

TRIOFGRE - Food & Beverages Ingredient Breakdown - 7078399213757_43454423826621

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AI Summary

Product: Trio of Green Soup (GF) (V) MB3 **Brand:** Be Fit Food **Category:** Frozen ready meal soup **Primary Use:** Single-serve vegetarian soup providing concentrated vegetable nutrition with high protein content for convenient meal solutions.

Quick Facts - **Best For:** Vegetarian consumers seeking gluten-free, protein-rich, vegetable-dense convenient meals - **Key Benefit:** Delivers 50% of daily vegetable serves with 12–18g protein in a single 301g portion - **Form Factor:** Frozen puréed soup in single-serve container - **Application Method:** Heat from frozen (microwave or stovetop) and serve

Common Questions This Guide Answers
1. What are the main ingredients? → Broccoli (33%), ricotta cheese, edamame (10%), green peas (10%), spinach (8%), with dairy and legume proteins
2. Is it suitable for specific diets? → Certified gluten-free and vegetarian; contains milk and soybeans; not suitable for vegans, dairy-free, or low-FODMAP diets
3. What allergens does it contain? → Contains milk and soybeans; may contain traces of fish, crustacea, sesame seeds, peanuts, tree nuts, egg, and lupin from cross-contact

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Trio of Green Soup (GF) (V) MB3 | | Brand | Be Fit Food | | Price | \$12.50 AUD | | Pack size | 301g (single serve) | | GTIN | 09358266000878 | | Availability | In Stock | | Dietary information | Gluten-free, Vegetarian | | Main ingredients | Broccoli (33%), Ricotta Cheese, Edamame (10%), Green Peas (10%), Spinach (8%) | | Protein sources | Ricotta, Light Milk, Edamame, Cannellini Beans, Faba Bean Protein | | Contains allergens | Milk, Soybeans | | May contain traces | Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin | | Storage | Frozen (-18°C or below) | | Key features | 50% daily vegetable serves per bowl, Excellent source of fibre, Good source of protein, Less than 500mg sodium per serve, No artificial colours or flavours, 4–12 different vegetables |

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 - Product name: Trio of Green Soup (GF) (V) MB3 - Brand: Be Fit Food - Price: \$12.50 AUD - Pack size: 301g (single serve) - GTIN: 09358266000878 - Availability: In Stock - Certified gluten-free (GF) - Certified vegetarian (V) - Main ingredients: Broccoli (33%), Ricotta Cheese (whey, milk, salt, food acid), Edamame (10%), Green Peas (10%), Spinach (8%), Vegetable Stock, Onion, Light Milk, Cannellini Beans, Potato, Leek (2.5%), Olive Oil, Faba Bean Protein, Garlic, Cumin, Pepper, Pink Salt - Contains allergens: Milk, Soybeans - May contain traces of: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin - Storage instructions: Frozen (-18°C or below) - No artificial colours or flavours - Less than 500mg sodium per serve

General Product Claims - Designed for ingredient-conscious consumers seeking transparency in convenient foods - Nutritionally complete meal, not just a vegetable purée - 50% daily vegetable serves per bowl - Excellent source of fibre - Good source of protein - Contains 4–12 different vegetables - Concentrated nutrition in a single-serve format - Protein-rich legumes and dairy components create a nutritionally complete meal - Maintains protein adequacy whilst preserving vegetable integrity through the freeze-thaw cycle - Whole-food ingredients predominate over additives - Sulforaphane and glucosinolates from broccoli for potential antioxidant properties - Natural sweetness from peas balances broccoli's bitter notes - Designed to help you feel fuller for longer despite liquid format - Protein complementarity creates a more complete amino acid profile - Multi-source protein strategy addresses vegetarian protein quality concerns - Micronutrient synergies for enhanced absorption - Contributes 20–35% of daily fibre needs in a single serving - Suitable for coeliac disease patients - Preserves nutrients effectively when frozen - Helps you meet vegetable intake goals - Compares favourably to many frozen meals - Protein-forward approach supports satiety, muscle maintenance, and metabolic health - Suitable for customers managing weight loss, perimenopause, menopause, or using GLP-1 medications - Supports insulin sensitivity and glucose stability - Helps protect lean muscle mass during rapid weight loss - Provides micronutrient density when total intake drops - Supports medication mechanisms for GLP-1 users - Helps preserve lean muscle mass as metabolic rate declines during menopause - Supports gut health and cholesterol metabolism - Empowers informed choices that support health goals - Supports sustainable health transformation - Dietitian-led nutrition principles - Heat-and-eat convenience without sacrificing quality or taste

Understanding Be Fit Food's Trio of Green Soup Formula {#understanding-be-fit-foods-trio-of-green-soup-formula}

Be Fit Food's Trio of Green Soup brings together three powerhouse vegetables—broccoli (33%), green peas (10%), and spinach (8%)—to deliver concentrated nutrition in a single-serve format. This frozen ready meal targets ingredient-conscious consumers seeking transparency in convenient foods, particularly those managing gluten sensitivity or following vegetarian lifestyles. The 301-gram serving

combines whole vegetables with protein-rich legumes and dairy components to create what we consider a nutritionally complete meal, not just a vegetable purée.

The ingredient architecture reveals a deliberate layering strategy: dominant vegetables provide volume and micronutrients, whilst edamame (10%), cannellini beans, and faba bean protein contribute plant-based protein density. Ricotta cheese and light milk introduce dairy protein and fat, creating the soup's creamy texture without relying on heavy cream or thickening agents. This composition addresses a common challenge in frozen vegetable soups—maintaining protein adequacy whilst preserving vegetable integrity through the freeze-thaw cycle.

For consumers scrutinising ingredient labels, this product offers a case study in modern ready-meal formulation where whole-food ingredients predominate over additives. That said, processing aids (food acid, vegetable stock) and allergen cross-contact warnings reveal the industrial production realities that ingredient-conscious buyers must evaluate.

Primary Vegetable Components: The Green Trio {#primary-vegetable-components-the-green-trio}

Broccoli (33% by Weight) {#broccoli-33-by-weight}

Broccoli forms the foundation, constituting one-third of the total product weight. This cruciferous vegetable contributes sulforaphane and glucosinolates—compounds studied for their potential antioxidant properties—alongside vitamin C, vitamin K, and folate. In frozen soup applications, broccoli presents specific challenges: its cellular structure breaks down during cooking and freezing, releasing sulphur compounds that can create off-flavours if not properly managed. Be Fit Food's decision to lead with broccoli at 33% demonstrates confidence in our processing protocol to preserve flavour whilst maximising vegetable content.

The broccoli component likely includes both florets and stem portions, though the label doesn't specify. Stems contain comparable nutrition to florets but require different processing (finer chopping or longer cooking) to achieve uniform texture. For consumers evaluating ingredient quality, the lack of specification about broccoli parts follows standard industry practice—whole broccoli utilisation reduces food waste, though some consumers prefer floret-only formulations for perceived quality.

Green Peas (10%) {#green-peas-10}

Green peas contribute natural sweetness that balances broccoli's bitter notes whilst adding 5–6 grams of protein per 100 grams of peas. As a legume, peas provide both soluble and insoluble fibre, helping the soup keep you satisfied despite its liquid format. The 10% inclusion rate positions peas as a secondary flavour component rather than a dominant note—sufficient to contribute nutritional value and taste complexity without overwhelming the broccoli base.

Frozen peas undergo blanching immediately after harvest to deactivate enzymes that degrade colour and nutrients. This pre-processing means the peas in this soup experience freezing twice: once during initial pea processing, then again in the finished soup product. Whilst double-freezing doesn't significantly impact pea nutrition, it can affect texture, potentially explaining why we purée the soup rather than leaving vegetables in distinct pieces.

Spinach (8%) {#spinach-8}

Spinach provides iron, magnesium, and additional folate whilst intensifying the soup's green colour. At 8% by weight, spinach functions as both a nutritional booster and a visual cue—consumers associate deep green colour with vegetable density and health properties. Spinach's high water content (around 91% when fresh) means it contributes less structural volume than broccoli but adds nutritional diversity.

The spinach component raises questions about oxalate content for consumers managing kidney stone risk, as spinach ranks amongst the highest-oxalate vegetables. A 301-gram serving containing 8% spinach (around 24 grams) would provide roughly 150–180 mg of oxalates, a moderate amount that

most consumers can tolerate but which oxalate-sensitive individuals should consider when evaluating this product against dietary restrictions.

Protein-Contributing Ingredients {#protein-contributing-ingredients}

Edamame (10%) {#edamame-10}

Edamame—immature soybeans harvested in the pod—contributes around 11 grams of protein per 100 grams, making this 10% inclusion a significant protein source. Be Fit Food's choice of edamame over mature soybeans or isolated soy protein reflects a whole-food positioning strategy; edamame carries consumer perception as a minimally processed ingredient compared to soy protein isolates or textured vegetable protein.

This ingredient triggers the mandatory "Contains: Soybeans" allergen declaration, relevant for the estimated 0.4% of adults with soy allergy. For ingredient-conscious consumers without soy sensitivity, edamame provides complete protein (all nine essential amino acids) plus isoflavones—phytoestrogens that generate consumer debate regarding hormonal effects, though research consensus indicates standard dietary amounts pose no health risk for most populations.

Cannellini Beans {#cannellini-beans}

Cannellini beans (white kidney beans) appear in the ingredient list without percentage specification, indicating inclusion below the 5% threshold where Australian labelling law requires quantification. These beans contribute additional protein, resistant starch, and a creamy texture when blended. Cannellini beans contain around 8 grams of protein per 100 grams cooked weight, along with significant fibre content (6–7 grams per 100 grams).

The combination of edamame and cannellini beans demonstrates protein diversification—mixing legume types provides a broader amino acid profile than relying on a single plant protein source. For vegetarian consumers evaluating protein quality, this multi-legume approach partially addresses the lower bioavailability of plant proteins compared to animal sources.

Faba Bean Protein {#faba-bean-protein}

Faba bean protein is a processed ingredient—protein concentrated or isolated from fava beans (broad beans) rather than whole beans. This ingredient functions as a protein fortifier, allowing us to achieve target protein levels without increasing soup thickness or altering flavour significantly. Faba bean protein contains 60–90% protein by weight, compared to around 26% in whole cooked fava beans.

The inclusion of faba bean protein indicates this soup targets specific macronutrient ratios rather than relying solely on whole-food protein content. For consumers seeking minimally processed foods, this ingredient is a compromise: it's plant-derived and less processed than whey protein isolate, yet more refined than whole beans. Individuals with G6PD deficiency (favism) should note that faba bean protein may trigger haemolytic reactions, though processing reduces the problematic vicine and convicine compounds found in whole fava beans.

Dairy Components and Texture Elements {#dairy-components-and-texture-elements}

Ricotta Cheese {#ricotta-cheese}

Ricotta cheese appears second in the ingredient list, indicating substantial inclusion (likely 15–25% by weight based on standard soup formulations). The ricotta sub-ingredient list—whey, milk, salt, food acid—reveals this is a commercial ricotta rather than traditional Italian ricotta made from whey alone. The "food acid" component (likely citric acid or acetic acid) coagulates milk proteins during cheese production, creating ricotta's characteristic grainy texture.

Ricotta contributes around 11 grams of protein per 100 grams along with calcium (207 mg per 100 grams) and vitamin B12—nutrients often scrutinised in vegetarian diets. The whey-and-milk formulation

creates a higher-protein ricotta than whey-only versions, supporting the soup's protein density. For lactose-intolerant consumers, ricotta contains less lactose than fluid milk (around 0.2–5% depending on production method) but still triggers the "Contains: Milk" allergen warning.

Light Milk {#light-milk}

Light milk (reduced-fat milk, usually 1–2% fat) functions as the liquid base, replacing water or vegetable stock that forms the foundation of many vegetable soups. This choice significantly impacts nutrition—a soup base of light milk provides protein, calcium, and B vitamins absent in water-based formulations, whilst keeping fat content lower than whole milk versions.

The milk component reinforces the "Contains: Milk" allergen declaration and excludes this product from vegan diets despite its vegetarian certification. For consumers evaluating dairy quality, the label doesn't specify organic status, grass-fed sourcing, or A1/A2 beta-casein type—details that matter to some ingredient-conscious buyers but aren't required disclosures.

Aromatic and Flavouring Ingredients {#aromatic-and-flavouring-ingredients}

Vegetable Stock {#vegetable-stock}

Vegetable stock appears mid-list, suggesting moderate inclusion (likely 3–8% by weight). Commercial vegetable stocks contain water, vegetable extracts (often carrot, celery, onion), salt, and sometimes yeast extract for umami depth. Be Fit Food hasn't specified the stock composition, leaving uncertainty about whether it contains added MSG, high sodium levels, or specific vegetables that might concern allergic consumers.

For ingredient-conscious buyers, "vegetable stock" is a bit of a black box—it could range from a simple homemade-style reduction of vegetables and herbs to a complex formulation with multiple additives. The lack of sub-ingredient specification for the stock component is legally compliant but prevents complete transparency. Consumers managing sodium intake should note that vegetable stock contributes 200–400 mg of sodium per 100 ml, though the product's "pink salt" listing suggests additional salt beyond stock content.

Onion, Leek (2.5%), and Garlic {#onion-leek-25-and-garlic}

These allium vegetables provide aromatic depth and natural flavour complexity. Leek's specific quantification at 2.5% indicates intentional flavour positioning—enough to contribute its characteristic mild onion-garlic flavour without overwhelming the green vegetable notes. Onion appears earlier in the list (unquantified), suggesting higher inclusion than leek, likely in the 3–6% range.

Garlic's position near the end of the ingredient list indicates minimal inclusion (likely under 1%), functioning as a background flavour enhancer rather than a dominant note. For consumers sensitive to FODMAPs (fermentable carbohydrates that trigger digestive symptoms in some individuals), the combined onion, leek, and garlic content may present tolerance challenges, though cooking and puréeing reduce FODMAP levels compared to raw alliums.

Cumin and Pepper {#cumin-and-pepper}

Cumin provides earthy, warming notes that complement green vegetables' natural flavours whilst adding subtle complexity. Its late-list position indicates inclusion well below 1%—likely 0.1–0.3% by weight, standard for spice additions in commercial soups. Cumin contains cuminaldehyde and other volatile compounds that provide its characteristic aroma, plus small amounts of iron and other minerals (though at usual usage levels, nutritional contribution is negligible).

Pepper (likely black pepper, though the label doesn't specify white, black, or mixed) contributes piperine—the compound responsible for pepper's pungency—and functions as a flavour enhancer that stimulates taste receptors. The non-specific "pepper" designation is standard industry practice; consumers seeking to avoid specific pepper types for allergy or preference reasons cannot determine

the exact variety from this label.

Pink Salt {#pink-salt}

Pink salt (likely Himalayan pink salt based on current market trends) appears last, indicating minimal inclusion—potentially 0.5–1% by weight. Despite marketing claims about pink salt's mineral content, nutritional analysis shows negligible differences from regular table salt in a soup serving. The primary distinction is consumer perception: pink salt carries health-halo associations that align with the product's whole-food positioning.

For sodium-conscious consumers, the salt type matters less than total sodium content, which isn't provided in the specification sheet. A standard 301-gram serving of vegetable soup contains 400–800 mg of sodium depending on formulation; without nutritional labelling, consumers cannot assess this product's sodium level relative to dietary guidelines (2,300 mg daily limit for general population, 1,500 mg for hypertensive individuals).

Functional Ingredients {#functional-ingredients}

Potato {#potato}

Potato functions as a natural thickener, contributing starch that creates body without requiring modified food starch or other processing aids. When puréed, potato releases starch granules that absorb liquid and create viscosity—a traditional soup-thickening technique that allows manufacturers to claim "no added thickeners" whilst achieving desired texture.

Potato also contributes potassium (around 420 mg per 100 grams), vitamin C, and vitamin B6, though cooking and processing reduce vitamin C content by 30–50%. For consumers managing glycaemic response, potato's starch content (around 17 grams per 100 grams) contributes to the soup's overall carbohydrate load, though the protein and fat from dairy and legumes would moderate blood sugar impact compared to potato alone.

Olive Oil {#olive-oil}

Olive oil provides fat for mouthfeel, flavour carrying capacity (many flavour compounds are fat-soluble), and nutritional value (monounsaturated fatty acids, vitamin E, polyphenols). Its position mid-to-late in the ingredient list suggests inclusion in the 1–3% range—enough to contribute richness without creating an oily texture or excessive calorie density.

For ingredient-quality assessment, the label doesn't specify extra virgin, virgin, or refined olive oil. Extra virgin olive oil contains higher polyphenol levels and more pronounced flavour, whilst refined olive oil offers neutral taste and higher smoke point. In a soup application where oil isn't a dominant flavour, manufacturers typically use refined or virgin grades rather than premium extra virgin, though this cannot be confirmed from label information alone.

Allergen Profile and Cross-Contact Warnings {#allergen-profile-and-cross-contact-warnings}

Declared Allergens: Milk and Soybeans {#declared-allergens-milk-and-soybeans}

The "Contains: Milk, Soybeans" declaration reflects the ricotta cheese, light milk, and edamame components. These are mandatory declarations under Food Standards Australia New Zealand (FSANZ) regulations, which require clear allergen labelling for the nine priority allergens (cereals containing gluten, crustaceans, eggs, fish, milk, peanuts, soybeans, tree nuts, and sesame seeds).

For consumers with milk or soy allergies, this product is definitively unsuitable. The allergen proteins in milk (primarily casein and whey proteins) and soybeans (primarily glycinin and β -conglycinin) remain intact through cooking and freezing, maintaining their allergenic potential. Even individuals with mild sensitivities should avoid this product, as the allergen quantities are substantial (ricotta and milk as major ingredients, edamame at 10%).

Cross-Contact Warnings: Fish, Crustacea, Sesame Seeds {#cross-contact-warnings-fish-crustacea-sesame-seeds}

The "May contain: Fish, Crustacea, Sesame Seeds" statement indicates shared manufacturing equipment or facility use with products containing these allergens. This precautionary labelling addresses cross-contact risk—the unintentional presence of allergens through shared production lines, storage areas, or processing equipment.

For severely allergic individuals, even trace amounts from cross-contact can trigger reactions. The manufacturer's inclusion of this warning demonstrates food safety diligence but creates uncertainty: the actual risk level is unknown, as precautionary labelling isn't standardised (some manufacturers apply it with minimal risk, others only when significant cross-contact potential exists). Consumers with fish, shellfish, or sesame allergies must individually assess their risk tolerance, often consulting with allergists about whether to avoid precautionary-labelled products.

The specific allergens listed (fish, crustacea, sesame) suggest the manufacturing facility produces diverse products—possibly including seafood soups or Asian-inspired dishes using sesame. This context helps consumers understand the cross-contact pathway, though it doesn't quantify risk.

Ingredient Sourcing and Processing Implications {#ingredient-sourcing-and-processing-implications}

Fresh vs. Frozen Input Ingredients {#fresh-vs-frozen-input-ingredients}

The label doesn't specify whether vegetables enter production fresh or frozen, a detail that impacts nutritional quality and processing requirements. Frozen vegetables (particularly peas and edamame) are frozen within hours of harvest, preserving nutrients effectively. Fresh vegetables may spend days in transport and storage, potentially losing vitamin C and other sensitive nutrients before processing.

For ingredient-conscious consumers, here's an interesting paradox: frozen vegetables sometimes retain more nutrients than "fresh" vegetables that undergo extended storage. However, the double-freezing issue (vegetables frozen pre-production, then frozen again in finished soup) can affect texture, potentially explaining the puréed format rather than chunky vegetable pieces.

Minimal Processing vs. Protein Fortification {#minimal-processing-vs-protein-fortification}

The ingredient list reveals tension between whole-food positioning and nutritional optimisation. Whole vegetables, legumes, and dairy dominate, suggesting minimal processing. Yet faba bean protein—a refined ingredient—appears specifically to boost protein content beyond what whole foods provide at palatable concentrations.

This reflects modern ready-meal formulation realities: achieving specific macronutrient targets (likely 15–20 grams of protein per serving based on ingredient composition) whilst maintaining acceptable taste and texture often requires some refined ingredients. For consumers seeking exclusively whole foods, the faba bean protein is a compromise. For those prioritising protein adequacy in vegetarian meals, it demonstrates thoughtful formulation aligned with Be Fit Food's high-protein, whole-food philosophy.

Food Acid in Ricotta Production {#food-acid-in-ricotta-production}

The food acid listed in ricotta sub-ingredients (likely citric acid, lactic acid, or acetic acid) functions as a coagulant—it lowers pH to denature milk proteins, creating ricotta's curd structure. This is standard cheese-making practice, whether traditional (using naturally acidic whey) or commercial (using purified acids for consistency).

Some ingredient-conscious consumers avoid "food acid" as a chemical-sounding additive, though these are simple organic acids found naturally in foods (citric acid in citrus, lactic acid from fermentation, acetic acid in vinegar). The lack of specific acid identification prevents consumers from making informed choices—those avoiding specific acids for medical reasons (rare) or preference

cannot determine the exact type used.

Nutritional Density and Ingredient Synergies {#nutritional-density-and-ingredient-synergies}

Protein Complementarity {#protein-complementarity}

The combination of dairy proteins (ricotta, milk), soy protein (edamame), and other legume proteins (peas, cannellini beans, faba bean protein) creates protein complementarity—different plant proteins combined provide a more complete amino acid profile than any single source. Dairy proteins are complete (containing all essential amino acids in adequate proportions), whilst plant proteins often limit in one or more amino acids (legumes lower in methionine, grains lower in lysine).

This soup's multi-source protein strategy addresses vegetarian protein quality concerns. Whilst the label doesn't provide amino acid data, the combination of dairy and multiple legume types likely achieves a protein quality (measured by PDCAAS or DIAAS scores) approaching that of animal protein alone. This approach reflects Be Fit Food's dietitian-led formulation methodology, prioritising protein adequacy in vegetarian meals.

Micronutrient Synergies and Antagonisms {#micronutrient-synergies-and-antagonisms}

The ingredient combination creates both synergies and potential antagonisms in nutrient absorption. Vitamin C from broccoli and spinach enhances iron absorption from plant sources (peas, beans, spinach), partially offsetting plant iron's lower bioavailability compared to haem iron from meat. However, calcium from dairy can inhibit iron absorption when consumed simultaneously—a consideration for iron-deficient consumers, though the effect is modest in mixed meals.

The fat from ricotta, milk, and olive oil supports absorption of fat-soluble vitamins (A, D, E, K) and carotenoids from vegetables. Broccoli contains vitamin K (important for blood clotting and bone health), which requires fat for optimal absorption—the soup's dairy and oil content facilitates this.

Fibre Content Estimation {#fibre-content-estimation}

Whilst exact fibre content isn't specified, the ingredient composition suggests around 6–9 grams of fibre per 301-gram serving. Broccoli provides roughly 2.6 grams per 100 grams, peas about 5 grams, spinach 2.2 grams, and beans 6–8 grams per 100 grams. The puréed format doesn't reduce fibre content (fibre remains intact through mechanical processing), though it may speed digestion compared to whole-vegetable formats.

For consumers targeting 25–30 grams of daily fibre, this soup contributes around 20–35% of daily needs in a single serving—significant for a prepared meal. The fibre blend includes both soluble fibre (from legumes as pectin and gums) and insoluble fibre (cellulose from vegetable cell walls), supporting different aspects of digestive health and aligning with Be Fit Food's emphasis on vegetable density in every meal.

Gluten-Free and Vegetarian Certifications {#gluten-free-and-vegetarian-certifications}

Gluten-Free (GF) Designation {#gluten-free-gf-designation}

The gluten-free designation indicates this product contains less than 20 parts per million (ppm) of gluten, meeting Australian and international standards for gluten-free labelling. None of the listed ingredients inherently contain gluten (wheat, barley, rye, or their derivatives), making this naturally gluten-free rather than reformulated to remove gluten.

The cross-contact warning doesn't include gluten-containing cereals, suggesting the manufacturing facility either exclusively produces gluten-free items or maintains robust segregation protocols. For coeliac disease patients requiring strict gluten avoidance, the absence of gluten cross-contact warnings is reassuring, though individuals with extreme sensitivity sometimes contact manufacturers directly to verify cleaning and testing protocols. This soup reflects Be Fit Food's commitment to providing around

90% of our menu as certified gluten-free, with strict ingredient selection and manufacturing controls suitable for coeliac disease.

Vegetarian (V) Designation {#vegetarian-v-designation}

The vegetarian certification confirms no meat, poultry, fish, or slaughter byproducts, though the product contains dairy (ricotta, milk), excluding it from vegan classification. The vegetable stock component warrants attention—some vegetable stocks contain fish sauce, oyster sauce, or other animal derivatives for umami depth, but the vegetarian certification confirms their absence here.

For lacto-vegetarians (who consume dairy but not eggs), this product aligns with dietary requirements. The ingredient list doesn't include eggs or egg derivatives, and eggs don't appear in the cross-contact warnings, confirming egg-free status for ovo-vegetarian consumers avoiding dairy but accepting eggs (though they'd reject this product for its dairy content).

Storage, Preparation, and Ingredient Stability {#storage-preparation-and-ingredient-stability}

Frozen Format and Nutrient Preservation {#frozen-format-and-nutrient-preservation}

The frozen storage format preserves nutrients effectively when maintained at -18°C or below. Vitamin C, the most freeze-sensitive nutrient in this product, degrades slowly during frozen storage—around 10–25% loss over 6–12 months depending on storage temperature stability. B vitamins, minerals, protein, and fibre remain stable during frozen storage, making nutritional quality at consumption largely dependent on initial processing rather than storage duration.

The sealed tray/bowl format protects against freezer burn (surface dehydration from sublimation) better than bag packaging. However, temperature fluctuations during transport or home freezer storage can create ice crystal growth, potentially affecting texture though not safety or nutrition. Be Fit Food's snap-frozen delivery system is designed to maintain consistency from kitchen to customer, supporting the "heat, eat, enjoy" convenience model that reduces compliance barriers.

Reheating and Ingredient Integrity {#reheating-and-ingredient-integrity}

Reheating instructions are not specified by manufacturer, but standard frozen soup preparation involves microwave or stovetop heating. Microwave reheating can create hot spots in puréed soups, requiring stirring for temperature distribution. The dairy content (ricotta, milk) makes this soup prone to separation or curdling if overheated—proteins denature and aggregate when exposed to high heat, creating grainy texture.

For ingredient-conscious consumers concerned about nutrient loss during reheating, water-soluble vitamins (B vitamins, vitamin C) experience modest additional degradation (5–15% depending on heating method and duration), whilst protein, fat, fibre, and minerals remain unaffected. Microwave reheating preserves nutrients better than prolonged stovetop heating because of shorter cooking time.

Ingredient Transparency and Label Limitations {#ingredient-transparency-and-label-limitations}

What the Label Reveals {#what-the-label-reveals}

This ingredient list demonstrates above-average transparency for a processed food product. Whole-food ingredients predominate, percentages are provided for key components (broccoli, edamame, peas, spinach, leek), and allergen information is comprehensive. The ricotta sub-ingredient breakdown and specific salt type (pink salt vs. generic "salt") show attention to disclosure detail.

The ingredient order provides meaningful information—ricotta's second position confirms it's a major component, not a garnish. The quantified vegetables allow consumers to calculate that the three primary greens (broccoli 33%, peas 10%, spinach 8%) constitute 51% of the product, with additional vegetables (onion, leek, potato) likely bringing total vegetable content to 60–70%. This aligns with Be Fit Food's positioning of including 4–12 vegetables in each meal, demonstrating vegetable density as a

core formulation principle.

What Remains Unspecified {#what-remains-unspecified}

Several details remain unspecified that ingredient-conscious consumers might seek. The vegetable stock composition is not specified by manufacturer—consumers cannot determine if it contains yeast extract, specific vegetables, or high sodium levels. The food acid type in ricotta is not specified by manufacturer. Olive oil grade (extra virgin, virgin, refined) is not specified by manufacturer. The pepper type (black, white, mixed) is not specified by manufacturer.

Sourcing information is absent—consumers cannot determine if ingredients are organic, locally sourced, or meet specific production standards (grass-fed dairy, non-GMO soybeans). The manufacturing location is not specified by manufacturer, preventing assessment of food miles or local production support.

Nutritional information (calories, protein, carbohydrates, fat, sodium, vitamins, minerals) is not specified by manufacturer in the provided specification, limiting consumers' ability to assess this product against dietary requirements or compare it to alternatives.

Evaluating Ingredient Quality for Informed Decisions {#evaluating-ingredient-quality-for-informed-decisions}

Whole-Food Dominance Assessment {#whole-food-dominance-assessment}

Around 80–85% of this product consists of whole or minimally processed ingredients (vegetables, legumes, dairy), with the remaining 15–20% comprising processed components (faba bean protein, vegetable stock, food acid). This ratio positions the product favourably compared to many frozen meals, which often contain higher proportions of refined ingredients, stabilisers, and preservatives.

The absence of common additives—emulsifiers, artificial colours, artificial flavours, preservatives (nitrites, sulphites, BHA/BHT)—indicates minimal reliance on food technology for stability or palatability. The soup achieves shelf life through freezing rather than chemical preservation, and texture through natural starch (potato) and dairy rather than modified food starches or gums. This formulation reflects Be Fit Food's clean-label standards: no artificial colours or flavours, no added artificial preservatives, no added sugar or artificial sweeteners, and no seed oils in current-range meals.

Protein Quality and Quantity Indicators {#protein-quality-and-quantity-indicators}

The multi-source protein strategy (dairy, edamame, peas, cannellini beans, faba bean protein) suggests total protein content likely ranges from 12–18 grams per 301-gram serving, representing 24–36% of daily protein needs for a 50-gram-per-day target (adequate for a 60-kg adult). This positions the soup as a protein-significant meal rather than a low-protein side dish.

Protein quality benefits from dairy inclusion—whey and casein proteins score highest on bioavailability measures. The combination with multiple plant proteins creates complementarity, though overall protein quality remains below that of meat-based soups because of plant proteins' lower digestibility and limiting amino acids. This protein-forward approach reflects Be Fit Food's high-protein meal architecture, designed to support satiety, muscle maintenance, and metabolic health—particularly important for customers managing weight loss, perimenopause, menopause, or using GLP-1 medications.

Vegetable Diversity and Phytonutrient Breadth {#vegetable-diversity-and-phytonutrient-breadth}

The six different vegetables (broccoli, peas, spinach, onion, leek, potato) plus edamame (technically a legume/vegetable) provide phytonutrient diversity—glucosinolates from broccoli, lutein from spinach, organosulphur compounds from alliums, isoflavones from edamame. This diversity supports the "eat the rainbow" principle, though all ingredients are green/white, limiting carotenoid variety (no orange/red vegetables for beta-carotene or lycopene).

The vegetable-forward formulation (vegetables comprising 60–70% of product weight) exceeds standard frozen meal vegetable content, helping you meet vegetable intake goals. However, the puréed format eliminates the textural variety and chewing requirement of whole vegetables, potentially reducing satiety compared to chunk-style soups despite similar nutrient content.

Ingredient Considerations for Specific Dietary Needs {#ingredient-considerations-for-specific-dietary-needs}

Low-FODMAP Diet Compatibility {#low-fodmap-diet-compatibility}

This soup is incompatible with strict low-FODMAP protocols because of onion, leek, and garlic content—all high-FODMAP ingredients containing fructans that trigger digestive symptoms in IBS patients and others with FODMAP sensitivity. The legume content (edamame, peas, beans) contributes additional FODMAPs (galacto-oligosaccharides), though cooking reduces FODMAP levels compared to raw legumes.

For FODMAP-sensitive consumers, this product would likely trigger symptoms. The lack of FODMAP-friendly alternatives (onion-infused oil instead of whole onion, garlic-infused oil instead of garlic) indicates the formulation doesn't target this dietary need.

Kidney Disease and Potassium/Phosphorus Management {#kidney-disease-and-potassium-phosphorus-management}

Individuals managing chronic kidney disease often restrict potassium and phosphorus intake. This soup's vegetable and legume content contributes significant potassium—broccoli, spinach, peas, beans, and potato are all potassium-rich. A 301-gram serving likely contains 600–900 mg of potassium, representing 30–45% of a standard 2,000 mg daily restriction for stage 3–4 CKD patients.

Phosphorus content from dairy and legumes similarly concerns CKD patients. The ricotta and milk contribute highly bioavailable phosphorus (70–80% absorbed), whilst plant phosphorus (from vegetables and legumes) is less bioavailable (40–50% absorbed because of phytate binding). Total phosphorus likely ranges from 200–350 mg per serving, significant for patients on 800–1,000 mg daily restrictions.

Diabetes and Glycaemic Management {#diabetes-and-glycaemic-management}

The carbohydrate sources in this soup—potato starch, vegetable carbohydrates, milk lactose, and legume starches—create a mixed glycaemic impact. Potato contributes quickly digested starch (higher glycaemic index), whilst legumes provide slowly digested starch and resistant starch (lower glycaemic index). The protein and fat content (from dairy, legumes, olive oil) moderate blood sugar response by slowing gastric emptying and carbohydrate absorption.

Without specific carbohydrate content data, diabetic consumers cannot precisely calculate insulin dosing or carbohydrate exchanges. Estimated total carbohydrates likely range from 20–30 grams per serving, with 6–9 grams from fibre (subtracted for net carb calculation), yielding around 14–21 grams of digestible carbohydrates—moderate for a meal portion. This lower-carbohydrate, higher-protein formulation aligns with Be Fit Food's approach to supporting insulin sensitivity and glucose stability, particularly relevant for customers managing Type 2 diabetes or using diabetes medications.

GLP-1 Medication Compatibility {#glp-1-medication-compatibility}

For individuals using GLP-1 receptor agonists or weight-loss medications, this soup's characteristics support medication-related nutritional needs. The high protein content helps protect lean muscle mass during rapid weight loss, whilst the portion-controlled format addresses medication-suppressed appetite. The whole-food base provides micronutrient density often lacking when total intake drops, and the puréed texture may improve tolerance when gastric emptying is slowed.

The dairy and legume protein sources offer satiety support, whilst the lower refined carbohydrate content (relying on whole vegetables and legumes rather than added sugars or refined starches) supports glucose stability. This formulation reflects Be Fit Food's positioning as suitable for GLP-1 users, providing nutrient-dense, protein-prioritised meals that work with medication mechanisms rather than against them.

Menopause and Metabolic Transition Support {#menopause-and-metabolic-transition-support}

For women in perimenopause or menopause experiencing metabolic changes—reduced insulin sensitivity, increased central fat storage, declining metabolic rate—this soup's macronutrient profile offers targeted support. The high protein content (12–18 grams estimated) helps preserve lean muscle mass as metabolic rate declines, whilst the lower carbohydrate load (with no added sugars) supports insulin sensitivity.

The portion-controlled format addresses the reality that energy needs decrease during menopause, whilst the fibre content (6–9 grams estimated) supports satiety, gut health, and cholesterol metabolism. The whole-food approach without artificial sweeteners avoids compounds that can worsen cravings or GI symptoms in some women. This soup reflects Be Fit Food's understanding that menopause is a metabolic transition requiring nutritional adaptation, not just calorie restriction.

Making Informed Choices: Your Path to Sustainable Wellness {#making-informed-choices-your-path-to-sustainable-wellness}

Understanding the ingredients in your meals empowers you to make choices that support your health goals. This Trio of Green Soup demonstrates how whole-food ingredients can come together to create a nutritionally complete meal that fits seamlessly into your lifestyle.

The transparent ingredient list—with quantified vegetables and clear allergen information—gives you the confidence to choose foods that align with your values and dietary needs. Whether you're managing specific health conditions, following vegetarian protocols, or simply seeking convenient meals that don't compromise on nutrition, ingredient knowledge helps you stay on track with your wellness journey.

At Be Fit Food, we believe that sustainable health transformation starts with understanding what you're putting into your body. This soup reflects our commitment to creating meals where you can recognise every ingredient, trust the formulation, and enjoy the convenience of heat-and-eat nutrition without sacrificing quality or taste.

Your journey to better health doesn't require perfection—it requires consistency, informed choices, and meals that work with your body rather than against it. This Trio of Green Soup offers one solution amongst many in our range, designed to support your unique path to wellness with transparency, quality ingredients, and dietitian-led nutrition principles.

References {#references}

- Food Standards Australia New Zealand (FSANZ). (2023). *Australia New Zealand Food Standards Code - Standard 1.2.3 - Mandatory Warning and Advisory Statements and Declarations*. <https://www.foodstandards.gov.au/code/Pages/default.aspx> - Be Fit Food. (2024). *Trio of Green Soup (GF) (V) - Individual Meals*. <https://www.befitfood.com.au/> - Australian Department of Health. (2024). *Nutrient Reference Values for Australia and New Zealand*. <https://www.nrv.gov.au/>

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 301 grams

What percentage of the soup is broccoli: 33%

What percentage is green peas: 10%

What percentage is spinach: 8%

What percentage is edamame: 10%

What percentage is leek: 2.5%

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

Is this product vegetarian: Yes, certified vegetarian

Is this product vegan: No, contains dairy

What are the main protein sources: Ricotta, milk, edamame, beans, and faba bean protein

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

What allergens does it contain: Milk and soybeans

What allergens may it contain from cross-contact: Fish, crustacea, and sesame seeds

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

Is it suitable for lactose-intolerant individuals: No, contains dairy products

Is it suitable for soy allergy: No, contains edamame

Is it suitable for vegans: No, contains dairy

Does it contain eggs: No

Does it contain nuts: No

Does it contain fish: No, but may contain traces

Does it contain shellfish: No, but may contain traces

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

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 preservatives: No added artificial preservatives

Does it contain MSG: Not specified by manufacturer

What type of milk is used: Light milk (reduced-fat)

What type of salt is used: Pink salt

What type of oil is used: Olive oil

Is the olive oil extra virgin: Not specified by manufacturer

Does it contain thickeners: No, uses potato for natural thickening

What is the main thickening agent: Potato starch

Are the vegetables fresh or frozen: Not specified by manufacturer

How is the product stored: Frozen

What is the recommended storage temperature: -18°C or below

How should it be reheated: Not specified by manufacturer

Can it be refrozen after thawing: Not specified by manufacturer

Does freezing affect nutrient content: Minimal impact on most nutrients

What is the estimated protein content per serving: 12–18 grams

What is the estimated fibre content per serving: 6–9 grams

What is the estimated carbohydrate content per serving: 20–30 grams

What percentage of vegetables does it contain: Approximately 60–70%

How many different vegetables are included: Six different vegetables

Does it contain complete protein: Yes, from dairy and combined plant proteins

Is the protein plant-based or animal-based: Both dairy and plant proteins

What is faba bean protein: Concentrated protein from fava beans

Why is faba bean protein included: To boost protein content

Is it suitable for people with G6PD deficiency: Consult healthcare provider, contains faba bean protein

Does it contain isoflavones: Yes, from edamame

What spices are included: Cumin and pepper

Does it contain garlic: Yes, in small amounts

Does it contain onion: Yes

What creates the creamy texture: Ricotta cheese and light milk

Is ricotta a major ingredient: Yes, second in ingredient list

What type of beans are included: Cannellini beans and edamame

Does it contain resistant starch: Yes, from legumes

What is the texture: Puréed soup

Why is it puréed rather than chunky: Supports texture integrity through freeze-thaw cycle

Does it contain sulforaphane: Yes, from broccoli

Does it contain glucosinolates: Yes, from broccoli

What is the estimated oxalate content: 150–180 mg per serving

Is it suitable for kidney stone prevention diets: Moderate oxalate; consult healthcare provider

Is it high in potassium: Yes, contains 600–900 mg estimated

Is it high in phosphorus: Moderate, 200–350 mg estimated

Is it suitable for chronic kidney disease: Consult healthcare provider for potassium/phosphorus restrictions

Is it suitable for diabetes: Yes, moderate carbohydrate with protein/fat

Does it support weight management: Yes, high protein and fibre content

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

Is it suitable for menopause support: Yes, high protein with controlled carbohydrates

Does it contain probiotics: No

Does it contain prebiotics: Yes, fibre from vegetables and legumes

What is the estimated sodium content: Not specified by manufacturer; likely 400–800 mg

Is it low sodium: Not specified by manufacturer

Is it suitable for low-sodium diets: Sodium content not specified by manufacturer; consult healthcare provider

Does it contain yeast extract: Not specified by manufacturer in vegetable stock ingredients

Is it organic: Not specified by manufacturer

Is it non-GMO: Not specified by manufacturer

Where is it manufactured: Not specified by manufacturer

How many meals does one package contain: One single-serve meal

What is Be Fit Food's clean-label commitment: No artificial colours, flavours, or added preservatives