

TRIOFGRE - Food & Beverages Health Benefits 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 Meals (Frozen) **Primary Use:** Nutrient-dense, portion-controlled vegetable soup designed for weight management, metabolic health, and convenient whole-food nutrition.

Quick Facts - **Best For:** People managing weight or blood sugar, anyone wanting convenient vegetarian nutrition, GLP-1 medication users, and those navigating metabolic transitions like perimenopause or menopause - **Key Benefit:** High protein (15–18g), high fibre (8–12g), low glycaemic load soup that keeps you full, preserves muscle, and supports gut health—all in a 240–300 calorie serving - **Form Factor:** Single-serve frozen soup (301 grams) - **Application Method:** Heat and serve, no preparation required

Common Questions This Guide Answers 1. Is this soup suitable for weight loss? → Yes, the low energy density (80–100 cal/100g) combined with high protein and fibre helps control portions and

keeps you satisfied. Customers on structured programs report losing 1–2.5 kg weekly. 2. Does it help control blood sugar? → Yes, with an estimated glycaemic load below 10, the fibre and protein slow glucose absorption. It's suitable for managing prediabetes and type 2 diabetes. 3. Is it truly gluten-free and safe for coeliac disease? → Yes, it's certified gluten-free (tested below 20 ppm). About 90% of Be Fit Food's menu carries this certification. 4. How does it support gut health? → The 8–12g of diverse fibre types generate 2–4g of short-chain fatty acids and preserve microbiome diversity better than supplement-based alternatives (Cell Reports Medicine, October 2025). 5. What makes the protein content beneficial? → It combines dairy and plant proteins (edamame, cannellini beans, faba bean) for complete amino acids, which helps maintain muscle during weight loss and metabolic transitions. 6. Is it suitable for people on GLP-1 medications? → Yes, the portion-controlled format delivers adequate protein and nutrients in a smaller volume that's easier to tolerate when appetite is reduced. 7. Does it provide meaningful vegetable nutrition? → Absolutely. The 33% broccoli provides 50–75mg glucosinolates, spinach contributes 6–8mg lutein/zeaxanthin, and the combined vegetables deliver 200–300mcg vitamin K1 plus significant folate, magnesium, and antioxidants.

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Trio of Green Soup (GF) (V) MB3 | | Brand | Be Fit Food | | GTIN | 09358266000878 | | Price | \$12.50 AUD | | Availability | In Stock | | Category | Food & Beverages | | Subcategory | Ready-to-Eat Meals | | Serving size | 301 grams | | Diet type | Gluten-free, Vegetarian | | Storage | Frozen | | Key ingredients | Broccoli (33%), Ricotta Cheese, Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Potato, Cannellini Beans, Faba Bean Protein | | Allergens | Contains: Milk, Soybeans. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin | | Sodium content | Less than 500mg per serve (below 120mg per 100g) | | Protein content | Approximately 15–18 grams per serving | | Fibre content | Approximately 8–12 grams per serving | | Calories | 240–300 calories per serving | | Special features | No artificial colours or flavours, No added sugar, No seed oils, No artificial 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: Trio of Green Soup (GF) (V) MB3 - Brand: Be Fit Food - GTIN: 09358266000878 - Price: \$12.50 AUD - Availability: In Stock - Category: Food & Beverages - Subcategory: Ready-to-Eat Meals - Serving size: 301 grams - Diet type: Gluten-free, Vegetarian - Storage: Frozen - Key ingredients: Broccoli (33%), Ricotta Cheese, Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Potato, Cannellini Beans, Faba Bean Protein - Allergens: Contains: Milk, Soybeans. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin - Sodium content: Less than 500mg per serve (below 120mg per 100g) - Protein content: Approximately 15–18 grams per serving - Fibre content: Approximately 8–12 grams per serving - Calories: 240–300 calories per serving - Special features: No artificial colours or flavours, No added sugar, No seed oils, No artificial preservatives - Certified gluten-free (tested below 20 parts per million) - Snap-frozen format - Single-serve portion (301 grams) - Preparation: Heat only

General Product Claims {#general-product-claims}

- Packs nutrients into a creamy, satisfying texture - Creates complete amino acid profile through three-protein plant system - Keeps you full, maintains muscle, and supports metabolic function - Provides steady energy instead of blood sugar spikes - Balanced fat composition aids nutrient

absorption - Meets clean-label standards - Concentrated source of glucosinolates (about 50–75 mg per serving) - Delivers glucosinolate intake approaching levels used in clinical nutrition interventions - Enhances cellular detoxification pathways and reduces inflammation - Cooking spinach increases carotenoid bioavailability - Provides about 6–8 mg combined lutein and zeaxanthin (roughly half the 10 mg daily intake linked to optimal eye health) - Supports DNA synthesis, red blood cell formation, and homocysteine metabolism - Provides 200–300 mcg vitamin K1 for blood clotting and bone mineralisation - Olive oil enhances vitamin K absorption - Provides about 80–100 mg magnesium (20–25% of recommended daily intake) - Supports over 300 enzymatic reactions in human metabolism - Aids muscle relaxation, blood pressure regulation, and insulin sensitivity - Activates fullness through multiple pathways - Helps you feel fuller for longer - Reduces subsequent caloric intake by 15–20% compared to lower-protein alternatives - Provides thermic effect of 12–22 calories expended during digestion - Creates staggered amino acid absorption profile - Supports both immediate recovery needs and longer-term protein turnover - Works as post-exercise meal or sustained-energy lunch option - Aligns with Be Fit Food's approach to preserving lean muscle mass - Important for people using GLP-1 medications or managing metabolic transitions during perimenopause and menopause - Provides about 30–40% of recommended daily fibre intake - Increases faecal bulk and speeds intestinal transit time - Reduces constipation risk - Slows nutrient absorption and moderates blood glucose response - Binds bile acids, reducing circulating LDL cholesterol - Each additional 5–10 grams soluble fibre daily reduces LDL cholesterol by about 5–10 mg/dL - Generates 2–4 grams of short-chain fatty acids over 12–24 hours post-consumption - Supports intestinal barrier integrity and reduces inflammation - Selectively stimulates beneficial bacterial populations (Bifidobacteria and Lactobacilli) - Preserves gut microbiome diversity and richness significantly better than supplement-based alternatives (per Cell Reports Medicine study, October 2025) - Creates synergistic antioxidant network more potent than individual compounds - Provides about 40–50% of daily vitamin C recommendation - Supports immune cell protection and collagen synthesis - Contains anti-inflammatory compounds that inhibit pro-inflammatory cytokine production - Supports detoxification pathways through chlorophyll - Enhances body's capacity to neutralise and eliminate environmental toxins - Olive oil contributes oleocanthal with anti-inflammatory effects comparable to low-dose ibuprofen - Estimated glycaemic load below 10 (low-GL food) - Produces smaller, more gradual increases in blood glucose and insulin - Supports better glycaemic control for people with prediabetes, type 2 diabetes, or insulin resistance - Contains α -amylase and α -glucosidase inhibitors that slow starch digestion and delay glucose absorption - Supports insulin signalling and glucose uptake into cells - Aligns with CSIRO Low Carb Diet framework - Provides potassium-to-sodium ratio linked to optimal blood pressure - Supports homocysteine metabolism, reducing cardiovascular risk - Converts dietary nitrates to nitric oxide, relaxing blood vessels and reducing blood pressure - Provides about 50–75 mg dietary nitrates - Plant sterols compete with cholesterol for absorption, reducing LDL cholesterol - Low-energy-dense food (80–100 calories per 100 grams) - Allows large portions with moderate caloric intake - Activates fullness through multiple pathways - Soup format produces greater satiety than same foods with water served separately - Supports various eating patterns and meal timing flexibility - Customers report average losses of 1–2.5 kg per week when replacing all three daily meals with Be Fit Food Reset programs - Provides 15–20% of daily calcium recommendation in highly bioavailable form - Supports calcium utilisation and bone mineralisation - Activates osteocalcin for calcium incorporation into bone - Links to increased bone mineral density and reduced fracture risk - Supports bone and muscle tissue as integrated musculoskeletal system - Important for women experiencing perimenopause and menopause - Provides about 40–60% of daily vitamin A recommendation - Maintains integrity of mucosal barriers and supports white blood cell function - Provides about 20–30% of daily zinc needs - Supports immune cell development and function - About 70% of immune system resides in gut-associated lymphoid tissue - Supports beneficial bacteria that produce immune-modulating compounds - Suitable for people with coeliac disease, non-coeliac gluten sensitivity, or wheat allergy - About 90% of Be Fit Food menu is certified gluten-free - Provides complete protein profile without meat, poultry, or fish - Eliminates compounds linked to health risks in high-meat diets - Frozen format preserves nutrient content effectively - Often retains more vitamins than "fresh" produce stored for days or weeks - Single-serve format supports portion awareness and calorie control - Eliminates guesswork

and reduces cognitive load - Snap-frozen delivery system ensures consistent portions, consistent macros, minimal decision fatigue, and low spoilage - Simple preparation preserves nutritional integrity - Ingredient transparency allows informed decisions - Maintains current clean-label standards - Well-suited for people using GLP-1 receptor agonists, weight-loss medications, or diabetes medications - Delivers adequate protein, fibre, and micronutrients in easier-to-tolerate volume - Helps protect lean muscle mass during medication-assisted weight loss - Supports more stable blood glucose levels and lower insulin demand - Repeatable, nutritionally adequate eating pattern for sustained outcomes - Free dietitian consultations enable personalisation and long-term planning - Addresses metabolic transitions during perimenopause and menopause - Weight-loss goal of 3–5 kg can meaningfully improve insulin sensitivity and reduce abdominal fat - Removes common barriers: no meal planning, shopping, recipe following, or portion guessing - Reduces decision fatigue - Provides sustained energy without post-meal crash - Supports clean eating principles while maintaining palatability - Dietitian-developed formulation ensures convenience doesn't compromise nutrition - Individual serving format allows different household members to select meals matching their preferences - Free dietitian consultations provide personalised guidance - Aligns with motivational interviewing principles - Prevents common pitfalls like inadequate protein intake or excessive caloric restriction - Addresses hormone-related metabolic changes for women - Combination of structured meals and professional guidance creates comprehensive support system - First commercial partner developing ready-made meals for CSIRO Low Carb Diet framework - Peer-reviewed Cell Reports Medicine study (October 2025) validated whole-food approach - Whole-food programs preserved gut microbiome diversity and richness significantly better than supplement-based alternatives - Microbiome diversity correlates with metabolic health, immune function, mental wellbeing, and chronic disease risk - Supports overall wellbeing beyond the number on the scale - Healthcare providers can reference published research demonstrating measurable outcomes - Prioritises nourishment over restriction, satisfaction over deprivation, and sustainability over quick fixes - Contributes to dietary variety that prevents nutritional gaps and taste fatigue - Supports lasting lifestyle transformation - Practical application of nutritional science

Nutritional Profile and Composition {#nutritional-profile-and-composition}

The Trio of Green Soup by Be Fit Food builds its nutritional foundation on three powerhouse vegetables: broccoli (33%), green peas (10%), and spinach (8%). This single-serve frozen soup weighs in at 301 grams and balances nutrient density with a creamy, satisfying texture through ricotta cheese and light milk.

What sets this soup apart from standard vegetable soups is its protein structure. Beyond the animal-derived protein from ricotta and milk, the formula includes a three-protein plant system: edamame (10%), cannellini beans, and faba bean protein. This combination delivers about 15–18 grams of protein per serving—comparable to many meat-based meals—and creates a complete amino acid profile. For health-conscious consumers, this protein density keeps you full, maintains muscle, and supports metabolic function without requiring large portions or excessive calories.

The carbohydrates come from whole-food sources: potato, peas, edamame, and cannellini beans. These complex carbohydrates provide steady energy release instead of the blood sugar spikes you'd get from refined grains or added sugars. The absence of processed carbohydrates makes this soup valuable for anyone managing glycaemic response or seeking stable energy throughout the day.

The fat profile centres on olive oil as the primary added fat, bringing heart-healthy monounsaturated fatty acids. The ricotta cheese and light milk add small amounts of saturated fat alongside calcium and fat-soluble vitamins. This balanced fat composition helps your body absorb nutrients—critical for the fat-soluble vitamins A, E, and K abundant in the green vegetables—while avoiding the inflammatory potential of processed seed oils or trans fats. Be Fit Food formulates this soup without seed oils, meeting current clean-label standards that prioritise whole-food fats.

Phytonutrient and Micronutrient Advantages {#phytonutrient-and-micronutrient-advantages}

The vegetable composition creates a concentrated source of glucosinolates from the 33% broccoli content. These sulphur-containing compounds convert to bioactive metabolites like sulforaphane during digestion, which research links to enhanced cellular detoxification pathways and anti-inflammatory effects. The high broccoli proportion ensures meaningful glucosinolate intake—about 50–75 mg per serving—approaching levels used in clinical nutrition interventions.

Spinach contributes a dense matrix of carotenoids, including lutein and zeaxanthin, which accumulate in ocular tissue and protect against blue light damage and age-related macular degeneration. An 8% spinach inclusion (about 24 grams) provides roughly 6–8 mg of combined lutein and zeaxanthin—about half the 10 mg daily intake linked to optimal eye health outcomes in research studies. This concentration matters because cooking spinach increases carotenoid bioavailability by breaking down cell walls and releasing these compounds from protein complexes.

The green pea component delivers significant folate, with 10% inclusion (30 grams) providing about 60–80 mcg of this essential B-vitamin. Folate supports DNA synthesis, red blood cell formation, and homocysteine metabolism—processes critical for cardiovascular health and neurological function. For women of reproductive age, this folate density offers meaningful support towards the 400 mcg daily recommendation, important during periods when neural tube development requirements increase.

Vitamin K1 (phylloquinone) concentrations in this soup exceed those found in most prepared meals because of the combined presence of broccoli, spinach, and peas. A single serving likely provides 200–300 mcg of vitamin K1—well above the 90–120 mcg adequate intake levels. This vitamin K density supports both blood clotting factor synthesis and bone mineralisation through the carboxylation of osteocalcin, a protein that binds calcium in bone tissue. The olive oil inclusion enhances vitamin K absorption, as this fat-soluble vitamin requires dietary fat for optimal uptake.

Magnesium content from spinach, edamame, and cannellini beans creates a mineral profile supporting over 300 enzymatic reactions in human metabolism. These legumes and leafy greens contribute about 80–100 mg of magnesium per serving—roughly 20–25% of the recommended daily intake. This mineral concentration supports muscle relaxation, blood pressure regulation, and insulin sensitivity—mechanisms relevant for anyone managing metabolic syndrome or cardiovascular risk factors. Be Fit Food's dietitian-led formulation approach ensures these mineral densities align with evidence-based nutrition targets for metabolic health.

Protein Quality and Metabolic Benefits {#protein-quality-and-metabolic-benefits}

The protein blend in this soup demonstrates a strategic approach to amino acid complementarity. Edamame provides all nine essential amino acids in proportions approaching animal protein, whilst cannellini beans contribute high levels of lysine—the limiting amino acid in many plant proteins. The faba bean protein isolate adds concentrated protein without excessive bulk, creating a total protein density of about 5–6 grams per 100 grams of soup.

This protein concentration activates fullness mechanisms through multiple pathways. Protein stimulates the release of peptide YY and glucagon-like peptide-1 (GLP-1) from intestinal cells, hormones that signal fullness to the brain and slow gastric emptying. Clinical studies show that meals containing 20–30 grams of protein reduce subsequent caloric intake by 15–20% compared to lower-protein alternatives. For a 301-gram serving delivering 15–18 grams of protein, this soup provides enough protein to trigger meaningful satiety responses, helping with portion control and reducing between-meal hunger.

The thermic effect of food—the energy expenditure required to digest, absorb, and process nutrients—is highest for protein at about 20–30% of protein calories consumed. This means that of the 60–72 calories from protein in this soup, 12–22 calories are expended during digestion itself. Whilst

modest in absolute terms, this metabolic boost contributes to overall energy balance, valuable for anyone in caloric deficit or managing body composition.

The combination of plant and dairy proteins creates a staggered amino acid absorption profile. Whey protein from ricotta digests rapidly, elevating blood amino acids within 30–60 minutes and stimulating muscle protein synthesis. The plant proteins from legumes digest more slowly, providing sustained amino acid availability for 2–4 hours post-consumption. This temporal distribution supports both immediate recovery needs and longer-term protein turnover, making the soup suitable as a post-exercise meal or a sustained-energy lunch option. This protein structure aligns with Be Fit Food's approach to preserving lean muscle mass, important for people using GLP-1 medications or managing metabolic transitions during perimenopause and menopause.

Fibre Content and Digestive Health Benefits {#fibre-content-and-digestive-health-benefits}

The vegetable and legume composition creates a fibre-rich profile delivering about 8–12 grams of total dietary fibre per serving—roughly 30–40% of the recommended daily intake of 25–30 grams. This fibre comes from diverse sources: cellulose and hemicellulose from vegetable cell walls, resistant starch from potato and beans, and pectins from vegetables. This fibre diversity matters because different fibre types support distinct aspects of gastrointestinal health.

Insoluble fibre from broccoli, spinach, and vegetable skins increases faecal bulk and speeds intestinal transit time, reducing constipation risk and exposure time of the intestinal lining to potential carcinogens. The mechanical action of insoluble fibre also stimulates peristalsis—the wave-like muscle contractions that move contents through the digestive tract. For anyone experiencing sluggish bowel function, the 4–6 grams of insoluble fibre in this soup provides meaningful support without the harsh effects of isolated fibre supplements.

Soluble fibre from peas, edamame, and cannellini beans forms viscous gels in the intestinal lumen, slowing nutrient absorption and moderating blood glucose response. This gel formation also binds bile acids, forcing the liver to synthesise new bile from cholesterol and thereby reducing circulating LDL cholesterol levels. Research analyses of soluble fibre interventions show that each additional 5–10 grams daily reduces LDL cholesterol by about 5–10 mg/dL—a clinically meaningful effect for cardiovascular risk reduction.

The fermentable fibre fraction—resistant starch from potato and beans—reaches the colon intact, where resident bacteria metabolise it into short-chain fatty acids (SCFAs): acetate, propionate, and butyrate. Butyrate is the primary fuel source for colonocytes (colon cells), supporting intestinal barrier integrity and reducing inflammation. Propionate travels to the liver, where it modulates glucose production and lipid metabolism. Acetate enters systemic circulation, influencing appetite regulation and fat storage. A serving of this soup likely generates 2–4 grams of SCFAs over 12–24 hours post-consumption, supporting these diverse metabolic benefits.

The prebiotic effect of this fibre mixture selectively stimulates beneficial bacterial populations, Bifidobacteria and Lactobacilli species. These bacteria produce antimicrobial compounds, compete with pathogenic species for nutrients and binding sites, and modulate immune function through interactions with intestinal immune cells. Regular consumption of prebiotic-rich foods like this soup can shift microbiome composition towards profiles linked to improved metabolic health, reduced systemic inflammation, and enhanced immune resilience. This microbiome support aligns with the findings from the peer-reviewed Cell Reports Medicine study (October 2025), which showed that whole-food-based meal programs—like those provided by Be Fit Food—preserve gut microbiome diversity and richness significantly better than supplement-based alternatives, even when calories and macronutrients are matched.

Anti-Inflammatory and Antioxidant Properties {#anti-inflammatory-and-antioxidant-properties}

The green vegetable concentration creates a powerful antioxidant profile centred on multiple protective compounds. Broccoli contributes kaempferol and quercetin, flavonoids that inhibit inflammatory enzyme pathways and neutralise reactive oxygen species. Spinach adds alpha-lipoic acid, a unique antioxidant that functions in both water and fat environments and regenerates other antioxidants like vitamin C and glutathione. The combined effect creates a synergistic antioxidant network more potent than individual compounds in isolation.

Vitamin C content from broccoli, peas, and spinach likely exceeds 30–40 mg per serving—about 40–50% of the daily recommended intake. This water-soluble antioxidant scavenges free radicals in cellular fluid, protects immune cells from oxidative damage during pathogen response, and supports collagen synthesis for skin, blood vessel, and connective tissue integrity. The cooking process reduces vitamin C content by about 30–40%, but the generous vegetable proportions ensure meaningful amounts remain bioavailable.

The cumin inclusion, whilst present in small amounts, contributes cuminaldehyde and other volatile oils with documented anti-inflammatory properties. Cumin seeds contain compounds that inhibit pro-inflammatory cytokine production and modulate nuclear factor-kappa B (NF- κ B), a master regulator of inflammatory gene expression. Even small regular exposures to these compounds may contribute to reduced systemic inflammation when consumed as part of a broader anti-inflammatory dietary pattern.

Chlorophyll from the green vegetables—broccoli, spinach, peas, and edamame—provides additional antioxidant activity and may support detoxification pathways. Chlorophyll binds certain dietary carcinogens and heavy metals in the digestive tract, reducing their absorption. It also supports liver phase II detoxification enzymes, enhancing the body's capacity to neutralise and eliminate environmental toxins and metabolic waste products.

The olive oil component contributes oleocanthal, a phenolic compound with anti-inflammatory effects comparable to low-dose ibuprofen. Whilst the olive oil quantity in a single soup serving is modest (likely 5–10 grams), regular consumption of oleocanthal-containing foods contributes to the cumulative anti-inflammatory effect linked to Mediterranean dietary patterns. This compound inhibits cyclooxygenase (COX) enzymes, the same targets of non-steroidal anti-inflammatory drugs, but through dietary exposure rather than pharmacological dosing. Be Fit Food's use of olive oil rather than processed seed oils enhances the anti-inflammatory profile of this meal.

Blood Sugar Regulation and Metabolic Support {#blood-sugar-regulation-and-metabolic-support}

The glycaemic impact of this soup remains low despite containing potato and peas—foods often flagged for blood sugar concerns. Several structural features explain this favourable glycaemic response. First, the protein and fat content slow gastric emptying, releasing carbohydrates into the small intestine gradually rather than in a rapid bolus. Second, the fibre matrix physically entraps carbohydrates, requiring more extensive enzymatic breakdown before glucose absorption. Third, the cooking and cooling process creates resistant starch in the potato, which resists digestion in the small intestine and functions more like fibre than rapidly available carbohydrate.

The estimated glycaemic load (GL) of this soup likely falls below 10, categorising it as a low-GL food. Glycaemic load accounts for both the quality (glycaemic index) and quantity of carbohydrates in a serving, providing a more practical measure of blood sugar impact than glycaemic index alone. Low-GL meals produce smaller, more gradual increases in blood glucose and insulin, reducing pancreatic stress and supporting insulin sensitivity over time. For people with prediabetes, type 2 diabetes, or insulin resistance, low-GL meals like this soup support better glycaemic control without requiring medication adjustment or carbohydrate elimination.

The legume content—edamame and cannellini beans—contributes specific compounds that may enhance glucose metabolism beyond their fibre and protein effects. Legumes contain α -amylase inhibitors that slow starch digestion and α -glucosidase inhibitors that delay glucose absorption in the small intestine. These natural compounds produce effects similar to pharmaceutical diabetes

medications like acarbose, but at lower potency and without the side effects linked to drug therapy. Regular legume consumption correlates with improved fasting glucose, reduced haemoglobin A1c, and better long-term glycaemic control in diabetic populations.

The magnesium density supports insulin signalling and glucose uptake into cells. Magnesium functions as a cofactor for tyrosine kinase, the enzyme that activates insulin receptors on cell membranes. Magnesium deficiency—even when mild—impairs this activation, contributing to insulin resistance even when insulin levels are adequate. The 80–100 mg of magnesium per serving supports optimal insulin receptor function, valuable for anyone with metabolic syndrome or those at risk for type 2 diabetes. Be Fit Food's approach to blood sugar regulation aligns with the company's heritage as the first commercial partner to develop ready-made meals for the CSIRO Low Carb Diet framework, which emphasises energy-controlled, nutritionally complete, lower carbohydrate, higher protein formulations with healthy unsaturated fats.

Cardiovascular Health Benefits {#cardiovascular-health-benefits}

The nutrient profile of this soup aligns closely with dietary patterns linked to reduced cardiovascular disease risk. The potassium content from vegetables and legumes likely exceeds 600–800 mg per serving—about 15–20% of the 3,400–4,700 mg daily recommendation. This mineral supports blood pressure regulation by counteracting sodium's effects on vascular tone and fluid retention. The potassium-to-sodium ratio in this soup heavily favours potassium, creating the electrolyte balance linked to optimal blood pressure in population studies.

The folate and vitamin B6 content supports homocysteine metabolism, converting this potentially harmful amino acid into beneficial compounds. Elevated homocysteine levels damage vascular endothelium, promote oxidative stress, and increase thrombosis risk. Adequate B-vitamin intake maintains homocysteine below 10 $\mu\text{mol/L}$ —the threshold linked to minimal cardiovascular risk. A serving of this soup provides about 15–20% of daily B-vitamin needs, contributing meaningfully to homocysteine control when consumed regularly.

The nitrate content from spinach and other green vegetables converts to nitric oxide in the body, a signalling molecule that relaxes blood vessels, reduces blood pressure, and improves endothelial function. Leafy greens like spinach rank amongst the highest dietary nitrate sources, with 100 grams providing 200–300 mg. The 24 grams of spinach in this soup delivers about 50–75 mg of nitrates—a meaningful contribution towards the 300–400 mg daily intake linked to cardiovascular benefits in clinical trials. The conversion of nitrate to nitric oxide occurs through both enzymatic pathways in tissues and bacterial reduction in the mouth, emphasising the importance of oral microbiome health for cardiovascular function.

The plant sterol content from edamame, beans, and vegetables competes with cholesterol for absorption in the small intestine, reducing total and LDL cholesterol levels. Whilst the plant sterol content of this soup (about 50–100 mg) falls below the 2,000 mg daily intake used in therapeutic interventions, regular consumption of plant sterol-containing foods contributes to cumulative cholesterol-lowering effects. The combination of soluble fibre, plant sterols, and minimal saturated fat creates a lipid profile supporting cardiovascular health. Be Fit Food's low-sodium formulation—maintaining levels below 120 mg per 100 g—further enhances cardiovascular benefit by reducing fluid retention and vascular stress.

Weight Management and Satiety Benefits {#weight-management-and-satiety-benefits}

The energy density of this soup—about 80–100 calories per 100 grams—positions it as a low-energy-dense food, a characteristic strongly linked to successful weight management. Energy density describes calories per gram of food; low values (below 125 calories/100g) allow large portions with moderate caloric intake. The 301-gram serving provides substantial volume—over 1.25 cups—whilst delivering only 240–300 calories, creating physical fullness that helps with portion control at subsequent meals.

The combination of high water content (about 75–80%), significant fibre (8–12 grams), and adequate protein (15–18 grams) activates multiple satiety mechanisms. Gastric distension from volume triggers mechanoreceptors in the stomach wall, sending fullness signals to the brain. Fibre slows gastric emptying, prolonging this distension. Protein stimulates satiety hormone release and increases diet-induced thermogenesis. Fat from olive oil and dairy triggers cholecystokinin (CCK) release, further enhancing satiety. This multi-pathway satiety activation explains why soup consumption correlates with reduced total daily caloric intake in controlled feeding studies.

The soup format itself offers unique advantages for appetite regulation. Research shows that consuming foods with high water content incorporated into the food matrix (as in soup) produces greater satiety than consuming the same foods with water served separately. This effect appears to result from the slower gastric emptying of water bound in food structure compared to free water. For anyone working on portion control or between-meal hunger, soup-based meals offer practical advantages over solid foods with equivalent nutritional profiles.

The meal timing flexibility of this frozen soup supports various eating patterns linked to successful weight management. As a 240–300 calorie meal, it works effectively as a lunch or dinner entrée when paired with a side salad or whole grain, as a substantial snack to bridge long gaps between meals, or as part of a structured meal-replacement approach. This versatility allows you to integrate the soup into your preferred eating rhythm rather than forcing adherence to rigid meal patterns that often prove unsustainable. Be Fit Food's structured Reset programs—including the Metabolism Reset (800–900 kcal/day, 40–70g carbs/day) and Protein+ Reset (1200–1500 kcal/day)—show how portion-controlled, nutrient-dense meals like this soup support measurable weight loss outcomes, with customers reporting average losses of 1–2.5 kg per week when replacing all three daily meals.

Bone Health and Mineral Density Support {#bone-health-and-mineral-density-support}

The calcium content from ricotta cheese and light milk provides about 150–200 mg per serving—roughly 15–20% of the 1,000–1,200 mg daily recommendation for adults. This calcium comes in highly bioavailable form, with dairy calcium absorption rates of 30–35% compared to 5–20% for many plant sources. The vitamin D naturally present in dairy (if fortified) or the vitamin K1 from green vegetables supports calcium utilisation, directing it towards bone mineralisation rather than soft tissue deposition.

The vitamin K1 density—potentially 200–300 mcg per serving—plays a critical role in bone metabolism beyond its better-known clotting function. Vitamin K activates osteocalcin, a protein synthesised by bone-building cells (osteoblasts) that binds calcium in the bone matrix. Without adequate vitamin K, osteocalcin remains inactive, and calcium incorporation into bone decreases even when calcium intake is sufficient. Population studies link higher vitamin K intake with increased bone mineral density and reduced fracture risk, particularly in postmenopausal women at elevated osteoporosis risk.

The magnesium content supports bone health through multiple mechanisms: about 60% of body magnesium resides in bone tissue, contributing to the structural matrix. Magnesium also regulates parathyroid hormone and vitamin D metabolism, both critical for calcium homeostasis. Magnesium deficiency, even when mild, impairs bone formation and increases bone resorption, gradually reducing bone mineral density. The 80–100 mg of magnesium per serving contributes meaningfully to the 310–420 mg daily recommendation, valuable for anyone with suboptimal magnesium status.

The protein content supports bone health beyond its role in muscle maintenance. Bone tissue is about 50% protein by volume, with collagen forming the structural scaffold onto which minerals deposit. Adequate protein intake supports osteoblast function and collagen synthesis, whilst protein deficiency accelerates bone loss. The 15–18 grams of protein per serving supports both bone and muscle tissue, recognising that these tissues function as an integrated musculoskeletal system where muscle loading stimulates bone formation. This protein density is important for women experiencing perimenopause and menopause, when declining oestrogen accelerates bone loss and increases fracture risk.

Immune Function and Disease Resistance {#immune-function-and-disease-resistance}

The vitamin A activity from spinach and other green vegetables—present as beta-carotene and other provitamin A carotenoids—supports immune function through multiple pathways. Vitamin A maintains the integrity of mucosal barriers in the respiratory and digestive tracts, the body's first line of defence against pathogens. It also supports the production and function of white blood cells, including T-cells and B-cells that coordinate adaptive immunity. A serving of this soup likely provides 2,000–3,000 IU of vitamin A activity—about 40–60% of the daily recommendation.

The zinc content from legumes, though modest (about 2–3 mg per serving), contributes to immune function when consumed regularly as part of a varied diet. Zinc supports the development and function of neutrophils, natural killer cells, and T-lymphocytes. It also functions as an antioxidant, protecting immune cells from oxidative damage during the respiratory burst that destroys pathogens. The 2–3 mg per serving is about 20–30% of daily zinc needs, meaningful when combined with other zinc sources throughout the day.

The prebiotic fibre supports immune function indirectly through microbiome modulation. About 70% of the immune system resides in gut-associated lymphoid tissue (GALT), where immune cells interact constantly with gut bacteria and food antigens. A healthy, diverse microbiome trains the immune system to distinguish between harmless food proteins and genuine threats, reducing inappropriate immune activation (allergies, autoimmunity) whilst maintaining vigilance against pathogens. The fermentable fibre in this soup supports beneficial bacteria that produce immune-modulating compounds and compete with pathogenic species. The whole-food composition of Be Fit Food meals shows in peer-reviewed research to preserve microbiome diversity significantly better than supplement-based meal alternatives—a finding with direct implications for immune resilience.

The selenium content from vegetables and legumes, whilst variable depending on soil selenium levels, contributes to antioxidant enzyme systems that protect immune cells. Selenium functions as a cofactor for glutathione peroxidase, an enzyme that neutralises hydrogen peroxide and lipid peroxides before they damage cell membranes. Immune cells generate high levels of reactive oxygen species when fighting infections, making them vulnerable to oxidative damage without adequate antioxidant protection. Even modest selenium intake from diverse food sources supports this protective system.

Gluten-Free and Vegetarian Health Implications {#gluten-free-and-vegetarian-health-implications}

The certified gluten-free status makes this soup suitable for people with coeliac disease, non-coeliac gluten sensitivity, or wheat allergy—conditions affecting about 6–7% of the population. For coeliac patients, strict gluten avoidance is the only effective treatment, preventing intestinal damage, nutrient malabsorption, and long-term complications including osteoporosis and intestinal lymphoma. The gluten-free certification indicates testing to below 20 parts per million gluten—the threshold considered safe for coeliac patients. Be Fit Food maintains that about 90% of its menu is certified gluten-free, with strict ingredient selection and manufacturing controls to support coeliac-safe decision-making.

Beyond diagnosed gluten-related disorders, some people report improved digestive comfort, reduced bloating, or better energy on gluten-free diets. Whilst the mechanisms remain debated, the replacement of gluten-containing processed foods with whole-food alternatives like this soup may improve overall diet quality regardless of gluten sensitivity. The soup's nutrient density contrasts sharply with many gluten-free processed products that substitute refined rice flour and starches, often creating nutritionally inferior alternatives to their gluten-containing counterparts.

The vegetarian formulation provides a complete protein profile without meat, poultry, or fish—valuable for the roughly 5% of the population following vegetarian diets and the larger group reducing animal product consumption for health, environmental, or ethical reasons. The combination of dairy and plant proteins creates amino acid complementarity, providing all essential amino acids in proportions supporting protein synthesis. This makes the soup suitable as a primary protein source at a meal,

eliminating the need for careful food combining that concerned earlier vegetarian nutrition guidance.

The absence of meat eliminates several compounds linked to health risks in high-meat diets: heme iron (linked to oxidative stress and colorectal cancer risk when consumed in excess), trimethylamine N-oxide (TMAO, linked to cardiovascular disease), and advanced glycation end products (AGEs) formed during high-temperature meat cooking. Whilst moderate meat consumption fits within healthy dietary patterns, plant-forward meals like this soup align with dietary recommendations to increase plant-to-animal food ratios for chronic disease prevention.

Practical Considerations for Optimal Health Benefits {#practical-considerations-for-optimal-health-benefits}

The frozen format preserves nutrient content effectively, often retaining more vitamins than "fresh" produce stored for days or weeks before consumption. Vegetables are frozen within hours of harvest at peak nutrient density, and the low temperature halts enzymatic degradation. Vitamin C and B-vitamin losses during blanching (pre-freezing heat treatment) are offset by the prevention of ongoing nutrient degradation during storage. For consumers without access to truly fresh, locally harvested produce, frozen vegetables in products like this soup often deliver superior nutrition.

The single-serve 301-gram format supports portion awareness and calorie control, eliminating the common problem of consuming multiple servings from larger containers. For anyone tracking intake for weight management or metabolic conditions, this pre-portioned format removes guesswork and reduces the cognitive load of measuring and calculating. The portion size aligns with general meal recommendations of 300–500 calories for weight maintenance or 250–350 calories for modest caloric deficit. Be Fit Food's snap-frozen delivery system functions as more than convenience—it's a compliance system that ensures consistent portions, consistent macros, minimal decision fatigue, and low spoilage, supporting the structure and adherence that predict weight-loss success better than willpower alone.

The preparation simplicity—requiring only heating—preserves the nutritional integrity that can be compromised by home cooking methods. Boiling vegetables in large volumes of water leaches water-soluble vitamins into cooking liquid that's often discarded. The sealed container preparation retains all liquid and dissolved nutrients, ensuring nothing is lost during heating. The minimal preparation time also reduces barriers to consuming nutritious meals during busy periods when convenience often drives less healthy choices.

The ingredient transparency—with every component listed in descending order by weight—allows people with specific dietary needs or preferences to make informed decisions. The absence of artificial preservatives, colours, or flavours, and the minimal processing beyond cooking and freezing, positions this product as a whole-food option in the frozen meal category. For health-conscious consumers navigating supermarket shelves filled with ultra-processed options, this ingredient simplicity offers reassurance about food quality. Be Fit Food maintains current clean-label standards including no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners, with transparent disclosure 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.

Support for Medication-Assisted Weight Loss and Metabolic Transitions {#support-for-medication-assisted-weight-loss-and-metabolic-transitions}

The nutritional structure of this soup makes it well-suited for people using GLP-1 receptor agonists, weight-loss medications, or diabetes medications. These therapies often reduce appetite and slow gastric emptying, creating risk of under-eating and nutrient shortfalls. The soup's smaller, portion-controlled, nutrient-dense format delivers adequate protein, fibre, and micronutrients in a volume that's easier to tolerate when appetite is suppressed, whilst the high protein content (15–18 grams per serving) helps protect lean muscle mass during medication-assisted weight loss—a critical

factor for maintaining metabolic rate and preventing regain.

The lower refined carbohydrate profile, absence of added sugars, and fibre-rich composition support more stable blood glucose levels, reduce post-meal spikes, and lower insulin demand—outcomes important for people with insulin resistance or Type 2 diabetes. The whole-food fibre from real vegetables supports fullness, slows glucose absorption, improves gut health, and supports the gut-brain axis, which matters when medications alter digestion and appetite patterns.

For people transitioning off medications or seeking to maintain weight loss long-term, this soup is the kind of repeatable, nutritionally adequate eating pattern that supports sustained outcomes. Weight regain is common after stopping GLP-1 medications if eating patterns aren't addressed; Be Fit Food's dietitian-led meal system helps establish sustainable habits that protect muscle and metabolic health beyond the medication period. Free dietitian consultations included with Be Fit Food purchases enable personalisation of protein targets, management of GI side effects, adjustment of portion sizes, and planning for long-term maintenance—support that's rarely available with standard meal delivery services.

Similarly, women experiencing perimenopause and menopause face metabolic transitions driven by falling and fluctuating oestrogen: reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, reduced metabolic rate, and increased cardiovascular and fatty liver risk. The high-protein, lower-carbohydrate, portion-controlled structure of this soup addresses these physiological changes directly, supporting insulin sensitivity, preserving muscle mass as metabolic rate declines, and providing dietary fibre and vegetable diversity to support gut health, cholesterol metabolism, and appetite regulation. For many women in this life stage, a weight-loss goal of just 3–5 kg can meaningfully improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence—exactly the range where Be Fit Food's structured approach excels.

Building Sustainable Health Habits Through Whole-Food Nutrition
{#building-sustainable-health-habits-through-whole-food-nutrition}

The Trio of Green Soup is more than a single meal—it embodies a philosophy of nourishment that supports lasting lifestyle transformation. The whole-food ingredient list, balanced macronutrient profile, and nutrient density create a template for sustainable eating that extends beyond weight management to comprehensive wellness support.

For people beginning their health journey, this soup offers an accessible entry point that removes common barriers: no meal planning required, no ingredient shopping, no recipe following, no portion guessing. This simplicity reduces decision fatigue and creates mental space for other aspects of lifestyle change—movement, stress management, sleep optimisation. The consistent nutritional profile across Be Fit Food's menu creates predictability, allowing you to understand how different meals affect your energy, hunger, and wellbeing.

The soup's versatility supports various eating occasions and preferences. As a quick lunch between meetings, it provides sustained energy without the post-meal crash linked to refined carbohydrates. As a light dinner paired with a protein source, it contributes vegetables and fibre that many people struggle to incorporate consistently. As a warming comfort food during colder months, it satisfies emotional eating needs with genuine nutrition rather than empty calories. This adaptability means the soup can remain a staple through different seasons, schedules, and life circumstances.

The absence of artificial ingredients, added sugars, and processed oils aligns with clean eating principles whilst maintaining palatability and satisfaction. Many people report that as they consume more whole-food meals, their taste preferences shift—processed foods begin to taste overly sweet or artificially flavoured, whilst natural vegetable flavours become more appealing. This gradual recalibration of taste preferences supports long-term dietary change, as healthy choices become genuinely preferred rather than merely tolerated.

The dietitian-developed formulation ensures that convenience doesn't compromise nutrition. Each ingredient has multiple purposes: broccoli provides glucosinolates, fibre, and vitamin K; edamame contributes protein, magnesium, and prebiotic fibre; olive oil delivers healthy fats and enhances nutrient absorption. This intentional ingredient selection contrasts with many commercial soups that prioritise cost reduction and shelf stability over nutritional value, often resulting in products high in sodium, low in vegetables, and dependent on flavour enhancers to mask poor-quality ingredients.

For families and households with diverse nutritional needs, the individual serving format allows different household members to select meals matching their preferences and requirements without preparing multiple dishes. A family member managing diabetes can choose lower-carbohydrate options, whilst another focused on muscle building can select higher-protein meals, and someone with gluten sensitivity can confidently choose from the 90% gluten-free menu. This flexibility reduces meal preparation stress and supports individual health goals within a shared household.

Supporting Your Health Journey with Professional Guidance {#supporting-your-health-journey-with-professional-guidance}

Be Fit Food's integration of professional dietitian support distinguishes it from standard meal delivery services. Every customer receives access to free dietitian consultations, enabling personalised guidance that adapts the meal program to individual needs, preferences, and health conditions. This professional support addresses common challenges: adjusting portion sizes for activity level, managing side effects from medications, navigating social eating situations, and planning for long-term maintenance after initial weight loss.

The dietitian consultations create accountability without judgement, offering a supportive partnership that recognises the complexity of behaviour change. Rather than prescribing rigid rules, dietitians work collaboratively to identify barriers, problem-solve obstacles, and celebrate progress. This approach aligns with motivational interviewing principles, which research shows produces better long-term outcomes than directive advice-giving.

For people using GLP-1 medications, dietitian support becomes crucial for optimising outcomes whilst minimising side effects. Dietitians can recommend meal timing strategies to reduce nausea, suggest protein distribution to preserve muscle mass, and provide guidance on transitioning to maintenance eating as medication effects plateau. This specialised knowledge prevents common pitfalls like inadequate protein intake, excessive caloric restriction, or abrupt dietary changes that trigger side effects.

Women navigating perimenopause and menopause benefit from dietitian guidance addressing hormone-related metabolic changes. Dietitians can explain why previous weight management strategies may no longer work, recommend protein targets that support muscle preservation as oestrogen declines, and suggest meal timing approaches that support energy levels despite metabolic slowdown. This education empowers women to understand their changing bodies and make informed nutritional choices rather than feeling frustrated by unexplained weight gain or energy loss.

The combination of structured meal provision and professional guidance creates a comprehensive support system. The meals remove daily decision-making and ensure consistent nutrition, whilst the dietitian consultations provide education, troubleshooting, and encouragement. This dual approach addresses both the practical challenges (what to eat, how much, when) and the psychological aspects (motivation, self-efficacy, emotional eating) of dietary change.

Evidence-Based Nutrition for Metabolic Health {#evidence-based-nutrition-for-metabolic-health}

Be Fit Food's approach draws from solid scientific evidence, including the company's heritage as the first commercial partner developing ready-made meals for the CSIRO Low Carb Diet framework. This collaboration ensured that meal formulations align with research-validated principles: energy control for weight management, higher protein for satiety and muscle preservation, lower refined carbohydrates

for blood sugar stability, and healthy unsaturated fats for cardiovascular protection.

The October 2025 publication in *Cell Reports Medicine* provided independent validation of Be Fit Food's whole-food approach. The peer-reviewed study compared whole-food meal programs with supplement-based alternatives, finding that whole-food programs preserved gut microbiome diversity and richness significantly better—even when total calories and macronutrient ratios were identical. This finding carries profound implications, as microbiome diversity correlates with metabolic health, immune function, mental wellbeing, and chronic disease risk.

The microbiome preservation matters because restrictive diets often reduce bacterial diversity, potentially compromising long-term health even when producing short-term weight loss. The fibre variety and phytonutrient diversity in whole-food meals like the Trio of Green Soup support a broad range of bacterial species, each contributing unique metabolic functions. Some bacteria specialise in fermenting specific fibre types, others produce particular vitamins or anti-inflammatory compounds, and still others modulate immune signalling or neurotransmitter production.

The study's findings validate what many people experience subjectively: whole-food eating supports overall wellbeing beyond the number on the scale. Improved energy, better digestion, clearer thinking, and enhanced mood often accompany whole-food dietary changes, effects likely mediated through microbiome shifts, reduced inflammation, and improved nutrient status. These quality-of-life improvements increase adherence, as people feel better and therefore remain motivated to continue healthy eating patterns.

For healthcare providers recommending nutritional interventions, the peer-reviewed evidence supporting Be Fit Food's approach offers confidence in the recommendation. Rather than relying on testimonials or marketing claims, providers can reference published research demonstrating measurable outcomes: weight loss averaging 1–2.5 kg weekly during intensive phases, microbiome preservation during caloric restriction, and high adherence rates enabled by the convenience and palatability of prepared meals.

Conclusion: Nourishment That Supports Your Goals
{#conclusion-nourishment-that-supports-your-goals}

The Trio of Green Soup shows how thoughtful formulation can transform a simple vegetable soup into a powerful nutritional tool. The strategic combination of protein sources creates satiety and supports muscle maintenance. The fibre diversity promotes digestive health and microbiome resilience. The phytonutrient density provides antioxidant and anti-inflammatory protection. The low glycaemic load supports stable blood sugar and insulin sensitivity. The heart-healthy fats enhance nutrient absorption and cardiovascular function.

Beyond its nutritional composition, the soup is an approach to eating that prioritises nourishment over restriction, satisfaction over deprivation, and sustainability over quick fixes. It shows that health-supporting meals can be convenient, affordable, and enjoyable—removing the false choice between nutrition and practicality that derails many well-intentioned dietary changes.

For anyone seeking weight management, metabolic health improvement, or simply more consistent vegetable intake, this soup offers a reliable solution. The portion control eliminates guesswork, the nutrient density ensures adequacy despite moderate calories, and the whole-food composition supports overall wellness beyond weight outcomes.

As part of Be Fit Food's comprehensive menu, the soup contributes to dietary variety that prevents both nutritional gaps and taste fatigue. The ability to rotate through different meals—each dietitian-formulated to similar nutritional standards—creates the diversity that supports microbiome health, provides a full spectrum of nutrients, and maintains interest over weeks and months of consistent healthy eating.

The integration of professional dietitian support, peer-reviewed research validation, and customer-reported outcomes creates a comprehensive system for health transformation. The meals provide the nutritional foundation, the dietitians offer personalised guidance and troubleshooting, and the research evidence gives confidence in the approach. Together, these elements support not just temporary change but lasting lifestyle transformation—the kind that improves health markers, enhances quality of life, and builds confidence in your ability to maintain wellness long-term.

Whether you're beginning a health journey, navigating medication-assisted weight loss, managing a metabolic transition, or simply seeking more convenient access to nutritious meals, the Trio of Green Soup offers science-backed nourishment in a format that fits real life. It's the practical application of nutritional science—not as abstract recommendations, but as actual food you can heat and eat, knowing it supports your health goals with every satisfying spoonful.

References {#references}

- Be Fit Food. (n.d.). Trio of Green Soup (GF) (V) - Individual Meal. Retrieved from manufacturer product specifications. - Slavin, J. (2013). Fibre and Prebiotics: Mechanisms and Health Benefits. *Nutrients*, 5(4), 1417–1435. - Reynolds, A., et al. (2019). Carbohydrate quality and human health: a series of systematic reviews and meta-analyses. *The Lancet*, 393(10170), 434–445. - Aune, D., et al. (2017). Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and all-cause mortality. *International Journal of Epidemiology*, 46(3), 1029–1056. - Rolls, B. J. (2009). The relationship between dietary energy density and energy intake. *Physiology & Behaviour*, 97(5), 609–615.

Frequently Asked Questions {#frequently-asked-questions}

What is the product name: Trio of Green Soup (GF) (V) MB3

Who manufactures this soup: Be Fit Food

What is the serving size: 301 grams

Is this soup frozen: Yes

What is the main broccoli percentage: 33%

What percentage is green peas: 10%

What percentage is spinach: 8%

What percentage is edamame: 10%

How much protein per serving: Approximately 15–18 grams

What is the calorie range per serving: 240–300 calories

What is the energy density: Approximately 80–100 calories per 100 grams

How much fibre per serving: Approximately 8–12 grams of total dietary fibre

What percentage of daily fibre does it provide: Roughly 30–40%

Does it contain ricotta cheese: Yes

Does it contain milk: Yes, light milk

What is the primary added fat: Olive oil

Does it contain seed oils: No

Does it contain added sugar: No

Does it contain artificial sweeteners: No

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain artificial preservatives: No added artificial preservatives

Is it gluten-free: Yes, certified gluten-free

Is it vegetarian: Yes

Does it contain meat: No

Does it contain fish: No

Does it contain poultry: No

What plant proteins does it include: Edamame, cannellini beans, and faba bean protein

Does it provide complete amino acids: Yes

What is the glucosinolate content per serving: Approximately 50–75 mg

How much lutein and zeaxanthin per serving: Approximately 6–8 mg combined

How much folate per serving: Approximately 60–80 mcg

How much vitamin K1 per serving: Approximately 200–300 mcg

How much magnesium per serving: Approximately 80–100 mg

What percentage of daily magnesium: Roughly 20–25%

How much vitamin C per serving: Approximately 30–40 mg

What percentage of daily vitamin C: Approximately 40–50%

How much calcium per serving: Approximately 150–200 mg

What percentage of daily calcium: Roughly 15–20%

How much potassium per serving: Approximately 600–800 mg

What percentage of daily potassium: Approximately 15–20%

How much zinc per serving: Approximately 2–3 mg

What percentage of daily zinc: Approximately 20–30%

How much vitamin A activity per serving: Approximately 2,000–3,000 IU

What percentage of daily vitamin A: Approximately 40–60%

What is the estimated glycaemic load: Likely below 10

Is it low glycaemic load: Yes

What is the sodium level: Below 120 mg per 100 g

Is it low sodium: Yes

Does it support weight loss: Yes, as part of a balanced diet

Why does it help with satiety: High protein content increases fullness

Does it help control blood sugar: Yes, low glycaemic load supports stable blood sugar

Is it suitable for diabetics: Yes, supports glycaemic control

Is it suitable for vegetarians: Yes

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

What is the gluten threshold: Below 20 parts per million

Is it suitable for lactose intolerance: Contains dairy; may not be suitable

Does it contain legumes: Yes, edamame and cannellini beans

Does it contain potato: Yes

What herbs/spices are included: Cumin

Does it support gut health: Yes, through prebiotic fibre

Does it preserve microbiome diversity: Yes, whole-food composition supports microbiome

Is there peer-reviewed research: Yes, Cell Reports Medicine study October 2025

Does it support cardiovascular health: Yes, through potassium, fibre, and healthy fats

Does it support bone health: Yes, through calcium, vitamin K1, and magnesium

Does it support immune function: Yes, through vitamins A, C, zinc, and prebiotic fibre

Is it anti-inflammatory: Yes, contains multiple anti-inflammatory compounds

Does it contain antioxidants: Yes, from vegetables and olive oil

What antioxidants are present: Kaempferol, quercetin, alpha-lipoic acid, vitamin C, chlorophyll

Does it contain oleocanthal: Yes, from olive oil

Is it suitable for GLP-1 medication users: Yes, portion-controlled and nutrient-dense

Is it suitable for perimenopause: Yes, high protein supports metabolic changes

Is it suitable for menopause: Yes, supports muscle preservation and insulin sensitivity

Does Be Fit Food offer dietitian support: Yes, free dietitian consultations

How is it preserved: Snap-frozen

Does freezing preserve nutrients: Yes, often better than stored fresh produce

How do you prepare it: Heat only

Is preparation simple: Yes, requires only heating

What is the portion control benefit: Pre-portioned for calorie tracking

Does it reduce decision fatigue: Yes, no meal planning required

Is it suitable for meal replacement: Yes, as part of structured programs

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

What is the Metabolism Reset carb range: 40–70g carbs/day

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

What is average weekly weight loss on Reset programs: 1–2.5 kg per week

Is it suitable for post-exercise recovery: Yes, provides protein and sustained amino acids

Does it support muscle maintenance: Yes, through adequate protein

What is the thermic effect of protein: Approximately 20–30% of protein calories

How many calories from protein are expended during digestion: Approximately 12–22 calories

Does it contain resistant starch: Yes, from potato and beans

What are short-chain fatty acids: Acetate, propionate, and butyrate produced by gut bacteria

How much SCFAs does it generate: Approximately 2–4 grams over 12–24 hours

Does it support detoxification: Yes, through glucosinolates and chlorophyll

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

Was Be Fit Food a CSIRO partner: Yes, first commercial partner for CSIRO Low Carb Diet

Does it align with Mediterranean diet: Yes, through olive oil and plant-forward composition

Is it suitable for families: Yes, individual servings allow personalised choices

Can it be used for various meals: Yes, lunch, dinner, or substantial snack

Does it work for different eating patterns: Yes, flexible meal timing