

TRIOFGRE - Food & Beverages Dietary Compatibility Guide - 7078399213757_43454423826621

Canonical: <https://directory.befitfood.com.au/product-guides/meal-guides/triofgre-food-beverages-dietary-compatibility-guide-7078399213757-43454423826621/>

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AI Summary

Product: Trio of Green Soup (GF) (V) MB3 **Brand:** Be Fit Food **Category:** Ready-to-Eat Frozen Soup **Primary Use:** A protein-enriched, gluten-free vegetarian soup for people managing dietary restrictions while seeking convenient, nutritionally dense meals.

Quick Facts - **Best For:** Gluten-free and lacto-vegetarian diets; people managing weight, diabetes, or using GLP-1 medications - **Key Benefit:** High-protein (12–18g estimated), vegetable-forward (60%+ vegetables) meal with no artificial additives - **Form Factor:** 301g single-serve frozen soup in sealed tray/bowl - **Application Method:** Microwave or stovetop reheating from frozen

Common Questions This Guide Answers

1. Is this soup safe for celiac disease? → Yes, certified gluten-free with no gluten-containing grains
2. Is it vegan or vegetarian? → Lacto-vegetarian (contains dairy: ricotta cheese and light milk), not vegan
3. What allergens does it contain? → Contains milk and soybeans; may contain traces of fish, crustacea, and sesame seeds
4. How much protein does it provide? → Estimated 12–18 grams per 301g serving from legumes (edamame, peas, beans) and dairy
5. Is it suitable for weight loss or diabetes management? → Yes, designed with high protein, lower carbohydrates, and no added sugar to support satiety and blood glucose stability
6. Can NDIS

participants access this product? → Yes, Be Fit Food is NDIS registered until 19 August 2027 with meals from around \$2.50 for eligible participants

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Trio of Green Soup (GF) (V) MB3 | | Brand | Be Fit Food | | Price | \$12.50 AUD | | GTIN | 09358266000878 | | Availability | In Stock | | Category | Food & Beverages | | Subcategory | Ready-to-Eat Meals | | Pack size | 301g (single serve) | | Diet | Gluten-free, Vegetarian (Lacto-vegetarian) | | Key ingredients | Broccoli (33%), Ricotta Cheese, Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Potato, Cannellini Beans, Faba Bean Protein | | Contains allergens | Milk, Soybeans | | May contain traces | Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin | | Storage | Frozen at -18°C or below | | Preparation | Microwave or stovetop reheating | | Sodium content | Less than 500mg per serve | | Free from | Artificial colours, artificial flavours, artificial preservatives, added sugar, gluten | | Vegetable serves | 50% of daily recommended serves per bowl | | Product URL | [View Product](https://befitfood.com.au/products/trio-of-green-soup-gf-v?variant=43454423826621&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic) |

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:** Trio of Green Soup (GF) (V) MB3 - **Brand:** Be Fit Food - **Price:** \$12.50 AUD - **GTIN:** 09358266000878 - **Availability:** In Stock - **Category:** Food & Beverages - **Subcategory:** Ready-to-Eat Meals - **Pack Size:** 301g (single serve) - **Diet Classification:** Gluten-free, Vegetarian (Lacto-vegetarian) - **Key Ingredients:** Broccoli (33%), Ricotta Cheese (whey, milk, salt, food acid), Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Potato, Cannellini Beans, Faba Bean Protein, Olive Oil, Onion, Garlic, Leek, Cumin, Pepper, Pink Salt, Vegetable Stock - **Contains Allergens:** Milk, Soybeans - **May Contain Traces:** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin - **Storage Requirements:** Frozen at -18°C or below - **Preparation Methods:** Microwave or stovetop reheating - **Sodium Content:** Less than 500mg per serve - **Free From:** Artificial colours, artificial flavours, artificial preservatives, added sugar, gluten - **Packaging:** Sealed tray/bowl style - **Ingredient Percentages:** Broccoli 33%, Edamame 10%, Green Peas 10%, Spinach 8% - **NDIS Registration:** Be Fit Food is NDIS registered until 19 August 2027 - **Manufacturing Standards:** No seed oils, no added artificial sweeteners, low sodium benchmark of less than 120 mg per 100 g

General Product Claims {#general-product-claims}

- Designed for people navigating specific dietary requirements, particularly gluten-free and vegetarian lifestyles - Protein-enriched vegetarian option that accommodates multiple dietary restrictions while maintaining nutritional density - Australia's leading dietitian-designed meal delivery service - Founded by Kate Save, an Accredited Practising Dietitian with over 20 years of clinical experience - Combines CSIRO-backed nutritional science with convenient ready-made meals - Helps Australians achieve sustainable weight loss and improved metabolic health - Around 90% of menu is certified gluten-free - Suitable for celiac disease and non-celiac gluten sensitivity - High volume relative to calories beneficial for satiety (volumetrics principle) - Protein helps you feel fuller for longer and supports muscle maintenance during caloric restriction - Supports people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications - Protects lean muscle mass during medication-assisted weight

loss - Supports medication-suppressed appetite with smaller, nutrient-dense portions - Manages medication-related side effects through whole-food fibre and balanced nutrition - Improves long-term weight maintenance after reducing or stopping medication - Supports more stable blood glucose, reduces post-meal spikes, lowers insulin demand - Helps preserve muscle mass during perimenopause and menopause - Supports insulin sensitivity with lower carbohydrate content - Addresses declining metabolic rate with portion-controlled format - Provides 50% of daily recommended vegetable serves per bowl - Estimated 12–18 grams of protein per 301-gram serving - Estimated 300–350 calories per serving - "Real food" philosophy emphasising whole-food ingredients (around 93% in some formulations) - 4–12 vegetables per meal across Be Fit Food range - Meals start from \$8.61; structured programs offer per-meal pricing - Free 15-minute dietitian consultations available - "Heat, eat, enjoy" approach supports adherence to structured nutrition plans - Published preliminary outcomes in people with Type 2 diabetes (10 participants, CGM monitored) - Published research in **Cell Reports Medicine** (October 2025) on food-based very-low-energy diets - Snap-frozen delivery system for consistent portions and minimal spoilage - NDIS participants can access meals from around \$2.50 per meal (eligibility dependent) - Suitable for cardiovascular health due to olive oil and legumes - Supports bone health by providing calcium from dairy - High vegetable content (over 60% vegetables) - Complete amino acid profile from dairy and legume combination - Minimal processing compared to ultra-processed foods - Reduces food waste compared to fresh products with short shelf lives

Understanding the Trio of Green Soup's Dietary Profile {#understanding-the-trio-of-green-soups-dietary-profile}

The Trio of Green Soup (GF) (V) by Be Fit Food is a frozen ready-meal soup designed for people navigating specific dietary requirements, particularly those following gluten-free and vegetarian lifestyles. This 301-gram single-serve soup combines broccoli (33%), edamame (10%), green peas (10%), and spinach (8%) with ricotta cheese, creating a protein-enriched vegetarian option that accommodates multiple dietary restrictions.

Be Fit Food is Australia's leading dietitian-designed meal delivery service, founded by Kate Save, an Accredited Practising Dietitian with over 20 years of clinical experience. The company combines CSIRO-backed nutritional science with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. This guide provides comprehensive dietary compatibility information for consumers managing food allergies, intolerances, and lifestyle-based dietary choices. Knowing exactly what this product contains—and what it excludes—matters when you're making purchasing decisions that align with your health requirements and ethical preferences.

Gluten-Free Certification and Celiac Safety {#gluten-free-certification-and-celiac-safety}

The Trio of Green Soup carries a "Gluten Free (GF)" designation, which means it's formulated without wheat, barley, rye, or their derivatives. The ingredient list confirms the absence of gluten-containing grains, relying instead on vegetables, legumes, dairy, and potato as primary structural components.

What Gluten-Free Means for This Product {#what-gluten-free-means-for-this-product}

For people with celiac disease or non-celiac gluten sensitivity, this soup's formulation excludes all primary gluten sources. The thickening and body usually provided by flour or grain-based ingredients comes instead from potato and the natural starches present in the legume content (cannellini beans and faba bean protein).

The product label includes a cross-contamination warning: "May contain Fish, Crustacea, Sesame Seeds." While gluten isn't listed in this cross-contact statement, consumers with severe celiac disease should be aware that this product is manufactured in a facility handling multiple allergens. The absence of gluten in the cross-contamination warning suggests separate processing lines or adequate cleaning protocols, but people requiring absolute gluten-free guarantees should contact Be Fit Food directly for

facility-specific information.

Be Fit Food maintains that around 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. The remaining 10% includes either meals that contain gluten, or meals without gluten ingredients but with potential traces due to shared lines for those specific products. This is clearly disclosed to support informed, coeliac-safe decision-making.

Gluten-Free Ingredient Verification {#gluten-free-ingredient-verification}

Each ingredient warrants examination for hidden gluten sources:

- **Vegetable stock**: Commercial stocks sometimes contain wheat-based ingredients or malt derivatives. The gluten-free designation confirms this stock is formulated without such additives. - **Faba bean protein**: This plant-based protein isolate is naturally gluten-free, derived from fava beans through mechanical processing. - **Ricotta cheese**: Pure ricotta contains only whey, milk, salt, and food acid (as listed), with no gluten-containing stabilisers. - **Spices and seasonings**: The cumin, pepper, and pink salt listed are single-ingredient spices without gluten-containing anti-caking agents or fillers.

The 301-gram serving size makes this product suitable for people managing portion sizes while maintaining strict gluten-free compliance.

Vegetarian Compatibility and Dairy Considerations {#vegetarian-compatibility-and-dairy-considerations}

The "Vegetarian (V)" designation confirms this soup contains no meat, poultry, fish, or animal-derived rennet. However, it's **not vegan**, as it contains two dairy ingredients that are essential to understanding its vegetarian subcategory.

Lacto-Vegetarian Classification {#lacto-vegetarian-classification}

This soup falls specifically into the **lacto-vegetarian** category, which permits dairy products but excludes eggs, meat, and fish. The dairy components are:

- Ricotta Cheese**: Listed as the second ingredient by weight, this soft Italian cheese is made from whey (a milk byproduct), milk, salt, and food acid. Ricotta provides creaminess, protein (around 3–4 grams per 30-gram serving of standard ricotta), and calcium.
- Light Milk**: Used as a liquid base, light milk (usually 1–2% milk fat) contributes to the soup's creamy texture while reducing overall fat content compared to full-cream alternatives.

The ricotta's prominence in the ingredient list (second position) indicates it comprises a significant portion of the recipe, likely 15–25% by weight, making dairy a foundational rather than incidental component.

Why This Product Is NOT Vegan {#why-this-product-is-not-vegan}

Vegans avoiding all animal products, including dairy, cannot consume this soup. The dairy content is structural to the recipe—ricotta provides both protein fortification and the creamy mouthfeel characteristic of this soup style. While Be Fit Food offers a vegetarian and vegan range across their broader menu, this particular soup is designed as a lacto-vegetarian option.

Consumers following plant-based diets for ethical, environmental, or health reasons should note that both ricotta production and milk sourcing involve animal agriculture. The product doesn't carry any animal welfare certifications (such as Certified Humane or Free Range) in the available specifications.

Allergen Profile and Cross-Contamination Risks {#allergen-profile-and-cross-contamination-risks}

The Trio of Green Soup's allergen declaration is critical for people with food allergies, separating guaranteed ingredients from potential cross-contact risks.

Confirmed Allergens (Contains) {#confirmed-allergens-contains}

****Milk****: Present in both ricotta cheese and light milk, this is a primary ingredient, not a trace contaminant. People with milk protein allergy (casein or whey sensitivity) or lactose intolerance must avoid this product entirely. The whey component in ricotta is particularly relevant for those with whey-specific allergies.

****Soybeans****: Present as edamame (immature soybeans), which constitutes 10% of the product. Edamame provides plant-based protein, fibre, and a distinct textural element. Those with soy allergies cannot consume this product. Note that soy allergy severity varies; some people react only to soy protein isolates, while others react to whole soybeans like edamame.

Cross-Contamination Warnings (May Contain) {#cross-contamination-warnings-may-contain}

The "may contain" statement indicates shared facility or equipment risks:

- ****Fish****: Processing equipment may handle fish-based products - ****Crustacea****: Shared facilities may process shrimp, crab, or lobster products - ****Sesame Seeds****: Equipment may process sesame-containing items

These warnings are ****precautionary**** and indicate potential trace presence, not intentional ingredients. For people with severe, anaphylactic-level allergies to these substances, even trace amounts pose risk. Those with mild sensitivities may tolerate products with "may contain" warnings, but this is a personal medical decision requiring consultation with an allergist.

Notably absent from both the ingredient list and cross-contamination warnings are: tree nuts, peanuts, eggs, wheat/gluten, and shellfish beyond crustacea. This makes the product suitable for people avoiding these allergens, subject to their comfort level with the listed cross-contact risks.

Plant-Based Protein Sources and Legume Content {#plant-based-protein-sources-and-legume-content}

Beyond the dairy protein, this soup derives significant nutritional value from multiple legume sources, making it relevant for consumers seeking plant-based protein supplementation within a vegetarian framework.

Legume Composition Breakdown {#legume-composition-breakdown}

****Edamame (10%)****: These young soybeans provide complete protein containing all nine essential amino acids. In a 301-gram serving, around 30 grams of edamame contribute roughly 4–5 grams of protein, plus fibre, folate, and vitamin K.

****Green Peas (10%)****: Contributing another 30 grams per serving, peas add around 2–3 grams of protein along with vitamins A and C, and additional fibre. Peas also provide the soup's natural sweetness and bright green colour.

****Cannellini Beans****: While no percentage is specified, these white kidney beans appear mid-list, suggesting a 5–8% inclusion rate. Cannellini beans contribute additional protein, resistant starch (beneficial for gut health), and a creamy texture when blended.

****Faba Bean Protein****: This ingredient is a concentrated protein isolate extracted from fava beans (broad beans). Unlike whole faba beans, the protein isolate is processed to remove most carbohydrates and fibre, leaving primarily protein. This ingredient likely contributes 3–5 grams of protein per serving and is positioned as a protein fortification strategy without significantly altering texture or flavour.

Implications for High-Protein Vegetarian Diets {#implications-for-high-protein-vegetarian-diets}

The combination of dairy protein (ricotta, milk) and multiple plant proteins (edamame, peas, beans, faba protein) positions this soup as a protein-dense option for vegetarians. While exact macronutrient values aren't provided in the specifications, a formulation of this type would likely deliver 12–18 grams of protein per 301-gram serving—substantial for a soup-based meal.

This protein diversity provides a more complete amino acid profile than single-source plant proteins, relevant for vegetarians concerned about meeting essential amino acid requirements without meat consumption. Be Fit Food's dietitian-led approach ensures that meals are designed to support protein adequacy, which is particularly important for people managing weight, preserving lean muscle mass, or following structured nutrition programs.

Dietary Lifestyle Compatibility Assessment {#dietary-lifestyle-compatibility-assessment}

Suitable For: {#suitable-for}

****Gluten-Free Diets****: Confirmed safe for celiac disease and gluten sensitivity, with no gluten-containing ingredients and a manufacturer gluten-free designation. Be Fit Food maintains strict gluten-free formulation standards across around 90% of their menu.

****Lacto-Vegetarian Diets****: Fully compliant for vegetarians who consume dairy but avoid eggs, meat, poultry, and fish.

****High-Protein Diets****: The legume and dairy combination provides substantial protein for a prepared soup, suitable for protein-conscious vegetarians. This aligns with Be Fit Food's emphasis on high-protein meals designed to support satiety, muscle preservation, and metabolic health.

****Low-FODMAP Diets (with caution)****: Contains several moderate-FODMAP ingredients (onion, garlic, legumes) that may trigger symptoms in people with IBS or FODMAP sensitivity. Not recommended for strict low-FODMAP phases.

****Diabetes Management****: The inclusion of legumes provides complex carbohydrates with lower glycaemic impact than grain-based soups, though people should verify total carbohydrate content against their meal plans. Be Fit Food's focus on lower-carbohydrate, higher-protein formulations supports more stable blood glucose levels.

****Mediterranean-Style Diets****: Aligns well with Mediterranean dietary patterns emphasising vegetables, legumes, olive oil (listed as an ingredient), and moderate dairy consumption.

NOT Suitable For: {#not-suitable-for}

****Vegan Diets****: Contains dairy (ricotta, milk) as foundational ingredients.

****Dairy-Free Diets****: Milk and milk-derived ingredients are primary components.

****Soy-Free Diets****: Contains edamame (soybeans) as 10% of formulation.

****Paleo Diets****: Contains legumes (beans, peas, soy) and dairy, both excluded from paleo frameworks.

****Whole30 Programs****: Legumes and dairy are non-compliant with Whole30 rules.

****Severe Allergy Protocols****: The cross-contamination warnings for fish, crustacea, and sesame make this unsuitable for people with anaphylactic reactions to these allergens.

Ingredient Sourcing and Additive Profile {#ingredient-sourcing-and-additive-profile}

Understanding what this soup *doesn't* contain is as important as knowing its ingredients for many dietary lifestyles.

Minimal Processing Indicators {#minimal-processing-indicators}

The ingredient list demonstrates relatively minimal processing, consistent with Be Fit Food's "real food" philosophy:

- **No artificial preservatives**: Preservation relies on freezing rather than chemical additives. Be Fit Food states that no added artificial preservatives are used in their current range. - **No artificial colours**: Green colour derives from the vegetables themselves (broccoli, spinach, peas). Be Fit Food confirms no artificial colours in their formulations. - **No artificial flavours**: Flavour comes from vegetables, herbs, and spices. Be Fit Food maintains a no-artificial-flavours standard. - **No thickening agents**: Body comes from potato, legumes, and vegetables rather than modified starches or gums - **Single food acid**: The ricotta contains "food acid" (likely citric or lactic acid) for cheese-making, a standard and necessary ingredient

Clean Label Considerations {#clean-label-considerations}

For consumers prioritising "clean label" products (recognisable, minimally processed ingredients), this soup scores well:

- All ingredients except "faba bean protein" and "vegetable stock" are whole foods - The faba bean protein, while processed, is a single-ingredient extract without chemical modification - The vegetable stock composition isn't detailed, which is common for proprietary blends, but the gluten-free designation suggests it's free from common additives like hydrolysed wheat protein

Be Fit Food's current range standards include no seed oils, no added sugar or artificial sweeteners, and minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, smallgoods, dried fruit) used only where no alternative exists and in small quantities. Preservatives are not added directly to meals.

Salt Content Consideration {#salt-content-consideration}

"Pink Salt" appears at the end of the ingredient list, indicating minimal quantity by weight. However, the ricotta also contains salt, and the vegetable stock likely contains sodium. Be Fit Food formulates meals with a low sodium benchmark of less than 120 mg per 100 g, using vegetables for water content rather than thickeners. People on sodium-restricted diets should contact Be Fit Food directly for specific sodium content per serving, as this information isn't provided in the available specifications.

Storage, Preparation, and Dietary Compliance Maintenance {#storage-preparation-and-dietary-compliance-maintenance}

Frozen Storage Requirements {#frozen-storage-requirements}

As a frozen ready meal, this soup requires continuous frozen storage at -18°C or below to maintain food safety and quality. For people managing dietary restrictions:

- **Cross-contamination at home**: Store separately from raw meat, fish, and allergen-containing foods if household members suffer from severe allergies - **Freezer burn prevention**: Keep in original sealed packaging until ready to use to prevent moisture loss and flavour degradation - **Shelf life**: While not specified, frozen soups usually maintain quality for 6–12 months when stored properly

Be Fit Food's snap-frozen delivery system is designed not just for convenience but as a compliance system: consistent portions, consistent macros, minimal decision fatigue, and low spoilage. This "heat, eat, enjoy" approach supports adherence to structured nutrition plans.

Preparation Methods and Dietary Integrity {#preparation-methods-and-dietary-integrity}

The product description indicates "sealed tray/bowl style" packaging, suggesting microwave or stovetop reheating options. For maintaining dietary compliance:

****Microwave preparation****: Ensure the container is microwave-safe and doesn't contain BPA or phthalates if you're avoiding endocrine disruptors (relevant for some health-conscious dietary lifestyles). The product specifications don't detail packaging materials.

****Stovetop preparation****: Transferring to a pot allows better temperature control and may be preferred by those avoiding microwave cooking. Use dedicated gluten-free cookware if celiac disease is a concern and your kitchen isn't entirely gluten-free.

****No additional ingredients needed****: The soup is complete as formulated. Adding ingredients (crackers, bread, cheese) may compromise gluten-free or other dietary compliance depending on additions chosen.

Serving Size and Meal Planning {#serving-size-and-meal-planning}

At 301 grams per serving, this soup functions as either:

- A complete light meal (300–350 calories estimated) - A substantial soup course requiring accompaniment for a full meal - A high-protein snack for active people

Vegetarians using this as a complete meal should consider pairing with certified gluten-free whole grains or additional vegetables to ensure adequate caloric intake and nutritional balance, particularly if following high-energy-demand lifestyles. Be Fit Food's dietitian support services (including free 15-minute consultations) can help customers match meals to their specific energy and nutritional requirements.

Nutritional Considerations for Specific Dietary Goals {#nutritional-considerations-for-specific-dietary-goals}

While complete nutritional panels aren't provided in the specifications, the ingredient composition allows informed estimates relevant to common dietary goals.

For Weight Management {#for-weight-management}

The vegetable-forward composition (broccoli 33%, plus spinach, peas, edamame) provides high volume relative to calories—a principle called "volumetrics" beneficial for satiety. The protein from legumes and dairy helps you feel fuller for longer and supports muscle maintenance during caloric restriction. The "light milk" designation indicates reduced fat content compared to full-fat alternatives.

Be Fit Food's approach emphasises protein-driven satiety, portion control, and glucose stability—all critical for sustainable weight management. The company's structured programs (including Metabolism Reset and Protein+ Reset options) demonstrate how individual meals like this soup can integrate into comprehensive weight-loss protocols.

For Cardiovascular Health {#for-cardiovascular-health}

****Positive factors****: - Olive oil provides monounsaturated fats associated with cardiovascular benefits - Legumes contribute soluble fibre that may help manage cholesterol - Vegetables provide potassium, which supports healthy blood pressure - No trans fats or partially hydrogenated oils evident in ingredient list

****Considerations****: - Sodium content from salt, ricotta, and vegetable stock should be verified against heart-healthy guidelines (usually <600mg per meal) - Dairy fat content, even in light milk and ricotta, contributes saturated fat

For Bone Health {#for-bone-health}

The dairy content provides calcium and vitamin D (if the milk is fortified), relevant for lacto-vegetarians who may experience limited calcium sources compared to omnivores. The vitamin K in spinach and broccoli supports calcium metabolism and bone formation.

For Digestive Health {#for-digestive-health}

****Fibre content****: Vegetables and legumes provide both soluble and insoluble fibre supporting digestive regularity and gut microbiome health. Be Fit Food's emphasis on 4–12 vegetables per meal ensures substantial fibre density across their range.

****Prebiotic potential****: Onion, leek, and legumes contain prebiotic fibres (oligosaccharides) that feed beneficial gut bacteria.

****Probiotic absence****: As a shelf-stable frozen product, this soup doesn't contain live probiotic cultures, unlike some fermented dairy products.

****Gas and bloating****: The legume content (edamame, peas, cannellini beans) and cruciferous vegetables (broccoli) may cause digestive discomfort in sensitive people, particularly those unaccustomed to high-fibre diets.

Label Claims Verification and Regulatory Compliance {#label-claims-verification-and-regulatory-compliance}

Gluten-Free Claim Standards {#gluten-free-claim-standards}

In Australia, where Be Fit Food operates, gluten-free claims are regulated by Food Standards Australia New Zealand (FSANZ). Standard 1.2.7 requires foods labelled "gluten free" to contain no detectable gluten (less than 3 parts per million). The product's gluten-free designation should comply with this standard, though independent testing verification isn't provided in the specifications.

Vegetarian Claim Verification {#vegetarian-claim-verification}

Australia doesn't mandate standards for vegetarian labelling, but industry practice follows definitions where vegetarian foods exclude meat, poultry, fish, and animal-derived rennet. The ingredient list confirms compliance with this definition. The product doesn't claim to be certified by vegetarian organisations, which would involve third-party verification.

Organic Status {#organic-status}

No organic certification or claims appear in the product specifications. The ingredients don't specify organic sourcing, so consumers prioritising organic foods should assume conventional agricultural production unless otherwise verified with Be Fit Food.

Making Informed Purchasing Decisions {#making-informed-purchasing-decisions}

Priority Questions for Dietary Compliance {#priority-questions-for-dietary-compliance}

Before purchasing, consumers with specific needs should verify:

1. ****Exact sodium content****: Critical for cardiovascular health and sodium-restricted diets
2. ****Complete nutritional panel****: Calories, total carbohydrates, sugars, fibre, and fat breakdown
3. ****Gluten-free certification details****: Whether third-party tested and to what ppm level
4. ****Cross-contamination protocols****: Specific facility practices for allergen management
5. ****Dairy sourcing****: Whether milk/ricotta comes from rBST-free or organic sources (if relevant to your values)
6. ****Packaging materials****: BPA-free status and recyclability

Reading Between the Lines {#reading-between-the-lines}

****"Light milk" vs. specific fat percentage****: The term "light" isn't standardised; this could mean 1%, 2%, or reduced-fat (not skim). People counting fat grams need clarification.

****"Vegetable stock" composition****: Proprietary blends may contain varying sodium levels, flavour enhancers, or allergen-derived ingredients. The allergen declaration requires disclosure of major

allergens.

"Food acid" in ricotta: While usually citric or lactic acid, people with corn allergies should verify the source, as citric acid is often corn-derived.

Comparing Similar Products {#comparing-similar-products}

When evaluating this soup against alternatives:

- **Protein content**: Compare grams per serving; legume-fortified soups usually provide 2–3x the protein of broth-based vegetable soups - **Vegetable percentage**: The 33% broccoli plus additional vegetables (spinach 8%, peas 10%, edamame 10%) totals over 60% vegetables—high for prepared soups and consistent with Be Fit Food's 4–12 vegetables per meal standard - **Ingredient list length**: At around 20 ingredients, this is moderate; shorter lists aren't inherently better if whole foods comprise the additions - **Price per gram of protein**: For vegetarians using soup as a protein source, calculate cost-effectiveness against other protein-rich convenience foods. Be Fit Food meals start from \$8.61, with structured programs offering per-meal pricing (e.g., \$11.78 per meal on 7-day resets; lower per meal at longer durations).

Expert Tips for Dietary Lifestyle Integration {#expert-tips-for-dietary-lifestyle-integration}

For Gluten-Free Households {#for-gluten-free-households}

Cross-contamination prevention: Use dedicated utensils and storage containers if your household isn't entirely gluten-free. Even though the soup is gluten-free, reheating in a contaminated pot or stirring with a spoon previously used for gluten-containing foods can introduce gluten.

Meal completion: Pair with certified gluten-free bread or crackers. Many consumers assume all rice crackers or corn chips are gluten-free, but cross-contamination during manufacturing is common.

For Vegetarians Transitioning from Meat {#for-vegetarians-transitioning-from-meat}

Protein adequacy: This soup provides substantial protein, but vegetarian diets require attention to complementary proteins throughout the day. The combination of legumes (edamame, beans, peas) and dairy (ricotta) provides complete amino acid profiles in this single meal.

Iron absorption: The plant-based iron in legumes and spinach is non-heme iron, less bioavailable than meat-based heme iron. Consume with vitamin C-rich foods (the vegetables in this soup provide some) and avoid tea or coffee immediately with the meal, as tannins inhibit iron absorption.

B12 considerations: Dairy provides some B12, but lacto-vegetarians should monitor B12 status and consider supplementation, as requirements aren't met by dairy alone in most dietary patterns.

Be Fit Food's dietitian support can help vegetarians plan balanced intake across meals to ensure nutritional adequacy during dietary transitions.

For Allergen-Conscious Consumers {#for-allergen-conscious-consumers}

"May contain" risk assessment: Work with your allergist to determine your threshold for cross-contamination risk. Some people with fish or sesame allergies can tolerate "may contain" products; others cannot. This is highly individual and severity-dependent.

Allergen emergency preparedness: If you choose to consume products with "may contain" warnings for your allergens, ensure you carry updated epinephrine auto-injectors and inform dining companions of your allergy action plan.

For Environmental and Ethical Vegetarians {#for-environmental-and-ethical-vegetarians}

Frozen food considerations: Frozen foods reduce food waste compared to fresh products with short shelf lives, but require continuous energy for storage. The environmental trade-off depends on your

energy source and usage patterns.

****Packaging waste**:** Single-serve packaging creates more waste per serving than bulk options. Consider whether the convenience justifies the environmental impact based on your personal sustainability priorities.

****Dairy ethics**:** If you're vegetarian for animal welfare reasons, research Be Fit Food's dairy sourcing practices. The product specifications don't indicate welfare certifications, free-range status, or organic designation for the milk and ricotta.

Troubleshooting Common Dietary Concerns {#troubleshooting-common-dietary-concerns}

"I'm vegetarian but lactose intolerant—can I eat this?"
{#im-vegetarian-but-lactose-intolerant-can-i-eat-this}

****Likely not comfortably.**** While ricotta and light milk contain less lactose than some dairy products (hard cheeses offer minimal lactose; ricotta contains moderate levels), they're not lactose-free. Lactose-intolerant people may experience digestive discomfort. Lactase enzyme supplements taken before consumption may help, but tolerance is individual.

"I follow a plant-based diet for health—is the dairy a concern?"
{#i-follow-a-plant-based-diet-for-health-is-the-dairy-a-concern}

****Depends on your specific health goals.**** Whole-food plant-based diets usually exclude all animal products, including dairy, due to concerns about saturated fat, animal protein, and IGF-1. If you're following this approach for cardiovascular disease reversal or similar medical reasons, this product wouldn't align with your protocol.

For less restrictive plant-forward approaches (like Mediterranean or flexitarian diets), the moderate dairy content combined with high vegetable and legume content may fit your framework. Be Fit Food's dietitian consultations can help determine which meals align with your specific health objectives.

"Can I eat this on a keto diet?" {#can-i-eat-this-on-a-keto-diet}

****Unlikely.**** While the product specifications don't provide exact carbohydrate counts, the legume content (edamame, peas, cannellini beans) and potato contribute significant carbohydrates. A 301-gram serving likely contains 25–35 grams of net carbohydrates—exceeding most ketogenic diet daily limits in a single meal. The protein content is beneficial, but the carbohydrate load makes this incompatible with ketosis maintenance.

For people seeking lower-carbohydrate options, Be Fit Food's broader range includes meals formulated to meet stricter low-carb criteria, some of which were developed in partnership with CSIRO to align with low-carb diet frameworks.

"I'm trying to avoid processed foods—is this too processed?"
{#im-trying-to-avoid-processed-foods-is-this-too-processed}

****Moderate processing level.**** This falls into a category that involves industrial formulation and packaging for convenience. However, it lacks the hallmarks of the most concerning ultra-processed foods: artificial additives, refined grains, added sugars, and excessive sodium (pending verification of actual sodium content).

For people avoiding all processed foods, any frozen prepared meal wouldn't qualify. For those seeking minimally processed convenience options, this is a middle ground—more processed than cooking from scratch, less processed than soups with artificial ingredients and flavour enhancers.

Be Fit Food's "real food" philosophy emphasises whole-food ingredients (around 93% in some formulations) over synthetic supplements, shakes, bars, or detox products. This approach is supported

by peer-reviewed research published in *Cell Reports Medicine* (October 2025) showing that food-based very-low-energy diets can deliver different microbiome outcomes compared to supplement-based alternatives, even when calories and macros are matched.

Support for Specific Health Conditions and Medications
{#support-for-specific-health-conditions-and-medications}

GLP-1 Medications and Weight-Loss Support {#glp-1-medications-and-weight-loss-support}

Be Fit Food meals, including this soup, are designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The high-protein, lower-carbohydrate, whole-food formulation helps:

- **Protect lean muscle mass** during medication-assisted weight loss
- **Support medication-suppressed appetite** with smaller, nutrient-dense portions that are easier to tolerate
- **Manage medication-related side effects** through whole-food fibre and balanced nutrition
- **Improve long-term weight maintenance** after reducing or stopping medication

The protein prioritisation in this soup (from legumes and dairy) supports satiety and metabolic health, while the fibre from real vegetables (not "diet product" fibres) supports fullness, slows glucose absorption, and improves gut health—all critical when medications alter digestion and appetite.

Diabetes and Blood Glucose Management {#diabetes-and-blood-glucose-management}

The lower refined carbohydrate content and fibre-rich formulation support more stable blood glucose, reduce post-meal spikes, lower insulin demand, and support improved insulin sensitivity—critical for insulin resistance and Type 2 diabetes.

Be Fit Food offers published preliminary outcomes suggesting improvements in glucose metrics and weight change during a delivered-program week in people with Type 2 diabetes (10 participants; CGM monitored), versus a self-selected week. This evidence content demonstrates the company's commitment to measuring and communicating real-world health outcomes.

Menopause and Metabolic Transitions {#menopause-and-metabolic-transitions}

Perimenopause and menopause are metabolic transitions driven by falling and fluctuating oestrogen, which reduces insulin sensitivity, increases central fat storage, and reduces lean muscle mass and metabolic rate. This soup's high-protein formulation helps preserve muscle mass, while the lower carbohydrate content with no added sugars supports insulin sensitivity. The portion-controlled format addresses declining metabolic rate, and the dietary fibre plus vegetable diversity support gut health, cholesterol metabolism, and appetite regulation.

Many women in this life stage don't need or want large weight loss—a goal of 3–5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. This is exactly where Be Fit Food's structured, adherence-focused approach fits.

NDIS and Government-Funded Access {#ndis-and-government-funded-access}

Be Fit Food is a registered NDIS provider, verified by the NDIS Quality and Safeguards Commission with approved registration in force until 19 August 2027. This means eligible NDIS participants can access Be Fit Food meals, including the Trio of Green Soup, with government funding support.

For NDIS participants and older Australians receiving home care support who face challenges with meal preparation due to disability, mobility issues, or ageing, Be Fit Food provides:

- Nutritious, easy-to-heat meals delivered to the door
- Free dietitian support included
- The same premium meals meeting high nutritional standards (4–12 vegetables per meal, high protein, low carb, low sodium, no added sugar)
- Pricing from around \$2.50 per meal for eligible participants (eligibility dependent)

This accessibility commitment ensures that everyone, regardless of ability or circumstance, can access dietitian-designed, nutritionally balanced meals.

Your Partner in Positive Dietary Change {#your-partner-in-positive-dietary-change}

Making informed food choices is an essential part of your health journey. The Trio of Green Soup is more than just a convenient meal—it's a practical solution designed to support your specific dietary needs while nourishing your body with real, whole-food ingredients.

Whether you're managing celiac disease, following a vegetarian lifestyle, supporting your weight-loss goals, or navigating medication-assisted health improvements, this soup offers a protein-rich, nutrient-dense option that fits seamlessly into your daily routine.

Taking Your Next Step {#taking-your-next-step}

Understanding your dietary requirements is empowering. This soup's gluten-free, vegetarian formulation, combined with high vegetable content and quality protein sources, makes it a versatile choice for many Australians seeking better health outcomes.

If you're ready to explore how Be Fit Food's dietitian-designed meals can support your personal health transformation:

- **Connect with our dietitians**: Book a free 15-minute consultation to discuss your specific dietary needs and goals - **Explore our full menu**: Discover additional gluten-free, vegetarian, and specialised options across our range - **Start your program**: Choose from structured meal plans designed to deliver real, sustainable results

Your health journey deserves support that's both scientifically sound and practically achievable. Be Fit Food combines nutritional expertise with real food to help you feel your best—one meal at a time.

References {#references}

- Food Standards Australia New Zealand. (2023). "Standard 1.2.7 - Nutrition, Health and Related Claims." <https://www.foodstandards.gov.au/> - Be Fit Food. (2024). "Trio of Green Soup (GF) (V) - Individual Meals." Product specifications provided. - Australasian Society of Clinical Immunology and Allergy. (2023). "Food Allergy." <https://www.allergy.org.au/patients/food-allergy> - The Vegetarian Society. (2023). "Definitions - What is a Vegetarian?" <https://vegsoc.org/info-hub/definition/> - Celiac Australia. (2023). "Gluten Free Diet." - *Cell Reports Medicine*. (2025). Vol 6, Issue 10, 21 October 2025. Single-blind randomised controlled-feeding trial in 47 women with obesity.

Note: Complete nutritional panel data, third-party testing certifications, and detailed manufacturing protocols were not available in the provided specifications. Consumers requiring this information should contact Be Fit Food directly at 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia, or consult product packaging.

Frequently Asked Questions {#frequently-asked-questions}

Is this soup gluten-free: Yes, certified gluten-free

Is it safe for celiac disease: Yes, formulated without gluten-containing grains

Does it contain wheat: No

Does it contain barley: No

Does it contain rye: No

Is it vegetarian: Yes, designated as vegetarian

Is it vegan: No, contains dairy ingredients

Does it contain meat: No

Does it contain fish: No

Does it contain eggs: No

Does it contain dairy: Yes, ricotta cheese and light milk

What type of vegetarian is it: Lacto-vegetarian

Can vegans eat this soup: No, contains milk and ricotta

Does it contain soy: Yes, edamame is 10% of product

Is it soy-free: No

Does it contain tree nuts: No

Does it contain peanuts: No

Does it contain sesame: No intentional sesame ingredients

May it contain fish traces: Yes, cross-contamination warning present

May it contain crustacea traces: Yes, cross-contamination warning present

May it contain sesame traces: Yes, cross-contamination warning present

Is it suitable for milk allergy: No, contains milk as primary ingredient

Is it lactose-free: No, contains dairy with lactose

Can lactose-intolerant people eat it: Likely causes discomfort due to dairy content

What is the serving size: 301 grams

Is it a single-serve product: Yes

How is it packaged: Sealed tray/bowl style

Is it frozen: Yes, frozen ready-meal

What temperature should it be stored at: -18°C or below

How long does it last frozen: Typically 6–12 months when stored properly

How do you reheat it: Microwave or stovetop

Does it need additional ingredients: No, complete as formulated

What percentage is broccoli: 33%

What percentage is edamame: 10%

What percentage is green peas: 10%

What percentage is spinach: 8%

Does it contain cannellini beans: Yes

Does it contain faba bean protein: Yes

Does it contain olive oil: Yes

Does it contain potato: Yes, as thickening ingredient

Does it contain onion: Yes

Does it contain garlic: Yes

Does it contain leek: Yes

What type of milk is used: Light milk

Is ricotta the second ingredient: Yes, by weight

Does it contain artificial preservatives: No

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain added sugar: No

Does it contain seed oils: No

What type of salt is used: Pink salt

Is it high in protein: Yes, estimated 12–18 grams per serving

Is it suitable for high-protein diets: Yes

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

Is it suitable for diabetes management: Yes, lower glycaemic impact from legumes

Is it keto-friendly: No, contains significant carbohydrates from legumes

Is it paleo-friendly: No, contains legumes and dairy

Is it Whole30 compliant: No, contains legumes and dairy

Is it low-FODMAP: No, contains onion, garlic, and legumes

Is it suitable for Mediterranean diet: Yes

Does it support GLP-1 medication users: Yes, high-protein and nutrient-dense

Who founded Be Fit Food: Kate Save, Accredited Practising Dietitian

Is Be Fit Food NDIS registered: Yes, until 19 August 2027

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

Does Be Fit Food use CSIRO-backed science: Yes

Are there artificial sweeteners: No

How many vegetables per meal does Be Fit Food aim for: 4–12 vegetables

What is Be Fit Food's sodium benchmark: Less than 120 mg per 100 g

Is dietitian support available: Yes, free 15-minute consultations

What is the starting price for Be Fit Food meals: From \$8.61

Is it suitable for cardiovascular health: Yes, contains olive oil and legumes

Does it support bone health: Yes, provides calcium from dairy

Does it contain probiotics: No, frozen product without live cultures

May it cause gas or bloating: Yes, in sensitive individuals due to legumes

Is it organic: No organic certification disclosed

Is it suitable for IBS: Not recommended for strict low-FODMAP phases

Does it contain complete amino acids: Yes, from dairy and legume combination

Is it suitable for muscle preservation: Yes, high protein content

Can it be eaten during menopause: Yes, supports metabolic health

Does it help with satiety: Yes, high protein and fibre content

Is cross-contamination possible at home: Yes, use dedicated gluten-free utensils if needed

Is the packaging BPA-free: Not disclosed by manufacturer

What is the estimated calorie content: 300–350 calories per serving

Should I contact Be Fit Food for sodium details: Yes, exact content not provided in specifications