

VEGBOL(GF - Food & Beverages Dietary Compatibility Guide - 7070704795837_43456592543933

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AI Summary

Product: Vegan Bolognese (GF) (VG) MP4 **Brand:** Be Fit Food **Category:** Prepared Meals - Frozen Ready Meals **Primary Use:** A dietitian-designed, frozen single-serve meal providing plant-based bolognese for individuals managing both vegan and gluten-free dietary requirements.

Quick Facts - **Best For:** People requiring both strict vegan and gluten-free compliance (celiac disease, plant-based diets, multiple dietary restrictions) - **Key Benefit:** Delivers complete plant-based protein from three complementary sources while maintaining certified gluten-free status - **Form Factor:** Frozen ready meal (293g single serving) - **Application Method:** Heat from frozen in microwave or conventional oven before consumption

Common Questions This Guide Answers

1. Is this meal safe for celiac disease? → Yes, certified gluten-free with <20 ppm threshold; manufacturer verification recommended for severe cases
2. What are the protein sources in this vegan meal? → Textured vegetable protein, green lentils, and faba bean protein provide complementary amino acids
3. Does it contain common allergens? → Contains soy and walnuts; free from dairy, eggs, fish, shellfish, peanuts, wheat, and sesame
4. Is it suitable for low-FODMAP diets? → No, contains onion, garlic, mushrooms, and lentils (all high-FODMAP ingredients)
5. How does the gluten-free pasta compare to wheat pasta? → Made from maize, soy, potato, and rice starches; softer texture with less "bite" than traditional pasta
6. What vegetables are included? → Seven vegetables: broccoli, courgette, carrot, mushroom, celery, onion, and tomato
7. Is it keto or Whole30 compatible? → No to both; contains legumes (Whole30 violation) and too many carbohydrates for ketogenic diets

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Vegan Bolognese (GF) (VG) MP4 | | Brand | Be Fit Food | | Price | \$12.05 AUD | | GTIN | 09358266000816 | | Availability | In Stock | | Category | Food & Beverages - Prepared Meals | | Serving size | 293g (single serve) | | Diet | Vegan, Gluten-Free | | Key ingredients | Diced tomato, broccoli, courgette, carrot, gluten-free pasta penne (8%), mushroom, celery, onion, tomato paste, walnuts, textured vegetable protein, green lentils, faba bean protein, olive oil | | Protein sources | Textured vegetable protein, green lentils, faba bean protein | | Pasta type | Gluten-free penne (maize starch, soy flour, potato starch, rice starch) | | Vegetables included | 7 vegetables (broccoli, courgette, carrot, mushroom, celery, onion, tomato) | | Contains | Soybeans, walnuts | | May contain | Fish, crustacea, sesame seeds, peanuts, milk, egg, lupin, tree nuts | | Free from | Artificial colours, artificial flavours, added sugar, artificial sweeteners, gluten, animal products | | Storage | Frozen (snap-frozen delivery) | | Preparation | Requires heating before consumption |

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:** Vegan Bolognese (GF) (VG) MP4 - **Brand:** Be Fit Food - **Price:** \$12.05 AUD - **GTIN:** 09358266000816 - **Availability:** In Stock - **Category:** Food & Beverages - Prepared Meals - **Serving Size:** 293g (single serve) - **Diet Certifications:** Vegan, Gluten-Free - **Key Ingredients (in order):** Diced tomato, broccoli, courgette, carrot, gluten-free pasta penne (8%), mushroom, celery, onion, tomato paste, walnuts, textured vegetable protein, green lentils, faba bean protein, olive oil - **Protein Sources:** Textured vegetable protein, green lentils, faba bean protein - **Pasta Type:** Gluten-free penne - **Pasta Composition:** Maize starch, soy flour, potato starch, rice starch - **Pasta Percentage:** 8% of total product - **Vegetable Count:** 7 vegetables - **Vegetables Included:** Broccoli, courgette, carrot, mushroom, celery, onion, tomato - **Contains Allergens:** Soybeans, walnuts - **May Contain (cross-contamination risk):** Fish, crustacea, sesame seeds, peanuts, milk, egg, lupin, tree nuts - **Free From:** Artificial colours, artificial flavours, added sugar, artificial sweeteners, gluten, animal products - **Storage Requirements:** Frozen (snap-frozen delivery) - **Preparation:** Requires heating before consumption

General Product Claims {#general-product-claims} - Carefully formulated frozen ready meal designed for people managing multiple dietary needs - Delivers a plant-based take on traditional bolognese - Addresses celiac disease and gluten sensitivity needs - Suitable for plant-based diets for health, ethical, or environmental reasons - Maintains textural and nutritional profile expected from bolognese-style dish - Part of Be Fit Food's commitment to real food without artificial preservatives - Dietitian-designed nutrition - Protein matrix delivers complementary amino acid profiles that approach complete protein status - Strategic protein combination consistent with dietitian-led approach to nutritional adequacy - Thoughtful pairing of iron sources with vitamin C enhances absorption - Demonstrates nutritional science underlying recipe development - Supports satiety, metabolic health, and lean muscle preservation - Helps you feel fuller for longer - Supports stable blood sugar through high-protein formulation - Lower refined carbohydrates and fibre-rich whole foods support stable blood glucose - Vegetable density provides diverse phytonutrients and antioxidants - Supports digestive health through dietary fibre - Nutrition delivered through whole ingredients rather than synthetic fortification - Snap-frozen delivery system preserves nutritional integrity - Removes barriers to adherence (no meal prep fatigue, no portion-guessing, no decision fatigue) - Scientifically sound nutritional solution - Evidence-based approach - Australia's first meal delivery partner with CSIRO - Around 90% of Be Fit Food menu is certified gluten-free - Strict ingredient selection and manufacturing

controls minimise cross-contamination risk - Rigorous quality control for gluten-free range - Low sodium benchmark of <120 mg per 100g achieved through formulation philosophy - 4–12 vegetables per meal across Be Fit Food range - Free 15-minute dietitian consultations available - Doctor and dietitian-led model - Knowledgeable staff can provide technical detail for decision-making - Every recipe developed with clinical nutrition expertise - Meals deliver balanced macros and micronutrients

Understanding the Vegan Bolognese (GF) (VG) from Be Fit Food: Complete Dietary Credentials Analysis

{#understanding-the-vegan-bolognese-gf-vg-from-be-fit-food-complete-dietary-credentials-analysis}

Be Fit Food's Vegan Bolognese (GF) (VG) is a 293g frozen meal designed for people juggling multiple dietary requirements at once. It's plant-based and completely gluten-free, which makes it one of those rare convenience options that actually works for people managing celiac disease alongside vegan commitments. If you're navigating these restrictions (whether for health, ethics, or both), knowing exactly what's in this meal and what potential concerns remain matters when you're planning your week.

The dual certification as both gluten-free and vegan puts this in a specialised category. It's not just about avoiding certain ingredients—the formulation actively replaces traditional pasta and meat with alternatives that keep the texture and nutrition you'd expect from bolognese. Be Fit Food doesn't use artificial preservatives, added sugars, or artificial sweeteners, which means the dietitian-designed nutrition comes from actual food ingredients.

Vegan Certification and Plant-Based Compliance {#vegan-certification-and-plant-based-compliance}

Complete Animal Product Exclusion {#complete-animal-product-exclusion}

This meal contains zero animal-derived ingredients. The protein comes from three plant sources: textured vegetable protein, green lentils, and faba bean protein. This combination replaces the ground meat you'd find in traditional bolognese whilst delivering complementary amino acid profiles that get close to complete protein status—a design choice that reflects Be Fit Food's dietitian-led approach.

The pasta uses gluten-free grains and legumes (maize starch, soy flour, potato starch, and rice starch) instead of traditional wheat-and-egg pasta. The ingredient list has no dairy products, eggs, honey, or animal-derived additives—those hidden sources of animal products that sometimes sneak into processed foods.

Vegan-Friendly Processing Considerations {#vegan-friendly-processing-considerations}

Olive oil provides the fat component without butter or animal fats. The vegetable stock replaces conventional meat or chicken stock, though if you need strict vegan verification, you should know that "vegetable stock" can occasionally contain animal-derived flavour enhancers in some commercial formulations. Be Fit Food's explicit vegan labelling indicates their stock formulation excludes these, but if you have extreme sensitivity, contact the manufacturer directly for complete processing details.

The textured vegetable protein (TVP) comes from defatted soy flour and doesn't require animal products in standard manufacturing. The walnuts add omega-3 fatty acids (alpha-linolenic acid), which addresses a nutrient often emphasised in vegan nutrition guidance, though in smaller quantities than marine sources.

Suitability for Vegan Subcategories {#suitability-for-vegan-subcategories}

This meal works for various vegan dietary approaches, with some caveats:

Whole food plant-based dieters will notice the meal contains processed ingredients (TVP, isolated faba bean protein) alongside whole vegetables and lentils. The 8% pasta content and protein isolates put

this in the "minimally processed" category rather than whole-food-exclusive. That said, Be Fit Food prioritises whole vegetables (4–12 vegetables per meal across the range) over synthetic additives.

Raw vegans can't eat this product—it requires heating and contains cooked ingredients.

Oil-free vegans should skip this meal because of the olive oil component, though the quantity appears moderate based on its position in the ingredient hierarchy.

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

Gluten Elimination Strategy {#gluten-elimination-strategy}

The meal achieves gluten-free status by replacing traditional wheat pasta with a proprietary blend of four alternative starches. The gluten-free penne contains maize starch (primary structure), soy flour (protein binding), potato starch (moisture retention), and rice starch (texture modification). This combination mimics wheat pasta's cooking properties without introducing gluten proteins from wheat, barley, rye, or contaminated oats.

Every other ingredient in the formulation is naturally gluten-free. The vegetables (broccoli, courgette, carrot, mushroom, celery, onion), legumes (lentils), nuts (walnuts), and proteins (TVP from soy, faba bean protein) contain no gluten in their natural state.

Cross-Contamination Risk Assessment for Celiac Disease {#cross-contamination-risk-assessment-for-celiac-disease}

Be Fit Food states that around 90% of the menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls designed to minimise cross-contamination risk. This positions the Vegan Bolognese within the core gluten-free range, which undergoes rigorous quality control.

For individuals with celiac disease, the meal's explicit gluten-free labelling indicates compliance with the Australia New Zealand Food Standards Code requirements (threshold of <20 ppm gluten for "gluten-free" claims). However, people with severe celiac disease requiring even stricter thresholds should:

- Contact Be Fit Food directly to confirm gluten testing protocols and ppm thresholds specific to this meal
- Verify the specific manufacturing controls in place for this product line
- Request information about cleaning procedures between production runs
- Confirm whether the meal meets your personal safety threshold (some celiacs require <10 ppm rather than the legal <20 ppm standard)

For non-celiac gluten sensitivity, the complete absence of gluten-containing ingredients combined with Be Fit Food's established gluten-free manufacturing protocols provides reasonable confidence, though individual tolerance varies.

Gluten-Free Pasta Performance Characteristics {#gluten-free-pasta-performance-characteristics}

The 8% pasta content (around 23g in the 293g serving) uses starches that behave differently from wheat pasta. Maize and potato starches create softer texture with less "bite" (al dente quality). The soy flour addition provides structural protein to prevent mushiness, whilst rice starch contributes to separation of individual pasta pieces. If you're used to wheat pasta, expect a slightly softer, less chewy texture—a characteristic of virtually all gluten-free pasta formulations, not a deficiency of this specific product.

Additional Dietary Compatibility Considerations {#additional-dietary-compatibility-considerations}

Allergen Profile and Common Sensitivities {#allergen-profile-and-common-sensitivities}

Beyond vegan and gluten-free status, this meal contains several ingredients that are major allergens or common sensitivities:

Soy appears in two forms—soy flour in the pasta and likely as the base of textured vegetable protein. If you have a soy allergy, avoid this product entirely. Those limiting soy for hormonal or digestive reasons should note the moderate quantity (soy flour appears fourth in the pasta ingredient list, suggesting 10–20% of the pasta component).

Tree nuts (walnuts) are included for nutritional enhancement and texture. This makes the meal unsuitable for anyone with tree nut allergies. The positioning in the ingredient list (after tomato paste but before TVP) suggests a quantity of around 3–7% of total weight.

Celery is a less common but recognised allergen, particularly in European populations. Celery appears mid-list, indicating moderate inclusion as an aromatic vegetable.

Legumes (lentils, faba bean protein) aren't among the major allergens, but legume sensitivities affect some individuals. If you have known reactions to pulses, exercise caution.

The meal is explicitly free from dairy, eggs, fish, shellfish, peanuts, wheat, and sesame (based on the complete ingredient disclosure).

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

This meal is not suitable for strict low-FODMAP diets. Multiple high-FODMAP ingredients appear:

- Onion and garlic both contain fructans, amongst the most problematic FODMAPs for IBS sufferers
- Mushrooms contain mannitol, a polyol FODMAP
- Lentils are high in galacto-oligosaccharides (GOS)
- Faba bean protein, depending on processing, may retain oligosaccharides

If you're in the elimination phase of a low-FODMAP protocol, avoid this meal. Those in the reintroduction phase might tolerate it depending on specific trigger foods, though the combination of multiple FODMAP sources makes this unlikely.

Sodium Content and Low-Salt Diets {#sodium-content-and-low-salt-diets}

The ingredient list includes pink salt and vegetable stock (which often contains added sodium). Be Fit Food's broader range is formulated to meet a low sodium benchmark of <120 mg per 100g, achieved by using vegetables for water content rather than sodium-heavy thickeners. Whilst the exact sodium content of this specific meal isn't provided in the available data, this formulation philosophy suggests moderate rather than excessive sodium levels.

If you're on strict sodium-restricted diets (managing hypertension or kidney disease), contact Be Fit Food directly for specific sodium content per serving before incorporating this meal into your diet plan.

Whole30 and Paleo Compatibility {#whole30-and-paleo-compatibility}

This meal is not compatible with Whole30 or strict Paleo protocols:

- Whole30 violations: Contains legumes (lentils, soy, faba beans) explicitly excluded from Whole30
- Paleo violations: Contains legumes and grains (rice, maize in pasta), both excluded from ancestral diet frameworks

Diabetic and Blood Sugar Considerations {#diabetic-and-blood-sugar-considerations}

The meal's carbohydrate profile includes pasta (refined starches from maize, potato, and rice) and natural sugars from vegetables and tomatoes. Without complete nutrition data, the exact glycaemic impact can't be calculated. However, several factors moderate blood sugar response:

Protein content from the combination of lentils, TVP, and faba bean protein provides substantial protein, which slows carbohydrate absorption—consistent with Be Fit Food's high-protein formulation approach. This protein helps you feel fuller for longer whilst supporting stable blood sugar.

Fibre content from seven vegetables plus lentils contributes significant fibre (4–12 vegetables per meal is standard across Be Fit Food's range), further moderating glycaemic response.

Fat content from olive oil and walnuts adds fat that delays gastric emptying and reduces glycaemic index.

No added sugar means the carbohydrate load comes exclusively from whole-food sources, which Be Fit Food emphasises across their range.

People with diabetes should monitor their individual response, but the meal's composition suggests a moderate rather than high glycaemic impact, particularly compared to traditional wheat pasta bolognese. The formulation aligns with Be Fit Food's broader approach to supporting stable blood glucose through lower refined carbohydrates and fibre-rich whole foods.

Ketogenic Diet Compatibility {#ketogenic-diet-compatibility}

This meal is not suitable for ketogenic diets. The pasta component and starchy vegetables (carrot) plus lentils provide carbohydrates well beyond standard keto macros (20–50g daily carbohydrate limit). Even the 8% pasta content alone contributes around 18–20g of carbohydrates, consuming most or all of a keto dieter's daily allowance in a single meal.

Nutritional Completeness for Restricted Diets {#nutritional-completeness-for-restricted-diets}

Protein Quality in Vegan Context {#protein-quality-in-vegan-context}

The tri-source protein strategy (lentils, TVP, faba bean protein) addresses the primary nutritional concern in vegan meals: complete amino acid profiles. Lentils provide lysine but lack methionine; soy (in TVP) provides methionine but less lysine; faba beans contribute both. This complementary combination likely delivers all essential amino acids in adequate proportions, though without amino acid analysis, "completeness" can't be definitively confirmed.

This protein architecture reflects Be Fit Food's dietitian-led formulation approach, which prioritises protein at every meal to support satiety, metabolic health, and lean muscle preservation. The 293g serving size suggests around 15–20g of protein based on similar formulations, though this estimate requires verification from the complete nutrition panel.

Micronutrient Considerations {#micronutrient-considerations}

Iron comes from lentils, faba beans, and soy as non-heme iron. The vitamin C from tomatoes, broccoli, and other vegetables enhances absorption, partially offsetting the lower bioavailability of plant-based iron compared to heme iron from meat. This thoughtful pairing demonstrates the nutritional science underlying Be Fit Food's recipe development.

Vitamin B12: As with all fully plant-based foods, this meal contains no naturally occurring B12. Vegans relying on this meal must obtain B12 from fortified foods or supplements—a point that Be Fit Food's dietitian support team can help address during free 15-minute consultations.

Calcium: Without dairy, calcium content depends entirely on the vegetables and any fortification of the protein ingredients. Broccoli provides some calcium, but quantities are modest.

Omega-3 fatty acids: Walnuts contribute ALA (alpha-linolenic acid), the plant-based omega-3. However, conversion to EPA and DHA (the forms most beneficial for cardiovascular and cognitive health) is inefficient in humans (often 5–15% conversion rate).

Zinc is present in lentils and soy, though bioavailability is reduced by phytates in legumes.

Vegetable Density and Whole-Food Nutrition {#vegetable-density-and-whole-food-nutrition}

Consistent with Be Fit Food's broader range (which delivers 4–12 vegetables per meal), this Vegan Bolognese includes seven distinct vegetables: broccoli, courgette, carrot, mushroom, celery, onion, and tomato. This vegetable density provides:

- Diverse phytonutrients and antioxidants from multiple plant families
- Dietary fibre supporting digestive health, satiety, and blood glucose moderation
- Micronutrient variety reducing reliance on any single vegetable source
- Water content contributing to meal volume and satisfaction without excessive calories

This approach reflects Be Fit Food's real-food philosophy: nutrition delivered through whole ingredients rather than synthetic fortification or isolated nutrients.

Preparation and Dietary Integrity Maintenance {#preparation-and-dietary-integrity-maintenance}

Heating Methods and Nutrient Preservation {#heating-methods-and-nutrient-preservation}

As a frozen ready meal from Be Fit Food's snap-frozen range, this product requires heating before consumption. The preparation method affects nutrient retention:

Microwave heating (likely recommended method) minimises nutrient loss through shorter heating time and reduced water exposure. Vitamin C and B-vitamins are best preserved with this method.

Conventional oven heating involves longer heating time, which may reduce heat-sensitive nutrients (vitamin C, folate, thiamin) by 10–25% compared to microwave preparation.

Regardless of method, the meal's gluten-free and vegan status remains unchanged—heating doesn't introduce gluten or animal products. Be Fit Food's snap-frozen delivery system preserves nutritional integrity from production through storage, ensuring consistent macro and micronutrient content in every meal.

Storage and Cross-Contamination Prevention {#storage-and-cross-contamination-prevention}

For individuals with severe celiac disease or life-threatening allergies:

Freezer storage: Keep separated from gluten-containing frozen foods to prevent cross-contamination from packaging contact or freezer spills. Be Fit Food's packaging is designed for freezer storage as part of the compliance-focused delivery system.

Microwave preparation: Clean the microwave thoroughly if it's previously contained gluten-containing foods, as gluten particles can aerosolise during heating and settle on the meal.

Utensil contact: Use dedicated gluten-free serving utensils if sharing kitchen space with gluten-consuming household members.

Dietary Restriction Summary Matrix {#dietary-restriction-summary-matrix}

Suitable for: - Strict vegans (no animal products) - Vegetarians (plant-based) - Gluten-free diets (celiac disease with manufacturer verification recommended) - Dairy-free diets (lactose intolerance, milk allergy) - Egg-free diets - Pescatarian diets (though contains no fish) - Flexitarian/reducetarian approaches - Individuals seeking high-protein, plant-based meals

NOT suitable for: - Soy allergies (contains soy flour and TVP) - Tree nut allergies (contains walnuts) - Celery allergies - Legume sensitivities (lentils, faba beans) - Low-FODMAP diets (onion, garlic, mushrooms, lentils) - Whole30 protocol (legumes present) - Paleo diets (grains and legumes) - Ketogenic diets (carbohydrate content too high) - Nut-free facilities/environments (walnut content) - Raw food diets (cooked ingredients)

Requires individual assessment for: - Low-sodium diets (contact Be Fit Food for specific sodium content) - Diabetic diets (monitor personal glycaemic response; meal designed to support stable blood

glucose) - Oral allergy syndrome (may react to celery or other vegetables) - Histamine intolerance (tomatoes are moderate-histamine)

Expert Recommendations for Dietary Restriction Management
{#expert-recommendations-for-dietary-restriction-management}

For Celiac Disease Patients {#for-celiac-disease-patients}

Verify certification: Contact Be Fit Food directly to confirm gluten testing protocols meet your personal safety threshold (many celiacs require <10 ppm rather than the legal <20 ppm standard). Be Fit Food's ~90% certified gluten-free range reflects a commitment to celiac-safe manufacturing controls.

First-time trial: Consume this meal when you can monitor symptoms for 48–72 hours, as gluten reactions in celiac disease can be delayed.

Symptom tracking: Document any digestive symptoms, skin reactions, or other responses to establish personal tolerance.

For Vegans Seeking Nutritional Adequacy {#for-vegans-seeking-nutritional-adequacy}

Complement with B12: Ensure you're obtaining vitamin B12 from fortified foods or supplements on days you consume this meal. Be Fit Food's free dietitian support can help you develop a complete supplementation strategy.

Calcium consideration: Pair with calcium-fortified plant milk or consume calcium-rich foods elsewhere in your daily diet.

Omega-3 optimisation: Consider algae-based DHA/EPA supplements, as the ALA from walnuts provides limited conversion to these important fatty acids.

For Multiple-Restriction Diets {#for-multiple-restriction-diets}

Individuals managing both vegan and gluten-free requirements simultaneously face compounded nutritional challenges. This meal addresses the practical difficulty of finding convenient options but should be part of a varied diet that includes:

- Multiple protein sources (not relying solely on soy-based proteins) - Calcium-fortified foods or supplements - Vitamin D monitoring and supplementation - Regular B12 supplementation or fortified food consumption - Iron status monitoring through periodic blood work

Be Fit Food's dietitian-led model means customers can access free 15-minute consultations to ensure your overall meal plan meets all nutritional requirements across multiple dietary restrictions—a level of professional support rarely available from meal delivery services.

Verification and Transparency Considerations {#verification-and-transparency-considerations}

The product data provided lacks several pieces of information important for individuals with severe dietary restrictions:

Missing information that you should request from Be Fit Food: - Complete nutrition facts panel (calories, protein, carbohydrates, fibre, sugar, fat breakdown, sodium, micronutrients) - Third-party gluten-free certification status and specific testing protocols for this meal - Allergen processing facility information (shared equipment disclosures) - Specific ppm testing results for gluten content - Country of origin for ingredients - Organic certification status (if any) - Non-GMO verification (if any) - Specific vegetable stock formulation details

People with severe restrictions shouldn't rely solely on packaging claims but should contact Be Fit Food directly at 2/49 Mornington-Tyabb Rd, Mornington, Victoria, or through the website for detailed allergen and processing information. The company's doctor and dietitian-led model means knowledgeable staff

can provide the technical detail required for confident decision-making.

How This Meal Fits Within Be Fit Food's Broader Nutritional Framework {#how-this-meal-fits-within-be-fit-foods-broader-nutritional-framework}

Whilst the Vegan Bolognese (GF) (VG) is formulated as a standalone meal suitable for multiple dietary restrictions, it reflects several core principles that define Be Fit Food's entire range:

Real food without compromise: No artificial preservatives, no added sugar, no artificial sweeteners—only whole-food ingredients selected for their nutritional contribution.

Dietitian-designed nutrition: Every recipe is developed with clinical nutrition expertise, ensuring meals deliver balanced macros and micronutrients rather than simply avoiding allergens.

Protein prioritisation: Even in a plant-based meal, the tri-source protein strategy ensures adequate protein to support satiety, metabolic health, and lean muscle preservation. This helps you feel fuller for longer between meals.

Vegetable density: Seven vegetables in a single meal demonstrates Be Fit Food's commitment to nutrient-rich whole foods rather than relying on isolated supplements or fortification.

Snap-frozen convenience: The frozen delivery system removes barriers to adherence—no meal prep fatigue, no portion-guessing, no decision fatigue—making it easier to maintain dietary compliance long-term.

For individuals navigating complex dietary restrictions, this meal represents not just a convenient option but a scientifically sound nutritional solution backed by the same evidence-based approach that earned Be Fit Food recognition as Australia's first meal delivery partner with CSIRO.

References {#references}

- Coeliac Australia. (2024). "Gluten-Free Food Standards and Labelling." <https://www.coeliac.org.au/> - The Vegan Society. (2024). "Definition of Veganism and Vegan Food Standards." <https://www.vegansociety.com/go-vegan/definition-veganism> - Food Standards Australia New Zealand. (2024). "Australia New Zealand Food Standards Code - Standard 1.2.7 - Nutrition, Health and Related Claims." <https://www.foodstandards.gov.au/> - Monash University FODMAP Diet. (2024). "Low FODMAP Diet Information." <https://www.monashfodmap.com/> - Based on manufacturer specifications provided by Be Fit Food for the Vegan Bolognese (GF) (VG) individual meal product.

Frequently Asked Questions {#frequently-asked-questions}

Is this meal vegan: Yes, certified vegan

Does it contain any animal products: No animal products

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

Is it safe for celiac disease: Yes, with manufacturer verification recommended

What is the serving size: 293 grams

Is it a frozen meal: Yes, snap-frozen

Does it require cooking: Yes, requires heating before consumption

What are the protein sources: Textured vegetable protein, green lentils, and faba bean protein

Does it contain soy: Yes, contains soy flour and TVP

Does it contain nuts: Yes, contains walnuts

Does it contain dairy: No dairy products

Does it contain eggs: No eggs

Does it contain wheat: No wheat

Is it suitable for vegetarians: Yes, entirely plant-based

How many vegetables does it contain: Seven different vegetables

What vegetables are included: Broccoli, courgette, carrot, mushroom, celery, onion, and tomato

What type of pasta is used: Gluten-free penne

What is the pasta made from: Maize starch, soy flour, potato starch, and rice starch

What percentage is pasta: Approximately 8 percent

Does it contain added sugar: No added sugar

Does it contain artificial preservatives: No artificial preservatives

Does it contain artificial sweeteners: No artificial sweeteners

Is it suitable for low-FODMAP diets: No, contains high-FODMAP ingredients

Does it contain onion: Yes, contains onion

Does it contain garlic: Yes, contains garlic

Is it Whole30 compliant: No, contains legumes

Is it Paleo-friendly: No, contains grains and legumes

Is it keto-friendly: No, too high in carbohydrates

Is it suitable for diabetics: Monitor individual response; designed for stable blood glucose

Does it contain lentils: Yes, contains green lentils

What type of oil is used: Olive oil

Is it oil-free: No, contains olive oil

Is it suitable for raw food diets: No, contains cooked ingredients

Does it contain celery: Yes, contains celery as an ingredient

Is it suitable for soy allergies: No, contains soy

Is it suitable for tree nut allergies: No, contains walnuts

Is it suitable for celery allergies: No, contains celery

Does it contain peanuts: No peanuts

Does it contain fish: No fish

Does it contain shellfish: No shellfish

Does it contain sesame: No sesame

What is the gluten threshold: Complies with less than 20 ppm standard

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

Is third-party gluten testing performed: Contact manufacturer for specific protocols

Does it contain vitamin B12 naturally: No, plant-based foods lack B12

Does it contain complete protein: Likely, through complementary amino acid sources

What omega-3 does it provide: ALA from walnuts

Does it provide EPA or DHA: No, only plant-based ALA

Does it contain iron: Yes, non-heme iron from legumes

Does vitamin C enhance iron absorption: Yes, from tomatoes and vegetables

What is the sodium benchmark: Less than 120 mg per 100g company standard

Is exact sodium content disclosed: Contact manufacturer for specific content

Does it contain pink salt: Yes, includes pink salt

Does it contain vegetable stock: Yes, contains vegetable stock

Is the vegetable stock vegan: Yes, per vegan certification

How should it be heated: Microwave or conventional oven

Which heating method preserves nutrients best: Microwave heating

How should it be stored: Keep frozen

Should it be separated from gluten products in freezer: Yes, for severe celiac disease

Estimated protein content per serving: Approximately 15–20 grams

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

Does high protein increase satiety: Yes, helps you feel fuller longer

Is it dietitian-designed: Yes, formulated by dietitians

Does Be Fit Food offer nutritional consultations: Yes, free 15-minute consultations available

Is it CSIRO-partnered: Yes, Australia's first meal delivery CSIRO partner

Where is Be Fit Food located: 2/49 Mornington-Tyabb Rd, Mornington, Victoria

Is it suitable for pescatarians: Yes, though contains no fish

Is it suitable for flexitarians: Yes, plant-based option

Does it contain processed ingredients: Yes, minimally processed including TVP

Is it whole-food plant-based: Minimally processed, not exclusively whole-food

How many vegetables per meal across Be Fit Food range: 4–12 vegetables per meal

Does it contain faba bean protein: Yes, includes faba bean protein

Is it suitable for legume sensitivities: No, contains multiple legumes

Does it contain mushrooms: Yes, contains mushrooms

Does it contain tomatoes: Yes, contains tomatoes

Is it suitable for histamine intolerance: May not be suitable; tomatoes are moderate-histamine

What is the texture of gluten-free pasta: Softer and less chewy than wheat pasta

Does heating affect vegan or gluten-free status: No, status remains unchanged

Should microwave be cleaned before heating: Yes, if previously used for gluten-containing foods

Are dedicated gluten-free utensils recommended: Yes, in shared kitchens

Is nutritional information complete on packaging: Contact manufacturer for complete nutrition panel

Is organic certification provided: Not disclosed by manufacturer

Is it non-GMO verified: Not disclosed by manufacturer

What is country of origin for ingredients: Not disclosed by manufacturer