

STIDATPRO - Food & Beverages Product Overview - 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:** Convenient, nutrient-dense protein snack designed to support steady energy, muscle preservation, and gut health between meals or post-workout.

Best For: Health-conscious individuals, active people, those on calorie-controlled programs, GLP-1 medication users, and women in perimenopause/menopause - **Key Benefit:** Delivers 21% protein with prebiotic and postbiotic gut health support in a whole-food formula - **Form Factor:** Individual 25g protein balls (7 per pack) - **Application Method:** Eat as a snack between meals, post-workout, or when appetite is suppressed

Common Questions This Guide Answers

1. How much protein is in each ball? → 5.6 grams of protein per 25-gram ball
2. Is this product suitable for people with gluten intolerance? → Yes, it is certified gluten-free and suitable for coeliac disease
3. What makes these different from regular protein balls? → Contains both prebiotic oligofructose and postbiotic Lactobacillus Plantarum for gut health support, plus whole-food ingredients without artificial sweeteners, colours, or flavours
4. Can people using GLP-1 medications eat these? → Yes, the small 25g portion is ideal when appetite is suppressed, delivering meaningful protein to preserve lean muscle
5. What allergens does it contain? → Contains milk, soy, almonds, and walnuts; may contain traces of sesame, peanuts, and other tree nuts
6. Is it vegan? → Yes, the product is certified gluten-free and vegan (GF) (V).

Be Fit Food Sticky Date Protein Balls: Your Complete Guide to Smart Snacking

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Sticky Date Protein Balls - 7 Pack (GF) (V) S7 | | Brand | Be Fit Food | | Pack size | 7 pack | | Serving size | 25g per ball | | Price | \$24.95 AUD | | Availability | In Stock | | GTIN | 0806809023086 | | Protein content | 21% | | Diet | Gluten-Free (GF), Vegetarian (V) | | Key ingredients | Dates, Almond Meal, Whey Protein Isolate, Whey Protein Concentrate, Walnuts, Coconut | | Contains allergens | Milk, Soy, Almonds, Walnuts | | May contain | Sesame Seeds, Peanuts, Tree Nuts | | Added sugar | None | | Artificial sweeteners | None (contains Stevia) | | Artificial colours | None | | Artificial flavours | None | | Storage | Cool, dry place away from direct sunlight |

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 - **GTIN:** 0806809023086 - **Pack Size:** 7 pack - **Serving Size:** 25g per ball - **Price:** \$24.60 AUD - **Availability:** In Stock - **Protein Content:** 21% - **Dietary Certifications:** Gluten-Free (GF), Vegetarian (V) - **Ingredients:** Dates, Almond Meal, Whey Protein Isolate, Whey Protein Concentrate, Walnuts, Coconut, Vanilla Flavour, Salt, Stevia, Guar Gum, Soy Lecithin, Oligofructose (Prebiotic), Lactobacillus Plantarum (Postbiotic) - **Contains Allergens:** Milk, Soy, Almonds, Walnuts - **May Contain (Cross-Contamination):** Sesame Seeds, Peanuts, Tree Nuts - **Added Sugar:** None - **Artificial Sweeteners:** None (contains Stevia) - **Artificial Colours:** None - **Artificial Flavours:** None - **Artificial Preservatives:** None - **Storage Instructions:** Cool, dry place away from direct sunlight

General Product Claims {#general-product-claims} - Smart way to snack with complete nutrition for steady energy - Supports gut health alongside real, whole foods - CSIRO-backed meal program principles - Supports metabolism - No seed oils - Delivers protein density without artificial sweeteners beyond stevia - Addition of Lactobacillus Plantarum (postbiotic strain) alongside oligofructose (prebiotic fibre) supports gut health - Goes beyond standard protein balls with dual approach to gut health - Dates deliver dietary fibre, potassium, and antioxidants - Almond meal helps you feel fuller for longer - Walnuts provide omega-3 fatty acids (ALA) - Coconut adds medium-chain triglycerides (MCTs) for fast fuel - Whey protein isolate provides quick amino acid delivery, especially BCAAs - Supports muscle protein synthesis - Whey protein concentrate keeps natural bioactive compounds - Combination balances quick absorption with sustained amino acid release - Supports steady energy and muscle preservation - Oligofructose can boost calcium absorption and promote bifidobacteria growth - Supports gut-brain connection and digestive health - Postbiotics support gut barrier function and may help modulate immune responses - Multi-source protein approach creates varied amino acid profile - High biological value protein - Strategic approach to absorption timing - Supports customers following Metabolism Reset or Protein+ Reset programs - Addresses protein needs when appetite drops (GLP-1 medications) - Moderate blood sugar response compared to refined sugar-based snacks - Sustained energy rather than quick spikes and crashes - Important for managing insulin resistance, Type 2 diabetes, or metabolic syndrome - Varied fat profile supports hormone production, vitamin absorption, cellular membrane integrity, sustained energy - Healthy fats support hormone production and may help ease menopausal symptoms - Suitable for individuals with coeliac disease or non-coeliac gluten sensitivity - 90% of meal menu is certified gluten-free - Strict ingredient selection and manufacturing controls prevent cross-contamination - Prebiotics selectively feed beneficial gut bacteria - May influence satiety hormones - Postbiotics provide immune-modulating effects - 2025 randomised controlled trial in Cell Reports Medicine showed whole-food-based VLEDs produced greater improvements in gut microbiome diversity - Real food philosophy has measurable impact on digestive wellness - Whole-food matrix provides vitamin E, magnesium, polyphenols, trace minerals - Nutritional density sets product apart from isolated powder products - Dietitian-led formulation prioritises nutrient

density and metabolic support - Natural sugar from dates provides functional energy with fibre, potassium, antioxidants - Stevia contributes zero-calorie sweetness without blood sugar impact - Clean-label standards - Convenient post-workout recovery support - Sustained amino acid release supports muscle protein synthesis over several hours - Natural carbohydrates replenish muscle glycogen - Controlled calorie intake fits structured nutrition plans - Satisfies sweet cravings without refined sugars or artificial ingredients - Prebiotic and postbiotic components support digestive wellness - Real food, real results philosophy - Addresses broader dietary needs through extensive meal range - Grab-and-go convenience - Reduces decision fatigue and supports consistent nutrition habits - Shelf-stable nature allows desk drawer or bag storage - Balanced macro profile maintains stable energy levels - Convenience-without-compromise approach - Makes scientifically-backed nutrition accessible to time-poor Australians - Smaller and easier to tolerate when appetite drops - Delivers meaningful protein to support lean muscle preservation during medication-assisted weight loss - Whole-food base provides micronutrients - Moderate natural sugar supports stable blood glucose - Supports sustainable eating habits beyond medication phase - Focus on long-term metabolic health - Addresses unique metabolic challenges for women in perimenopause and menopause - Preserves muscle mass as metabolic rate declines - Lower glycaemic impact supports insulin sensitivity - Portion-controlled energy appropriate for reduced caloric needs - Recognises menopause as metabolic transition - Provides readily available energy for pre-exercise fuel - Portable format and lack of refrigeration needs ideal for travel - Maintains nutrition during flights, road trips, limited food access situations - Serves as tolerable protein source when larger meals feel overwhelming - Helps maintain adequate daily protein intake - Combination of protein, fibre, and healthy fats promotes satiety - Chewing whole-food ingredients may enhance fullness signals - Free dietitian consultation service available - Natural fat content requires proper storage to prevent rancidity - Minimal processing and clean-label formulation - Cold-milled almond meal retains more nutrients - Cold-processed, non-denatured whey retains more bioactive compounds - Dietitian-led formulation approach ensures quality - Manufacturing processes preserve nutrient integrity while ensuring food safety - Moderate protein density suits consumers seeking protein enhancement without heavy, filling nature - Natural source of sugars comes with fibre and micronutrients - Works best as component snacks within varied diet - Free 15-minute dietitian consultations available - Fibre needs adequate hydration for optimal digestive function - Prebiotic fibre supports fermentation in colon - Prevents constipation during calorie-restricted programs - Gradual introduction minimises digestive side effects for sensitive individuals - Dietitian support team provides personalised guidance - Transparent allergen labelling across all products - Program-specific integration guidance for Metabolism Reset, Protein+ Reset, Maintenance & Lifestyle Plans, GLP-1 Medication Support - Whole-food approach supported by published studies

Be Fit Food Sticky Date Protein Balls: Your Complete Guide to Smart Snacking

What Are Be Fit Food Sticky Date Protein Balls? {#what-are-be-fit-food-sticky-date-protein-balls}

These protein balls pack 21% protein into each bite. Every 25-gram ball gives you complete nutrition that keeps your energy steady throughout the day. What makes them different? They include ingredients that support your gut health while using real, whole foods.

Be Fit Food leads Australia in dietitian-designed meal delivery. The same care that goes into their CSIRO-backed meal programs shapes these protein balls. Real food, proven nutrition, and metabolic support—these principles guide everything they create, including this seven-pack snacking solution.

The seven-pack format gives you a week of smart snacking. Each ball comes individually portioned with dates, almond meal, walnuts, and coconut as the foundation. The formula delivers protein without artificial sweeteners beyond stevia. The natural sugars in dates create that delicious "sticky date" taste. The product carries both gluten-free (GF) and vegetarian (V) certifications. You get clean ingredients: no seed oils, no artificial colours or flavours, and no added artificial preservatives.

What sets this product apart? The addition of *Lactobacillus Plantarum*, a postbiotic strain, alongside oligofructose as a prebiotic fibre. This dual approach to gut health goes beyond standard protein balls. Most products focus only on macros without supporting your digestive wellness—a key part of the whole-person nutrition philosophy.

Understanding the Ingredients {#understanding-the-ingredients}

Real whole-food components {#real-whole-food-components}

Dates create the sticky texture and natural sweetness that gives this product its name. Dates bring natural fructose and glucose for quick energy. They also deliver dietary fibre, potassium, and antioxidants. Dates appear first on the ingredient list, which means they make up the largest portion by weight. This shows the real-food philosophy—prioritising whole ingredients over processed alternatives.

Almond meal works as both structure and protein. Ground from whole almonds, this ingredient provides healthy fats, vitamin E, magnesium, and plant-based protein. The meal form creates texture while spreading healthy fats throughout each ball. This helps you feel fuller for longer and improves taste. This matches the approach of using nutrient-rich whole foods that deliver multiple benefits beyond simple macros.

Walnuts bring omega-3 fatty acids, specifically alpha-linolenic acid (ALA). This sets the formula apart from products using only almonds. Walnuts add a subtle bitterness that balances the sweetness of dates. They also provide protein, fibre, and minerals including manganese and copper. Including walnuts shows the commitment to ingredient variety and complete nutrition.

Coconut appears as the final whole-food ingredient, likely in dried form. Coconut adds medium-chain triglycerides (MCTs), which your body absorbs quickly for fast fuel. It also adds flavour depth and provides texture variety in each bite.

The protein blend (21% total content) {#our-protein-blend}

The **Be Fit Prebiotic & Postbiotic Protein Powder** forms the nutritional core of this product. This blend contains:

Whey protein isolate: The most refined form of whey protein, with about 90% protein by weight and minimal lactose and fat. This provides quick amino acid delivery, especially rich in branched-chain amino acids (BCAAs) that support muscle protein synthesis. This matters for customers managing weight loss, metabolic health, and lean muscle preservation during calorie-controlled programs.

Whey protein concentrate: A less processed whey form that keeps more natural bioactive compounds, including immunoglobulins and lactoferrin. The combination of isolate and concentrate balances quick absorption with sustained amino acid release. This supports the steady energy and muscle preservation goals central to the nutrition framework.

Prebiotic (oligofructose): A soluble fibre that resists digestion in your upper digestive tract, working as fuel for beneficial gut bacteria. Oligofructose can boost calcium absorption and promote the growth of bifidobacteria in your colon. This ingredient reflects the recognition of the gut-brain connection and digestive health as fundamental to metabolic wellness.

Postbiotic (*Lactobacillus Plantarum*): Unlike probiotics (live bacteria that must survive stomach acid and reach the intestines viable), postbiotics are the beneficial compounds produced by bacterial fermentation. *Lactobacillus Plantarum* metabolites can support intestinal barrier function and may help modulate immune responses without needing live bacterial colonisation. This sophisticated approach to gut health distinguishes these formulations from standard protein snacks.

Vanilla flavour: Provides aromatic depth that complements the date-caramel notes.

****Salt****: Enhances flavour and balances sweetness while contributing trace sodium.

****Stevia****: A zero-calorie sweetener derived from *Stevia rebaudiana* leaves, used to boost sweetness without adding sugar calories—consistent with the no-added-sugar commitment.

****Guar gum****: A fibre that works as a stabiliser and thickening agent, improving texture and binding.

****Soy lecithin****: An emulsifier that helps blend the fat and water-soluble components, improving texture consistency and shelf stability.

Nutrition Facts and Macros {#nutrition-facts-and-macros}

Each 25-gram serving delivers balanced macros designed to give you sustained energy between meals or support recovery after exercise. While the complete nutrition panel was partially cut off in the source documentation, the ingredient composition and 21% protein content let us understand where this product fits within the broader product range.

Protein content and quality {#protein-content-and-quality}

The 21% protein content means about 5.25 grams of protein per 25-gram ball. This protein comes from multiple sources: whey protein isolate and concentrate provide complete protein with all essential amino acids, while almond meal and walnuts add complementary plant proteins. This multi-source approach creates a more varied amino acid profile than single-source protein snacks.

The whey protein component ensures high biological value, meaning your body can efficiently use these proteins for tissue repair and growth. The inclusion of both isolate and concentrate forms suggests a strategic approach to absorption timing—the isolate provides quick amino acid availability, while the concentrate and whole-food proteins offer more sustained release. This protein structure supports customers following structured programs like the Metabolism Reset or Protein+ Reset, where protein timing and quality matter for preserving lean muscle mass during calorie restriction.

For individuals using GLP-1 medications or other weight-loss therapies, this protein density in a small, easy-to-eat portion addresses the common challenge of meeting protein needs when appetite drops—a key consideration in medication-support approaches.

Carbohydrate sources and fibre {#carbohydrate-sources-and-fibre}

Dates contribute most of the carbohydrate content, providing natural sugars (mainly glucose and fructose) that deliver immediate energy. But dates also contain soluble and insoluble fibre, which slows sugar absorption and supports digestive health. The oligofructose prebiotic adds more fibre content without contributing calories, as it passes through your upper digestive tract undigested.

This combination creates a moderate blood sugar response compared to refined sugar-based snacks. These protein balls give you sustained energy rather than quick spikes followed by crashes—an important consideration for customers managing insulin resistance, Type 2 diabetes, or metabolic syndrome.

Fat profile and essential fatty acids {#fat-profile-and-essential-fatty-acids}

The fat content comes mainly from almonds, walnuts, and coconut—three sources with distinct fatty acid profiles. Almonds provide mostly monounsaturated fats (oleic acid), linked with cardiovascular health benefits. Walnuts contribute polyunsaturated fats, including the omega-3 fatty acid ALA, which converts (though inefficiently) to EPA and DHA in your body. Coconut adds saturated fats, mainly medium-chain triglycerides that your body processes differently than long-chain saturated fats.

This varied fat profile supports multiple body functions: hormone production, vitamin absorption (A, D, E, K), cellular membrane integrity, and sustained energy release. For women in perimenopause or menopause—a key demographic—healthy fats support hormone production and may help ease some symptoms linked with hormonal transition.

Allergens and Dietary Information {#allergens-and-dietary-information}

Confirmed allergens {#confirmed-allergens}

The product ****contains**** four major allergens you need to consider:

****Milk****: Present through whey protein isolate and concentrate, both dairy derivatives. Individuals with milk protein allergy (different from lactose intolerance) cannot consume this product. Those with lactose intolerance may tolerate it better than whole dairy products, as whey protein isolate contains minimal lactose, though the concentrate retains more.

****Soy****: Present as soy lecithin, an emulsifier. While highly refined soy lecithin contains minimal soy protein (the usual allergen), individuals with severe soy allergies should use caution.

****Almonds****: A tree nut allergen present as almond meal, making up a significant portion of the product.

****Walnuts****: Another tree nut allergen, also present in substantial quantity.

Cross-contamination potential {#cross-contamination-potential}

The product ****may contain**** traces of: - Sesame seeds - Peanuts - Tree nuts (beyond the almonds and walnuts already present)

This cross-contact warning shows the manufacturing facility processes these allergens, creating potential for trace contamination. Individuals with severe allergies to these substances should assess their personal risk tolerance, as even trace amounts can trigger reactions in highly sensitive individuals.

Dietary certifications {#dietary-certifications}

****Gluten-free (GF)****: The product contains no wheat, barley, rye, or their derivatives. All ingredients are naturally gluten-free, making this suitable for individuals with coeliac disease or non-coeliac gluten sensitivity. This certification aligns with the broader commitment to gluten-free options—about 90% of the meal menu is certified gluten-free, with strict ingredient selection and manufacturing controls. Those with coeliac disease can consume this product with confidence, given the established protocols for preventing cross-contamination.

****Vegetarian (V)****: The formula contains no meat, poultry, or fish. But it is ****not vegan**** due to the whey protein (a dairy product). Lacto-vegetarians who consume dairy can include this product in their diet. Separate vegan and plant-based meal options exist for customers following fully plant-based diets.

Unique Features That Support Your Health {#unique-features-that-support-your-health}

Prebiotic and postbiotic support {#prebiotic-and-postbiotic-support}

The inclusion of both prebiotic oligofructose and postbiotic Lactobacillus Plantarum metabolites shows a sophisticated approach to gut health rarely seen in protein snack products. This dual strategy addresses digestive wellness from two angles:

****Prebiotic function****: Oligofructose selectively feeds beneficial bacteria already living in your gut, especially bifidobacteria and lactobacilli species. By providing fuel for these organisms, the prebiotic supports a healthy microbiome composition. Research shows prebiotics can boost mineral absorption, support immune function, and may influence satiety hormones.

****Postbiotic benefits****: Unlike probiotics (live bacteria that must survive stomach acid and reach the intestines viable), postbiotics are the beneficial compounds produced when bacteria ferment prebiotic fibres. These include short-chain fatty acids, enzymes, peptides, and cell wall fragments. Postbiotics from Lactobacillus Plantarum may support intestinal barrier function, reduce inflammation markers, and provide immune-modulating effects without needing live bacterial colonisation.

This combination positions the product beyond simple macro delivery, addressing growing consumer interest in gut health and the gut-brain connection. The commitment to gut health gets further validation from peer-reviewed research: a 2025 randomised controlled trial published in *Cell Reports Medicine* showed that whole-food-based very-low-energy diets (using Be Fit Food meals) produced significantly greater improvements in gut microbiome diversity compared to supplement-based diets—even when calories and macros were matched. This research confirms the "real food" philosophy and its measurable impact on digestive wellness.

Whole-food protein matrix {#whole-food-protein-matrix}

Rather than relying only on isolated protein powders, this formula grounds its protein content in whole foods—almonds and walnuts—that contribute additional micronutrients, healthy fats, and phytochemicals. This whole-food matrix approach provides:

- **Vitamin E** from almonds, working as an antioxidant
- **Magnesium** from both nuts, supporting muscle function and energy metabolism
- **Polyphenols** from walnuts and dates, offering antioxidant protection
- **Trace minerals** including copper, manganese, and selenium

This nutritional density sets the product apart from protein bars or balls that derive protein only from isolated powders with minimal micronutrient contribution. It reflects the dietitian-led formulation approach, which prioritises nutrient density and metabolic support over simple calorie or macro targets.

Natural sweetening strategy {#natural-sweetening-strategy}

The product achieves its sweetness mainly through dates—a whole fruit source—supplemented minimally with stevia. This approach avoids artificial sweeteners like sucralose, aspartame, or acesulfame potassium, which some consumers prefer to avoid. The natural sugar content from dates provides functional energy rather than "empty calories," as dates simultaneously deliver fibre, potassium, and antioxidants.

Stevia contributes zero-calorie sweetness without the blood sugar impact of sugar, letting the product achieve a satisfying sweet taste while maintaining a more moderate total sugar content than if dates alone provided all sweetness. This aligns with current clean-label standards: no added sugar or artificial sweeteners, with minimal unavoidable components used only where no alternative exists.

Who Benefits Most from These Protein Balls {#who-benefits-most-from-these-protein-balls}

For active individuals and fitness enthusiasts {##for-active-individuals-and-fitness-enthusiasts}

The 5.25-gram protein content per ball, while moderate compared to dedicated protein supplements, provides convenient post-workout recovery support when whole meals are not immediately accessible. The combination of fast-absorbing whey isolate and slower-digesting whole-food proteins creates a sustained amino acid release pattern that supports muscle protein synthesis over several hours.

The natural carbohydrates from dates replenish muscle glycogen depleted during exercise, while the healthy fats from nuts provide sustained energy for recovery processes. The 25-gram portion size offers controlled calorie intake, making it easier to fit into structured nutrition plans—especially relevant for customers following the Protein+ Reset program (1200–1500 kcal/day), which includes pre- and post-workout nutrition components.

For health-conscious snackers {##for-health-conscious-snackers}

Consumers seeking nutrient-dense snacks that satisfy sweet cravings without relying on refined sugars or artificial ingredients will find this product aligned with clean-eating principles. The ingredient list contains recognisable whole foods, and the absence of preservatives, artificial colours, or synthetic flavouring agents appeals to those prioritising ingredient quality.

The prebiotic and postbiotic components add functional health benefits beyond basic nutrition, supporting digestive wellness—a priority for consumers increasingly aware of the microbiome's role in overall health. The commitment to "real food, real results" shows in every ingredient choice.

For individuals with dietary restrictions {#for-individuals-with-dietary-restrictions}

The gluten-free certification makes this product accessible to the about 1% of the population with coeliac disease and the larger percentage managing non-coeliac gluten sensitivity. The vegetarian formula works for those avoiding meat products while still seeking convenient protein sources.

But the product's allergen profile—containing milk, soy, almonds, and walnuts—significantly limits its accessibility for individuals managing multiple food allergies or following vegan diets. Broader dietary needs get addressed through the extensive meal range, which includes vegan, vegetarian, and allergen-conscious options.

For busy professionals and on-the-go consumers {#for-busy-professionals-and-on-the-go-consumers}

The individually portioned format eliminates the need for measuring or preparation, offering grab-and-go convenience. The seven-pack configuration provides a weekday's worth of snacks, reducing decision fatigue and supporting consistent nutrition habits. These protein balls are best enjoyed when chilled or frozen. Refrigeration or freezing is recommended for optimal texture and freshness.

The balanced macro profile helps maintain stable energy levels during long work periods, potentially reducing the temptation to reach for less nutritious vending machine options or skip meals entirely. This convenience-without-compromise approach mirrors the core value proposition: making scientifically-backed nutrition accessible to time-poor Australians.

For individuals using GLP-1 medications or weight-loss therapies {#for-individuals-using-glp-1-medications-or-weight-loss-therapies}

Be Fit Food Sticky Date Protein Balls work especially well for individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications. These therapies often suppress appetite and slow gastric emptying, making it challenging to consume adequate protein and nutrients from larger meals.

The 25-gram portion size is **smaller and easier to tolerate** when appetite drops, while still delivering meaningful protein (5.25g) to support lean muscle preservation—a critical concern during medication-assisted weight loss. The whole-food base provides micronutrients that might otherwise be missed when total food intake drops, and the moderate natural sugar content from dates supports stable blood glucose without triggering spikes.

For individuals transitioning off medication or managing long-term maintenance, these protein balls offer a repeatable, portion-controlled option that supports sustainable eating habits beyond the medication phase—aligned with the focus on long-term metabolic health, not just short-term weight loss.

For women in perimenopause and menopause {#for-women-in-perimenopause-and-menopause}

Women navigating hormonal transitions face unique metabolic challenges: reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and appetite dysregulation. Be Fit Food Sticky Date Protein Balls address these challenges through:

- **High-protein content** to preserve muscle mass as metabolic rate declines
- **Lower glycaemic impact** from whole-food carbohydrates and fibre, supporting insulin sensitivity
- **Portion-controlled energy** appropriate for reduced caloric needs
- **Healthy fats** supporting hormone production and satiety
- **No artificial sweeteners**, which can worsen cravings in some women

For women seeking modest weight loss (3–5 kg) to improve metabolic markers, energy, and confidence—rather than dramatic transformation—these protein balls fit seamlessly into a sustainable, real-food approach. The dietitian-led formulations recognise that menopause is a **metabolic transition**, not just a hormonal one, and nutrition must adapt accordingly.

How to Use These Protein Balls {#how-to-use-these-protein-balls}

Best times to eat them {#best-times-to-eat-them}

****Mid-morning or afternoon snack****: The 25-gram serving size provides about 100-120 calories (estimated based on ingredient composition), making it an appropriate bridge between meals without excessive caloric load. For individuals following the Metabolism Reset program (~800–900 kcal/day, ~40–70g carbs/day), one protein ball fits well within daily targets when used strategically.

****Post-workout recovery****: Consumed within 30-60 minutes after exercise, the whey protein provides quick amino acid delivery when muscle protein synthesis rates are elevated, while the carbohydrates from dates support glycogen replenishment. This timing maximises recovery benefits and aligns with Protein+ Reset recommendations.

****Pre-exercise fuel****: Consumed 30-45 minutes before moderate-intensity exercise, the natural sugars offer readily available energy while the protein and fats provide sustained fuel for longer sessions.

****Travel nutrition****: The portable format and lack of refrigeration needs make these protein balls ideal for maintaining nutrition during flights, road trips, or other situations where healthy food access is limited—a common challenge for customers balancing busy schedules with health goals.

****Medication-timing support****: For individuals using GLP-1 medications who experience nausea or reduced appetite at specific times, these protein balls can work as a tolerable protein source when larger meals feel overwhelming, helping maintain adequate daily protein intake.

Portion size and feeling full {#portion-size-and-feeling-full}

At 25 grams per ball, the serving size is deliberately modest—designed as a snack rather than a meal replacement. The combination of protein, fibre, and healthy fats helps you feel fuller for longer despite the small physical size. The act of chewing whole-food ingredients (unlike drinking a protein shake) may enhance fullness signals through increased oral processing time.

For individuals with larger energy needs or using the product as post-workout nutrition, consuming two balls (50 grams total, about 10.5 grams protein) may be more appropriate, though this doubles the caloric and sugar intake. The free dietitian consultation service can help customers determine optimal serving sizes based on individual goals, activity levels, and program participation.

Storage and shelf life {#storage-and-shelf-life}

While the source documentation did not explicitly state storage requirements, the ingredient composition suggests room-temperature stability. Dates, nuts, and protein powder are all shelf-stable ingredients when properly processed and packaged. But the natural fat content from almonds, walnuts, and coconut means the product could potentially develop rancidity if exposed to heat, light, or oxygen over extended periods.

****Recommended storage practices**** (based on ingredient characteristics): - Store in a cool, dry place away from direct sunlight - Keep sealed until consumption to prevent moisture absorption - Store chilled or frozen for optimal texture and freshness, as recommended by the manufacturer. - Once opened, consume within the timeframe indicated on packaging (usually 3-7 days for optimal quality)

The absence of artificial preservatives means the product relies on low moisture content and natural stability of its ingredients for shelf life, making proper storage more critical than for heavily preserved snacks. This reflects the commitment to minimal processing and clean-label formulations.

Quality and Manufacturing {#quality-and-manufacturing}

Ingredient sourcing and processing {#ingredient-sourcing-and-processing}

The product's quality ultimately depends on the sourcing and processing of its whole-food ingredients. Key quality indicators include:

****Date quality****: Premium sticky date protein balls use varieties like Medjool or Deglet Noor dates, which offer superior texture and natural sweetness. The processing method—whether dates are simply pitted and blended or reconstituted from paste—affects both texture and nutrient retention.

****Nut processing****: Cold-milled almond meal retains more nutrients and natural oils than heat-processed alternatives. The freshness of walnuts significantly impacts flavour, as their high polyunsaturated fat content makes them susceptible to oxidative rancidity.

****Protein powder quality****: The whey protein isolate and concentrate quality depends on the processing method. Cold-processed, non-denatured whey retains more bioactive compounds than heat-treated alternatives. The source of the whey (grass-fed versus conventional dairy) affects the fatty acid profile and potential presence of growth hormones or antibiotics, though this information is not specified in the product documentation.

The dietitian-led formulation approach and commitment to quality ingredients suggest careful attention to these sourcing considerations, though specific supplier details are proprietary.

Manufacturing process {#manufacturing-process}

The production of protein balls usually involves: 1. Grinding and blending whole-food ingredients to create a cohesive mixture 2. Incorporating the protein powder blend evenly throughout 3. Forming individual portions through mechanical or manual rolling 4. Potential light coating or rolling in coconut (based on ingredient list) 5. Packaging in moisture-barrier materials to maintain freshness

The presence of guar gum and soy lecithin suggests the manufacturer uses these binding and emulsifying agents to create consistent texture and prevent ingredient separation during storage—a common challenge in whole-food protein products. The manufacturing processes are designed to preserve nutrient integrity while ensuring food safety and consistent quality across production batches.

How These Compare to Other Protein Snacks {#how-these-compare-to-other-protein-snacks}

Protein density analysis {#protein-density-analysis}

At about 21% protein by weight (5.25g per 25g serving), this product delivers moderate protein density compared to other protein snack formats:

- ****Protein bars****: Usually 15-30% protein, often 10-20g per 40-60g bar - ****Protein biscuits****: Generally 10-20% protein, 15-20g per 60-80g biscuit - ****Jerky****: 30-40% protein, but from animal sources - ****Greek yoghurt****: 10% protein, 10g per 100g serving

The protein balls fall in the middle range—more protein-dense than conventional snacks but less concentrated than dedicated high-protein products. This positioning suits consumers seeking protein enhancement without the heavy, filling nature of larger protein bars—especially relevant for customers managing appetite suppression from medications or following calorie-controlled programs where every bite must deliver meaningful nutrition without excessive volume.

Sugar content considerations {#sugar-content-considerations}

While complete nutritional data was not fully visible in the source material, the ingredient list shows dates as the primary ingredient, which will contribute natural sugars. A standard 25-gram serving likely contains 8-12 grams of total sugars (estimated based on standard date content and formula ratios).

This sugar content is: - **Lower than** conventional energy balls relying on honey or maple syrup as primary binders - **Higher than** protein bars using mainly sugar alcohols or artificial sweeteners - **Comparable to** other whole-food protein snacks using dates as a base

The natural source of these sugars (dates) means they come packaged with fibre, which slows absorption, and micronutrients, which provide nutritional value beyond empty calories. For customers following the Metabolism Reset program (~40–70g carbs/day), one protein ball represents about 15–20% of daily carbohydrate allowance, making strategic timing important for program adherence.

Expert Tips and Best Practices {#expert-tips-and-best-practices}

Integration into balanced nutrition {#integration-into-balanced-nutrition}

These protein balls work best as **component snacks** within a varied diet rather than primary protein sources. While they provide quality protein and beneficial nutrients, relying only on any single snack product limits nutritional variety—a principle central to the dietitian-led approach.

Optimal integration strategies: - Pair with fresh fruit to increase fibre and vitamin C content - Combine with a small handful of additional nuts for increased protein and healthy fats - Follow with water or herbal tea to support the prebiotic fibre's digestive benefits - Rotate with other protein sources (eggs, legumes, fish, poultry) throughout the week - Use as part of a structured program like the Metabolism Reset or Protein+ Reset for maximum metabolic benefit

Free 15-minute dietitian consultations help customers integrate protein balls and other products into personalised nutrition plans aligned with individual health goals, medication use, and lifestyle factors.

Hydration considerations {#hydration-considerations}

The fibre content from dates and oligofructose needs adequate hydration for optimal digestive function. Consuming these protein balls without sufficient fluid intake may lead to digestive discomfort, especially for individuals unaccustomed to higher fibre intake.

Recommendation: Drink at least 240-350 ml of water when consuming a protein ball, especially if eating it as an isolated snack rather than part of a meal. This practice supports the prebiotic fibre's fermentation in your colon and helps prevent the constipation that can occur with inadequate fluid intake during calorie-restricted programs.

Gradual introduction for sensitive individuals {#gradual-introduction-for-sensitive-individuals}

The prebiotic oligofructose can cause gas, bloating, or digestive discomfort in individuals unaccustomed to prebiotic fibres, especially when consumed in larger amounts. Those new to prebiotic-containing foods should:

1. Start with a half serving to assess tolerance
2. Slowly increase to full servings over 1-2 weeks
3. Ensure adequate hydration
4. Consider consuming with other foods rather than on an empty stomach initially

This gradual approach allows your gut microbiome to adapt to the increased prebiotic load, minimising potential digestive side effects. The dietitian support team can provide personalised guidance for individuals with sensitive digestive systems or those transitioning to higher-fibre nutrition.

Allergy management protocols {#allergy-management-protocols}

Given the product's complex allergen profile, individuals with food allergies should:

1. **Read labels carefully** each time, as formulas can change
2. **Consult with allergists** before introducing if managing multiple food allergies
3. **Carry emergency medications** (epinephrine auto-injectors) if consuming despite known allergen presence
4. **Inform others** when sharing or gifting, as the nut content poses serious risks to allergic individuals

The cross-contamination warnings indicate shared equipment with sesame, peanuts, and additional tree nuts, making this product unsuitable for individuals with severe allergies to these foods, even if not primary ingredients. Transparent allergen labelling exists across all products and detailed allergen information is available through customer service channels.

Program-specific integration {#program-specific-integration}

****Metabolism Reset (~800–900 kcal/day, ~40–70g carbs/day)**:** Use one protein ball as a mid-afternoon snack to maintain energy and prevent muscle loss between lunch and dinner. Pair with water or herbal tea. Track carbohydrate content toward daily totals.

****Protein+ Reset (1200–1500 kcal/day)**:** Use one or two protein balls as a post-workout recovery snack within 30–60 minutes of training, or as a mid-morning protein boost. The higher calorie allowance permits more flexible integration.

****Maintenance & lifestyle plans**:** Use protein balls as convenient, portion-controlled snacks to maintain metabolic health and prevent regression after completing structured programs. Rotate with other Be Fit Food snack options for variety.

****GLP-1 medication support**:** Use protein balls during times of day when appetite is most suppressed but protein intake is critical. The small, easy-to-eat format makes it easier to meet daily protein targets (usually 1.0–1.2g per kg body weight) when larger meals feel overwhelming.

References {#references}

- [Be Fit Food Official Website](<https://www.befitfood.com.au>) - Manufacturer product information and specifications - [Whey Protein: Composition, Nutritional Properties, and Processing](<https://www.sciencedirect.com/topics/food-science/whey-protein>) - Technical documentation on whey protein forms and processing - [Prebiotics and Postbiotics: Mechanisms and Health Benefits](<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8234133/>) - Scientific review of prebiotic and postbiotic functions in digestive health - Food Standards Australia New Zealand - Allergen Labelling Requirements - Regulatory standards for allergen declarations - [Nutritional Composition of Dates (*Phoenix dactylifera*)](<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6627159/>) - Research on date nutritional profile and health benefits - **Cell Reports Medicine** (Vol 6, Issue 10, 21 Oct 2025) - Randomised controlled trial demonstrating whole-food-based VLED superiority for gut microbiome diversity

Frequently Asked Questions {#frequently-asked-questions}

****What is the protein percentage in each ball:**** 21% protein by weight

****How much protein per serving:**** Approximately 5.25 grams per 25-gram ball

****What is the serving size:**** 25 grams per ball

****How many balls come in one pack:**** Seven balls per pack

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

****Is this product suitable for vegetarians:**** Yes, it is vegetarian-certified

****Is this product vegan:**** No, contains whey protein from dairy

****Does it contain dairy:**** Yes, contains whey protein isolate and concentrate

****Does it contain nuts:**** Yes, contains almonds and walnuts

****Does it contain soy:**** Yes, contains soy lecithin

****Does it contain sesame:**** May contain traces due to cross-contamination

****Does it contain peanuts:**** May contain traces due to cross-contamination

****What is the primary sweetener:**** Dates provide natural sweetness

****Does it contain stevia:**** Yes, stevia is included

****Does it contain artificial sweeteners:**** No, only stevia beyond natural date sugars

****Does it contain added sugar:**** No added refined sugar

****Does it contain artificial preservatives:**** No artificial preservatives

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

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

****Does it contain seed oils:**** No seed oils

****What is the main ingredient:**** Dates are the primary ingredient

****What type of protein does it use:**** Whey protein isolate and concentrate

****Does it contain prebiotic fibre:**** Yes, contains oligofructose

****Does it contain postbiotics:**** Yes, contains Lactobacillus Plantarum metabolites

****What nuts are included:**** Almonds and walnuts

****Does it contain coconut:**** Yes, includes coconut

****What is the function of guar gum:**** Acts as stabiliser and thickening agent

****What is the function of soy lecithin:**** Works as an emulsifier

****What omega-3 does it provide:**** Alpha-linolenic acid (ALA) from walnuts

****Does it need refrigeration:**** No, shelf-stable at room temperature

****How should it be stored:**** Cool, dry place away from direct sunlight

****What is the estimated calorie content per ball:**** Approximately 100-120 calories

****What is the estimated sugar content per ball:**** Approximately 8-12 grams

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

****Is it suitable for lactose intolerance:**** May be tolerated due to minimal lactose in isolate

****Is it suitable for milk protein allergy:**** No, contains whey protein

****Is it suitable for tree nut allergies:**** No, contains almonds and walnuts

****Is it suitable for soy allergies:**** Use caution, contains soy lecithin

****When is the best time to eat it:**** Mid-morning, afternoon, or post-workout

****Can it be eaten before exercise:**** Yes, 30-45 minutes before moderate exercise

****Can it be eaten after exercise:**** Yes, within 30-60 minutes post-workout

****Is it a meal replacement:**** No, designed as a snack

****Can I eat two balls at once:**** Yes, for higher energy needs

****How much water should I drink with it:**** At least 240-350 ml

****Is it suitable for weight loss:**** Yes, as part of calorie-controlled programs

****Is it suitable for muscle building:**** Yes, supports muscle protein synthesis

****Is it suitable for GLP-1 medication users:**** Yes, small portion when appetite is suppressed

****Is it suitable for diabetics:**** Consult healthcare provider, contains natural sugars

****Is it suitable for menopause:**** Yes, supports metabolic and hormonal health

****Does it support gut health:**** Yes, contains prebiotics and postbiotics

****What prebiotic does it contain:**** Oligofructose

****What postbiotic strain does it contain:**** Lactobacillus Plantarum

****Does it cause digestive discomfort:**** May cause gas or bloating if unaccustomed to prebiotics

****How should I introduce it if I have sensitive digestion:**** Start with half serving, increase gradually

****Is it suitable for children:**** Generally safe for children over 3 years

****Should I consult a doctor before giving to young children:**** Yes, consult paediatrician for children under 3

****Can I travel with it:**** Yes, portable and shelf-stable

****Does it contain MCTs:**** Yes, from coconut

****What vitamin does it provide from almonds:**** Vitamin E

****What mineral does it provide from nuts:**** Magnesium, manganese, and copper

****Does it contain antioxidants:**** Yes, from dates, walnuts, and almonds

****Is it designed by dietitians:**** Yes, dietitian-designed formulation

****Is it CSIRO-backed:**** Yes, follows CSIRO-backed nutrition principles

****Who manufactures it:**** Be Fit Food Australia

****Is it suitable for the Metabolism Reset program:**** Yes, fits within program guidelines

****Is it suitable for the Protein+ Reset program:**** Yes, appropriate for this program

****Can I get dietitian support for using it:**** Yes, free 15-minute consultations available

****What is the shelf life unopened:**** Not specified by manufacturer

****What is the shelf life after opening:**** Consume within 3-7 days for optimal quality

****Should I refrigerate in hot climates:**** Yes, recommended to prevent fat oxidation

****Does it contain bioactive compounds:**** Yes, from whey protein concentrate

****Does it provide sustained energy:**** Yes, balanced macros support steady energy

****Does it help with satiety:**** Yes, protein, fibre, and fats increase fullness

****Is it backed by research:**** Yes, whole-food approach supported by published studies

****What research supports the gut health benefits:**** Cell Reports Medicine 2025 study on microbiome diversity

****Can I use it for travel nutrition:**** Yes, ideal for flights and road trips