100 grams of almonds), provides monounsaturated fats (primarily oleic acid), and creates a less sticky, more crumbly texture that counterbalances the adhesive dates.

The nutritional contribution of almond meal includes vitamin E (a fat-soluble antioxidant), magnesium, fibre, and phytosterols. The fat content—around 50 grams per 100 grams of almonds—means almond meal significantly contributes to the total fat content of each protein ball, likely accounting for 3-5 grams of fat per 25-gram serving.

From a textural perspective, almond meal absorbs moisture from the dates during mixing, creating a cohesive dough-like consistency rather than a wet paste. The particle size of the meal (usually 1-3 mm) influences final texture; finer meals produce smoother balls, while coarser meals create more granular mouthfeel. This aligns with Be Fit Food's whole-food philosophy, maintaining ingredient integrity rather than over-processing.

Walnuts: Omega-3 Fatty Acids and Flavour Complexity {#walnuts-omega-3-fatty-acids-and-flavour-complexity}

Walnuts appear in fourth position, showing a smaller proportion than dates, almond meal, or protein powder. Despite their lower quantity, walnuts punch above their weight in the nutritional and sensory profile. Walnuts are the richest nut source of alpha-linolenic acid (ALA), a plant-based omega-3 fatty acid, providing around 2.5 grams of ALA per 28 grams of walnuts.

The flavour profile of walnuts—slightly bitter, earthy, with tannic notes—adds complexity that prevents the product from tasting one-dimensionally sweet despite the high date content. Walnuts also add protein (around 4 grams per 28 grams), though less than almonds, and provide polyphenolic antioxidants including ellagic acid and ellagitannins.

The inclusion of both almonds and walnuts rather than a single nut type creates a more complete fatty acid profile (combining monounsaturated fats from almonds with polyunsaturated omega-3s from walnuts) and a more sophisticated flavour than single-nut formulations. This dual-nut approach reflects Be Fit Food's dietitian-designed formulation strategy, optimising both nutritional density and palatability.

Coconut: Surface Treatment and Flavour Accent {#coconut-surface-treatment-and-flavour-accent}

Coconut appears last in the ingredient list, showing it makes up the smallest proportion. Its primary function is likely as a rolling or coating agent applied to the exterior of formed balls, preventing them from sticking to each other during packaging and providing a dry, non-sticky surface for handling.

Coconut adds medium-chain triglycerides (MCTs), particularly lauric acid, which makes up around 50% of coconut's fatty acid profile. While MCTs are studied for their potential metabolic effects, the small quantity of coconut in this product means its nutritional contribution is minimal compared to the dates, nuts, and protein powder.

The flavour contribution of coconut—mildly sweet, tropical—complements the caramel notes of dates without overwhelming them. Desiccated coconut (the likely form used here) contains around 60-65% fat, so even a small quantity adds to the product's total fat content.

Protein Complex: Multi-Component Fortification System {#protein-complex-multi-component-fortification-system}

Whey Protein Isolate and Concentrate: Dual-Source Dairy Protein {#whey-protein-isolate-and-concentrate-dual-source-dairy-protein}

The Be Fit Prebiotic & Postbiotic Protein Powder contains two forms of whey protein listed first and second within the complex, showing they make up the majority of the powder's composition. This dual-whey approach combines:

****Whey Protein Isolate (WPI)**:** A highly refined dairy protein containing 90-95% protein by weight with minimal lactose (usually less than 1%) and fat (less than 1%). WPI goes through additional processing beyond standard whey protein concentrate, using microfiltration or ion exchange to remove non-protein components. The inclusion of WPI as the first sub-ingredient suggests it's the predominant protein source, chosen likely for its high protein density, rapid digestibility, and low lactose content (relevant for those with mild lactose sensitivity).

****Whey Protein Concentrate (WPC)**:** A less refined whey protein containing 70-80% protein by weight with higher residual lactose (4-8%) and fat (2-8%). WPC retains more of the naturally occurring bioactive compounds found in whey, including immunoglobulins, lactoferrin, and growth factors. Its inclusion as the second protein source suggests it makes up a smaller proportion than WPI but still contributes significantly to total protein content.

The combination of WPI and WPC creates a protein blend that balances rapid absorption (from WPI) with sustained amino acid delivery (from WPC's slightly slower digestion) while maintaining cost efficiency—WPI costs significantly more than WPC, so blending reduces formulation costs while preserving high protein content. This strategic protein sourcing reflects Be Fit Food's dietitian-led approach to functional nutrition.

Both whey proteins provide complete essential amino acid profiles with particularly high leucine content (around 10-12% of total protein), making them effective for muscle protein synthesis. The whey proteins in this formulation are dairy-derived, which explains the "Contains: Milk" allergen declaration.

Prebiotic (Oligofructose): Dietary Fibre and Gut Health Component
{#prebiotic-oligofructose-dietary-fibre-and-gut-health-component}

Oligofructose, listed third within the protein powder complex, is a soluble prebiotic fibre extracted from chicory root or synthesised from sucrose. As a fructooligosaccharide (FOS), oligofructose consists of short chains of fructose molecules (usually 2-8 units) that resist digestion in the small intestine and reach the colon intact, where they feed beneficial bacteria.

The functional purposes of oligofructose in this formulation include:

1. ****Prebiotic effect**:** Selectively stimulates growth and activity of beneficial gut bacteria, particularly Bifidobacteria and Lactobacilli species
2. ****Fibre contribution**:** Adds soluble fibre content without adding bulk or grittiness
3. ****Texture modification**:** Provides mild sweetness and improves mouthfeel in protein powders
4. ****Sugar reduction**:** Allows lower sugar content while maintaining perceived sweetness (oligofructose offers around 30-50% the sweetness of sucrose)

Standard oligofructose inclusion rates in protein powders range from 2-5% by weight. At this level, each 25-gram protein ball would contain around 0.1-0.3 grams of oligofructose, contributing to total fibre content but unlikely to cause digestive discomfort in most people (digestive effects usually occur above 10-15 grams daily intake). This inclusion aligns with Be Fit Food's emphasis on gut health and whole-food nutrition.

Postbiotic (Lactobacillus Plantarum): Heat-Treated Bacterial Component
{#postbiotic-lactobacillus-plantarum-heat-treated-bacterial-component}

The inclusion of Lactobacillus plantarum as a "postbiotic" is a newer approach to gut health supplementation and sets Be Fit Food's protein powder apart from conventional formulations. Unlike probiotics (live bacteria), postbiotics are heat-inactivated bacterial cells or bacterial metabolites that confer health benefits without requiring the bacteria to remain viable.

Lactobacillus plantarum is a lactic acid bacterium naturally found in fermented foods. In postbiotic form, the heat-treated bacterial cells retain their cell wall components (peptidoglycans, teichoic acids) and intracellular metabolites, which can interact with the immune system and gut lining even without being alive. Research suggests postbiotics may support:

- Immune system modulation through interaction with gut-associated lymphoid tissue - Intestinal barrier function through effects on tight junction proteins - Anti-inflammatory effects via specific metabolite compounds

The advantage of postbiotic over probiotic inclusion in this product is stability—postbiotics don't require refrigeration, survive the manufacturing process (mixing, forming, packaging), and don't degrade over the product's shelf life. Live probiotics would struggle to survive in a room-temperature, moderate-moisture product like these protein balls.

The specific strain Lactobacillus plantarum is studied for various health effects, though the efficacy of postbiotic versus live forms continues to be researched. The quantity included is likely small (postbiotics are often effective at 100 million to 1 billion cell equivalents per serving), making it a minor component by weight but a significant functional differentiator that reflects Be Fit Food's science-backed approach to nutrition.

Supporting Ingredients: Flavouring, Sweetening, and Stabilisation
{#supporting-ingredients-flavouring-sweetening-and-stabilisation}

The remaining protein powder components serve technical and sensory functions while maintaining Be Fit Food's commitment to minimal artificial ingredients:

****Vanilla Flavour****: A flavouring compound (natural or nature-identical vanillin) that masks the characteristic dairy/whey notes of protein powders and complements the sweet date and coconut flavours. Listed fourth in the protein powder, it makes up a small percentage (usually 0.1-0.5% of protein powder formulations).

****Salt****: Enhances overall flavour perception and balances sweetness. Sodium also plays a role in protein solubility and texture. Standard inclusion rates are 0.5-1% of protein powder weight.

****Stevia****: A high-intensity natural sweetener derived from Stevia rebaudiana leaves, providing sweetness without calories or glycaemic impact. Stevia is around 200-300 times sweeter than sucrose, so inclusion rates are minimal (usually 0.05-0.2% of formulation). Its placement after salt suggests a very small quantity, used to enhance sweetness perception without adding the sugar content that would come from additional dates. This aligns with Be Fit Food's no-added-sugar standard.

****Guar Gum****: A galactomannan polysaccharide extracted from guar beans, functioning as a thickening and stabilising agent. In protein powders, guar gum improves mixability, prevents separation, and enhances mouthfeel. Standard inclusion rates are 0.1-0.5%. Guar gum also contributes soluble fibre.

****Soy Lecithin****: A phospholipid emulsifier derived from soybeans, improving the dispersibility of the protein powder in liquids and helping bind fat-soluble and water-soluble components. Lecithin inclusion rates are usually 0.1-1%. This ingredient explains the "Contains: Soy" allergen declaration.

Allergen Profile and Cross-Contamination Considerations
{#allergen-profile-and-cross-contamination-considerations}

Declared Allergens (Contains) {#declared-allergens-contains}

The product explicitly contains four major allergens:

****Milk****: Present in both whey protein isolate and whey protein concentrate. If you have a milk allergy (distinct from lactose intolerance), you must avoid this product entirely, as even the highly refined WPI

contains trace milk proteins that can trigger allergic responses.

****Soy****: Present as soy lecithin in the protein powder. While soy lecithin contains minimal soy protein (the allergenic component), it can still trigger reactions in highly sensitive individuals.

****Almonds****: Present as almond meal, a primary ingredient. Almond allergy is one of the more common tree nut allergies.

****Walnuts****: Present as whole or chopped walnuts. Walnut allergy is distinct from other tree nut allergies—some people allergic to walnuts can tolerate almonds and vice versa, though cross-reactivity is common.

Potential Cross-Contact Allergens (May Contain) {#potential-cross-contact-allergens-may-contain}

The product carries warnings for potential cross-contamination with:

****Sesame Seeds****: The manufacturing facility or equipment also processes sesame-containing products. Cross-contact could occur through shared equipment, airborne particles, or ingredient handling areas.

****Peanuts****: Despite being a legume rather than a tree nut, peanuts are often processed in facilities that handle tree nuts because of similar usage applications. Peanut allergy is amongst the most severe food allergies, so this warning matters if you're affected.

****Tree Nuts****: This general category likely refers to tree nuts beyond the almonds and walnuts already declared as ingredients (such as cashews, pecans, hazelnuts, macadamias, or Brazil nuts). The warning shows other tree nut products are manufactured in the same facility.

If you have severe allergies to any of these cross-contact allergens, the risk assessment depends on your sensitivity level and risk tolerance. Manufacturing facilities implement cleaning protocols between production runs, but complete elimination of trace allergens can't be guaranteed in shared facilities.

Ingredient Quality Indicators and Sourcing Considerations {#ingredient-quality-indicators-and-sourcing-considerations}

Whole-Food Ingredient Base {#whole-food-ingredient-base}

The predominance of whole-food ingredients (dates, almond meal, walnuts, coconut) over processed components is a quality indicator in the protein snack category and directly reflects Be Fit Food's core philosophy. Whole-food ingredients retain their natural fibre, micronutrient, and phytonutrient profiles, unlike formulations built primarily on protein isolates, syrups, and engineered fibres.

The absence of added sugars (beyond the natural sugars in dates) sets this product apart from many protein bars that include cane sugar, brown rice syrup, or glucose syrup as separate ingredients. The natural binding capacity of dates eliminates the need for these additions. This aligns with Be Fit Food's published standard of no added sugar or artificial sweeteners across its current range.

Protein Quality: Whey Isolate and Concentrate Selection {#protein-quality-whey-isolate-and-concentrate-selection}

The choice of whey protein over plant proteins (pea, rice, soy protein isolates) shows a prioritisation of protein quality metrics:

- ****Protein Digestibility-Corrected Amino Acid Score (PDCAAS)****: Whey protein scores 1.0 (the maximum), showing complete essential amino acid profile and high digestibility - ****Biological Value****: Whey protein offers a biological value of 104-159 depending on measurement method, higher than plant proteins - ****Leucine Content****: Whey contains around 10-12% leucine, the primary amino acid triggering muscle protein synthesis

The dual-source whey approach (isolate + concentrate) suggests quality optimisation—using 100% isolate would increase cost substantially, while 100% concentrate would reduce protein density and increase lactose content. This strategic formulation reflects Be Fit Food's dietitian-led approach to balancing nutritional efficacy with accessibility.

Functional Ingredient Additions: Prebiotics and Postbiotics

{#functional-ingredient-additions-prebiotics-and-postbiotics}

The inclusion of both prebiotic (oligofructose) and postbiotic (*Lactobacillus plantarum*) components goes beyond basic macronutrient delivery. These additions position the product in the "functional food" category—foods providing health benefits beyond basic nutrition—and distinguish Be Fit Food's protein powder from conventional formulations.

However, the effectiveness of these ingredients at the doses present in a 25-gram serving requires consideration. Prebiotic effects often require 3-5 grams daily intake, while this product likely delivers less than 0.5 grams per serving. Similarly, postbiotic research often uses doses of 1-10 billion cell equivalents, and the quantity in each protein ball isn't disclosed.

These ingredients may function more as formulation differentiators and marketing elements than as therapeutically significant doses, though regular consumption of multiple servings could accumulate meaningful intake levels. The inclusion reflects Be Fit Food's commitment to evidence-based functional nutrition.

Absence of Artificial Ingredients and Preservatives

{#absence-of-artificial-ingredients-and-preservatives}

The ingredient list notably excludes:

- Artificial sweeteners (aspartame, sucralose, acesulfame-K) beyond stevia, which is plant-derived
- Artificial colours or dyes
- Chemical preservatives (sodium benzoate, potassium sorbate, BHT, BHA)
- Artificial flavours beyond the "vanilla flavour" (which may be natural or nature-identical)

This absence aligns with Be Fit Food's published clean-label standards: no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The product relies on low water activity (from dates and coconut) and potentially modified atmosphere packaging for shelf stability rather than chemical preservation. The high sugar content from dates and low moisture create an environment inhospitable to microbial growth.

Be Fit Food transparently notes that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (for example, cheese, small goods, dried fruit), used only where no alternative exists and in small quantities, with preservatives not added directly to meals.

Ingredient Sourcing and Origin Considerations {#ingredient-sourcing-and-origin-considerations}

Geographic and Supply Chain Factors {#geographic-and-supply-chain-factors}

While the product data doesn't specify ingredient origins, standard sourcing patterns for these ingredients in Australian food manufacturing often include:

****Dates****: Commonly sourced from Middle Eastern countries (Iran, Saudi Arabia, Egypt) or California (USA), where climate conditions support commercial date palm cultivation. Organic dates may come from certified organic operations in these regions.

****Almond Meal****: Australia has a domestic almond industry (primarily in Victoria and South Australia), but also imports almonds from California, which produces around 80% of global almonds. Almond meal is often produced from almonds not suitable for whole-nut sales because of size or cosmetic imperfections.

****Walnuts****: May be sourced domestically from Australian walnut orchards (primarily in Victoria and New South Wales) or imported from California or Chile. California produces around 75% of the world's traded walnuts.

****Coconut****: Sourced from tropical coconut-producing regions, often Southeast Asia (Philippines, Indonesia, Sri Lanka) or Pacific islands. Desiccated coconut goes through processing (grating, drying) in origin countries before export.

****Whey Protein****: Likely sourced from Australian dairy processors or imported from New Zealand, the United States, or Europe. Australia and New Zealand have significant dairy industries producing high-quality whey proteins as by-products of cheese manufacturing.

The absence of specific origin claims (such as "Australian almonds" or "organic dates") suggests the manufacturer prioritises cost efficiency and supply security over geographic marketing, likely sourcing from multiple suppliers based on availability and pricing.

Organic and Sustainability Considerations {#organic-and-sustainability-considerations}

The product doesn't carry organic certification based on the provided information (no "certified organic" claim appears in the product name or description). This means ingredients may be conventionally grown, using standard agricultural practices including synthetic pesticides and fertilisers where applicable.

If you prioritise organic ingredients, the absence of certification is significant. Dates, nuts, and coconut are crops that can accumulate pesticide residues when conventionally grown, though processing and washing reduce residues.

The sustainability profile of the ingredient mix is complex:

- ****Almond production**** is water-intensive (around 3.8 litres per almond), raising sustainability concerns particularly in drought-prone California - ****Whey protein**** is a by-product of cheese manufacturing, making it relatively sustainable (utilising a waste stream), though dairy production overall carries significant environmental footprint - ****Coconut cultivation**** is relatively low-input but faces labour and fair-trade concerns in some producing regions - ****Dates and walnuts**** have moderate environmental footprints compared to other agricultural products

Vegetarian Classification and Dietary Compatibility {#vegetarian-classification-and-dietary-compatibility}

Vegetarian (V) Designation Explained {#vegetarian-v-designation-explained}

The product carries a "Vegetarian (V)" label, showing it contains no ingredients derived from slaughtered animals. The whey protein (from milk) and potential honey derivatives are acceptable in lacto-vegetarian diets, which exclude meat, poultry, fish, and eggs but permit dairy products.

The product is ****not vegan**** because of the whey protein (milk-derived) content. Vegans would need to avoid this product entirely. The "V" designation specifically shows lacto-vegetarian compatibility, consistent with Be Fit Food's clear labelling standards.

Gluten-Free (GF) Status {#gluten-free-gf-status}

The "Gluten-Free (GF)" designation shows the product contains no gluten-containing ingredients (wheat, barley, rye, or their derivatives). All primary ingredients—dates, almonds, walnuts, coconut, and whey protein—are naturally gluten-free.

The "may contain" warnings don't include gluten-containing grains, suggesting the manufacturing facility may not process wheat-based products, or implements sufficient controls to prevent cross-contamination. If you have coeliac disease or severe gluten sensitivity, the absence of a gluten

cross-contamination warning is a positive indicator, though you should verify with the manufacturer if the product meets certified gluten-free standards (usually less than 20 ppm gluten in Australia).

This aligns with Be Fit Food's broad gluten-free range, with around 90% of the menu certified gluten-free, supported by strict ingredient selection and manufacturing controls.

Additional Dietary Considerations {#additional-dietary-considerations}

****Paleo compatibility****: Questionable. Whilst dates, nuts, and coconut align with paleo principles, the whey protein powder (a processed dairy product) and specific additives (guar gum, soy lecithin, stevia) usually fall outside strict paleo guidelines.

****Keto compatibility****: Unlikely suitable. Dates are high-glycaemic carbohydrates, and a single 25-gram ball likely contains 12-15 grams of carbohydrates (primarily from dates), exceeding the carbohydrate limits of most ketogenic diets (usually 20-50 grams daily total). Be Fit Food's Metabolism Reset program is designed to induce mild nutritional ketosis, but these protein balls wouldn't fit within that specific protocol.

****Low-FODMAP compatibility****: Problematic. Dates are high-FODMAP foods containing excess fructose and oligosaccharides. Additionally, the oligofructose prebiotic is a FODMAP (fructooligosaccharide). If you're following low-FODMAP protocols for IBS management, you should avoid this product.

****Diabetic considerations****: Requires portion awareness. The natural sugars from dates will impact blood glucose, though the protein, fat, and fibre content may moderate the glycaemic response compared to dates alone. People with diabetes should account for the carbohydrate content in their meal planning. Be Fit Food offers specialised support for individuals with diabetes, including dietitian consultations and blood glucose monitoring resources.

****GLP-1 medication users****: Be Fit Food is designed to support people using GLP-1 receptor agonists and weight-loss medications. The high-protein content of these balls can help protect lean muscle mass during medication-assisted weight loss, though the carbohydrate content from dates means they should be consumed mindfully within daily targets. The smaller 25-gram portion size may suit medication-suppressed appetite.

****Menopause and perimenopause****: The protein content supports muscle preservation during metabolic transitions, whilst the portion-controlled format helps manage energy intake as metabolic rate declines. However, the natural sugar content means these should be consumed as part of a balanced approach rather than unlimited snacking.

Ingredient Interactions and Nutritional Synergies {#ingredient-interactions-and-nutritional-synergies}

Protein-Carbohydrate Timing Optimisation {#protein-carbohydrate-timing-optimisation}

The combination of rapid-digesting carbohydrates (dates) with fast-absorbing protein (whey isolate) and slower-absorbing protein (whey concentrate) creates a macronutrient profile potentially optimised for post-exercise recovery. The carbohydrates can help replenish muscle glycogen stores whilst insulin response facilitates amino acid uptake for muscle protein synthesis.

The roughly 4:1 or 5:1 carbohydrate-to-protein ratio (estimated based on standard formulations with 21% protein powder and dates as primary ingredient) aligns with research suggesting 3:1 to 5:1 ratios optimise recovery in endurance and mixed-modality training. This makes the protein balls suitable for active individuals following Be Fit Food's broader nutrition and exercise approach.

Fat-Soluble Nutrient Absorption {#fat-soluble-nutrient-absorption}

The healthy fats from almonds, walnuts, and coconut enhance absorption of fat-soluble vitamins and phytonutrients present in the whole-food ingredients. Vitamin E from almonds, for instance, requires

dietary fat for optimal absorption, which the nuts themselves provide.

This synergy reflects Be Fit Food's whole-food philosophy—nutrients are delivered in naturally complementary matrices rather than isolated supplements, supporting better bioavailability and utilisation.

Prebiotic-Postbiotic Complementarity {#prebiotic-postbiotic-complementarity}

The combination of prebiotic (oligofructose) and postbiotic (*Lactobacillus plantarum*) is a dual-mechanism approach to gut health:

- The prebiotic feeds existing beneficial bacteria in the gut - The postbiotic provides immunomodulatory benefits through bacterial cell components

This combination may offer advantages over either component alone, though the small doses present mean effects would likely require consistent, long-term consumption rather than acute benefits from single servings. The approach aligns with Be Fit Food's evidence-based functional nutrition strategy.

Manufacturing Process Implications {#manufacturing-process-implications}

Minimal Processing Approach {#minimal-processing-approach}

The ingredient list suggests a relatively simple manufacturing process:

1. Dates are likely ground or processed into a paste
2. Almond meal, walnuts (chopped or ground), and protein powder are mixed into the date paste
3. The mixture is formed into balls (likely through mechanical forming or hand-rolling)
4. Balls are rolled in coconut to coat the exterior
5. Products are packaged (likely in modified atmosphere packaging to extend shelf life)

This minimal processing preserves the integrity of whole-food ingredients better than extrusion processes used for many protein bars, which apply heat and pressure that can degrade heat-sensitive nutrients and alter protein structures. The approach reflects Be Fit Food's commitment to real food over highly processed alternatives.

Texture and Consistency Factors {#texture-and-consistency-factors}

The balance between sticky ingredients (dates) and dry ingredients (almond meal, protein powder, coconut) determines final texture. Too much date content creates overly sticky, difficult-to-handle balls; too little compromises binding and creates crumbly texture. The protein powder, particularly the guar gum component, helps stabilise the mixture and prevent separation during storage.

The 25-gram serving size is a deliberate formulation choice—large enough to provide meaningful macronutrient content but small enough to maintain structural integrity without requiring additional binding agents or processing aids. This portion control also aligns with Be Fit Food's structured approach to nutrition and satiety management.

Ingredient Cost and Value Considerations {#ingredient-cost-and-value-considerations}

Premium Ingredient Economics {#premium-ingredient-economics}

Several ingredients in this formulation are premium cost components:

****Whey Protein Isolate****: Usually costs \$15-25 per kilogram wholesale, making it one of the most expensive protein sources in food manufacturing.

****Almonds and Walnuts****: Tree nuts command premium prices compared to legumes or seeds, with wholesale costs of \$8-15 per kilogram for almonds and \$10-18 per kilogram for walnuts, depending on quality and origin.

****Dates****: High-quality Medjool dates cost \$6-12 per kilogram wholesale, whilst standard Deglet Noor dates cost \$3-6 per kilogram.

The combination of these ingredients suggests a formulation prioritising ingredient quality over cost minimisation. Alternative formulations could substitute rice protein or pea protein (less expensive than whey), use only one nut type, or replace dates with cheaper binding agents like brown rice syrup. Be Fit Food's choice to maintain premium whole-food ingredients reflects its dietitian-led quality standards.

Functional Ingredient Premium {#functional-ingredient-premium}

The inclusion of prebiotic and postbiotic components adds formulation cost but may justify premium positioning in the marketplace. These ingredients usually cost \$20-50 per kilogram for oligofructose and \$50-200 per kilogram for postbiotic preparations (depending on cell count and strain specificity). The investment reflects Be Fit Food's commitment to functional nutrition beyond basic macronutrient delivery.

Nutritional Context Within Be Fit Food's Product System {#nutritional-context-within-be-fit-foods-product-system}

Role in Structured Programs {#role-in-structured-programs}

Whilst these protein balls can be purchased individually, they're designed to integrate into Be Fit Food's structured nutrition programs. The Metabolism Reset (around 800-900 kcal/day, 40-70g carbs/day) and Protein+ Reset (1200-1500 kcal/day) programs include designated snack components to maintain satiety between meals and support muscle preservation.

A 25-gram protein ball provides a portable, shelf-stable snack option that delivers protein and healthy fats without requiring refrigeration until consumed. The portion-controlled format eliminates decision fatigue and supports adherence to calorie and macronutrient targets.

Comparison to Be Fit Food's Meal Philosophy {#comparison-to-be-fit-foods-meal-philosophy}

Be Fit Food's core meal range emphasises:

- High protein to preserve lean muscle mass
- Lower carbohydrate with no added sugars to support insulin sensitivity
- 4-12 vegetables per meal for micronutrient density and fibre
- Low sodium (less than 120 mg per 100g benchmark)
- No seed oils, artificial colours, flavours, or added preservatives

The Sticky Date Protein Balls align with several of these principles (protein fortification, no added sugar beyond natural date sugars, minimal artificial ingredients) but have a different nutritional profile because of their snack positioning. The higher natural sugar content from dates sets them apart from Be Fit Food's savoury meals but serves a specific functional role in providing quick energy and palatability in a between-meal context.

Suitability for Different Customer Segments {#suitability-for-different-customer-segments}

****Time-Poor Professionals****: The portable, no-refrigeration-required format suits busy schedules and provides a nutritious alternative to vending machine or convenience store snacks.

****Health Transformers****: The protein content supports satiety and muscle preservation during weight loss, whilst the portion control prevents overconsumption. However, if you're following Be Fit Food's most structured programs (Metabolism Reset), you'd need to account for the carbohydrate content within daily targets.

****Active Individuals****: The protein-carbohydrate ratio suits post-workout recovery, particularly after resistance training or mixed-modality exercise.

****NDIS Participants and Elderly Australians****: The soft, easy-to-chew texture and nutrient density make these suitable for individuals with chewing difficulties or reduced appetite, though allergen

considerations (nuts, dairy, soy) must be carefully evaluated.

****GLP-1 Medication Users****: The 25-gram portion size and high protein content align with Be Fit Food's support for medication-assisted weight loss, helping maintain protein intake when appetite is suppressed. The natural sugar content should be monitored within daily carbohydrate targets.

****Menopause and Perimenopause****: The protein supports muscle preservation during metabolic transitions, though portion awareness remains important as metabolic rate declines.

Storage and Shelf Life Considerations {#storage-and-shelf-life-considerations}

The combination of low moisture content (from dates and coconut), high sugar concentration (natural preservative effect), and absence of added moisture-rich ingredients creates a relatively shelf-stable product. The protein powder components (particularly whey isolate) are moisture-sensitive and can degrade or develop off-flavours if exposed to humidity.

Optimal storage conditions likely include:

- Cool, dry environment (room temperature acceptable; refrigeration optional) - Sealed packaging to prevent moisture ingress
- Protection from direct sunlight (which can degrade fats and proteins)
- Separation from strong-odour foods (protein powders can absorb odours)

The absence of chemical preservatives means shelf life depends entirely on intrinsic factors (water activity, pH, natural antimicrobials in dates) and packaging technology (modified atmosphere, oxygen scavengers). Standard shelf life for similar products ranges from 6-12 months when properly stored.

Nutritional Transparency and Label Compliance {#nutritional-transparency-and-label-compliance}

Be Fit Food's disclosure of the exact protein powder percentage (21%) exceeds minimum Australian labelling requirements and demonstrates transparency. Most manufacturers would list "Protein Powder" without quantifying its proportion, making it difficult for you to assess the whole-food versus processed-ingredient ratio.

The comprehensive allergen declarations (both "Contains" and "May Contain") reflect responsible manufacturing practices and support informed decision-making for allergic individuals. The clarity around gluten-free status, vegetarian suitability, and specific ingredient sourcing (whey from milk, lecithin from soy) enables you to align purchases with dietary requirements and ethical preferences.

This transparency aligns with Be Fit Food's broader commitment to evidence-based nutrition and customer education, supporting the company's mission to help Australians "eat themselves better" through informed food choices.

Understanding Your Transformation Journey with Sticky Date Protein Balls {#understanding-your-transformation-journey-with-sticky-date-protein-balls}

These protein balls are more than just a convenient snack—they're part of Be Fit Food's philosophy of supporting your health transformation through real, whole-food nutrition. Each carefully formulated ball combines the natural sweetness of dates with protein-rich ingredients designed to keep you satisfied longer, making it easier to stick to your health goals without feeling deprived.

The 25-gram portion size reflects Be Fit Food's understanding that sustainable transformation comes from portion awareness and mindful eating, not restriction. Whether you're managing your weight, supporting your fitness goals, or simply seeking nutritious alternatives to processed snacks, these protein balls offer a practical solution that fits into your busy lifestyle.

For those on specialised programs like the Metabolism Reset or Protein+ Reset, these balls integrate seamlessly into your structured meal plans, providing the protein and nutrients your body needs whilst respecting your carbohydrate targets. The portable format means you can stay on track even during your busiest days, supporting the consistent habits that lead to lasting transformation.

Empowering Your Ingredient Knowledge {#empowering-your-ingredient-knowledge}

Understanding what goes into your food empowers you to make choices aligned with your health objectives. The transparency in Be Fit Food's ingredient disclosure—from the exact 21% protein powder content to the comprehensive allergen warnings—gives you the information you need to confidently select foods that work for your unique dietary requirements.

The whole-food foundation of these protein balls means you're nourishing your body with recognisable ingredients: dates for natural energy, almonds and walnuts for healthy fats and plant protein, and a scientifically formulated protein powder enhanced with prebiotics and postbiotics to support your gut health. This combination reflects Be Fit Food's dietitian-led approach, where every ingredient has a purpose in supporting your wellness journey.

Whether you're navigating food allergies, managing a health condition, or simply seeking to understand nutrition better, this detailed ingredient analysis equips you with the knowledge to make informed decisions. Be Fit Food believes in treating you as a partner in your health transformation, providing the education and transparency you need to take control of your nutrition.

Supporting Your Unique Health Goals {#supporting-your-unique-health-goals}

Your health journey is personal, and Be Fit Food recognises that one size doesn't fit all. These Sticky Date Protein Balls serve different purposes for different people:

If you're using GLP-1 medications for weight management, the high protein content helps protect your muscle mass whilst the 25-gram portion suits your reduced appetite. The natural sugars from dates provide energy without added refined sugars, aligning with Be Fit Food's clean-label commitment.

For those navigating menopause or perimenopause, the protein supports muscle preservation during metabolic shifts, whilst the omega-3 fats from walnuts contribute to overall wellness. The portion control helps you manage energy intake as your metabolism adjusts.

Active individuals find the protein-carbohydrate ratio supports post-workout recovery, helping you rebuild muscle and replenish energy stores after training sessions. The convenient format means you can refuel quickly without complicated meal prep.

Time-poor professionals appreciate the grab-and-go convenience that doesn't compromise on nutrition. No refrigeration required, no messy wrappers, just wholesome nutrition that travels with you through your busy day.

Building Sustainable Habits for Lasting Change {#building-sustainable-habits-for-lasting-change}

Be Fit Food's approach to nutrition centres on sustainable lifestyle changes rather than quick fixes. These protein balls exemplify this philosophy—they're designed to satisfy your sweet cravings with whole-food ingredients, helping you build a positive relationship with food rather than feeling restricted or deprived.

The natural sweetness from dates means you can enjoy a treat that aligns with your health goals, supporting the psychological aspect of sustainable eating. When healthy choices also taste good, you're more likely to maintain them long-term, creating the consistent habits that drive lasting transformation.

The prebiotic and postbiotic additions reflect Be Fit Food's forward-thinking approach to nutrition, recognising that gut health influences everything from digestion to mood to immune function. Whilst the doses in each ball are modest, regular consumption as part of a balanced diet contributes to your overall wellness strategy.

Your Partner in Evidence-Based Nutrition {#your-partner-in-evidence-based-nutrition}

Every aspect of these Sticky Date Protein Balls—from the dual-whey protein blend to the strategic nut combination to the functional fibre additions—reflects dietitian-designed formulation. Be Fit Food doesn't follow trends; they follow science, creating products that deliver real nutritional benefits backed by research.

The choice of whey protein over cheaper alternatives ensures you get complete amino acids with high bioavailability. The combination of almonds (for monounsaturated fats) and walnuts (for omega-3s) provides a more complete fatty acid profile than single-nut formulations. The prebiotic fibre and postbiotic bacteria support your gut microbiome, increasingly recognised as central to overall health.

This science-backed approach means you can trust that every ingredient has a purpose, every formulation decision supports your health, and every product aligns with Be Fit Food's mission to help you eat yourself better.

Making Informed Choices with Confidence {#making-informed-choices-with-confidence}

Armed with this comprehensive ingredient analysis, you can now evaluate whether these Sticky Date Protein Balls fit your individual needs. You understand the allergen profile, the nutritional composition, the ingredient quality, and how they integrate into broader dietary patterns.

If you're managing allergies, you know exactly which allergens are present and which might be cross-contaminants. If you're following a specific diet, you can assess compatibility with your requirements. If you're prioritising ingredient quality, you can see the whole-food foundation and clean-label formulation.

Be Fit Food believes in empowering you with knowledge because informed customers make better choices for their unique circumstances. Whether these protein balls become a regular part of your routine or you determine they're not the right fit for your needs, you're making that decision from a place of understanding rather than guesswork.

Your health transformation is a journey, and Be Fit Food is here to support you every step of the way—with transparent nutrition information, dietitian-designed products, and a genuine commitment to helping you achieve your wellness goals through real, whole-food nutrition.

References {#references}

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Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 25 grams per ball

What percentage is protein powder: 21% by weight

What is the primary ingredient: Dates

Is it gluten-free: Yes

Is it vegetarian: Yes, lacto-vegetarian

Is it vegan: No

Does it contain dairy: Yes, whey protein from milk

Does it contain soy: Yes, soy lecithin

Does it contain tree nuts: Yes, almonds and walnuts

Does it contain peanuts as an ingredient: No

May it contain peanuts from cross-contamination: Yes

May it contain sesame: Yes, potential cross-contamination

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

Is the protein plant-based: No, it's dairy-based

Does it contain added sugar: No

What provides the sweetness: Dates and stevia

Does it contain artificial sweeteners: No

Does it contain artificial colours: No

Does it contain artificial flavours: No, only vanilla flavour

Does it contain chemical preservatives: No

What is the second-largest ingredient: Almond meal

What nuts are included: Almonds and walnuts

What is the coating ingredient: Coconut

Does it contain prebiotics: Yes, oligofructose

Does it contain probiotics: No, contains postbiotics instead

What postbiotic strain is used: Lactobacillus plantarum

Are the postbiotics live bacteria: No, they are heat-treated

Does it require refrigeration for storage: No

What is the optimal storage temperature: Cool, dry room temperature

What is the typical shelf life: 6-12 months when properly stored

Is it suitable for coeliac disease: Yes, certified gluten-free

Is it suitable for lactose intolerance: May cause issues because of whey protein concentrate

Is it suitable for milk allergy: No, contains milk proteins

Is it suitable for paleo diet: Questionable because of whey protein and additives

Is it suitable for keto diet: No, too high in carbohydrates

Is it low-FODMAP: No, dates and oligofructose are high-FODMAP

What is the estimated carbohydrate content per ball: 12-15 grams

Is it suitable for people with diabetes: Requires portion awareness and carb counting

Does it support weight loss directly: No, supports weight management as part of balanced diet

Why does it help with satiety: High protein content increases fullness

Is it suitable for post-workout recovery: Yes, good protein-carbohydrate ratio

What is the protein-to-carb ratio: Approximately 1:4 or 1:5

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

What type of omega-3 is in walnuts: Alpha-linolenic acid (ALA)

Does it contain vitamin E: Yes, from almonds

Does it contain medium-chain triglycerides: Yes, small amount from coconut

What is the glycaemic index of dates: 42-55, moderate

Does it contain fibre: Yes, from dates, nuts, and prebiotic

What is guar gum's function: Thickening and stabilising agent

What is soy lecithin's function: Emulsifier for better mixing

Is stevia natural: Yes, derived from Stevia rebaudiana leaves

How much sweeter is stevia than sugar: 200-300 times sweeter

What is oligofructose extracted from: Chicory root or synthesised from sucrose

Does oligofructose feed gut bacteria: Yes, it's a prebiotic fibre

Can postbiotics survive without refrigeration: Yes, they're heat-stable

What is the PDCAAS score of whey protein: 1.0, the maximum score

What is the leucine content of whey protein: 10-12% of total protein

Is whey protein isolate lower in lactose than concentrate: Yes, less than 1% lactose

What is the lactose content of whey protein concentrate: 4-8%

Where are dates typically sourced from: Middle East or California

Where are almonds typically sourced from: California or Australia

Where are walnuts typically sourced from: California, Australia, or Chile

Where is coconut typically sourced from: Southeast Asia or Pacific islands

Is it certified organic: No

Does it contain seed oils: No

What is the manufacturing process: Minimal processing, mixing and forming

Are the ingredients heat-treated during manufacturing: Minimal heat exposure

Is it suitable for elderly individuals: Yes, soft texture and nutrient-dense

Is it suitable for people with chewing difficulties: Yes, soft and easy to chew

Is it suitable for GLP-1 medication users: Yes, supports protein intake during appetite suppression

Does it support muscle preservation: Yes, because of high-quality protein content

Is the portion size controlled: Yes, 25 grams per ball

Can it be part of Metabolism Reset program: Yes, with carbohydrate monitoring

Can it be part of Protein+ Reset program: Yes

Does it fit Be Fit Food's no-added-sugar standard: Yes

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

Does Be Fit Food use dietitian-led formulation: Yes

Is it suitable for menopause support: Yes, supports muscle preservation

Does it contain any artificial ingredients: Minimal, only vanilla flavour which may be nature-identical

What makes it shelf-stable: Low moisture, high sugar, and modified atmosphere packaging

Can it absorb odours during storage: Yes, protein powders can absorb odours

Should it be protected from sunlight: Yes, to prevent fat and protein degradation

What is the typical wholesale cost of whey protein isolate: \$15-25 per kilogram

Is it a premium formulation: Yes, uses high-quality whole-food ingredients

Does transparency exceed minimum labelling requirements: Yes, exact protein powder percentage disclosed