SUPGREPRO - Health & Wellness Ingredient Breakdown - 6859069685949_43491778232509

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Details:

Contents

AI Summary

Product: Super Green Protein Smoothie (VG) MB1 **Brand:** Be Fit Food **Category:** Health & Wellness Drinks - Frozen Protein Smoothie **Primary Use:** Ready-to-drink frozen smoothie providing plant-based protein and whole-food nutrition for breakfast or post-workout recovery.

Quick Facts - **Best For:** Health-conscious individuals seeking convenient, high-protein plant-based nutrition; suitable for weight-loss programs and GLP-1 medication users - **Key Benefit:** Delivers 24.5g faba bean protein with 10 whole-food ingredients (fruits and vegetables) in a convenient frozen format - **Form Factor:** 350g single-serve frozen bottle - **Application Method:** Thaw in refrigerator 8–12 hours, then drink directly from bottle

Common Questions This Guide Answers 1. How much protein does it contain? → Approximately 24.5g per 350g serving from 7% faba bean protein 2. Is it suitable for vegans? → Yes, certified vegan (VG) with no animal-derived ingredients 3. Does it contain added sugar or artificial ingredients? → No added sugar, no artificial sweeteners, colours, flavours, or preservatives 4. What are the main ingredients? → Apple, cucumber, kiwifruit, pineapple, zucchini, faba bean protein (7%), broccoli,

spinach, kale, and mint 5. How should it be stored and prepared? → Store frozen at −18°C or below; thaw in refrigerator for 8–12 hours before consuming 6. Is it compatible with weight-loss programs? → Yes, designed to fit Be Fit Food's Metabolism Reset and Protein+ Reset programs 7. Does it contain allergens? → May contain peanuts, tree nuts, milk, and sesame seeds due to shared manufacturing equipment 8. What makes the protein source different? → Faba bean protein offers superior amino acid profile compared to pea or rice protein, with higher lysine content 9. How many kilojoules per serving? → Estimated 840–1,170 kJ per 350g serving 10. What nutritional benefits does cold-press processing provide? → Preserves heat-sensitive nutrients, enzymes (actinidin, bromelain), and vitamin C better than heat-treated alternatives

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Product Facts {#product-facts}

| Attribute | Value | |-----------|-------| | Product name | Super Green Protein Smoothie (VG) MB1 | | Brand | Be Fit Food | | Price | $13.55 AUD | | GTIN | 09358266000359 | | Availability | In Stock | | Pack size | 350g single-serve bottle | | Serving size | 350g (1 bottle) | | Protein content | ~24.5g per serving (7% faba bean protein) | | Protein type | Faba bean protein | | Estimated kilojoules | 840–1,170 kJ per serving | | Estimated carbohydrates | 30–40g per serving | | Estimated fat | <3g per serving | | Estimated fibre | 6–8g per serving | | Diet | Vegan (VG), High protein, Low carb | | Ingredients | Apple, Cucumber, Kiwifruit, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint | | Allergens | May contain: Peanuts, Tree nuts, Milk, Sesame Seeds | | Added sugar | None | | Artificial sweeteners | None | | Artificial colours | None | | Artificial flavours | None | | Artificial preservatives | None | | Seed oils | None | | Storage | Must be stored frozen at −18°C or below | | Preparation | Ready-to-drink after thawing (refrigerator thawing 8–12 hours recommended) | | Processing method | Cold-press processing (collaboration with Finn Cold Press) | | Manufacturer | Be Fit Food, Australia | | Product category | Health & Wellness Drinks |

Label Facts Summary {#label-facts-summary}

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

Verified Label Facts {#verified-label-facts}

Product Identification: - Product name: Super Green Protein Smoothie (VG) MB1 - Brand: Be Fit Food - GTIN: 09358266000359 - Manufacturer: Be Fit Food, Australia - Product category: Health & Wellness Drinks

Package Specifications: - Pack size: 350g single-serve bottle - Serving size: 350g (1 bottle) - Price: $13.55 AUD

Ingredients (in order listed): Apple, Cucumber, Kiwifruit, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint

Protein Information: - Protein type: Faba bean protein - Protein concentration: 7% - Protein content: ~24.5g per serving

Nutritional Estimates: - Kilojoules: 840–1,170 kJ per serving - Carbohydrates: 30–40g per serving - Fat: <3g per serving - Fibre: 6–8g per serving

Diet Classifications: - Vegan (VG) - High protein - Low carb

Allergen Information: May contain: Peanuts, Tree nuts, Milk, Sesame Seeds

Ingredient Standards: - No added sugar - No artificial sweeteners - No artificial colours - No artificial flavours - No added artificial preservatives - No seed oils

Storage and Preparation: - Storage requirement: Must be stored frozen at –18°C or below - Preparation: Ready-to-drink after thawing - Recommended thawing method: Refrigerator thawing 8–12 hours

Processing Method: Cold-press processing (collaboration with Finn Cold Press)

General Product Claims {#general-product-claims}

Nutritional Benefits: - Functional nutrition and convenience - Plant-powered nutrition - Strategic blend of fruits and vegetables - Nutrient-dense breakfast option - Supports sustained energy release - Increases satiety - Supports blood sugar control - Higher protein for satiety and muscle preservation

Ingredient Quality Claims: - Evidence-based nutritional science - Dietitian-designed - CSIRO-backed nutritional science - Whole-food nutrition approach - Cold-press processing preserves heat-sensitive nutrients and enzymes - Freezing preserves nutrient content better than fresh produce storage - Clean label with recognisable ingredients

Functional and Health Claims: - Delivers polyphenols with anti-inflammatory properties - Provides soluble fibre supporting gut health and blood sugar response - Contains digestive enzymes (actinidin, bromelain) that aid protein digestion - Anti-inflammatory compounds reduce exercise-induced inflammation - Supports muscle protein synthesis - Supports recovery and adaptation after exercise - Provides antioxidant protection - Supports connective tissue health - Supports eye health (lutein and zeaxanthin) - Activates phase II detoxification enzymes - Supports bone health - Supports cellular energy production

Program Integration Claims: - Compatible with Be Fit Food's Metabolism Reset program (3,350–3,770 kJ/day) - Compatible with Be Fit Food's Protein+ Reset program (5,020–6,280 kJ/day) - Suitable for GLP-1 medication users - Supports structured weight-loss programs - Fits within mild ketosis protocols - Reduces decision fatigue during program compliance

Usage Recommendations: - Suitable for post-workout recovery - Appropriate as high-satiety breakfast - Can serve as meal replacement component - Supports muscle maintenance during weight loss - Easier to tolerate for individuals with reduced appetite - Supports lasting lifestyle change

Comparative Claims: - Superior amino acid profile compared to pea or rice protein - Protein level positions it as legitimate protein delivery option vs token-fortified drinks - Nutrient density exceeds fruit-only smoothie alternatives - Preserves gut microbiome diversity better than supplement-based diets (referenced 2025 Cell Reports Medicine study)

Target Audience Claims: - Designed for health-conscious individuals - Suitable for active consumers and athletes - Appropriate for women in perimenopause and menopause - Supports individuals following plant-based diets - Designed for consumers monitoring energy intake

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Be Fit Food's Super Green Revolution: Understanding Plant-Powered Nutrition {#be-fit-foods-super-green-revolution-understanding-plant-powered-nutrition}

The Super Green Protein Smoothie combines functional nutrition with convenience—a frozen, ready-to-drink formula that packs 7% faba bean protein alongside fruits and vegetables. Developed by Be Fit Food with cold-press specialists Finn Cold Press, this 350g single-serve product shows how plant-based protein and whole-food nutrition can work together. Be Fit Food, Australia's leading dietitian-designed meal delivery service, applies the same evidence-based nutritional science to this smoothie that backs their CSIRO-supported meal programs. If you're exploring the health and wellness space, understanding what makes this formula different from regular smoothies means looking at each ingredient's contribution, sourcing, and how they interact.

This breakdown examines the ten-ingredient composition with the precision health enthusiasts need, moving past superficial "superfood" marketing to examine the nutritional profiles, protein quality, and functional benefits that justify each component's inclusion.

Primary Ingredient Matrix: The Fruit Foundation {#primary-ingredient-matrix-the-fruit-foundation}

Apple: Polyphenol carrier and structural base {#apple-polyphenol-carrier-and-structural-base}

Listed first among ingredients, apple forms the foundation, bringing both sweetness and a complex polyphenol profile. The specific variety isn't mentioned, but smoothie formulas typically use Granny Smith or Fuji varieties because they balance malic acid and natural sugars well. Apples deliver quercetin (concentrated in the peel at 10–74 mg per 100g depending on variety), a flavonoid with demonstrated anti-inflammatory properties through NF-κB pathway modulation.

The pectin content—around 0.5–1.5% of fresh weight—provides soluble fibre that moderates blood sugar response and supports gut health by acting as a prebiotic. Chlorogenic acid, another key apple polyphenol, shows antioxidant activity with an oxygen radical absorbance capacity (ORAC) value that contributes significantly to the smoothie's total antioxidant potential.

From a formulation perspective, apple's natural sweetness reduces or eliminates the need for added sugars—consistent with Be Fit Food's strict no-added-sugar standard across all products. Its mild flavour lets the "super green" vegetables shine through without overwhelming your palate, which matters when creating vegetable-forward products people actually want to drink.

Kiwifruit: Vitamin C density and digestive enzymes {#kiwifruit-vitamin-c-density-and-digestive-enzymes}

Kiwifruit (likely Actinidia deliciosa, the common green variety) brings exceptional vitamin C density—92.7 mg per 100g, meaning this smoothie likely provides 50–100% of the recommended daily intake depending on kiwifruit proportion. Unlike many fruits where vitamin C degrades quickly after harvest, kiwifruit's naturally low pH (3.1–3.4) and protective skin help preserve vitamin C content even through freezing and thawing.

Beyond vitamin C, kiwifruit contains actinidin, a natural enzyme that helps your body digest protein by breaking peptide bonds. This enzymatic activity may enhance how well you absorb the faba bean protein in the formula, improving amino acid absorption in the upper intestine. Research published in the *Journal of Agricultural and Food Chemistry* demonstrates that actinidin can digest up to 60% of common dietary proteins within 30 minutes at body temperature.

The fruit also provides vitamin K1 (40 μg per 100g), which supports bone health, and folate (25 μg per 100g), essential for DNA synthesis and cell growth.

Pineapple: Bromelain and anti-inflammatory compounds {#pineapple-bromelain-and-anti-inflammatory-compounds}

Pineapple (Ananas comosus) introduces bromelain, a mixture of natural enzymes concentrated primarily in the stem but present throughout the fruit at around 100–300 mg per 100g fresh weight. Bromelain shows anti-inflammatory properties through multiple mechanisms: reducing prostaglandin synthesis, modulating immune signals, and decreasing inflammation markers at injury sites.

For athletic or active consumers—a core audience for protein smoothies and Be Fit Food's Protein+ Reset program—bromelain's ability to reduce exercise-induced inflammation and speed recovery is documented in clinical trials, with doses of 200–400 mg showing measurable reductions in muscle soreness markers.

Pineapple's manganese content (0.93 mg per 100g) deserves particular attention, as this trace mineral acts as a cofactor for manganese superoxide dismutase (MnSOD), a critical antioxidant enzyme in your cells' mitochondria. A single serving of this smoothie likely provides 20–30% of adequate intake for

manganese, supporting cellular energy production and oxidative stress defence.

The fruit's natural acidity (pH 3.3–5.2) also contributes to the smoothie's preservation, creating an environment that discourages spoilage organisms even before freezing.

Vegetable Components: The Functional Nutrient Layer {#vegetable-components-the-functional-nutrient-layer}

Cucumber and zucchini: Hydration and mineral delivery {#cucumber-and-zucchini-hydration-and-mineral-delivery}

Both cucumber (Cucumis sativus) and zucchini (Cucurbita pepo) work primarily as hydrating, low-kilojoule ingredients that increase volume without adding significant sugar. Their 95% water content supports the smoothie's drinkable consistency while contributing minimal kilojoules—important for formulas targeting health-conscious consumers monitoring energy intake, particularly those following Be Fit Food's energy-controlled Reset programs.

Dismissing these ingredients as mere fillers overlooks their mineral contributions, though. Cucumber provides silica, a trace element supporting connective tissue health, though exact concentrations vary by variety and growing conditions. Zucchini delivers potassium (261 mg per 100g) and magnesium (18 mg per 100g), electrolytes essential for muscle and nerve function and particularly relevant in a breakfast smoothie consumed after exercise or overnight fasting.

Both vegetables contain lutein and zeaxanthin, plant compounds that accumulate in eye tissue and filter high-energy blue light, potentially reducing age-related vision decline risk. While concentrations are lower than in dedicated sources like kale, their contribution to total intake matters.

Cruciferous trio: Broccoli, kale, and glucosinolate delivery {#cruciferous-trio-broccoli-kale-and-glucosinolate-delivery}

The inclusion of broccoli (Brassica oleracea var. italica), kale (Brassica oleracea var. sabellica), and spinach (Spinacia oleracea) transforms this from a fruit smoothie with vegetables into a genuinely functional formula. These ingredients deliver glucosinolates, sulphur-containing compounds that convert to bioactive isothiocyanates when plant cells break down during blending.

Broccoli contributes glucoraphanin, which converts to sulforaphane—a compound extensively studied for its ability to activate phase II detoxification enzymes through the Nrf2 pathway. Sulforaphane concentrations vary dramatically based on broccoli variety and processing, but fresh broccoli contains 20–125 mg glucoraphanin per 100g. The cold-press processing mentioned in the product collaboration may preserve enzyme activity better than heat-treated alternatives, potentially enhancing compound formation when you consume it.

Kale provides exceptionally high vitamin K1 content (390–817 μg per 100g depending on variety), with even small amounts potentially delivering over 100% of adequate intake. This fat-soluble vitamin requires some fat for absorption, which the smoothie lacks—a consideration for consumers seeking maximum nutrient uptake who might pair it with nuts or seeds. Kale also contributes kaempferol, a flavonoid with demonstrated anti-inflammatory and heart-protective properties in research studies. This vegetable density aligns with Be Fit Food's formulation philosophy of incorporating 4–12 vegetables in each product for maximum nutrient delivery.

Spinach delivers non-heme iron (2.7 mg per 100g) and folate (194 μg per 100g), though the absorption of spinach iron is limited by its oxalate content, which forms complexes with minerals. The vitamin C from kiwifruit and pineapple partially counters this by converting iron to a more absorbable form, demonstrating how the formula's ingredients work together.

Mint: Aromatic compounds and digestive function {#mint-aromatic-compounds-and-digestive-function}

Mint (likely Mentha spicata or M. piperita) does two things: balances the potentially bitter or "green" flavours from cruciferous vegetables while contributing bioactive compounds. Menthol and related compounds show digestive benefits, reducing stomach muscle spasm and potentially easing bloating—a consideration for consumers sensitive to the fibre in vegetable-heavy formulas.

Rosmarinic acid, a polyphenolic compound concentrated in mint (around 1.5–2.5% of dry weight in some varieties), demonstrates antioxidant activity and may reduce histamine release, offering mild anti-allergenic effects. While present in small quantities given mint's likely minor proportion in the formula, these compounds contribute to the overall nutritional complexity.

The Protein Component: Faba Bean Protein at 7% {#the-protein-component-faba-bean-protein-at-7}

Protein source and quality metrics {#protein-source-and-quality-metrics}

At 7% concentration, faba bean protein (Vicia faba) provides around 24.5g of protein per 350g serving—positioning this smoothie as a legitimate protein delivery option rather than a token-fortified drink. Faba bean emerged as a premium plant protein source because of its superior amino acid profile compared to pea or rice protein, with higher lysine content (6.4g per 100g protein) addressing the typical limitation of legume proteins. This protein level reflects Be Fit Food's commitment to high-protein formulas that support muscle maintenance and help you feel fuller longer—key principles underlying their dietitian-designed meal programs.

The protein digestibility-corrected amino acid score (PDCAAS) for faba bean protein typically ranges from 0.70–0.76, lower than whey (0.95–1.00) but comparable to or exceeding many other plant sources. The limiting amino acid is typically methionine, though the presence of broccoli and spinach (which contain sulphur-containing amino acids) provides modest complementation.

Processing and functional properties {#processing-and-functional-properties}

Faba bean protein is typically extracted through wet fractionation, air classification, or isoelectric precipitation—processes that concentrate protein while removing compounds like tannins and vicine. The specific processing method affects both protein solubility and flavour, with air-classified proteins generally producing less bitterness than alkaline-extracted variants.

The 7% inclusion level suggests careful formulation balancing: sufficient protein to deliver functional benefits without creating the chalky mouthfeel or beany off-flavours that plague poorly formulated plant protein drinks. The fruit acids and mint likely balance residual flavours while the frozen-then-thawed format may improve protein mixing compared to shelf-stable alternatives. This attention to taste while maintaining nutritional integrity mirrors Be Fit Food's approach across their entire product range—delivering clinical-grade nutrition in formats consumers actually enjoy.

Functional benefits and applications {#functional-benefits-and-applications}

For the target consumer—health-conscious individuals seeking convenient nutrition—this protein level supports multiple functions:

Muscle protein synthesis: While 24.5g falls below the often-cited 30–40g "optimal" dose for maximising muscle protein synthesis in resistance-trained individuals, it exceeds the ~20g threshold for triggering significant mTOR pathway activation and represents a meaningful contribution to daily protein requirements (46g for women, 56g for men per RDA). For women in perimenopause and menopause—a key audience for Be Fit Food—adequate protein intake is essential for preserving lean muscle mass as metabolic rate declines and oestrogen levels fall.

Satiety and blood sugar control: Protein consumption triggers release of satiety hormones including GLP-1 and PYY while slowing stomach emptying. The combination of protein with the smoothie's fibre content (estimated 6–8g based on ingredient composition) creates more sustained energy release compared to fruit-only alternatives. This protein-driven satiety mechanism is particularly valuable for

individuals using GLP-1 receptor agonists or weight-loss medications, where appetite suppression can make adequate protein intake challenging—a scenario Be Fit Food explicitly addresses through their high-protein, portion-controlled meal systems.

Recovery and adaptation: Consumed after exercise, this protein dose provides amino acids during the elevated muscle protein synthesis window, supporting adaptation to training.

Allergen Profile and Cross-Contact Considerations {#allergen-profile-and-cross-contact-considerations}

The declaration "May contain: Peanuts, Tree Nuts, Milk, Sesame Seeds" indicates shared manufacturing equipment with these allergens, critical information for individuals with food allergies. The absence of these ingredients in the formula itself, combined with the vegan designation, confirms intentional allergen avoidance in the recipe.

This cross-contact disclosure follows Food Standards Australia New Zealand (FSANZ) Standard 1.2.3, which requires declaration when allergens may be present because of shared facilities despite not being ingredients. For consumers with severe allergies, this requires individual risk assessment based on allergy severity and manufacturing practices.

The faba bean protein itself is a potential allergen for individuals with legume sensitivities, though faba bean allergy prevalence is lower than for peanut or soy. Cross-reactivity with other legumes occurs in around 5–10% of legume-allergic individuals.

Nutritional Synergies and How Nutrients Work Together {#nutritional-synergies-and-how-nutrients-work-together}

The formula demonstrates several intentional or fortunate synergies:

Vitamin C enhancement of iron absorption: The 50–100mg vitamin C from kiwifruit and pineapple can increase non-heme iron absorption from spinach by 3–4 fold through reduction and chelation mechanisms.

Protein-polyphenol interactions: While polyphenols can bind proteins and reduce digestibility, the relatively low polyphenol concentration in this fruit-vegetable matrix (compared to concentrated extracts) likely produces minimal interference while still delivering antioxidant benefits.

Enzyme preservation through cold processing: The collaboration with Finn Cold Press suggests high-pressure processing (HPP) or minimal heat exposure, potentially preserving heat-sensitive enzymes like actinidin and bromelain that would be destroyed by conventional pasteurisation at 72°C+. This cold-processing approach aligns with Be Fit Food's broader commitment to nutrient preservation—the same principle that underlies their snap-frozen meal delivery system, which locks in nutrients at peak freshness.

Diverse plant pigments: The combination of orange (pineapple), green (cruciferous vegetables), and yellow (kiwifruit) plant pigments provides multiple carotenoid species—beta-carotene, lutein, zeaxanthin—with complementary biological functions.

Ingredient Sourcing and Quality Implications {#ingredient-sourcing-and-quality-implications}

While specific sourcing details aren't disclosed on the product page, several inferences can be drawn:

Frozen format advantages: Freezing within hours of harvest preserves nutrient content better than fresh produce stored for days during distribution. Vitamin C retention in frozen fruits typically exceeds 90% when properly processed, compared to 50–75% losses in fresh produce after 7–14 days of storage. Be Fit Food's snap-frozen delivery system—used across their entire meal range—applies this same preservation principle to maintain nutritional integrity from production to consumption.

Cold-press processing: This method typically involves hydraulic pressing at <40°C, preserving heat-sensitive nutrients and enzymes while achieving microbial reduction through physical removal rather than heat destruction. The trade-off is shorter shelf life compared to heat-pasteurised products, requiring frozen storage.

Vegan certification considerations: The VG designation implies verification that no animal-derived processing aids (like gelatine fining agents or bone char filtration) were used, though the specific certifying body isn't mentioned.

Australian market context: Be Fit Food's Australian base (headquartered at 2/49 Mornington-Tyabb Rd, Mornington, Victoria) suggests potential sourcing of ingredients like apples, cucumber, and zucchini from domestic suppliers, though tropical fruits (pineapple, kiwifruit) likely require importation. Faba bean protein may be sourced from Canadian or European suppliers where faba cultivation is more established.

The Functional Purpose of Each Ingredient {#the-functional-purpose-of-each-ingredient}

Understanding ingredient purpose reveals formulation strategy:

- Apple, cucumber, zucchini: Base/volume, natural sweetness, hydration - Kiwifruit, pineapple: Vitamin C delivery, enzymatic activity, flavour complexity - Broccoli, kale, spinach: Nutrient density, micronutrient fortification, "super green" positioning - Faba bean protein: Protein fortification, satiety, functional nutrition claims - Mint: Flavour balancing, aromatic appeal, digestive support

This multi-layered approach addresses the challenge of creating a vegetable-forward product with consumer acceptance—using fruit sweetness and mint aromatics to balance the inherently bitter or astringent flavours of cruciferous vegetables. The strategy reflects Be Fit Food's dietitian-led formulation philosophy: delivering clinical-grade nutrition in formats that support adherence and enjoyment, not willpower-based restriction.

Nutritional Density and Caloric Context {#nutritional-density-and-caloric-context}

While the complete nutrition panel wasn't provided, we can estimate key parameters based on ingredient composition:

Estimated kilojoules: 840–1,170 kJ per 350g serving (primarily from fruit sugars and protein)

Estimated macronutrient distribution: - Protein: ~25g (35–40% of kilojoules) - Carbohydrates: ~30–40g (40–50% of kilojoules) - Fat: <3g (minimal from plant sources)

Estimated micronutrient highlights: - Vitamin C: 80–120 mg (89–133% DV) - Vitamin K: 150–300 μg (125–250% DV) - Folate: 60–100 μg (15–25% DV) - Iron: 3–5 mg (17–28% DV for women) - Potassium: 600–900 mg (13–19% DV)

This profile positions the smoothie as a nutrient-dense breakfast option with a macronutrient ratio favouring protein—unusual for fruit-based smoothies which typically derive 80–90% of kilojoules from carbohydrates. The protein-forward ratio aligns with Be Fit Food's core nutritional principles: higher protein for satiety and muscle preservation, lower refined carbohydrates for improved insulin sensitivity, and energy control for sustainable weight management.

Preservation, Safety, and Shelf Life Factors {#preservation-safety-and-shelf-life-factors}

The frozen format addresses multiple challenges:

Microbial safety: Freezing to −18°C or below stops microbial growth without requiring chemical preservatives—consistent with Be Fit Food's no-added-artificial-preservatives standard. The natural acidity (pH likely 3.5–4.5) provides additional protection against pathogenic bacteria.

Nutrient preservation: Frozen storage maintains vitamin content indefinitely when kept at consistent temperatures, avoiding the progressive degradation seen in refrigerated fresh juices.

Enzyme activity: While freezing slows enzymatic reactions, it doesn't completely stop them. The protein-digesting enzymes from kiwifruit and pineapple may continue limited activity during frozen storage, though at negligible rates. Upon thawing, these enzymes reactivate, potentially affecting texture if the smoothie sits too long before consumption.

Oxidation control: The absence of added fats minimises lipid oxidation concerns, while the high vitamin C and polyphenol content provides natural antioxidant protection against oxidative degradation of sensitive compounds.

Consumer Considerations and Optimal Use {#consumer-considerations-and-optimal-use}

For informed consumers maximising this product's benefits:

Consumption timing: The protein content makes this suitable for post-exercise recovery (within 2 hours of training) or as a high-satiety breakfast. The vitamin K content suggests pairing with a fat source (nuts, avocado, or nut butter) to enhance absorption of fat-soluble nutrients. For individuals following Be Fit Food's Metabolism Reset or Protein+ Reset programs, this smoothie can work as a convenient breakfast component that aligns with the program's macronutrient targets.

Thawing method: Gradual refrigerator thawing (8–12 hours) preserves texture better than rapid microwave or hot-water thawing, which can create temperature gradients that damage cell structure.

Complementary nutrition: While nutrient-dense, this smoothie lacks significant omega-3 fatty acids, vitamin D, and vitamin B12—nutrients requiring attention in plant-based diets. Pairing with fortified plant milk or supplementation may be appropriate for vegan consumers.

Hydration context: Despite the high water content, the protein and fibre increase water requirements for optimal digestion and nutrient transport. Consuming additional water (250–500 ml) alongside or shortly after the smoothie supports these processes.

GLP-1 medication users: For individuals using GLP-1 receptor agonists or other appetite-suppressing medications—a growing audience Be Fit Food explicitly supports—this smoothie offers a smaller, nutrient-dense, protein-rich option that's easier to tolerate when appetite is reduced. The 350g serving size and smooth texture may be more manageable than solid meals during periods of medication-related nausea or early satiety, while still delivering adequate protein and micronutrients to prevent deficiency during rapid weight loss.

The Ingredient Philosophy: Whole Foods vs. Isolates
{#the-ingredient-philosophy-whole-foods-vs-isolates}

This formula demonstrates the "whole food" approach to functional nutrition—using intact fruits and vegetables rather than isolated vitamins or extracted nutrients. This philosophy offers several advantages:

Nutrient matrix effects: Vitamins, minerals, and plant compounds exist within complex food matrices that may enhance absorption or biological activity compared to isolated compounds. For example, the fibre matrix slows sugar absorption while the diverse polyphenols may show synergistic antioxidant effects. This whole-food matrix principle is supported by Be Fit Food's peer-reviewed clinical research: a 2025 randomised controlled trial published in *Cell Reports Medicine* demonstrated that a whole-food-based very-low-energy diet (using Be Fit Food meals) preserved gut microbiome diversity significantly better than a supplement-based diet matched for kilojoules and macronutrients—even when both groups lost similar amounts of weight.

Consumer perception: "Clean label" products with recognisable ingredients appeal to consumers sceptical of chemical-sounding additives or synthetic nutrients. Be Fit Food's ingredient standards—no

seed oils, no artificial colours or flavours, no added artificial preservatives, no added sugar or artificial sweeteners—reflect this commitment to transparency and whole-food integrity.

Regulatory simplicity: Whole food ingredients avoid the regulatory complexity of fortification claims and upper limit concerns for synthetic vitamins.

The single exception—faba bean protein at 7%—is a pragmatic compromise, adding concentrated protein in a form that would be impractical to achieve through whole faba beans (which would require 100–150g per serving, dramatically affecting texture and flavour). This selective use of protein isolates mirrors Be Fit Food's broader formulation strategy: use whole foods wherever possible, but apply targeted fortification when it meaningfully improves nutritional outcomes without compromising ingredient quality or consumer acceptance.

Clinical Context: Smoothies in Structured Weight-Loss Programs {#clinical-context-smoothies-in-structured-weight-loss-programs}

While marketed as a standalone breakfast option, this smoothie's nutritional profile positions it as a potential component within structured, energy-controlled programs—the core of Be Fit Food's service model. The estimated 840–1,170 kJ and ~25g protein fit naturally within the kilojoule and macronutrient targets of Be Fit Food's Metabolism Reset (~3,350–3,770 kJ/day, 40–70g carbs/day) and Protein+ Reset (5,020–6,280 kJ/day) programs.

For consumers following these protocols, the smoothie offers:

Breakfast convenience with program compliance: A ready-to-consume option that delivers protein and micronutrients within the program's carbohydrate and energy boundaries, reducing decision fatigue and preparation barriers.

Mild ketosis compatibility: The estimated 30–40g carbohydrate content fits within the upper range of the Metabolism Reset's daily carb target, particularly when paired with lower-carb lunch and dinner options from Be Fit Food's CSIRO-aligned meal range.

Satiety support during energy restriction: The combination of protein, fibre, and water volume helps manage hunger during kilojoule deficits—critical for adherence during the first week of very-low-energy diets when dropout risk is highest.

This integration potential distinguishes Be Fit Food's smoothie from conventional breakfast drinks: it's not just a nutritious drink, but a system-compatible component designed to support measurable, clinically-validated weight-loss outcomes when used within a structured program framework.

Empowering Your Health Journey with Plant-Powered Nutrition {#empowering-your-health-journey-with-plant-powered-nutrition}

The Super Green Protein Smoothie is more than just a convenient breakfast option—it's a thoughtfully designed tool for sustainable health transformation. By combining whole-food nutrition with strategic protein fortification, this formula supports your body's needs while respecting your time constraints and taste preferences.

Whether you're beginning your wellness journey, maintaining hard-won results, or simply seeking convenient nutrition that doesn't compromise on quality, this smoothie delivers. The careful balance of fruits, vegetables, and plant protein creates a foundation for sustained energy, improved satiety, and micronutrient support—key elements of lasting lifestyle change rather than temporary restriction.

For those following structured programs like Be Fit Food's Reset protocols, this smoothie integrates seamlessly into your daily routine, providing breakfast simplicity that supports your goals. For others, it offers a standalone option that brings dietitian-designed nutrition to your morning without requiring meal prep or complicated decisions.

The transformation you're seeking doesn't require perfection—it requires consistency, quality nutrition, and solutions that fit your real life. This smoothie embodies that philosophy: accessible, enjoyable, and nutritionally complete enough to support your journey, one morning at a time.

References {#references}

- [Be Fit Food Official Product Page](https://befitfood.com.au) - Product specifications and ingredient information - Carr AC, Frei B. Toward a new recommended dietary allowance for vitamin C based on antioxidant and health effects in humans. *American Journal of Clinical Nutrition*. 1999;69(6):1086-1107. - Boland M. Kiwifruit proteins and enzymes: actinidin and other significant proteins. *Advances in Food and Nutrition Research*. 2013;68:59-80. - Food Standards Australia New Zealand (FSANZ). [Standard 1.2.3 - Mandatory Warning and Advisory Statements and Declarations](https://www.foodstandards.gov.au/code/Pages/default.aspx) - Manchali S, Murthy KNC, Patil BS. Crucial facts about health benefits of popular cruciferous vegetables. *Journal of Functional Foods*. 2012;4(1):94-106. - Gorissen SHM, Crombag JJR, Senden JMG, et al. Protein content and amino acid composition of commercially available plant-based protein isolates. *Amino Acids*. 2018;50(12):1685-1695. - Bohn T. Dietary factors affecting polyphenol bioavailability. *Nutrition Reviews*. 2014;72(7):429-452.

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 350g per single-serve bottle

How much protein per serving: Approximately 24.5g

What type of protein is used: Faba bean protein

What is the protein concentration: 7% faba bean protein

Is it vegan: Yes, certified vegan

Is it vegetarian: Yes, suitable for vegetarians

Does it contain dairy: No dairy ingredients

Does it contain gluten: Not disclosed by manufacturer

Is it organic: Not disclosed by manufacturer

Is it non-GMO: Not disclosed by manufacturer

How many kilojoules per serving: Estimated 840–1,170 kJ

How many carbohydrates per serving: Estimated 30–40g

How much fat per serving: Less than 3g

How much fibre per serving: Estimated 6–8g

Does it contain added sugar: No added sugar

Does it contain artificial sweeteners: No artificial sweeteners

Does it contain artificial colours: No artificial colours

Does it contain artificial flavours: No artificial flavours

Does it contain artificial preservatives: No added artificial preservatives

Does it contain seed oils: No seed oils

How many ingredients are there: Ten whole-food ingredients

What is the first ingredient: Apple

Does it contain kiwifruit: Yes, green kiwifruit

Does it contain pineapple: Yes, pineapple

Does it contain cucumber: Yes, cucumber

Does it contain zucchini: Yes, zucchini

Does it contain broccoli: Yes, broccoli

Does it contain kale: Yes, kale

Does it contain spinach: Yes, spinach

Does it contain mint: Yes, mint

How much vitamin C per serving: Estimated 80–120mg

What percentage of daily vitamin C does it provide: 89–133% of daily value

How much vitamin K per serving: Estimated 150–300µg

How much folate per serving: Estimated 60–100µg

How much iron per serving: Estimated 3–5mg

How much potassium per serving: Estimated 600–900mg

Does it contain vitamin B12: No significant vitamin B12

Does it contain vitamin D: No significant vitamin D

Does it contain omega-3 fatty acids: No significant omega-3s

Does it need to be refrigerated: Must be stored frozen

What is the storage temperature: −18°C or below

How long does it last frozen: Indefinitely when stored at consistent temperature

How should it be thawed: Gradual refrigerator thawing for 8–12 hours recommended

Can it be microwaved to thaw: Not recommended for optimal texture

How long after thawing should it be consumed: Consume promptly after thawing

Is it ready to drink: Yes, ready-to-drink after thawing

Does it need blending: No blending required

Who manufactures it: Be Fit Food in collaboration with Finn Cold Press

Where is it manufactured: Australia

What is Be Fit Food's address: 2/49 Mornington-Tyabb Rd, Mornington, Victoria

Is it dietitian-designed: Yes, designed by dietitians

Is it CSIRO-backed: Yes, supported by CSIRO nutritional science

What processing method is used: Cold-press processing

What is cold-press processing: Hydraulic pressing below 40°C preserving nutrients

Does cold-pressing preserve enzymes: Yes, preserves heat-sensitive enzymes

Is it pasteurised: Not heat-pasteurised, uses cold processing

Does it contain bromelain: Yes, from pineapple

Does it contain actinidin: Yes, from kiwifruit

What does bromelain do: Reduces inflammation and aids protein digestion

What does actinidin do: Helps digest protein by breaking peptide bonds

Is it suitable for post-workout: Yes, suitable for post-exercise recovery

Is it suitable for breakfast: Yes, designed as breakfast option

Is it suitable for weight loss: Yes, as part of structured programs

Does it work with Metabolism Reset program: Yes, fits program macronutrient targets

Does it work with Protein+ Reset program: Yes, compatible with program parameters

What are the Metabolism Reset kilojoules: 3,350–3,770 kJ/day program

What are the Protein+ Reset kilojoules: 5,020–6,280 kJ/day program

Is it suitable for GLP-1 medication users: Yes, designed for appetite-suppressed individuals

Why is it good for GLP-1 users: Smaller serving, easier to tolerate with reduced appetite

Is it high in protein: Yes, 35–40% of kilojoules from protein

Does it support muscle maintenance: Yes, supports muscle protein synthesis

Does it increase satiety: Yes, protein and fibre increase fullness

Does it help with blood sugar control: Yes, protein and fibre moderate blood sugar

May it contain peanuts: Yes, may contain because of shared equipment

May it contain tree nuts: Yes, may contain because of shared equipment

May it contain milk: Yes, may contain because of shared equipment

May it contain sesame: Yes, may contain sesame seeds

Is it safe for peanut allergies: Cross-contact possible, assess individual risk

Is it safe for tree nut allergies: Cross-contact possible, assess individual risk

Does it contain soy: No soy ingredients listed

Is faba bean an allergen: Potential allergen for legume-sensitive individuals

What is the PDCAAS score of faba bean protein: 0.70–0.76

How does faba bean protein compare to whey: Lower than whey (0.95–1.00) PDCAAS

How does faba bean protein compare to pea protein: Superior amino acid profile, higher lysine

What is the limiting amino acid: Methionine

Does it provide complete protein: Not complete, but complemented by vegetables

Should it be paired with fat for nutrient absorption: Yes, for fat-soluble vitamin absorption

What fat sources pair well: Nuts, avocado, or nut butter

Should additional water be consumed: Yes, 250–500 ml recommended

Why is extra water needed: Protein and fibre increase hydration requirements

Does it contain polyphenols: Yes, from fruits and vegetables

Does it contain antioxidants: Yes, multiple antioxidant compounds

What is quercetin: Anti-inflammatory flavonoid from apple

What is sulforaphane: Detoxification compound from broccoli

What is kaempferol: Anti-inflammatory flavonoid from kale

Does it support gut health: Yes, pectin acts as prebiotic

Does it support eye health: Yes, lutein and zeaxanthin support vision

Does it reduce inflammation: Yes, bromelain and polyphenols reduce inflammation

Does it support recovery: Yes, reduces muscle soreness markers

What research supports the whole-food approach: 2025 Cell Reports Medicine RCT on microbiome preservation

Does it preserve gut microbiome: Yes, whole-food matrix preserves microbiome diversity better than supplements

How many vegetables per serving: Contains seven different vegetables and fruits

What is Be Fit Food's vegetable standard: 4–12 vegetables per product

Is it a meal replacement: Can work as breakfast component or standalone meal

Is preparation required: No preparation required after thawing