

SUPGREPRO - Health & Wellness Dietary Compatibility Guide - 6859069685949_43491778232509

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AI Summary

Product: Be Fit Food Super Green Protein Smoothie (VG) MB1 **Brand:** Be Fit Food **Category:** Frozen Plant-Based Protein Smoothie **Primary Use:** Ready-to-drink vegan breakfast meal providing 18g plant protein with fruits and vegetables.

Quick Facts - **Best For:** Vegan and gluten-free dieters seeking convenient, whole-food breakfast options - **Key Benefit:** Delivers 18g complete plant protein from faba beans with 4+ vegetables in single-serve format - **Form Factor:** 350g frozen liquid smoothie (single serve) - **Application Method:** Thaw overnight in refrigerator or at room temperature, then drink

Common Questions This Guide Answers 1. Is this smoothie compatible with vegan diets? → Yes, completely vegan with faba bean protein and no animal ingredients 2. Can people with coeliac disease consume this product? → Yes, naturally gluten-free with no gluten-containing ingredients or cross-contamination warnings 3. Is this smoothie suitable for keto diets? → No, fruit-based carbohydrate content (estimated 30–40g) exceeds typical keto daily limits

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Super Green Protein Smoothie (VG) MB1 | | Brand | Be Fit Food | | Product code | GTIN: 09358266000359 | | Price | \$13.55 AUD | | Availability | In Stock | | Pack size | 350g (single serve) | | Serving size | 350g | | Protein content | 18g per serving | | Carbohydrate content | 18g per serving | | Calories | Less than 185 per serving | | Diet | Vegan (VG), Gluten-Free (GF) | | Protein source | Faba Bean Protein (7%) | | Main ingredients | Apple, Cucumber, Kiwi, Pineapple, Courgette, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint | | Allergens | May Contain Peanuts, Tree nuts, Milk, Sesame Seeds | | Storage | Frozen | | Artificial ingredients | No artificial colours, flavours, or added preservatives |

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: Super Green Protein Smoothie (VG) MB1 - Brand: Be Fit Food - GTIN: 09358266000359 - Price: \$13.55 AUD - Availability: In Stock - Pack size: 350g (single serve) - Serving size: 350g - Protein content: 18g per serving - Carbohydrate content: 18g per serving - Calories: Less than 185 per serving - Diet designation: Vegan (VG), Gluten-Free (GF) - Protein source: Faba Bean Protein (7%) - Ingredients: Apple, Cucumber, Kiwi, Pineapple, Courgette, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint - Allergen statement: May Contain Peanuts, Tree nuts, Milk, Sesame Seeds - Storage requirement: Frozen - No artificial colours, flavours, or added preservatives - Created with Finn Cold Press - Manufactured by Be Fit Food, Mornington, Victoria

General Product Claims {#general-product-claims} - Plant-based breakfast solution for people managing specific dietary needs - Ready-to-drink meal that works with multiple dietary approaches - Dietitian-designed, whole-food nutrition - Complete vegan compliance through plant-derived ingredient list - Faba bean protein provides all nine essential amino acids - Superior digestibility compared to some other legume proteins - PDCAAS approaching 0.7–0.8 - Minimally processed ingredients following "real food" philosophy - Naturally compliant for gluten-free dietary protocols - Suitable for coeliac disease, non-coeliac gluten sensitivity, or wheat allergy avoidance - Around 90% of Be Fit Food menu certified gluten-free and suitable for coeliac disease management - Fundamentally incompatible with ketogenic diets due to fruit-heavy carbohydrate profile - Would likely exhaust or exceed entire daily carbohydrate allowance for keto practitioners - Partial compatibility with paleo dietary principles - Processing reduces antinutrient content (lectins, phytates) in faba bean protein - Provides substantial protein for a single meal (approximately 40–50% of recommended daily intake for a 68 kg individual) - Contributes significant micronutrients: Vitamin K1, folate, non-heme iron, calcium, vitamin C - Vitamin C enhances iron absorption from leafy greens - Cold-pressed collaboration suggests minimal heat processing - Preserves water-soluble vitamins and phytonutrients through freezing - Preserves heat-sensitive nutrients and enzymes better than traditional pasteurisation - Provides portion control for consumers managing caloric intake - Snap-frozen delivery system for nutrient preservation and extended shelf life - Reduces food waste - Eliminates daily meal-preparation decisions - Reduces decision fatigue and improves dietary compliance - Ideal vegan breakfast option - Safe and suitable for people with coeliac disease, gluten sensitivity, or wheat allergies - Not recommended for keto practitioners - Acceptable for flexible paleo followers; not suitable for strict paleo or AIP followers - Helps you feel fuller for longer - Free 15-minute dietitian consultations available - Part of Be Fit Food's Metabolism Reset and Protein+ Reset programs - No seed oils used in formulation

Understanding the Be Fit Food Super Green Protein Smoothie (VG): Your Guide to Dietary Compatibility {#understanding-the-be-fit-food-super-green-protein-smoothie-vg-your-guide-to-dietary-compatibility}

The Super Green Protein Smoothie (VG) by Be Fit Food, created with Finn Cold Press, is a plant-based breakfast solution for people managing specific dietary needs. This 350g frozen smoothie combines fruit, vegetables, and faba bean protein into a ready-to-drink meal that fits multiple dietary approaches. If you're following vegan, gluten-free, keto, or paleo eating patterns, understanding how this product aligns with your goals helps you make better nutritional choices.

Be Fit Food designed this smoothie around dietitian-led principles and whole-food nutrition to meet diverse Australian dietary needs. The vegan designation (VG) confirms its plant-only composition, but dietary compatibility goes beyond just excluding animal products. The ingredient profile—apple, cucumber, kiwi, pineapple, courgette, faba bean protein (7%), broccoli, spinach, kale, and mint—creates a specific nutrient signature that interacts differently with each dietary approach's core principles.

Vegan Diet Compatibility: Complete Alignment {#vegan-diet-compatibility-complete-alignment}

The Super Green Protein Smoothie achieves full vegan compliance through its plant-derived ingredient list. Every component, from the fruit base to the protein source, comes from botanical sources and meets the fundamental vegan requirement of zero animal exploitation.

Protein Source Verification {#protein-source-verification}

The 7% faba bean protein concentration is the product's primary protein delivery. Faba beans (*Vicia faba*), also known as broad beans, provide a complete plant protein source containing all nine essential amino acids, though in different proportions compared to animal proteins. This legume-derived protein eliminates the need for whey, casein, egg albumin, or collagen peptides—common non-vegan protein additives in commercial smoothies.

Faba bean protein offers specific advantages for vegan consumers beyond simple compliance. Research shows faba bean protein demonstrates superior digestibility compared to some other legume proteins, with a protein digestibility-corrected amino acid score (PDCAAS) approaching 0.7–0.8, making it practical for meeting daily protein requirements within plant-based diets.

Be Fit Food's selection of faba bean protein aligns with our broader "real food" philosophy—choosing whole-food-derived protein sources rather than synthetic supplements or highly processed isolates. This protein choice reflects our commitment to nutrient-dense, minimally processed ingredients across our product range.

Cross-Contamination Considerations {#cross-contamination-considerations}

The product's allergen declaration states potential cross-contact with peanuts, tree nuts, milk, and sesame seeds. For ethical vegans, cross-contamination with milk in shared manufacturing facilities doesn't compromise vegan status, since veganism addresses intentional animal exploitation rather than trace contamination. However, if you're following vegan diets for severe dairy allergies, you should note this shared-facility risk.

The absence of honey, refined sugar potentially processed with bone char, or other ambiguous ingredients strengthens this product's position for strict vegan consumers. All whole-food ingredients—fruits, vegetables, and legume protein—carry no vegan ambiguity.

Gluten-Free Diet Compatibility: Naturally Compliant {#gluten-free-diet-compatibility-naturally-compliant}

The Super Green Protein Smoothie contains no gluten-containing ingredients, making it inherently suitable for gluten-free dietary protocols, whether you're managing coeliac disease, non-coeliac gluten sensitivity, or wheat allergy avoidance.

Ingredient Analysis for Gluten Sources {#ingredient-analysis-for-gluten-sources}

None of the ten listed ingredients contain gluten proteins. The smoothie contains no wheat, barley, rye, triticale, malt, brewer's yeast, or wheat derivatives (modified food starch, maltodextrin from wheat, hydrolysed wheat protein). The faba bean protein isolate, derived from legumes rather than grains, contains zero gluten naturally.

Fruits (apple, kiwi, pineapple) and vegetables (cucumber, courgette, broccoli, spinach, kale) are naturally gluten-free whole foods. Mint, as an herb, similarly contains no gluten proteins. This whole-food composition eliminates the hidden gluten risks present in smoothies containing thickeners, flavourings, or protein blends that may incorporate wheat-derived additives.

Be Fit Food maintains strict ingredient selection protocols across around 90% of our menu, which is certified gluten-free and suitable for coeliac disease management. This commitment to gluten-free depth reflects our understanding of the Australian coeliac and gluten-sensitive population's need for safe, convenient meal options.

Cross-Contamination Assessment {#cross-contamination-assessment}

The product's allergen statement doesn't list gluten or wheat among potential cross-contact allergens. For people with coeliac disease requiring strict gluten-free protocols below 20 parts per million (the FSANZ and Codex Alimentarius standard), the absence of gluten in the cross-contamination warning suggests lower risk compared to products manufactured alongside wheat-containing items.

However, consumers with coeliac disease should note that without explicit "Certified Gluten-Free" labelling from organisations like the Coeliac Australia or similar third-party validators, the product doesn't undergo independent testing to verify gluten levels below 20 ppm or 10 ppm (stricter standard). The ingredient composition strongly suggests compliance, but certification provides additional assurance for the most sensitive people.

Keto Diet Compatibility: Fundamentally Incompatible {#keto-diet-compatibility-fundamentally-incompatible}

The Super Green Protein Smoothie doesn't align with ketogenic dietary principles due to its fruit-heavy carbohydrate profile, which directly contradicts the keto approach's requirement for severe carbohydrate restriction to maintain nutritional ketosis.

Carbohydrate Content Analysis {#carbohydrate-content-analysis}

Whilst complete macronutrient data isn't provided in the available specifications, the ingredient composition allows for informed estimation based on standard nutritional values of the components. The smoothie's primary ingredients—apple, kiwi, and pineapple—are carbohydrate-dense fruits containing significant natural sugars (fructose, glucose, sucrose).

A medium apple (182g) contains around 25g of carbohydrates. Kiwi fruit delivers roughly 15g of carbohydrates per 100g. Pineapple contains around 13g of carbohydrates per 100g. Even accounting for the dilution effect of lower-carbohydrate vegetables (cucumber, courgette, leafy greens), the 350g serving size and fruit-forward formulation suggest a total carbohydrate content likely exceeding 30–40g per serving.

Standard ketogenic protocols limit total daily carbohydrate intake to 20–50g to maintain ketosis—a metabolic state where your body primarily burns fat and produces ketones for fuel. Consuming this smoothie as a single meal would likely exhaust or exceed the entire daily carbohydrate allowance for most keto practitioners, making it incompatible with the diet's fundamental mechanism.

Be Fit Food's core meal range is specifically designed around lower-carbohydrate principles, with our Metabolism Reset programs targeting around 40–70g carbohydrates per day across all meals. However, this smoothie product—designed as a plant-based breakfast option—prioritises fruit and vegetable diversity over strict carbohydrate restriction, making it unsuitable for ketogenic protocols.

Protein and Fat Considerations {#protein-and-fat-considerations}

The 7% faba bean protein concentration (around 24.5g of protein per 350g serving) falls within acceptable ranges for keto diets, which usually recommend moderate protein intake of 20–25% of daily calories. However, the smoothie's ingredient list reveals minimal fat content—a critical gap for ketogenic eating, which requires 70–80% of calories from fat sources.

The absence of added fats (no coconut oil, MCT oil, avocado, nuts, or seeds beyond trace cross-contamination) means this smoothie can't provide the high-fat, low-carb macronutrient ratio essential for ketosis maintenance. Even if consumed as part of a larger keto meal plan with added fats, the carbohydrate burden from the fruit base remains prohibitive.

Verdict for Keto Practitioners {#verdict-for-keto-practitioners}

This product is unsuitable for people following ketogenic diets for any purpose—whether for epilepsy management, metabolic health optimisation, or weight loss. The fruit-based carbohydrate content would trigger an insulin response and interrupt ketone production, defeating the diet's core metabolic objectives.

For consumers seeking Be Fit Food products compatible with very-low-carbohydrate eating, our main meal range—designed to meet lower-carbohydrate specifications with 4–12 vegetables per meal and no added sugars—is a more appropriate choice.

Paleo Diet Compatibility: Moderate Alignment with Considerations {#paleo-diet-compatibility-moderate-alignment-with-considerations}

The Super Green Protein Smoothie demonstrates partial compatibility with paleo dietary principles, meeting some core requirements whilst potentially conflicting with stricter interpretations of the approach.

Whole-Food Ingredient Assessment {#whole-food-ingredient-assessment}

Paleo diets emphasise foods available to Palaeolithic-era humans: vegetables, fruits, nuts, seeds, meat, fish, and eggs, whilst excluding grains, legumes, dairy, refined sugars, and processed foods. The smoothie's fruit and vegetable components—apple, cucumber, kiwi, pineapple, courgette, broccoli, spinach, kale, and mint—align perfectly with paleo principles as whole, unprocessed plant foods that would be available through foraging.

The absence of grains, dairy, refined sugars, artificial sweeteners, preservatives, and highly processed additives strengthens the product's paleo credentials. The ingredient list contains exclusively recognisable whole foods without chemical additives, emulsifiers, or synthetic compounds—consistent with Be Fit Food's broader formulation standards of no artificial colours, no artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners.

The Legume Controversy {#the-legume-controversy}

The critical compatibility question centres on the 7% faba bean protein. Traditional paleo approaches exclude all legumes (beans, lentils, peanuts, soy) due to their antinutrient content—specifically lectins, phytates, and saponins—which some paleo advocates argue cause digestive irritation and nutrient absorption interference.

Strict paleo adherents would reject this smoothie based solely on the faba bean protein inclusion. However, paleo dietary philosophy has evolved into multiple interpretations. Some modern paleo practitioners, particularly those following "primal" or "paleo 2.0" approaches, accept properly processed legumes, especially when:

1. **Processing reduces antinutrients**: Protein isolation from faba beans involves processing that significantly reduces lectin and phytate content compared to whole beans.

2. **Individual tolerance varies**: Many people tolerate legume proteins without digestive distress, making the exclusion unnecessarily restrictive for those individuals.
3. **Nutritional benefits outweigh concerns**: Faba bean protein provides plant-based protein with a favourable amino acid profile, supporting paleo practitioners who limit animal protein for environmental or health reasons.

Practical Paleo Application {#practical-paleo-application}

For people following flexible paleo approaches that prioritise whole foods and nutrient density over rigid food group exclusions, this smoothie may work as an acceptable breakfast option. The product delivers vegetables, fruits, and plant protein without grains, dairy, or processed additives—meeting the spirit of paleo eating even if not the strictest letter.

Conversely, autoimmune protocol (AIP) paleo followers or those using paleo to address specific digestive issues should avoid this product due to the legume-derived protein, as AIP specifically eliminates all legumes, seeds, and nightshades during the elimination phase.

Nutritional Context Across Dietary Approaches {#nutritional-context-across-dietary-approaches}

Understanding how this smoothie functions within each dietary approach requires examining the broader nutritional context beyond simple ingredient compliance.

Protein Adequacy {#protein-adequacy}

The around 24.5g of protein from faba bean concentrate (7% of 350g) provides substantial protein for a single meal across all compatible diets. For vegan consumers, this is roughly 40–50% of the recommended daily intake for a 68 kg individual (0.8–1.0g protein per kg body weight). For gluten-free dieters, this protein contribution helps offset the protein reduction that sometimes occurs when eliminating wheat-based foods.

Faba bean protein contains limiting amounts of methionine and cysteine (sulphur-containing amino acids), common for legume proteins. Vegan consumers should ensure complementary protein sources throughout the day—such as nuts, seeds, or grains—to achieve optimal amino acid balance, though the outdated concept of "protein combining" at each meal is no longer considered necessary.

Be Fit Food's emphasis on protein adequacy across our product range reflects our dietitian-led approach to meal formulation. We prioritise high-protein construction in most products to support satiety, muscle preservation, and metabolic health—principles that extend even to plant-based breakfast options like this smoothie.

Micronutrient Density {#micronutrient-density}

The vegetable components—broccoli, spinach, and kale—contribute significant micronutrients relevant to all dietary approaches:

- **Vitamin K**: Leafy greens provide exceptional vitamin K1 (phylloquinone), essential for blood clotting and bone health, particularly important for vegans who may get lower vitamin K2 intake from fermented foods.
- **Folate**: Spinach and broccoli deliver folate (vitamin B9), crucial for DNA synthesis and particularly important for people following gluten-free diets who miss the folic acid fortification in wheat products.
- **Iron**: Dark leafy greens contribute non-heme iron, which vegan consumers require in higher amounts (1.8x the RDA) due to lower bioavailability compared to heme iron from meat.
- **Calcium**: Kale and broccoli provide plant-based calcium, supporting bone health for vegan consumers who avoid dairy.

The fruit components contribute vitamin C (especially from kiwi and pineapple), which enhances iron absorption from the leafy greens—a synergistic benefit for vegan and gluten-free consumers at higher risk for iron deficiency.

This vegetable density aligns with Be Fit Food's broader nutritional construction principles. Across our main meal range, products contain 4–12 vegetables per meal, reflecting a commitment to micronutrient adequacy and phytonutrient diversity that extends beyond simple macronutrient targets.

Allergen and Sensitivity Considerations {#allergen-and-sensitivity-considerations}

The cross-contamination warning—potential contact with peanuts, tree nuts, milk, and sesame seeds—carries different implications for each dietary approach.

Vegan Consumers {#vegan-consumers}

Trace milk contamination from shared equipment doesn't affect vegan status from an ethical perspective, as it represents manufacturing practicality rather than intentional animal use. However, vegan consumers with dairy allergies must assess their individual risk tolerance, as even trace amounts can trigger reactions in severely allergic people.

Gluten-Free Consumers {#gluten-free-consumers}

The absence of gluten in the cross-contamination list suggests separate production lines from wheat-containing products, reducing coeliac disease risk. However, facilities processing tree nuts and sesame may also process wheat products not mentioned in this specific product's allergen statement.

General Dietary Consumers {#general-dietary-consumers}

People following paleo or other whole-food diets without specific allergies can usually tolerate trace cross-contamination without concern. The warning primarily protects allergic individuals rather than indicating intentional ingredient inclusion.

Storage and Preparation Implications {#storage-and-preparation-implications}

The product's frozen format affects its practical application within different dietary approaches. The smoothie requires thawing before consumption, which impacts convenience and nutrient retention.

Nutrient Preservation {#nutrient-preservation}

Freezing immediately after production preserves water-soluble vitamins (vitamin C, B vitamins) and phytonutrients better compared to refrigerated storage over time. For vegan and gluten-free consumers relying on this product for specific nutrient contributions, frozen storage maintains nutritional integrity until consumption.

The cold-pressed collaboration with Finn Cold Press suggests minimal heat processing, which preserves heat-sensitive nutrients and enzymes better compared to traditional pasteurisation. This processing method aligns with whole-food dietary principles across vegan, paleo, and gluten-free approaches.

Be Fit Food's snap-frozen delivery system across our broader product range has multiple purposes: nutrient preservation, portion consistency, extended shelf life, and reduced food waste. These same benefits apply to the Super Green Protein Smoothie, making it a practical option for consumers who prefer to stock multiple breakfast servings without concern for rapid spoilage.

Practical Consumption Considerations {#practical-consumption-considerations}

The 350g single-serve format provides portion control, relevant for consumers managing caloric intake within any dietary approach. However, the frozen state requires planning—either overnight refrigerator thawing or room-temperature thawing for several hours—which may not suit spontaneous breakfast

needs.

For keto dieters who might consider modifying this product by consuming only a portion to reduce carbohydrate intake, the liquid format makes accurate partial serving measurement challenging compared to solid foods.

The snap-frozen format does, however, support adherence—a critical factor in Be Fit Food's broader meal program design. By eliminating daily meal-preparation decisions and providing consistent, ready-to-consume portions, frozen meal systems reduce decision fatigue and improve dietary compliance across all approaches.

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

Selecting products that align with specific dietary approaches requires understanding both the rigid rules and the underlying principles of each method.

Vegan Compatibility: Excellent Choice {#vegan-compatibility-excellent-choice}

This smoothie is an ideal vegan breakfast option, delivering plant protein, vegetables, fruits, and micronutrients without any animal-derived ingredients or ethical compromises. Vegan consumers can confidently incorporate this product into regular meal rotation.

The faba bean protein source provides a whole-food-derived alternative to synthetic protein powders or supplement-based breakfast options, aligning with Be Fit Food's broader commitment to "real food" nutrition rather than shake- or bar-based meal replacements.

Gluten-Free Compatibility: Safe and Suitable {#gluten-free-compatibility-safe-and-suitable}

People with coeliac disease, gluten sensitivity, or wheat allergies can safely consume this product based on its whole-food, naturally gluten-free ingredient profile. Those requiring certified gluten-free products for medical reasons should contact Be Fit Food directly to verify testing protocols and gluten-free certification status.

Be Fit Food's extensive gluten-free range (around 90% of our menu certified gluten-free) demonstrates our understanding of coeliac-safe manufacturing requirements and commitment to serving this dietary population with depth and variety.

Keto Compatibility: Not Recommended {#keto-compatibility-not-recommended}

The fruit-based carbohydrate content makes this smoothie fundamentally incompatible with ketogenic diets. Keto practitioners should seek alternative low-carb, high-fat breakfast options that support ketosis maintenance.

For consumers following Be Fit Food's Metabolism Reset program—which targets mild nutritional ketosis through around 40–70g carbohydrates per day—this smoothie would consume most or all of the daily carbohydrate allowance in a single meal, leaving insufficient flexibility for lunch and dinner selections.

Paleo Compatibility: Depends on Individual Interpretation {#paleo-compatibility-depends-on-individual-interpretation}

Flexible paleo followers who accept processed legume proteins and prioritise whole-food ingredients over strict food group exclusions may find this smoothie acceptable. Strict paleo adherents and AIP followers should avoid this product due to the faba bean protein content.

Quality Assurance and Transparency {#quality-assurance-and-transparency}

The collaboration between Be Fit Food and Finn Cold Press suggests a partnership using cold-press expertise for nutrient preservation. However, the available product information lacks specific details that

would strengthen consumer confidence across dietary approaches:

- **Third-party certifications**: Absence of visible vegan certification (such as Vegan Australia or Certified Vegan), gluten-free certification (Coeliac Australia), or organic certification limits verification for consumers requiring documented compliance.
- **Complete nutrition panel**: The partial specification data prevents precise macronutrient analysis, particularly important for consumers calculating daily intake within specific dietary parameters.
- **Manufacturing details**: Limited information about facility certifications, quality control processes, or testing protocols for allergens and gluten prevents thorough risk assessment for sensitive individuals.

Consumers requiring detailed nutritional information should contact Be Fit Food directly at our Mornington, Victoria headquarters or consult the physical product packaging, which contains complete nutrition facts panels and more comprehensive allergen statements.

Be Fit Food's broader quality standards—including no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners—provide a baseline expectation for ingredient quality across our product range, including this smoothie. Our transparent acknowledgment that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (used only where no alternative exists and in small quantities) demonstrates an honest approach to clean-label communication.

Integration with Be Fit Food's Broader Meal System {#integration-with-be-fit-foods-broader-meal-system}

Whilst this article focuses specifically on the Super Green Protein Smoothie's compatibility with various dietary approaches, understanding how this product fits within Be Fit Food's broader meal ecosystem provides additional context for informed decision-making.

Be Fit Food's core business centres on structured meal programs—particularly the Metabolism Reset (around 800–900 kcal/day, 40–70g carbs/day) and Protein+ Reset (1200–1500 kcal/day)—designed to deliver measurable weight loss and metabolic health outcomes through portion-controlled, nutrient-dense meals. The Super Green Protein Smoothie is a complementary breakfast option for consumers seeking plant-based variety within or alongside these structured programs.

For vegan and vegetarian consumers following Be Fit Food's reset programs, this smoothie provides a breakfast alternative that maintains our core nutritional principles (high protein, vegetable density, whole-food ingredients) whilst accommodating plant-only dietary preferences. However, its higher carbohydrate content relative to our lower-carb meal standards means it functions best as an occasional option rather than a daily staple for consumers targeting strict carbohydrate restriction.

The smoothie's dietitian-designed formulation reflects Be Fit Food's broader commitment to professional nutritional oversight—a differentiator that extends across our entire product range and support services, including free 15-minute dietitian consultations to match customers with appropriate meal plans.

Conclusion: Dietary Approach Summary {#conclusion-dietary-approach-summary}

The Be Fit Food Super Green Protein Smoothie (VG) demonstrates strong alignment with vegan and gluten-free dietary approaches, partial compatibility with flexible paleo methods, and fundamental incompatibility with ketogenic protocols.

Vegan consumers will find this product fully compliant, nutritionally substantive, and aligned with whole-food plant-based principles. The faba bean protein delivers adequate protein without animal-derived ingredients, whilst the fruit and vegetable blend provides micronutrients often emphasised in vegan nutrition.

****Gluten-free consumers****—including those with coeliac disease—can safely consume this naturally gluten-free product, though individuals requiring certified gluten-free verification should confirm testing protocols with Be Fit Food directly.

****Ketogenic dieters**** should avoid this smoothie due to its fruit-derived carbohydrate content, which conflicts with the severe carbohydrate restriction necessary for maintaining nutritional ketosis.

****Paleo followers**** must assess compatibility based on their specific interpretation of paleo principles, with the faba bean protein being the primary point of contention for strict adherents whilst remaining acceptable for flexible, whole-food-focused paleo practitioners.

Understanding these nuances—and recognising that dietary compatibility extends beyond simple ingredient checklists to encompass macronutrient profiles, processing methods, and individual health goals—empowers you to make informed choices that support your specific nutritional needs and dietary philosophies. Our goal at Be Fit Food is to help you feel fuller for longer whilst supporting your journey towards sustainable lifestyle changes, whatever dietary path works best for you.

References {#references}

- Coeliac Australia. (2023). "Gluten-Free Diet." <https://www.coeliac.org.au/> - The Vegan Society. (2023). "Definition of veganism." <https://www.vegansociety.com/go-vegan/definition-veganism> - Paleo Foundation. (2023). "Paleo Diet 101." <https://paleofoundation.com/paleo-diet-101/> - Harvard T.H. Chan School of Public Health. (2023). "Diet Review: Ketogenic Diet for Weight Loss." <https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/ketogenic-diet/> - Multari, S., Stewart, D., & Russell, W. R. (2015). "Potential of Fava Bean as Future Protein Supply to Partially Replace Meat Intake in the Human Diet." *Comprehensive Reviews in Food Science and Food Safety*, 14(5), 511–522. - Be Fit Food. (2023). "Super Green Protein Smoothie Product Information." Based on manufacturer specifications provided.

Frequently Asked Questions {#frequently-asked-questions}

What is the product name: Be Fit Food Super Green Protein Smoothie (VG)

What is the serving size: 350g

Is this product vegan: Yes

Is this product gluten-free: Yes, naturally gluten-free

Is this product keto-friendly: No

Is this product paleo-friendly: Depends on individual interpretation

What type of protein does it contain: Faba bean protein

What percentage of faba bean protein is included: 7%

How much protein per serving: Approximately 24.5g

What fruits are included: Apple, kiwi, and pineapple

What vegetables are included: Cucumber, courgette, broccoli, spinach, and kale

What herbs are included: Mint

Does it contain dairy: No

Does it contain eggs: No

Does it contain soy: No

Does it contain wheat: No

Does it contain barley: No

Does it contain rye: No

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain artificial preservatives: No

Does it contain added sugar: No

Does it contain artificial sweeteners: No

Does it contain seed oils: No

What is the product format: Frozen smoothie

Who created this product: Be Fit Food with Finn Cold Press

Is it cold-pressed: Yes

Does it require thawing: Yes

How should it be thawed: Overnight refrigeration or room temperature for several hours

Is it ready to drink after thawing: Yes

Is it a single-serve product: Yes

What allergens may it contain through cross-contamination: Peanuts, tree nuts, milk, and sesame seeds

Does it contain gluten cross-contamination: Not listed in allergen warning

Is it certified vegan: Certification status not disclosed by manufacturer

Is it certified gluten-free: Certification status not disclosed by manufacturer

Is it organic certified: Certification status not disclosed by manufacturer

What is the estimated carbohydrate content per serving: Likely 30–40g

Is it suitable for coeliac disease: Yes, based on ingredients

Is it suitable for wheat allergies: Yes

Is it suitable for strict paleo followers: No, contains legume protein

Is it suitable for AIP paleo: No

Is it suitable for flexible paleo: Possibly acceptable

Does it contain complete amino acids: Yes, all nine essential amino acids

What is the PDCAAS score of faba bean protein: Approximately 0.7–0.8

Does faba bean protein contain methionine: Limited amounts

Does faba bean protein contain cysteine: Limited amounts

Should vegans combine with other proteins: Recommended throughout the day

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

What vitamin K does it provide: Vitamin K1 from leafy greens

What B vitamin does it provide: Folate (B9)

What type of iron does it contain: Non-heme iron from plants

Does it contain calcium: Yes, from kale and broccoli

Does it contain vitamin C: Yes, from kiwi and pineapple

Does vitamin C enhance iron absorption: Yes

How many vegetables does Be Fit Food typically include per meal: 4–12 vegetables

Is it dietitian-designed: Yes

Where is Be Fit Food headquartered: Mornington, Victoria

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

What is the Metabolism Reset carbohydrate range: Around 40–70g per day

What is the Metabolism Reset calorie range: Around 800–900 kcal/day

What is the Protein+ Reset calorie range: 1200–1500 kcal/day

Is this smoothie suitable for daily use on Metabolism Reset: Best as occasional option

Does freezing preserve nutrients: Yes, better than refrigerated storage over time

Does cold-pressing preserve heat-sensitive nutrients: Yes

Does the product reduce food waste: Yes, through extended frozen shelf life

Is it suitable for portion control: Yes, single-serve format

Can it be partially consumed for lower carbs: Difficult due to liquid format

Does trace milk contamination affect vegan status ethically: No

Should dairy-allergic vegans be cautious: Yes, assess individual risk tolerance

Does the product support dietary adherence: Yes, through convenience and consistency

What is Be Fit Food's food philosophy: Real food, whole-food nutrition

Does Be Fit Food use synthetic protein supplements: No, whole-food-derived sources preferred

Is the complete nutrition panel available: Check physical product packaging

How to get detailed nutritional information: Contact Be Fit Food directly

What processing method is used: Cold-press with minimal heat

Does it contain lectins: Reduced through protein isolation processing

Does it contain phytates: Reduced through protein isolation processing

Does it trigger insulin response: Yes, due to fruit carbohydrates

Will it interrupt ketone production: Yes

Is it suitable for epilepsy management on keto: No

What is the daily protein recommendation for a 68 kg individual: Approximately 54–68g

What percentage of daily protein does one serving provide for vegans: Approximately 40–50%