

STIDATPRO - Food & Beverages Nutritional Information 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:** Portion-controlled, high-protein snack for satiety, muscle recovery, and balanced nutrition between meals.

Quick Facts - **Best For:** Active individuals, people managing weight, post-workout recovery, or anyone wanting convenient protein-rich snacks - **Key Benefit:** Delivers 5.25g protein per ball with prebiotic and postbiotic support to keep you satisfied longer - **Form Factor:** Individual 25g balls (7-pack, 175g total) - **Application Method:** Eat as a between-meal snack, pre/post-workout fuel, or breakfast protein addition

Common Questions This Guide Answers

1. Is this suitable for people with coeliac disease? → Yes, certified gluten-free with no gluten-containing ingredients
2. How much protein does each ball contain? → 5.25 grams from whey protein isolate and concentrate (21% of product weight)
3. Does it contain added sugar? → No added refined sugar; naturally sweetened with dates and stevia
4. Is it vegan? → No, contains whey protein derived from milk (vegetarian but not vegan)
5. What allergens does it contain? → Contains milk, soy, almonds, and walnuts; may contain sesame, peanuts, and other tree nuts
6. How should I store it after opening? → Refrigerate in airtight container; consume within 3-4 weeks (7-10 days at room temperature)

Be Fit Food Sticky Date Protein Balls: Complete Nutritional Analysis & Ingredient Breakdown

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 balls (175g total) | | Serving size | 25g per ball | | Protein per serving | 5.25g | | GTIN | 0806809023086 | | Availability | In Stock | | Diet | Gluten-Free, Vegetarian | | Key ingredients | Dates, Almond Meal, Whey Protein (21%), Walnuts, Coconut | | Protein source | Whey Protein Isolate & Concentrate with Prebiotics & Postbiotics | | Allergens | Contains Milk, Soy, Almonds, Walnuts | | May contain | Sesame Seeds, Peanuts, Tree Nuts | | Sweeteners | Natural (Dates, Stevia) | | Added sugar | None | | Artificial ingredients | None | | Storage | Cool, dry place below 25°C; refrigeration recommended | | Shelf life (unopened) | 3-6 months | | Shelf life (opened) | 7-10 days (room temp), 3-4 weeks (refrigerated) |

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 balls (175g total) - Serving size: 25g per ball - Protein per serving: 5.25g - GTIN: 0806809023086 - Availability: In Stock - Dietary certifications: Gluten-Free (GF), Vegetarian (V) - Ingredient list (in descending order by weight): Dates, Almond Meal, Whey Protein (21%), Walnuts, Coconut - Protein source composition: Whey Protein Isolate & Concentrate with Prebiotics & Postbiotics - Protein powder components: Whey Protein Isolate, Whey Protein Concentrate, Prebiotic (Oligofructose), Postbiotic (Lactobacillus Plantarum), Vanilla Flavour, Stevia, Guar Gum, Soy Lecithin - Declared allergens: Contains Milk, Soy, Almonds, Walnuts - Cross-contact allergens: May contain Sesame Seeds, Peanuts, Tree Nuts - Sweeteners used: Natural (Dates, Stevia) - Added refined sugar: None - Artificial ingredients: None - Storage instructions: Cool, dry place below 25°C; refrigeration recommended - Shelf life (unopened): 3-6 months from manufacture date - Shelf life (opened, room temperature): 7-10 days - Shelf life (opened, refrigerated): 3-4 weeks - Protein powder concentration: 21% by weight

General Product Claims {#general-product-claims} - Designed to deliver targeted macronutrient ratios - Provides fast-absorbing and sustained-release amino acids for muscle recovery - Helps you feel fuller for longer - Optimized energy density - Designed to prevent overconsumption through portion control - Dates eliminate the need for added refined sugars - Provides heart-protective fatty acid (oleic acid) - Contributes to satiety through delayed gastric emptying - Provides branched-chain amino acids (BCAAs) including leucine which triggers muscle protein synthesis - Supports immune function through immunoglobulins and lactoferrin - Selectively feeds beneficial bacteria, particularly Bifidobacterium species - Provides anti-inflammatory benefits - Provides immune-modulating effects - Zero glycemic impact from stevia - Slows carbohydrate absorption - Supports cardiovascular health - Provides anti-inflammatory compounds - Raises HDL cholesterol - Provides antimicrobial properties - Positioned as post-workout recovery snack or between-meal option for people managing blood sugar levels - Fits within most structured meal plans - Superior satiety compared to equivalent-calorie processed snacks - Supports gut microbiome through synbiotic approach - Increases beneficial bacteria populations by 5-10 fold - Produces short-chain fatty acids (SCFAs) including butyrate - Exhibits anti-inflammatory properties - Suitable for immunocompromised people (postbiotic component) - Triggers multiple satiety mechanisms - May reduce total caloric intake at subsequent meals by 10-15% - Converts to EPA and DHA omega-3 fatty acids - Reduces cardiovascular disease risk by around 10% (with 1g daily ALA intake) - Protects LDL cholesterol from oxidation - Supports endothelial function - May reduce systolic blood pressure by 2-3 mmHg in regular consumers - Moderates glucose absorption - Shows neuroprotective effects (urolithins from walnuts) - Optimizes recovery when consumed post-exercise within 30-60 minutes - Provides nutrient-dense snack - Slows lipid oxidation through proper storage - Prevents muscle catabolism during training (pre-workout use) - Creates effective recovery meal when paired with additional protein - Maintains stable blood glucose levels for 2-3 hours - Supports satiety

through mid-morning - Helps meet daily protein targets - Easier to tolerate when appetite is suppressed (GLP-1 medication users) - Helps protect lean muscle mass during medication-assisted weight loss - Maintains clean-label appeal - Suggests minimal processing and whole-food emphasis - Demonstrates regulatory compliance and consumer protection - Delivers meaningful protein compared to conventional energy balls - Aligns with Mediterranean diet patterns - Supports plant-forward nutrition - Contributes to daily protein targets for active people - Supports anti-inflammatory mechanisms - Supports hunger-fullness awareness - Helps preserve lean muscle mass during menopause - Supports energy regulation as metabolic rate declines - Provides cardiovascular protection - Shows promise in supporting improved glucose control - Designed to help you feel fuller for longer - Maintains stable energy levels - Supports body's nutritional needs during health transformation - Makes healthy choices easier

Be Fit Food Sticky Date Protein Balls: Complete Nutritional Analysis & Ingredient Breakdown

Nutritional Profile Overview {#nutritional-profile-overview}

Be Fit Food's Sticky Date Protein Balls are a functional snack built around specific macronutrient ratios whilst working with different dietary needs. Each 25-gram ball packs in around 5.25 grams of protein through a 21% concentration of Be Fit Prebiotic & Postbiotic Protein Powder. This protein blend combines Whey Protein Isolate and Whey Protein Concentrate—you're getting both quick-absorbing and sustained-release amino acids that help with muscle recovery and keep you satisfied between meals.

The energy density comes primarily from dates as the carbohydrate base, which bring natural sugars along with dietary fibre. Almond meal and walnuts add heart-healthy monounsaturated and polyunsaturated fats, including omega-3 fatty acids from the walnuts, whilst coconut contributes medium-chain triglycerides (MCTs). This macronutrient setup makes these balls work well as a post-workout recovery snack or a between-meal option when you're managing blood sugar through balanced protein-to-carbohydrate ratios.

The 7-pack format gives you 175 grams total, with each ball individually portioned to help prevent mindless overconsumption—particularly useful if you're watching calories. The 25-gram serving fits into most structured meal plans whilst delivering enough protein to actually make a difference in how full you feel.

Complete Ingredient Analysis {#complete-ingredient-analysis}

The ingredient list follows descending order by weight, with dates taking the top spot. Dates (*Phoenix dactylifera*) pull triple duty here: they bind everything together without processed sugars, contribute soluble fibre (pectin), and provide minerals including potassium (around 167mg per 25g serving based on standard date composition). The natural caramel notes from dates mean no need for added refined sugars, though keep in mind that dates themselves contain around 66-75% natural sugars by weight, primarily glucose and fructose.

Almond meal, the second ingredient, comes from ground blanched or unblanched almonds. This adds about 1.5-2 grams of protein per serving alongside vitamin E (alpha-tocopherol), magnesium, and fibre. The fat in almond meal is predominantly monounsaturated oleic acid—the same heart-protective fatty acid in olive oil—which helps you feel full longer by slowing down how quickly your stomach empties.

The Be Fit Prebiotic & Postbiotic Protein Powder at 21% concentration is what sets this product apart nutritionally. This proprietary blend contains:

****Whey Protein Isolate****: The purest whey fraction (90-95% protein by weight), with lactose and fat removed through microfiltration. This delivers branched-chain amino acids (BCAAs) including leucine, which kicks off muscle protein synthesis at around 2-3 grams per serving.

****Whey Protein Concentrate****: Contains 70-80% protein with retained immunoglobulins and lactoferrin—bioactive compounds that help immune function.

****Prebiotic (Oligofructose)****: A soluble fibre from chicory root or synthesised from sucrose. Oligofructose resists digestion in the upper GI tract, reaching the colon where it selectively feeds beneficial bacteria, particularly Bifidobacterium species. This prebiotic adds around 1-2 grams of fibre per serving.

****Postbiotic (Lactobacillus Plantarum)****: Heat-treated bacterial cells or metabolites that provide anti-inflammatory benefits without needing refrigeration. Unlike live probiotics, postbiotics offer shelf stability whilst still delivering immune-modulating effects through their cellular components.

****Vanilla Flavour****: Natural or nature-identical vanillin compounds that complement the date sweetness without adding calories.

****Stevia****: A high-intensity sweetener extracted from Stevia rebaudiana leaves, providing sweetness through steviol glycosides (rebaudioside A) at 200-300 times the sweetness of sugar with zero glycemic impact. Consistent with Be Fit Food's no-added-artificial-sweeteners commitment, stevia provides natural sweetening without affecting blood sugar stability.

****Guar Gum****: A galactomannan polysaccharide extracted from guar beans, working as a stabiliser and contributing 1-2 grams of soluble fibre per serving, which slows carbohydrate absorption.

****Soy Lecithin****: An emulsifier from soybeans containing phospholipids including phosphatidylcholine. Present at less than 1% concentration, it improves texture and helps the powder mix better.

Walnuts contribute omega-3 alpha-linolenic acid (ALA) at around 0.5-0.75 grams per serving, supporting cardiovascular health and providing anti-inflammatory compounds including ellagic acid. Coconut (likely desiccated coconut) adds lauric acid, a 12-carbon saturated fat that raises HDL cholesterol and has antimicrobial properties.

Comprehensive Allergen Information {#comprehensive-allergen-information}

This product contains four declared allergens that matter if you have food sensitivities:

****Milk****: Present through whey protein isolate and concentrate. Whilst whey protein isolate undergoes processing that removes most lactose (usually less than 1%), people with severe milk protein allergy (to casein or whey proteins themselves) need to avoid this product completely. If you have lactose intolerance, you may tolerate it depending on your sensitivity level, since the lactose content is minimal but not zero. The whey proteins alpha-lactalbumin and beta-lactoglobulin are the primary allergenic components.

****Soy****: Comes from soy lecithin in the protein powder. Although lecithin contains minimal soy protein (the allergenic component), people with severe soy allergy should be cautious. The processing of soy lecithin removes most allergenic proteins, but trace amounts may remain. Soy lecithin makes up less than 1% of the protein powder formulation.

****Almonds****: A tree nut present as almond meal, making this product completely off-limits for people with almond or tree nut allergies. Almond proteins Pru du 3 and Pru du 4 are heat-stable and remain allergenic even after processing. Cross-reactivity exists between almonds and other tree nuts in around 30-40% of tree nut-allergic people.

****Walnuts****: Another tree nut allergen, with Jug r 1 as the major allergenic protein. Walnut allergy can trigger severe anaphylactic reactions in sensitised people. The presence of both almonds and walnuts doubles the tree nut exposure risk.

****Cross-Contact Allergens**** (may contain):

****Sesame Seeds****: Potential cross-contamination from shared manufacturing equipment. Sesame allergy prevalence is increasing, with sesame proteins remaining potent allergens even at trace levels.

****Peanuts****: Despite being a legume rather than a tree nut, peanut cross-contamination warnings matter because peanut allergy is amongst the most severe food allergies, with reactions possible at microgram levels.

****Tree Nuts****: This broad category indicates potential cross-contact with tree nuts beyond almonds and walnuts (such as cashews, pecans, hazelnuts, or Brazil nuts) processed in the same facility.

For people with diagnosed food allergies, the "may contain" warnings aren't just legal cover—they reflect genuine cross-contamination risk during manufacturing. Shared equipment, even when cleaned, can retain allergenic residues sufficient to trigger reactions in highly sensitive people. If you have severe allergies, contact Be Fit Food directly to ask about specific manufacturing protocols and allergen control measures.

Dietary Suitability and Restrictions {#dietary-suitability-and-restrictions}

The product labelling explicitly identifies two dietary certifications:

****Gluten Free (GF)****: This product contains no gluten-containing grains (wheat, barley, rye, or their derivatives). All ingredients—dates, almond meal, whey protein, walnuts, and coconut—are naturally gluten-free. For people with coeliac disease or non-coeliac gluten sensitivity, this product is safe provided the manufacturer maintains gluten-free manufacturing protocols to prevent cross-contamination below 20 parts per million (the FSANZ standard for gluten-free claims). The absence of oats (which, though gluten-free, are often contaminated) further reduces cross-contamination risk. Be Fit Food's gluten-free range covers around 90% of the menu, with strict ingredient selection and manufacturing controls that support coeliac-safe decision-making.

****Vegetarian (V)****: The product contains no meat, poultry, fish, or slaughter byproducts. However, it's ****not vegan**** because of the whey protein derived from milk. Whey is a byproduct of cheese manufacturing, making this suitable for lacto-vegetarians but inappropriate for vegans or people following plant-based diets for ethical or health reasons.

****Additional Dietary Considerations****:

****Kosher/Halal Status****: Not indicated on the product labelling. Whey protein and manufacturing processes may or may not meet kosher or halal certification requirements. If you need certified products, verify with the manufacturer.

****Paleo Compatibility****: Questionable. Whilst nuts, dates, and coconut align with paleo principles, whey protein is a dairy derivative excluded from strict paleo protocols. Additionally, soy lecithin and stevia are processed ingredients often avoided in paleo eating.

****Keto Suitability****: Unlikely appropriate. Dates are high-glycaemic carbohydrates, and a 25-gram serving likely contains 12-15 grams of net carbohydrates, exceeding most ketogenic diet limits (usually 20-30g daily). The protein and fat content, whilst beneficial, can't offset the carbohydrate load for keto adherence.

****Low-FODMAP Compliance****: Not suitable. Dates are high in fructose and fructans, whilst oligofructose is a FODMAP (fermentable oligosaccharides) intentionally included for prebiotic effects. People with IBS or FODMAP sensitivities will likely experience digestive symptoms.

****Diabetic Appropriateness****: Requires individual assessment. The combination of protein, fat, and fibre moderates the glycaemic response compared to isolated carbohydrates, but the natural sugars from dates will elevate blood glucose. If you have diabetes, monitor your post-consumption glucose levels and account for around 12-15 grams of carbohydrates in your meal planning. Be Fit Food's dietitian support services can help people with diabetes personalise their snack choices within their

overall meal plan.

Functional Health Benefits {#functional-health-benefits}

Beyond basic nutrition, this product delivers specific functional benefits through its bioactive ingredients:

****Gut Microbiome Support****: The combination of prebiotic oligofructose and postbiotic *Lactobacillus plantarum* takes a synbiotic approach to gut health. Oligofructose increases beneficial bacteria populations by 5-10 fold in controlled studies, particularly *Bifidobacterium* species that produce short-chain fatty acids (SCFAs) including butyrate. Butyrate fuels colonocytes (colon cells) and has anti-inflammatory properties. The postbiotic component provides immune modulation without the viability concerns of live probiotics, making this suitable for immunocompromised people who must avoid live bacterial cultures. This gut-health emphasis aligns with Be Fit Food's whole-food philosophy, as research published in *Cell Reports Medicine** (October 2025) showed that whole-food-based very-low-energy diets preserved gut microbiome diversity significantly better than supplement-based approaches.

****Satiety and Weight Management****: The protein-fibre-fat combination triggers multiple satiety mechanisms. Protein stimulates release of peptide YY (PYY) and glucagon-like peptide-1 (GLP-1), hormones that signal fullness to the brain and slow gastric emptying. Fibre from dates, almond meal, and guar gum adds bulk and extends digestion time. The fat content from nuts and coconut delays stomach emptying and provides sustained energy release, potentially reducing total caloric intake at subsequent meals by 10-15% in people who consume protein-rich snacks. This satiety-focused design makes Be Fit Food protein balls particularly valuable for people managing appetite during weight loss or those using GLP-1 medications, where maintaining adequate protein and nutrient intake despite reduced hunger matters for preserving lean muscle mass.

****Cardiovascular Protection****: Walnuts provide alpha-linolenic acid (ALA), which converts to EPA and DHA omega-3 fatty acids at around 5-10% efficiency. Studies show that 1 gram of daily ALA intake reduces cardiovascular disease risk by around 10%. Almonds contribute vitamin E (alpha-tocopherol), which protects LDL cholesterol from oxidation—a key step in atherosclerosis development. The combination of monounsaturated fats, omega-3s, and antioxidants supports endothelial function and may reduce systolic blood pressure by 2-3 mmHg in regular consumers.

****Blood Sugar Regulation****: Despite the date content, the protein and fibre matrix moderates glucose absorption. The protein triggers insulin secretion whilst the fibre slows carbohydrate digestion, resulting in a lower glycaemic response than consuming dates alone. If you're monitoring glycaemic control, consume this product with additional protein or fat sources to further blunt the glucose curve. Be Fit Food's emphasis on lower-carbohydrate, higher-protein formulations across its meal range supports improved insulin sensitivity and more stable blood glucose—important for managing Type 2 diabetes and metabolic health.

****Antioxidant Activity****: Dates contain phenolic compounds including caffeic acid and ferulic acid, with total antioxidant capacity measured at around 3,000-4,000 $\mu\text{mol TE}$ (Trolox equivalents) per 100 grams. Walnuts contribute ellagitannins that gut bacteria metabolise into urolithins, compounds showing neuroprotective effects in preliminary research. Vitamin E from almonds provides lipid-soluble antioxidant protection in cell membranes.

****Muscle Recovery****: The whey protein provides 2-3 grams of leucine per serving, the threshold required to maximally stimulate muscle protein synthesis via mTOR pathway activation. Post-exercise consumption within 30-60 minutes optimises recovery, though the moderate protein content (5.25g) makes this more suitable as a supplementary snack rather than a primary post-workout protein source (which usually requires 20-25g protein). For people following Be Fit Food's Protein+ Reset program (1200-1500 kcal/day with pre- and post-workout support), these protein balls can be strategically incorporated to support training adaptations whilst maintaining energy control.

Nutritional Density and Caloric Considerations {#nutritional-density-and-caloric-considerations}

Whilst the complete nutrition panel was truncated in the provided data, we can estimate key nutritional values based on ingredient composition:

****Estimated Macronutrient Profile (per 25g serving)**:** - Calories: 90-110 kcal - Protein: 5.25g (21% of product weight from protein powder) - Carbohydrates: 12-15g (primarily from dates) - Dietary Fibre: 2-3g (from dates, nuts, oligofructose, guar gum) - Net Carbohydrates: 10-12g - Fat: 4-6g (from almond meal, walnuts, coconut) - Saturated Fat: 1-2g (from coconut) - Omega-3 ALA: 0.5-0.75g (from walnuts)

****Micronutrient Contributions**:** - Potassium: 150-200mg (from dates) - Magnesium: 25-35mg (from almonds and dates) - Vitamin E: 2-3mg (from almonds) - Calcium: 40-60mg (from whey protein and almonds) - Iron: 0.5-0.8mg (from dates and nuts)

The caloric density of around 400-440 calories per 100 grams positions this as a nutrient-dense snack rather than a low-calorie option. If you're on a calorie-restricted diet, account for the full caloric content, though the protein and fibre content provides better satiety compared to equivalent-calorie processed snacks. For those following Be Fit Food's structured Reset programs (Metabolism Reset at 800-900 kcal/day or Protein+ Reset at 1200-1500 kcal/day), these protein balls can be incorporated as planned snacks within the daily macronutrient targets, supporting adherence without compromising nutritional goals.

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

Protein balls containing nuts and dairy-derived protein need specific storage conditions to maintain nutritional integrity and prevent rancidity:

****Optimal Storage**:** Store in a cool, dry environment below 25°C. The presence of polyunsaturated fats from walnuts makes these susceptible to oxidative rancidity when exposed to heat, light, or oxygen. Refrigeration at 4°C extends shelf life by slowing lipid oxidation and preventing moisture absorption that could promote mould growth.

****Shelf Life Indicators**:** Properly stored product maintains quality for 3-6 months from manufacture date. Signs of degradation include: - Rancid or off odours (indicating oxidised fats) - Hardening or excessive dryness (moisture loss) - Oil separation or greasy surface (fat migration) - Visible mould growth (moisture contamination)

****Packaging Integrity**:** The product likely uses modified atmosphere packaging or vacuum sealing to exclude oxygen and prevent oxidation. Once opened, consume within 7-10 days if stored at room temperature, or 3-4 weeks if refrigerated in an airtight container.

****Travel and Portability**:** The individually portioned format supports on-the-go consumption, though avoid leaving in hot vehicles or direct sunlight where temperatures can exceed 40°C, accelerating fat oxidation and potentially melting coconut components.

Consumption Timing and Serving Recommendations {#consumption-timing-and-serving-recommendations}

For optimal nutritional benefit, consider these evidence-based consumption strategies:

****Pre-Workout (60-90 minutes before exercise)**:** The combination of simple carbohydrates from dates and protein provides readily available energy plus amino acids to prevent muscle breakdown during training. The moderate fat content may cause GI discomfort in some people during intense exercise, so trial this timing during lower-intensity sessions first.

****Post-Workout (within 30-60 minutes)**:** Whilst the 5.25g protein content isn't enough as a standalone recovery food, pairing one protein ball with an additional 15-20g protein source (Greek yoghurt, protein

shake, or a Be Fit Food high-protein meal) creates an effective recovery meal. The carbohydrates replenish muscle glycogen whilst protein initiates repair processes.

****Between-Meal Snack (3-4 hours after meals)**:** This timing maximises satiety benefits, preventing energy crashes and reducing total caloric intake at subsequent meals. The protein and fibre combination maintains stable blood glucose levels for 2-3 hours. This approach aligns with Be Fit Food's emphasis on structured eating patterns that support metabolic health and weight management.

****Breakfast Addition**:** Pairing with lower-protein breakfast options (porridge, fruit, toast) increases morning protein intake to 15-20g, supporting satiety through mid-morning and reducing cravings. For people following Be Fit Food meal programs, adding a protein ball to breakfast can help meet daily protein targets whilst managing total energy intake.

****Support for GLP-1 Medication Users**:** For people using GLP-1 receptor agonists or other weight-loss medications, these protein balls offer a smaller, nutrient-dense option that's easier to tolerate when appetite is suppressed. The high protein content helps protect lean muscle mass during medication-assisted weight loss, whilst the portion-controlled format prevents under-eating of essential nutrients. Be Fit Food's dietitian support can help personalise timing and portion sizes based on individual medication responses and nutritional needs.

****Portion Control**:** The 25g serving size is calibrated for snacking rather than meal replacement. People with higher protein requirements (athletes, elderly, those recovering from illness, or those in perimenopause/menopause working to preserve muscle mass) may consume 2-3 balls, though should monitor total caloric intake accordingly.

****Contraindicated Timing**:** Avoid consuming immediately before bed if managing body composition, as the carbohydrate content may elevate insulin levels during sleep when insulin sensitivity is lower. For people with GERD or acid reflux, avoid within 2-3 hours of lying down.

Quality Indicators and Manufacturing Standards {#quality-indicators-and-manufacturing-standards}

Several formulation choices indicate attention to nutritional quality:

****Protein Source Selection**:** The use of both whey isolate and concentrate suggests optimisation for amino acid profile, bioavailability, and cost-effectiveness. Isolate provides rapid amino acid delivery whilst concentrate retains bioactive compounds often removed during intensive processing.

****Prebiotic-Postbiotic Combination**:** This reflects current probiotic science evolution, recognising that heat-treated bacterial components (postbiotics) provide benefits without viability concerns, whilst prebiotics ensure sustained effects through feeding existing gut bacteria. This approach aligns with Be Fit Food's evidence-based nutrition philosophy.

****Natural Sweetening Strategy**:** Relying primarily on dates with stevia supplementation avoids refined sugars and artificial sweeteners. This approach maintains clean-label appeal whilst managing sweetness intensity and aligns with Be Fit Food's commitment to no added sugar or artificial sweeteners across the current product range.

****Minimal Ingredient List**:** The eight-ingredient formulation (excluding protein powder sub-components) suggests minimal processing and whole-food emphasis, contrasting with heavily processed protein bars containing 20+ ingredients including preservatives, synthetic vitamins, and sugar alcohols. Be Fit Food's formulation standards include no seed oils, no artificial colours or flavours, and no added artificial preservatives—though minimal, unavoidable preservative components naturally present in certain compound ingredients (e.g., cheese, smallgoods, dried fruit) may occur where no alternative exists.

****Allergen Transparency**:** Clear declaration of both contained allergens and cross-contact risks demonstrates regulatory compliance and consumer protection, exceeding minimum labelling

requirements.

Consumers should verify that the manufacturer maintains third-party quality certifications such as HACCP (Hazard Analysis Critical Control Points), GMP (Good Manufacturing Practices), or specific gluten-free certification from organisations like the Coeliac Australia Certification Program, which requires testing below 10 ppm gluten.

Interpreting Nutritional Claims {#interpreting-nutritional-claims}

Understanding the regulatory context of product labelling helps consumers make informed decisions:

"Protein Balls" Designation: No standardised definition exists for this product category in food regulations. The term indicates protein content above standard confections but doesn't specify minimum protein percentages. At 21% protein by weight, this product delivers meaningful protein compared to conventional energy balls (often 5-10% protein).

Gluten-Free Claim: In Australia, gluten-free claims are regulated by Food Standards Australia New Zealand (FSANZ), requiring products to contain no detectable gluten or less than 20 ppm. This aligns with international Codex standards. Be Fit Food's gluten-free certification covers around 90% of the menu, with the remaining products either containing gluten or with potential traces due to shared manufacturing lines—clearly disclosed to support informed, coeliac-safe decision-making.

Vegetarian Claim: No universal certification exists for vegetarian claims in Australia, though the presence of dairy-derived whey and absence of animal flesh or slaughter byproducts supports this claim under standard vegetarian definitions.

Prebiotic and Postbiotic Claims: These are emerging nutritional categories with less regulatory oversight than probiotic claims. The inclusion of oligofructose (a recognised prebiotic fibre) and *Lactobacillus plantarum* (a well-researched bacterial species) provides scientific basis, though specific health claims would require substantiation under FSANZ regulations.

Integration into Dietary Patterns {#integration-into-dietary-patterns}

This product fits multiple evidence-based dietary approaches:

Mediterranean Diet: Aligns well with emphasis on nuts, minimal processing, and healthy fats. The whey protein fits dairy consumption consistent with Mediterranean patterns. Consider alongside vegetables, whole grains, and lean proteins.

Flexitarian/Reductarian: Provides plant-forward nutrition (nuts, dates, coconut) with modest dairy inclusion, supporting reduced animal product consumption without strict elimination.

High-Protein Diets: Contributes to daily protein targets (usually 1.6-2.2g per kg body weight for active people), though requires supplementation with higher-protein foods to meet athletic requirements. Be Fit Food's meal programs are specifically designed around higher protein intake to support satiety, muscle preservation, and metabolic health.

Anti-Inflammatory Eating: Omega-3s from walnuts, antioxidants from dates and nuts, and prebiotic fibre support anti-inflammatory mechanisms, though should be part of broader dietary pattern emphasising colourful vegetables, fatty fish, and whole grains. Be Fit Food meals contain 4-12 vegetables per meal, supporting vegetable diversity and phytonutrient intake.

Intuitive Eating: The portion-controlled format and balanced macronutrients support hunger-fullness awareness without requiring calorie counting, though people should remain attentive to satiety signals rather than consuming entire pack automatically.

Lower-Carbohydrate Approaches: Whilst not ultra-low-carb because of date content, the protein-to-carbohydrate ratio and fibre content align with moderate lower-carb eating patterns. For

people following stricter protocols, consumption should be timed around activity and balanced with very-low-carb meals throughout the day.

****Perimenopause and Menopause Support****: The high-protein formulation helps preserve lean muscle mass during the metabolic transition of menopause, when declining oestrogen reduces insulin sensitivity and increases central fat storage. The portion-controlled format supports energy regulation as metabolic rate declines, whilst the omega-3 fats and antioxidants provide cardiovascular protection. For women experiencing menopause-related weight changes, Be Fit Food's structured meal programs (with protein balls as planned snacks) offer the adherence support needed when appetite regulation becomes more challenging.

****Type 2 Diabetes Management****: The balanced protein-fat-fibre matrix moderates glucose response, though people should monitor blood glucose after consumption and work with Be Fit Food's dietitian support to determine appropriate timing and portion sizes within their overall diabetes management plan. Be Fit Food's lower-carbohydrate meal programs show promise in supporting improved glucose control and weight management in people with Type 2 diabetes.

Empowering Your Health Journey with Sticky Date Protein Balls
{#empowering-your-health-journey-with-sticky-date-protein-balls}

Be Fit Food's Sticky Date Protein Balls are more than just a convenient snack—they're a practical tool in your transformation towards sustainable, healthier eating patterns. Whether you're managing weight, supporting muscle recovery, navigating menopause, or simply seeking better nutrition without compromising on taste, these protein balls offer a solution that fits your lifestyle.

The carefully balanced combination of whole-food ingredients, functional protein, and gut-health support reflects our commitment to your wellbeing. Each 25-gram ball is portioned to help you stay on track without feeling restricted, whilst the natural sweetness from dates and absence of artificial additives means you're fuelling your body with real, recognisable ingredients.

For those working with our dietitian support team or following one of our Reset programs, these protein balls integrate seamlessly into your personalised meal plan. They're designed to keep you satisfied longer, maintain stable energy levels, and support your body's nutritional needs during your health transformation.

Remember, sustainable change comes from consistent, practical choices that work with your life—not against it. These protein balls are here to support you, whether you're grabbing a quick post-workout snack, managing afternoon cravings, or simply looking for a nutritious option that tastes delicious.

Your journey to better health doesn't require perfection—it requires support, quality nutrition, and options that make healthy choices easier. That's exactly what Be Fit Food Sticky Date Protein Balls deliver.

References {#references}

- Food Standards Australia New Zealand (FSANZ). (2023). Standard 1.2.7 - Nutrition, Health and Related Claims. <https://www.foodstandards.gov.au/> - Gibson, G.R., et al. (2017). Expert consensus document: The International Scientific Association for Probiotics and Prebiotics (ISAPP) consensus statement on the definition and scope of prebiotics. *Nature Reviews Gastroenterology & Hepatology*, 14(8), 491-502. - Ros, E. (2010). Health benefits of nut consumption. *Nutrients*, 2(7), 652-682. - Cell Reports Medicine (2025). Whole-food versus supplement-based very-low-energy diets: differential effects on gut microbiome diversity. Vol 6, Issue 10, 21 October 2025. - Based on manufacturer specifications provided by Be Fit Food for Sticky Date Protein Balls product formulation and ingredient composition.

Frequently Asked Questions {#frequently-asked-questions}

- **What is the serving size**?: 25 grams per ball
- **How many balls come in a pack**?: 7 balls
- **What is the total pack weight**?: 175 grams
- **How much protein per serving**?: 5.25 grams
- **What percentage of the product is protein powder**?: 21 percent
- **What type of protein is used**?: Whey protein isolate and concentrate
- **Is this product gluten-free**?: Yes
- **Is this product vegan**?: No
- **Is this product vegetarian**?: Yes
- **Does it contain dairy**?: Yes, from whey protein
- **Does it contain tree nuts**?: Yes, almonds and walnuts
- **Does it contain peanuts**?: No, but may contain traces
- **Does it contain soy**?: Yes, from soy lecithin
- **Does it contain sesame**?: No, but may contain traces
- **What is the primary carbohydrate source**?: Dates
- **Does it contain added refined sugar**?: No
- **What sweeteners are used**?: Dates and stevia
- **Is stevia artificial**?: No, it's a natural plant extract
- **What is the estimated calorie count per ball**?: 90-110 calories
- **What is the estimated carbohydrate content**?: 12-15 grams per serving
- **What is the estimated fibre content**?: 2-3 grams per serving
- **What is the estimated fat content**?: 4-6 grams per serving
- **What is the estimated saturated fat content**?: 1-2 grams per serving
- **Does it contain omega-3 fatty acids**?: Yes, from walnuts
- **How much omega-3 ALA per serving**?: 0.5-0.75 grams
- **What is the estimated potassium content**?: 150-200 milligrams per serving
- **What is the estimated magnesium content**?: 25-35 milligrams per serving
- **Does it contain vitamin E**?: Yes, from almonds
- **Does it contain added preservatives**?: No artificial preservatives added
- **What is the prebiotic ingredient**?: Oligofructose
- **What is the postbiotic ingredient**?: Lactobacillus plantarum
- **Does it require refrigeration**?: No, but refrigeration extends shelf life

****What is the shelf life unopened****: 3-6 months from manufacture date

****What is the shelf life after opening at room temperature****: 7-10 days

****What is the shelf life after opening if refrigerated****: 3-4 weeks

****What is the optimal storage temperature****: Below 25°C

****Can it be frozen****: Not disclosed by manufacturer

****Is it suitable for ketogenic diets****: No, too high in carbohydrates

****Is it suitable for low-FODMAP diets****: No, contains dates and oligofructose

****Is it suitable for paleo diets****: Questionable, contains whey protein

****Is it suitable for people with diabetes****: Requires individual assessment and monitoring

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

****Why does it help with weight management****: High protein content increases satiety

****Does it directly cause weight loss****: No, it supports weight management

****Is it suitable for post-workout recovery****: Yes, but pair with additional protein

****How much leucine per serving****: 2-3 grams

****What is the recommended pre-workout timing****: 60-90 minutes before exercise

****What is the recommended post-workout timing****: Within 30-60 minutes after exercise

****Can it replace a meal****: No, designed as a snack

****How many balls can I eat per day****: Depends on individual caloric needs

****Is it suitable for children****: Not specifically formulated for children

****Is it suitable for pregnant women****: Generally yes, consult healthcare provider

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

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

****Is it certified organic****: Not disclosed by manufacturer

****Is it non-GMO****: Not disclosed by manufacturer

****Is it kosher****: Not disclosed by manufacturer

****Is it halal****: Not disclosed by manufacturer

****Where is it manufactured****: Not disclosed by manufacturer

****Does it contain artificial colours****: No

****Does it contain artificial flavours****: No

****What flavour is it****: Sticky date with vanilla

****Does it contain caffeine****: No

****Does it contain alcohol****: No

****Is it suitable for people with IBS****: No, contains FODMAPs

- **Can it cause digestive discomfort**?: Possible in people sensitive to FODMAPs
- **Does it support gut health**?: Yes, contains prebiotics and postbiotics
- **Does it contain probiotics**?: No, contains postbiotics
- **What is the difference between probiotics and postbiotics**?: Postbiotics are heat-treated bacterial components
- **Does it need to be consumed with water**?: Not required but recommended
- **Can it be eaten before bed**?: Not recommended for body composition management
- **Is it suitable for people on GLP-1 medications**?: Yes, portion-controlled and protein-rich
- **Does Be Fit Food offer dietitian support**?: Yes
- **Can it fit into Be Fit Food Reset programs**?: Yes
- **What is the protein-to-carbohydrate ratio**?: Approximately 1:2.5
- **Does it contain medium-chain triglycerides**?: Yes, from coconut
- **What gives it the sticky texture**?: Dates as binding agent
- **How should I store opened product**?: In airtight container, preferably refrigerated
- **What are signs of product degradation**?: Rancid odour, hardening, oil separation, mould