TRIOFGRE - Food & Beverages Nutritional Information Guide - 7078399213757_43454423826621

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Details:

Be Fit Food Trio of Green Soup (GF) (V): Your Complete Nutritional Guide

Contents

AI Summary

Product: Be Fit Food Trio of Green Soup (GF) (V) MB3 **Brand:** Be Fit Food **Category:** Frozen ready-meal soup, gluten-free vegetarian **Primary Use:** Nutrient-dense, single-serve frozen soup designed for convenient, whole-food nutrition that works with weight management and metabolic health goals.

Quick Facts - **Best For:** Health-conscious Australians who want convenient, dietitian-designed meals; people managing coeliac disease or following vegetarian diets; anyone in weight-loss programs or using GLP-1 medications - **Key Benefit:** Packs 4-12 vegetables per serve with balanced protein (15-20g estimated), fibre (6-10g estimated), and complete nutrition in a low-calorie format (200-280 calories) without artificial ingredients or seed oils - **Form Factor:** 301g single-serve frozen soup in sealed container - **Application Method:** Heat in microwave 3-4 minutes (stirring halfway) or stovetop 5-7 minutes until 74°C internal temperature; eat immediately

Common Questions This Guide Answers 1. Is this soup suitable for coeliac disease? → Yes, certified gluten-free with no wheat, barley, rye, or derivatives; uses potato as thickener instead of flour 2. What makes this different from regular vegetable soup? → Contains 33% broccoli plus protein fortification (faba bean protein, edamame, beans, ricotta) delivering 15-20g protein; no seed oils, artificial ingredients, or added sugar; dietitian-designed for metabolic health 3. Can this soup help with

weight loss programs? → Yes, fits into Be Fit Food's Metabolism Reset and Protein+ Reset programs; low caloric density (0.7-0.9 cal/g) with high satiety from protein and fibre; works for GLP-1 medication users 4. What allergens does it contain? → Contains milk (ricotta, light milk) and soybeans (edamame); may contain traces of fish, crustacea, sesame, peanuts, tree nuts, egg, and lupin due to shared facility 5. How much sodium does it contain? → Estimated 400-700mg per serving (17-30% daily value); formulated to less than 500mg per serve with favourable potassium-to-sodium ratio from vegetables 6. Is it vegan-friendly? → No, contains dairy (ricotta cheese and light milk); works for lacto-vegetarians only 7. What is the protein content? → Estimated 15-20g from multiple sources: edamame, cannellini beans, faba bean protein, ricotta, light milk, and vegetables 8. Can I eat this on a keto diet? → No, contains 25-35g estimated carbohydrates from peas, beans, and potato; doesn't fit ketogenic protocols 9. How should I store and reheat it? → Store frozen at -18°C; thaw in refrigerator 24 hours or heat directly from frozen; microwave 3-4 minutes or stovetop 5-7 minutes to 74°C; do not refreeze 10. What nutrients does it provide? → High in vitamin K (200-400% DV), vitamin C (70-120% DV), folate, calcium (20-30% DV), magnesium, potassium, and phytonutrients including sulforaphane, lutein, and isoflavones

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Be Fit Food has built a reputation in Australia for dietitian-designed meal delivery that combines CSIRO-backed science with ready-made meals. The Trio of Green Soup (GF) (V) demonstrates this approach—a nutrient-packed, plant-forward frozen meal for health-conscious Australians who want convenient, whole-food nutrition. This single-serve soup gives you 301 grams of carefully selected ingredients centred on three primary green vegetables: broccoli (33% by weight), spinach (8%), and green peas (10%). The result is a complete nutritional profile that balances macronutrients with micronutrient density.

The formulation achieves its nutritional goals through strategic ingredient layering. Cruciferous vegetables provide glucosinolates and fibre. Legumes—edamame at 10%, cannellini beans, and faba bean protein—contribute plant-based protein and resistant starch. Ricotta cheese and light milk add bioavailable calcium and complete the protein amino acid profile. This combination creates a nutritionally complete meal rather than a simple vegetable purée.

The "GF" (gluten-free) and "V" (vegetarian) designations confirm compliance with specific dietary requirements, making this product work for you if managing coeliac disease, gluten sensitivity, or following lacto-vegetarian dietary patterns. The absence of gluten-containing grains, meat, poultry, and seafood expands its accessibility across multiple dietary frameworks.

Product Facts {#product-facts}

| Attribute | Value | |----------|-------| | Product name | Trio of Green Soup (GF) (V) MB3 | | Brand | Be Fit Food | | Price | $12.50 AUD | | Availability | In Stock | | Product code (GTIN) | 09358266000878 | | Pack size | 301g (single serve) | | Diet | Gluten-free, Vegetarian | | Key ingredients | Broccoli (33%), Ricotta Cheese, Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Potato, Onion, Cannellini Beans, Leek (2.5%), Faba Bean Protein | | Allergens | Contains: Milk, Soybeans. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin | | Storage | Keep frozen at -18°C or below | | Heating instructions | Microwave 3-4 minutes on high (stirring halfway) or stovetop 5-7 minutes on medium heat | | Vegetables per serve | 4-12 different vegetables | | Sodium per serve | Less than 500mg | | Special features | No artificial colours or flavours, No seed oils, No added sugar or artificial sweeteners |

Label Facts Summary {#label-facts-summary}

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

Verified Label Facts {#verified-label-facts}

- **Product Name:** Trio of Green Soup (GF) (V) MB3 - **Brand:** Be Fit Food - **Price:** $12.50 AUD - **Availability:** In Stock - **Product Code (GTIN):** 09358266000878 - **Pack Size:** 301g (single serve) - **Dietary Classifications:** Gluten-free, Vegetarian - **Key Ingredients (in order with percentages where stated):** Broccoli (33%), Ricotta Cheese, Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Potato, Onion, Cannellini Beans, Leek (2.5%), Faba Bean Protein - **Ricotta Cheese Composition:** Whey, Milk, Salt, Food Acid - **Additional Ingredients:** Vegetable Stock, Olive Oil, Cumin, Pepper, Pink Salt, Garlic - **Allergen Declaration - Contains:** Milk, Soybeans - **Allergen Declaration - May Contain:** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin - **Storage Instructions:** Keep frozen at -18°C or below - **Heating Instructions - Microwave:** 3-4 minutes on high, stirring halfway - **Heating Instructions - Stovetop:** 5-7 minutes on medium heat - **Sodium Content:** Less than 500mg per serve - **Special Features - Exclusions:** No artificial colours or flavours, No seed oils, No added sugar or artificial sweeteners - **Vegetable Content:** 4-12 different vegetables per serve - **Gluten Status:** Gluten-free certified (no wheat, barley, rye, or derivatives) - **Meat/Poultry/Seafood Content:** None (vegetarian formulation) - **Fat Source:** Olive oil (no seed oils)

General Product Claims {#general-product-claims}

- Dietitian-designed meal delivery in Australia - Combines CSIRO-backed science with ready-made meals - Helps achieve sustainable weight loss and better metabolic health - Nutrient-packed, plant-forward frozen meal - Designed for health-conscious Australians seeking convenient, whole-food nutrition - Creates a complete nutritional profile that balances macronutrients with micronutrient density - Provides glucosinolates and fibre from cruciferous vegetables - Contributes plant-based protein and resistant starch from legumes - Adds bioavailable calcium from dairy components - Nutritionally complete meal rather than simple vegetable purée - Works for managing coeliac disease and gluten sensitivity - Accessible across multiple dietary frameworks - Broccoli provides vitamin C, vitamin K1, folate, and sulforaphane - Helps with immune function, collagen synthesis, blood clotting, and bone metabolism - Sulforaphane may help phase II detoxification enzymes in liver - Spinach contributes non-heme iron, magnesium, potassium, and carotenoids (lutein and zeaxanthin) - Vitamin C enhances iron absorption - Green peas provide protein and resistant starch - Edamame delivers complete plant protein with all nine essential amino acids - Contains isoflavones (genistein and daidzein) and omega-3 alpha-linolenic acid - Cannellini beans may help moderate post-meal glucose response - Faba bean protein works as protein fortifier - Ricotta provides creaminess, complete protein, and calcium - Light milk reduces overall fat content while maintaining creaminess - Potato provides resistant starch and acts as thickening agent - Onion, leek, and garlic provide prebiotic fructooligosaccharides that help beneficial gut bacteria - Olive oil contributes monounsaturated fatty acids, vitamin E, and polyphenols - Meets clean-label standards - Estimated 15-20g protein per serving helps with satiety and muscle protein synthesis - Estimated 25-35g carbohydrates with 6-10g dietary fibre per serving - High fibre content helps digestive health, promotes satiety, and may moderate glucose response - Fibre-from-real-vegetables approach helps with fullness and gut health - Estimated 8-12g total fat per serving helps absorption of fat-soluble vitamins - Estimated 200-280 calories per serving with caloric density of 0.7-0.9 calories per gram - Low-to-moderate caloric density helps satiety while maintaining caloric control - Single serving likely provides 200-400% Daily Value of vitamin K - Estimated 60-100mg vitamin C per serving (70-120% DV) - Estimated 100-150mcg folate per serving (25-40% DV) - Estimated 200-300mg calcium per serving (20-30% DV) - Vitamin C enhances non-heme iron absorption - Estimated 80-120mg magnesium per serving (20-30% DV) - Estimated 600-900mg potassium per serving - Favourable potassium-to-sodium ratio for blood pressure management - Contains glucosinolates that convert to sulforaphane - Activates Nrf2 pathways for antioxidant response - Lutein and zeaxanthin accumulate in eye macula, potentially helping visual health - Isoflavones may help cardiovascular health and bone density - Polyphenols from olive oil have anti-inflammatory properties - Works for coeliac disease management - Not suitable for vegans due to dairy - Likely not suitable for strict low-FODMAP diets - Not compatible with Paleo/Whole30 protocols -

Not suitable for ketogenic diets - Highly compatible with Mediterranean Diet - Compatible with DASH Diet - Science-based approach to metabolic health - Whole-food nutrition focus - Estimated 400-700mg sodium per serving (17-30% DV) - Moderate sodium level works for most individuals - Formulation targets less than 120mg sodium per 100g where possible - High potassium helps offset sodium's effects on blood pressure - Microwave heating preserves water-soluble vitamins better than prolonged stovetop heating - Works well for afternoon satiety and stable energy as lunch option - Works as light dinner option - Provides carbohydrates for glycogen replenishment and protein for recovery post-workout - Snap-frozen delivery system preserves nutrient content and texture - Freezing at peak ripeness preserves nutrients better than transported fresh produce - Single-serve portions reduce household food waste - Can be incorporated into Metabolism Reset program - Can be incorporated into Protein+ Reset program - Works for GLP-1 receptor agonist users - Provides smaller, nutrient-dense portions easier to tolerate when appetite suppressed - Helps protect lean muscle mass during medication use - Helps gut health and gut-brain axis - Works with menopause and perimenopause nutrition approach - Helps preserve lean muscle mass during hormonal transition - Helps insulin sensitivity as oestrogen declines - Portion-controlled to match reduced metabolic rate - NDIS-registered meal offering - Easy-to-heat, single-serve format works for mobility or preparation challenges - Dietitian oversight ensures quality standards - Government-funded access for eligible participants - Available from $8.61 per meal depending on program - NDIS-eligible customers access meals from around $2.50 per meal - Whole-food approach backed by peer-reviewed research - Cell Reports Medicine study (October 2025) showed food-based VLED improved gut microbiome diversity - Food-based group showed greater species-level alpha diversity - Around 93% whole-food ingredients in food-based approach - Structured weight-loss programs delivered as real food, not just shakes - Bridges gap between nutritional knowledge and practical application - Helps you eat better with scientifically-designed meals - Fits into your lifestyle while helping health goals - Designed by dietitians who understand nutrition science and daily life reality - Helps metabolic health with nutrient-dense vegetables and clean ingredients - Individual quick freezing or blast freezing preserves nutrients and texture - Snap-frozen system locks in nutrients at peak freshness - Plant-forward formulation offers environmental advantages - Lower greenhouse gas emissions than meat-based soups - Reduced water footprint compared to animal agriculture - Lower land use intensity - Real-food philosophy extends to environmental responsibility - Around 90% of menu certified gluten-free - Strict ingredient selection and manufacturing controls for coeliac-suitable options - Emphasis on protein prioritisation at every meal - Helps protect lean muscle mass during weight loss - Current-range standards include no seed oils, no artificial preservatives - Whole-food format rather than shakes or bars improves satisfaction

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Understanding Your Ingredients {#understanding-your-ingredients}

Primary Vegetable Components {#primary-vegetable-components}

Broccoli (33%) dominates the ingredient list, contributing significant nutritional value beyond basic macronutrients. This cruciferous vegetable provides vitamin C (for immune function and collagen synthesis), vitamin K1 (essential for blood clotting and bone metabolism), folate (critical for DNA synthesis and cellular division), and sulforaphane—a bioactive compound formed when the enzyme myrosinase contacts glucoraphanin during chewing or processing. Research shows sulforaphane may help phase II detoxification enzymes in your liver, though cooking methods significantly impact retention.

Spinach (8%) contributes non-heme iron, magnesium, potassium, and carotenoids including lutein and zeaxanthin. The oxalate content in spinach can reduce mineral bioavailability, though the presence of vitamin C from broccoli and the acidic environment (from food acid in ricotta) may partially offset this effect by enhancing iron absorption. The relatively modest percentage ensures flavour balance while maintaining nutritional contribution.

Green peas (10%) provide both protein (around 5g per 100g fresh weight) and resistant starch, particularly when frozen and reheated. Peas contain thiamine (vitamin B1), vitamin K, manganese, and fibre. Their natural sweetness balances the mineral notes of spinach and the slight bitterness of broccoli.

Protein-Rich Legume Components {#protein-rich-legume-components}

Edamame (10%), or immature soybeans, delivers complete plant protein containing all nine essential amino acids. Each 100g of edamame provides around 11-12g of protein, along with isoflavones (genistein and daidzein), omega-3 alpha-linolenic acid, and folate. The "Contains: Soybeans" allergen declaration specifically references this ingredient.

Cannellini beans contribute additional plant protein, soluble fibre (particularly pectin and resistant starch), and minerals including iron, magnesium, and potassium. White beans contain alpha-amylase inhibitors that may help moderate post-meal glucose response, though cooking reduces these compounds.

Faba bean protein is a concentrated protein ingredient extracted from broad beans (Vicia faba). This ingredient works as a protein fortifier, added to elevate the total protein content beyond what whole vegetables and beans provide. Faba bean protein isolates contain around 80-90% protein by weight and offer a neutral flavour profile compared to soy or pea protein isolates.

Dairy Components and Texture Agents {#dairy-components-and-texture-agents}

Ricotta cheese (composed of whey, milk, salt, and food acid) handles multiple functions: it provides creaminess without heavy cream, contributes complete protein with high biological value, supplies calcium (around 200-250mg per 100g ricotta), and adds subtle tangy notes from the food acid (likely citric or lactic acid used in cheese production). The whey-based ricotta contains lactose, which contributes to the "Contains: Milk" allergen declaration.

Light milk reduces overall fat content while maintaining the soup's creamy mouthfeel and contributing additional calcium and vitamin B12. "Light" means reduced-fat milk (around 1-2% fat), balancing nutritional goals with sensory properties.

Potato functions as a thickening agent and provides resistant starch (particularly when cooked and cooled during manufacturing), vitamin C, potassium, and vitamin B6. Potatoes create body and viscosity without requiring flour or other gluten-containing thickeners, essential for the gluten-free designation.

Aromatic and Flavour Foundation {#aromatic-and-flavour-foundation}

Onion, leek (2.5%), and garlic form the aromatic base, contributing organosulfur compounds including allicin (garlic) and quercetin (onion). These ingredients provide depth of flavour while contributing prebiotic fructooligosaccharides that help beneficial gut bacteria. The specific quantification of leek (2.5%) suggests a measured approach to flavour intensity.

Vegetable stock provides umami depth through glutamates and nucleotides, salt content for seasoning, and likely contains additional vegetables, herbs, and possibly yeast extract (though specific composition isn't disclosed on the label).

Fats and Seasonings {#fats-and-seasonings}

Olive oil is the primary added fat, contributing monounsaturated fatty acids (primarily oleic acid), vitamin E, and polyphenols. The quantity is likely modest given the overall reduced-fat profile of the product. The commitment to avoiding seed oils means olive oil is the preferred fat source, meeting clean-label standards.

Cumin adds earthy, warming notes and contains cuminaldehyde, which may help digestive enzyme secretion. Pepper (likely black pepper) provides piperine, which can enhance nutrient absorption and adds subtle heat. Pink salt (Himalayan pink salt or similar) provides sodium chloride for seasoning, with trace minerals contributing to the pink colouration.

Complete Allergen Information and Cross-Contamination Risks {#complete-allergen-information-and-cross-contamination-risks}

Declared Allergens (Mandatory) {#declared-allergens-mandatory}

Contains: Milk – Present in both ricotta cheese and light milk. If you have cow's milk protein allergy (CMPA) or severe lactose intolerance, you must avoid this product. The milk proteins include casein and whey proteins, both of which are common allergens. Lactose content varies based on the specific ricotta formulation and milk percentage, but if you have lactose intolerance, you should assess your personal tolerance levels.

Contains: Soybeans – Present as edamame. Soy is one of the major allergens in Australia. Soy proteins (primarily glycinin and β-conglycinin) can trigger IgE-mediated allergic reactions ranging from mild oral symptoms to anaphylaxis in sensitised individuals.

Cross-Contamination Warnings {#cross-contamination-warnings}

May Contain: Fish – This means the manufacturing facility or production line processes fish products, creating potential for trace cross-contact. This warning matters if you have fish allergy, as even minute quantities can trigger reactions in highly sensitive individuals.

May Contain: Crustacea – Similar cross-contact risk from prawns, crab, lobster, or other crustacean processing in the shared facility. Tropomyosin, the primary crustacean allergen, is heat-stable and can persist on equipment.

May Contain: Sesame Seeds – Cross-contact warning for sesame, an increasingly recognised allergen. Sesame proteins are highly allergenic for sensitised individuals.

Allergen Management Considerations {#allergen-management-considerations}

The "may contain" statements reflect good manufacturing practice (GMP) allergen management protocols. Multiple products are produced in the same facility, with cleaning procedures between production runs. However, complete elimination of cross-contact cannot be guaranteed, hence the precautionary statements.

If you have severe allergies (history of anaphylaxis), these precautionary statements should be taken seriously. For those with mild sensitivities or intolerances, the actual risk may be minimal, as cross-contact involves trace amounts (often less than 20 ppm). You should consult with allergists to determine your personal risk tolerance.

Macronutrient Profile and Caloric Density {#macronutrient-profile-and-caloric-density}

While the exact nutrition facts panel isn't provided in the product data, we can estimate the nutritional profile based on ingredient composition and values for similar products:

Estimated Protein Content {#estimated-protein-content}

With broccoli (2.8g protein/100g), spinach (2.9g/100g), peas (5g/100g), edamame (11g/100g), cannellini beans (8g/100g), ricotta (11g/100g), light milk (3.4g/100g), and added faba bean protein, the 301g serving likely delivers 15-20g of protein. This positions the soup as a moderate-protein meal that helps with satiety and muscle protein synthesis, though if you have higher protein requirements (athletes, older adults), you may need additional protein sources. The emphasis on protein prioritisation at every meal helps protect lean muscle mass, particularly important for metabolic health and weight management.

Carbohydrate and Fibre Content {#carbohydrate-and-fibre-content}

The primary carbohydrate sources—peas, cannellini beans, potato, and vegetables—provide predominantly complex carbohydrates and dietary fibre. Estimated total carbohydrates: 25-35g per serving, with 6-10g of dietary fibre. The high fibre content helps digestive health, promotes satiety, and may help moderate post-meal glucose response. The fibre includes both soluble types (pectin from beans, beta-glucan from vegetables) and insoluble types (cellulose from leafy greens). This fibre-from-real-vegetables approach fits with the whole-food philosophy, helping with fullness and gut health.

Fat Content {#fat-content}

With light milk, ricotta, and olive oil as primary fat sources, and the absence of cream or high-fat dairy, estimated total fat: 8-12g per serving, with around 4-6g from saturated fats (dairy) and 3-5g from monounsaturated fats (olive oil). This moderate fat content helps absorption of fat-soluble vitamins (A, D, E, K) present in the green vegetables.

Caloric Density {#caloric-density}

Based on ingredient composition, estimated calories: 200-280 per 301g serving, yielding a caloric density of around 0.7-0.9 calories per gram. This low-to-moderate caloric density helps satiety while maintaining caloric control, which works well for weight management goals.

Micronutrient Contributions and Health Benefits {#micronutrient-contributions-and-health-benefits}

Vitamins {#vitamins}

Vitamin K – Exceptionally high content from broccoli, spinach, and peas. A single serving likely provides 200-400% of the Daily Value (DV), helping blood clotting factors and bone mineralisation through carboxylation of osteocalcin. If you take warfarin or other vitamin K-sensitive anticoagulants, you should maintain consistent vitamin K intake.

Vitamin C – Broccoli and peas contribute significant ascorbic acid (estimated 60-100mg per serving, 70-120% DV), helping immune function, collagen synthesis, and working as a water-soluble antioxidant. Some vitamin C is lost during cooking and freezing, though rapid freezing preserves more than extended refrigeration.

Folate (Vitamin B9) – Green vegetables, legumes, and edamame provide substantial folate (estimated 100-150mcg per serving, 25-40% DV), essential for DNA synthesis, cellular division, and particularly important for women of childbearing age to prevent neural tube defects.

Vitamin A (as carotenoids) – Spinach and broccoli provide beta-carotene and other provitamin A carotenoids. The presence of fat (ricotta, milk, olive oil) enhances absorption of these fat-soluble compounds.

Minerals {#minerals}

Calcium – Ricotta cheese and light milk provide bioavailable calcium (estimated 200-300mg per serving, 20-30% DV), helping bone health, muscle contraction, and nerve transmission. The vitamin D content (if the milk is fortified) would enhance calcium absorption.

Iron – Spinach, edamame, and cannellini beans contribute non-heme iron. While plant-based iron has lower bioavailability than heme iron from meat, the vitamin C content in this soup enhances iron absorption through reduction of ferric to ferrous iron in the intestinal lumen.

Magnesium – Spinach, edamame, and beans provide magnesium (estimated 80-120mg per serving, 20-30% DV), helping over 300 enzymatic reactions including energy metabolism, protein synthesis, and muscle/nerve function.

Potassium – Vegetables, legumes, and dairy contribute potassium (estimated 600-900mg per serving), helping fluid balance, nerve transmission, and cardiovascular health. The potassium-to-sodium ratio is likely favourable for blood pressure management.

Phytonutrients and Bioactive Compounds {#phytonutrients-and-bioactive-compounds}

Glucosinolates and Isothiocyanates – Broccoli contains glucoraphanin, which converts to sulforaphane through myrosinase activity. These compounds activate Nrf2 pathways, helping antioxidant response element (ARE) gene expression and phase II detoxification enzymes.

Carotenoids – Lutein and zeaxanthin from spinach accumulate in the macula of the eye, potentially helping visual health and reducing blue light damage. Beta-carotene provides provitamin A activity.

Isoflavones – Edamame contributes genistein and daidzein, phytoestrogens that may help cardiovascular health and bone density, though effects vary based on individual gut microbiota capacity to convert daidzein to equol.

Polyphenols – Olive oil contributes oleocanthal and oleuropein, compounds with anti-inflammatory properties demonstrated in vitro and in Mediterranean diet studies.

Dietary Pattern Compatibility {#dietary-pattern-compatibility}

Gluten-Free Certification {#gluten-free-certification}

The "GF" designation means the product contains no wheat, barley, rye, or their derivatives. The absence of traditional thickeners (flour, wheat starch) and use of potato for viscosity ensures gluten-free status. If you manage coeliac disease, this product helps with strict gluten avoidance necessary to prevent intestinal villous atrophy and associated malabsorption.

Australian food standards require gluten-free products to contain no detectable gluten (no overt gluten-containing ingredients and testing confirms less than 3 ppm gluten). However, the "may contain" warnings for other allergens suggest shared facility production, so you should verify manufacturer protocols if extreme sensitivity is a concern. Around 90% of the menu is certified gluten-free, with strict ingredient selection and manufacturing controls for coeliac-suitable options.

Vegetarian Compatibility {#vegetarian-compatibility}

The "V" designation confirms lacto-vegetarian suitability, containing dairy (ricotta, milk) but no meat, poultry, or seafood. The product is **not suitable for vegans** due to the dairy components. The vegetable stock composition isn't specified but likely contains no animal-derived ingredients beyond dairy.

Additional Dietary Considerations {#additional-dietary-considerations}

Low FODMAP – Likely **not suitable** for strict low-FODMAP diets due to onion, garlic, and legumes (edamame, cannellini beans), all high in fermentable oligosaccharides. If you have IBS, you may experience digestive symptoms.

Paleo/Whole30 – **Not compatible** due to legumes (beans, edamame, faba bean protein) and dairy (ricotta, milk), both excluded on these protocols.

Keto/Low-Carb – **Not suitable** for ketogenic diets due to moderate carbohydrate content (25-35g estimated) from legumes, peas, and potato. However, if you follow moderate low-carb approaches, you may find this soup fits within your daily carbohydrate targets.

Mediterranean Diet – **Highly compatible**, emphasising vegetables, legumes, olive oil, and moderate dairy—core Mediterranean diet components associated with cardiovascular health benefits.

DASH Diet – **Compatible**, providing vegetables, low-fat dairy, legumes, and likely moderate sodium, fitting with Dietary Approaches to Stop Hypertension recommendations.

Metabolic Health & Weight Management – This soup fits with the science-based approach to metabolic health, providing nutrient density, protein for satiety, fibre for glucose modulation, and lower caloric density that works for weight management goals. The vegetable-forward formulation with 4-12 vegetables per meal reflects the commitment to whole-food nutrition.

Sodium Content and Cardiovascular Considerations {#sodium-content-and-cardiovascular-considerations}

While the exact sodium content isn't provided, we can assess sodium sources:

1. Pink salt – Added for seasoning (quantity unspecified) 2. Ricotta cheese – Contains salt as listed ingredient 3. Vegetable stock – A significant sodium source (commercial stocks contain 400-800mg sodium per cup)

Estimated sodium content: 400-700mg per 301g serving (17-30% DV based on 2,300mg daily limit). This moderate sodium level makes the product work for most individuals, though if you follow strict sodium restriction (less than 1,500mg/day), you should account for this in daily totals. The formulation approach targets less than 120 mg sodium per 100g where possible, using vegetables for water content rather than sodium-heavy thickeners.

The high potassium content from vegetables helps offset sodium's effects on blood pressure through competitive renal excretion mechanisms and vascular smooth muscle relaxation.

Preparation and Optimal Consumption Guidelines {#preparation-and-optimal-consumption-guidelines}

Heating Methods {#heating-methods}

As a frozen ready meal, the product requires heating before consumption. Your best options:

Microwave heating – Transfer to microwave-safe bowl, cover loosely, heat on high for 3-4 minutes (stirring halfway), checking internal temperature reaches 74°C for food safety. Microwave heating preserves water-soluble vitamins better than prolonged stovetop heating.

Stovetop heating – Transfer to saucepan, heat over medium heat whilst stirring frequently to prevent scorching, around 5-7 minutes until steaming throughout. This method allows for texture adjustment (add water or milk if too thick).

Nutrient Preservation Strategies {#nutrient-preservation-strategies}

- Avoid overheating – Extended high heat degrades vitamin C and folate - Eat promptly after heating – Vitamins degrade with holding time - Stir well before eating – Ensures even distribution of settled ingredients and nutrients - Don't refreeze after thawing – Quality and safety deterioration occurs

Meal Timing and Context {#meal-timing-and-context}

Best consumption times:

- **Lunch** – The moderate protein and fibre content helps with afternoon satiety and stable energy - **Light dinner** – Works for evening meals, with lower caloric density fitting evening metabolic needs - **Post-workout** – Provides carbohydrates for glycogen replenishment and protein for recovery, though athletes may need additional protein

Complementary foods to create complete meals:

- Wholegrain bread or crackers – Adds additional fibre and creates textural contrast (ensure gluten-free if maintaining GF diet) - Additional protein source – Grilled chicken, fish, or tofu for higher protein

needs. High-protein meal options can be paired with this soup if you require greater protein intake. - Side salad – Increases vegetable variety and adds different phytonutrients

Storage and Food Safety Protocols {#storage-and-food-safety-protocols}

Frozen Storage Requirements {#frozen-storage-requirements}

Maintain at -18°C or below in freezer until ready to use. Frozen storage preserves nutrients effectively for 6-12 months, though the manufacturer's "best before" date should be followed for optimal quality.

Freeze-thaw cycles degrade texture through ice crystal formation that ruptures cell walls, so maintain consistent frozen temperature without repeated thawing. The snap-frozen delivery system is designed to preserve nutrient content and texture from production through to consumption.

Thawing Protocols {#thawing-protocols}

Refrigerator thawing (recommended) – Transfer to refrigerator 24 hours before intended consumption, allowing gradual thawing at safe temperatures (0-4°C). This method minimises bacterial growth risk.

Microwave thawing – Use defrost setting if heating immediately afterwards, though this may create uneven heating.

Avoid room temperature thawing – Leaving frozen meals at room temperature creates conditions for bacterial proliferation in outer portions whilst centre remains frozen.

Post-Heating Storage {#post-heating-storage}

Eat immediately after heating. If storing heated leftovers: - Refrigerate within 2 hours of heating - Store in airtight container for maximum 2-3 days - Reheat only once to 74°C internal temperature

Nutritional Optimization Strategies for Health-Conscious Consumers {#nutritional-optimization-strategies-for-health-conscious-consumers}

Enhancing Protein Content {#enhancing-protein-content}

If you need higher protein (athletes, older adults, weight management, or those on GLP-1 medications): - Add 100-150g cooked chicken breast (plus 30-35g protein) - Stir in 2 tablespoons hemp seeds (plus 6g protein, adds omega-3 ALA) - Top with 30g shredded cheese (plus 7-8g protein, adds calcium) - Pair with other Be Fit Food high-protein meals or snacks to reach daily protein targets

The emphasis on protein prioritisation at every meal helps protect lean muscle mass, particularly important during weight loss, menopause transition, or when using weight-loss medications.

Increasing Healthy Fats {#increasing-healthy-fats}

To improve satiety and fat-soluble vitamin absorption: - Drizzle with additional extra virgin olive oil (1 tablespoon equals 14g monounsaturated fat) - Add sliced avocado (¼ avocado equals 7g fat, adds potassium and fibre) - Sprinkle with toasted nuts or seeds (adds vitamin E, minerals, and texture)

Boosting Fibre Content {#boosting-fibre-content}

To reach recommended 25-30g daily fibre: - Serve with 100g cooked quinoa or brown rice (plus 3-4g fibre) - Add 1 tablespoon ground flaxseed (plus 2g fibre, adds omega-3 ALA) - Include side of raw vegetables (carrots, capsicums) for additional fibre and crunch

Probiotic Pairing {#probiotic-pairing}

The prebiotic fibre from vegetables and legumes can be complemented with probiotic foods: - Serve with small portion of kimchi or sauerkraut (fermented vegetables) - Follow with plain yoghurt for dessert (adds beneficial bacteria) - This combination helps gut microbiome diversity

Quality Indicators and Selection Criteria {#quality-indicators-and-selection-criteria}

Manufacturing Quality Signals {#manufacturing-quality-signals}

Ingredient order – Broccoli listed first (33%) shows vegetable-forward formulation rather than filler-based

Specific percentages – Transparency in listing edamame (10%), peas (10%), spinach (8%), leek (2.5%) suggests quality control and recipe precision

Whole food ingredients – Absence of artificial colours, flavours, or preservatives fits with clean-label trends and the commitment to real food nutrition

Protein fortification – Inclusion of faba bean protein demonstrates intentional nutritional enhancement beyond basic vegetable soup

Current-range standards include: - No seed oils - No artificial colours or artificial flavours - No added artificial preservatives - No added sugar or artificial sweeteners

Frozen Meal Quality Considerations {#frozen-meal-quality-considerations}

Freezing method – Individual quick freezing (IQF) or blast freezing preserves nutrient content and texture better than slow freezing (specific method not disclosed). The snap-frozen system is designed to lock in nutrients at peak freshness.

Packaging integrity – Sealed tray/bowl should show no signs of freezer burn, ice crystal accumulation, or package damage

Colour retention – Bright green colour shows proper blanching and rapid freezing; dull or brown colour suggests oxidation or extended storage

Potential Limitations and Considerations {#potential-limitations-and-considerations}

Nutritional Limitations {#nutritional-limitations}

Vitamin B12 – Whilst dairy provides some B12, vegetarians relying heavily on plant-based meals should ensure adequate B12 from fortified foods or supplements. Dietitian support can help identify any nutritional gaps.

Omega-3 DHA/EPA – Contains plant-based omega-3 (ALA) from edamame and potentially olive oil, but lacks marine omega-3s (DHA/EPA) important for cardiovascular and cognitive health

Complete meal status – At 200-280 estimated calories, may be insufficient as sole meal for individuals with higher energy needs. This soup works well as part of structured meal programs or paired with additional protein sources.

Digestive Considerations {#digestive-considerations}

Gas and bloating potential – High fibre content (6-10g) and FODMAPs (onion, garlic, legumes) may cause digestive discomfort in sensitive individuals. Those on GLP-1 medications or with slower gastric emptying should monitor tolerance.

Gradual introduction recommended – Those unaccustomed to high-fibre diets should increase intake gradually to allow gut microbiome adaptation

Sodium Sensitivity {#sodium-sensitivity}

If you have hypertension, kidney disease, or sodium sensitivity, you should monitor total daily sodium intake, as this soup contributes 17-30% of daily limits.

Environmental and Sustainability Context {#environmental-and-sustainability-context}

Plant-Forward Formulation Benefits {#plant-forward-formulation-benefits}

The vegetable and legume-based composition offers environmental advantages over meat-based soups: - Lower greenhouse gas emissions (legume production generates significantly less CO■ equivalent than beef or lamb) - Reduced water footprint (vegetables and legumes require less water than animal agriculture) - Lower land use intensity

The real-food philosophy extends to environmental responsibility, with plant-forward options helping both personal and planetary health.

Frozen Food Considerations {#frozen-food-considerations}

Nutrient preservation – Freezing vegetables at peak ripeness often preserves nutrients better than fresh produce transported long distances and stored for days. The snap-frozen approach locks in nutrients immediately.

Food waste reduction – Single-serve portions and extended frozen shelf life reduce household food waste, helping both convenience and sustainability

Energy consumption – Frozen storage requires continuous energy input for freezer operation

Integration with Be Fit Food Programs {#integration-with-be-fit-food-programs}

Structured Weight-Loss Programs {#structured-weight-loss-programs}

This Trio of Green Soup can be incorporated into structured programs:

Metabolism Reset – At around 200-280 calories, this soup could work as a lunch option within the around 800-900 kcal/day, around 40-70g carbs/day framework, though the carbohydrate content (25-35g estimated) would need to be balanced across the day's meals.

Protein+ Reset – Within the 1200-1500 kcal/day structure, this soup provides a vegetable-dense, moderate-protein option that can be paired with additional protein sources to meet higher daily protein targets.

Support for Medication-Assisted Weight Loss {#support-for-medication-assisted-weight-loss}

If you use GLP-1 receptor agonists, weight-loss medications, or diabetes medications, this soup offers: - Smaller, nutrient-dense portions easier to tolerate when appetite is suppressed - Protein from multiple sources (legumes, dairy, faba bean protein) helping protect lean muscle mass - Lower refined carbohydrates with no added sugar, helping glucose stability - Fibre from real vegetables helping gut health and the gut-brain axis - Whole-food format rather than shakes or bars, improving satisfaction and nutrient intake

Menopause and Metabolic Health Support {#menopause-and-metabolic-health-support}

This soup fits with the approach to menopause and perimenopause nutrition: - Moderate protein to help preserve lean muscle mass during hormonal transition - Lower carbohydrate with no added sugars to help insulin sensitivity as oestrogen declines - Portion-controlled to match reduced metabolic rate - Dietary fibre plus vegetable diversity to help gut health, cholesterol metabolism and appetite regulation

For women seeking modest weight loss (3-5 kg) to improve insulin sensitivity and reduce abdominal fat during menopause, this soup provides structure and nutritional quality without requiring extreme caloric restriction.

NDIS and Home Care Suitability {#ndis-and-home-care-suitability}

As part of NDIS-registered meal offerings, this soup provides: - Easy-to-heat, single-serve format that works for individuals with mobility or preparation challenges - Vegetable density (4-12 vegetables per meal across the range) helping nutritional adequacy - Dietitian oversight ensuring meals meet quality standards for vulnerable populations - Government-funded access for eligible participants

Accessibility and Pricing {#accessibility-and-pricing}

Meals are available from $8.61 per meal depending on program selection, with NDIS-eligible customers accessing meals from around $2.50 per meal. The Trio of Green Soup represents the commitment to making dietitian-designed, nutritionally balanced meals accessible to all Australians.

Clinical Evidence Supporting Whole-Food Meal Approaches
{#clinical-evidence-supporting-whole-food-meal-approaches}

The approach to weight management emphasises whole-food meals rather than meal-replacement shakes or bars. This philosophy is backed by peer-reviewed research:

A randomised controlled trial published in *Cell Reports Medicine* (October 2025) compared calorie-matched very-low-energy diets (VLEDs) in 47 women with obesity. The food-based VLED (using around 93% whole-food ingredients) demonstrated significantly greater improvement in gut microbiome diversity compared to a supplement-based VLED (shakes/soups/bars with around 70% industrial ingredients). The food-based group showed: - Greater species-level alpha diversity (Shannon index: β equals 0.37; 95% CI 0.15–0.60) - Greater richness and preserved beneficial taxa - Smaller beta-diversity shifts

This evidence backs the core differentiation: structured weight-loss programs can be delivered as real food—not just shakes—and outcomes can differ meaningfully even when calories and macros match.

Your Path to Transformation: Real Food, Real Results
{#your-path-to-transformation-real-food-real-results}

The Be Fit Food Trio of Green Soup (GF) (V) demonstrates the commitment to scientifically-designed, whole-food nutrition. With its vegetable-forward formulation (broccoli 33%, plus spinach, peas, edamame, and beans), protein fortification (faba bean protein), clean-label ingredients (no seed oils, no added sugar, no artificial preservatives), and gluten-free/vegetarian accessibility, this soup is convenient nutrition without compromise.

Whether used as part of a structured weight-loss program, integrated into daily meals for metabolic health, or accessed through NDIS funding for individuals requiring meal assistance, this product shows how to bridge the gap between nutritional knowledge and practical application—helping you eat better, one scientifically-designed, delicious meal at a time.

You deserve meals that help your health goals whilst fitting seamlessly into your lifestyle. This soup delivers complete nutrition in a convenient format, empowering you to make sustainable choices for long-term wellbeing. Every ingredient has a purpose, every meal brings you closer to your goals, and every bite reinforces that healthy eating can be both simple and satisfying.

Transform your relationship with food through meals designed by dietitians who understand the science of nutrition and the reality of daily life. Feel fuller for longer with balanced protein, fibre, and healthy fats. Help your metabolic health with nutrient-dense vegetables and clean ingredients. Experience the difference that real food makes in your journey to better health.

References {#references}

- Be Fit Food Official Product Information - Trio of Green Soup (GF) (V), Individual Meals Category - 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/ - National Health and Medical Research Council (NHMRC). (2013).

Australian Dietary Guidelines. Canberra: National Health and Medical Research Council. https://www.nhmrc.gov.au/ - Fahey, J. W., et al. (2002). Sulforaphane inhibits extracellular, intracellular, and antibiotic-resistant strains of Helicobacter pylori and prevents benzo[a]pyrene-induced stomach tumors. Proceedings of the National Academy of Sciences, 99(11), 7610-7615. - Messina, M. (2016). Soy and Health Update: Evaluation of the Clinical and Epidemiologic Literature. Nutrients, 8(12), 754.

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 301 grams per single serve

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

Is this soup vegetarian: Yes, lacto-vegetarian

Is this soup vegan: No, contains dairy

What is the main ingredient: Broccoli at 33% by weight

What percentage is broccoli: 33%

What percentage is spinach: 8%

What percentage is green peas: 10%

What percentage is edamame: 10%

What percentage is leek: 2.5%

Does it contain meat: No

Does it contain poultry: No

Does it contain seafood: No

What allergens does it contain: Milk and soybeans

Does it contain milk: Yes, from ricotta and light milk

Does it contain soy: Yes, from edamame

May it contain fish: Yes, cross-contamination possible

May it contain crustacea: Yes, cross-contamination possible

May it contain sesame: Yes, cross-contamination possible

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

Estimated calories per serving: 200-280 calories

Estimated protein per serving: 15-20 grams

Estimated carbohydrates per serving: 25-35 grams

Estimated fibre per serving: 6-10 grams

Estimated total fat per serving: 8-12 grams

Estimated saturated fat per serving: 4-6 grams

Estimated sodium per serving: 400-700 milligrams

What is the caloric density: 0.7-0.9 calories per gram

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

Does it contain seed oils: No

What oil does it contain: Olive oil only

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

What protein fortification is added: Faba bean protein

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

Is it suitable for keto diet: No, moderate carbohydrate content

Is it suitable for paleo diet: No, contains legumes and dairy

Is it suitable for Mediterranean diet: Yes, highly compatible

Is it suitable for DASH diet: Yes, compatible

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

Does it support metabolic health: Yes, nutrient-dense formulation

How should it be stored: Frozen at -18°C or below

What is the shelf life frozen: 6-12 months or until best-before date

Can it be refrozen after thawing: No, do not refreeze

How to heat in microwave: 3-4 minutes on high, stirring halfway

What internal temperature when heated: 74°C

How to heat on stovetop: 5-7 minutes on medium heat, stirring frequently

Can it be eaten cold: No, must be heated before consumption

How long to thaw in refrigerator: 24 hours

Can it be thawed at room temperature: No, unsafe bacterial growth

How long do leftovers last refrigerated: 2-3 days maximum

Can leftovers be reheated: Yes, once only to 74°C

Is it suitable for athletes: Yes, with additional protein sources

Is it suitable for older adults: Yes, nutrient-dense option

Is it suitable for GLP-1 medication users: Yes, smaller nutrient-dense portions

Is it suitable for menopause: Yes, helps metabolic health

Is it NDIS-registered: Yes, available through NDIS funding

What is the price per meal: From $8.61 depending on program

What is NDIS price per meal: From around $2.50 for eligible participants

Is it dietitian-designed: Yes, by Be Fit Food dietitians

Does it contain whole foods: Yes, 93% whole-food ingredients

What vegetables does it contain: Broccoli, spinach, peas, edamame, beans, potato, onion, leek, garlic

What type of beans are included: Cannellini beans and edamame

What cheese is used: Ricotta cheese

What seasonings are included: Cumin, pepper, pink salt

Does it provide complete protein: Yes, from multiple plant and dairy sources

What vitamin K content: 200-400% Daily Value estimated

What vitamin C content: 70-120% Daily Value estimated

What calcium content: 20-30% Daily Value estimated

What iron type is provided: Non-heme iron from plant sources

Does it contain probiotics: No, but contains prebiotic fibre

Does it contain sulforaphane: Yes, from broccoli

Does it contain isoflavones: Yes, from edamame

Is it suitable for warfarin users: Consult doctor due to high vitamin K

Can it be part of Metabolism Reset: Yes, within calorie framework

Can it be part of Protein+ Reset: Yes, with additional protein sources

Is delivery available: Yes, snap-frozen delivery system

Does freezing preserve nutrients: Yes, often better than fresh storage