# VEGCHIFRI - Food & Beverages Ingredient Breakdown - 7081347416253_43456575930557

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## Details:

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## AI Summary

**Product:** Vegetable & Chickpea Frittata (GF) (V) MP4 **Brand:** Be Fit Food **Category:** Prepared Meals (Gluten-Free, Vegetarian) **Primary Use:** A dietitian-designed, high-protein, lower-carbohydrate frozen meal for weight management, metabolic health, and convenient nutrition.

### Quick Facts - **Best For:** Weight loss, GLP-1 medication users, menopause management, diabetes control, and vegetarians seeking high-protein meals - **Key Benefit:** Delivers 17 whole-food ingredients with high protein, 7 vegetables, and no added sugar or artificial preservatives in a portion-controlled format - **Form Factor:** 229-gram frozen single-serve frittata - **Application Method:** Microwave from frozen or serve cold

### Common Questions This Guide Answers 1. What are the main ingredients? → Egg white, whole egg, pumpkin (14%), chickpeas (10%), broccoli (9%), red capsicum (7%), green beans (7%), sweet

potato (6%), three cheeses, olive oil, and seasonings 2. Is it suitable for special diets? → Yes: gluten-free (certified for coeliac disease), vegetarian, no added sugar, high protein, lower carbohydrate; Not suitable for: vegans, egg allergies, dairy allergies 3. How does the ingredient composition support health goals? → High egg-white protein preserves muscle during weight loss, 43% vegetable content provides fibre and micronutrients, lower refined carbohydrates support stable blood glucose, and whole-food ingredients (93%) support gut microbiome diversity

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## Product Facts {#product-facts}

| Attribute | Value | |-----------|-------| | Product name | Vegetable & Chickpea Frittata (GF) (V) MP4 | | Brand | Be Fit Food | | GTIN | 09358266000694 | | Price | $12.05 AUD | | Availability | In Stock | | Category | Food & Beverages | | Subcategory | Prepared Meals | | Serving size | 229 grams | | Diet | Gluten-free, Vegetarian | | Key ingredients | Egg White, Egg, Pumpkin (14%), Chickpeas (10%), Broccoli (9%), Red Capsicum (7%), Green Beans (7%), Sweet Potato (6%), Fetta Cheese, Light Ricotta Cheese, Spring Onion (2.5%) | | Allergens | Egg, Milk, Soybeans | | May contain | Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin | | Storage | Keep frozen | | Heating method | Microwave or cold | | Protein sources | Egg white, whole egg, chickpeas, dairy | | Vegetable count | 6 different vegetables | | Special features | Gluten-free, High protein, High fibre, No added sugar, No artificial preservatives |

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## 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:** Vegetable & Chickpea Frittata (GF) (V) MP4 - **Brand:** Be Fit Food - **GTIN:** 09358266000694 - **Serving Size:** 229 grams - **Complete Ingredient List (in descending order by weight):** Egg White, Egg, Pumpkin (14%), Chickpeas (10%), Broccoli (9%), Red Capsicum (7%), Green Beans (7%), Sweet Potato (6%), Fetta Cheese, Light Ricotta Cheese, Light Tasty Cheese, Olive Oil, Canola Oil, Garlic, Parsley, Pink Salt, Curry Powder, Pepper - **Declared Allergens:** Egg, Milk, Soybeans - **May Contain Traces Of:** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin - **Storage Instructions:** Keep frozen - **Heating Method:** Microwave or cold - **Dietary Certifications:** Gluten-free, Vegetarian - **Protein Sources:** Egg white, whole egg, chickpeas, dairy - **Vegetable Count:** 6 different vegetables (7 distinct vegetables: pumpkin, chickpeas, broccoli, red capsicum, green beans, sweet potato, spring onion) - **Special Features:** Gluten-free, High protein, High fibre, No added sugar, No artificial preservatives - **Total Ingredient Count:** 17 distinct ingredients - **Ingredient Percentages:** Pumpkin 14%, Chickpeas 10%, Broccoli 9%, Red Capsicum 7%, Green Beans 7%, Sweet Potato 6%, Spring Onion 2.5% - **Approximate Vegetable Content:** 43% by weight - **Price:** $12.05 AUD - **Availability:** In Stock - **Category:** Food & Beverages - Prepared Meals

### General Product Claims {#general-product-claims} - Prepared meal that balances protein delivery, vegetable diversity, and functional ingredients - Built around egg proteins as the structural base - Provides transparency beyond minimum regulatory requirements - Relevant for health-conscious consumers comparing prepared meals to whole-food alternatives - Increases overall protein content whilst reducing fat and cholesterol - Creates a fluffier texture through increased protein-to-fat ratio - Contributes essential amino acids, making this a complete protein source for vegetarian diets - Prioritises protein at every meal to support satiety, lean muscle mass, and metabolic health - Important for customers managing weight loss, using GLP-1 medications, or navigating metabolic transitions like menopause - Achieves high protein density whilst maintaining sensory qualities that support long-term adherence - Contributes natural sweetness, beta-carotene (vitamin A precursor), fibre, and moisture - Provides structural bulk whilst adding nutritional density - Supports stable blood glucose response -

Creates a complementary protein profile and adds textural variety - Provides minerals including iron, magnesium, and zinc, valuable in a vegetarian meal - Delivers protein and fibre from recognisable food sources rather than isolated supplements or protein powders - Contributes glucosinolates, vitamin C, vitamin K, and folate - Adds both nutritional value and visual appeal - Provides flavour complexity that prevents the dish from becoming overly sweet - Ensures structural integrity within the frittata - Aligns with emphasis on nutrient density and phytonutrient diversity - Delivers sweetness, vibrant colour, vitamin C, and carotenoids - Balances the savoury and slightly bitter elements from other vegetables - Creates visual appeal and signals freshness and nutrient density - Contributes to the overall antioxidant profile - Contributes additional fibre, vitamin K, and a distinct crisp-tender texture - Helps consumers identify distinct vegetable components - Supports satiety and digestive health benefits, important for customers managing appetite suppression from GLP-1 medications or navigating metabolic changes of menopause - Provides additional complex carbohydrates, beta-carotene, and natural sweetness - Makes the meal more satisfying - Adds body and helps create a cohesive structure - Ensures meals remain nutritionally complete - Supports adherence and prevents nutrient deficiencies during rapid weight loss or when appetite is suppressed by medications - Provides allium flavour compounds that contribute savoury depth and aromatic complexity - Adds flavour without overwhelming delicate egg and vegetable components - Contributes quercetin and other flavonoids with potential health benefits - Demonstrates attention to flavour layering using whole-food ingredients - Introduces salty, tangy flavour through characteristic acidity and high salt content - Creates pockets of creamy, salty richness throughout the frittata - Contributes additional protein and calcium - Creates satisfying, restaurant-quality meals that don't sacrifice flavour for nutritional goals - Key factor in supporting long-term adherence and preventing flavour fatigue - Acts as a creamy binder that increases moisture content and adds mild dairy flavour without excessive fat - Demonstrates formulation sophistication - Manages caloric density whilst preserving creamy mouthfeel that drives meal satisfaction - Provides sharp, aged cheese flavour and melting properties - Creates a layered dairy profile that enhances palatability and provides textural variety - Recognises that sustainable weight loss requires meals people actually want to eat repeatedly - Primary cooking fat - Contributes monounsaturated fatty acids (primarily oleic acid), vitamin E, and subtle fruity flavour notes - Suggests health-conscious formulation choice - Associated with cardiovascular benefits and Mediterranean dietary patterns - Facilitates even cooking, prevents sticking, and contributes to moist texture - Component of CSIRO Low Carb Diet framework - Contributes omega-3 alpha-linolenic acid (ALA) - Offers favourable omega-6 to omega-3 ratio compared to many other vegetable oils - Provides pungent, savoury depth through sulphur-containing compounds - Antimicrobial properties may contribute to product stability - Functions as both a flavouring herb and a source of colour - Contains vitamin K, vitamin C, and various flavonoids - Helps lift overall taste profile, preventing the dish from becoming heavy or monotonous - Provides sodium chloride for seasoning whilst contributing trace minerals - May reflect brand positioning and consumer preferences for "natural" or "premium" ingredients - Formulation philosophy targets low sodium levels (less than 120 mg per 100 g) - Strategy supports cardiovascular health and distinguishes meals from standard prepared foods - Introduces warm spices that add complexity and subtle heat - Turmeric component contributes curcumin with potential anti-inflammatory properties - Creates globally-inspired, flavour-forward meals - Delivers variety and prevents monotony that can undermine adherence to structured eating plans - Provides pungency through piperine and contributes aromatic complexity - Demonstrates attention to flavour completion - Current range standards: no added sugar or artificial sweeteners, with flavour built through ingredient selection, cooking technique, and strategic spice use - Shows minimal processing and no artificial additives, preservatives, or flavour enhancers - Relies on inherent properties of whole-food ingredients for structure and stability - Preservation achieved through snap-freezing rather than chemical preservatives - Maintains ingredient integrity and nutritional value - Snap-frozen delivery system provides compliance support through consistent portions and consistent macros - Eliminates decision fatigue, minimises spoilage - Lets customers maintain structured eating routine with minimal friction - Valuable for those managing appetite suppression from GLP-1 medications or navigating metabolic transitions of menopause - Transparently acknowledges that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients - Level of transparency exceeds standard industry practice

- Suitable for coeliac disease and gluten sensitivity - Offers unusually deep gluten-free range, with around 90% of menu certified gluten-free and suitable for coeliac disease - Clearly disclosed to support informed, coeliac-safe decision-making - Suitable for lacto-ovo vegetarians - Maintains both vegetarian and vegan ranges - Ensures plant-based customers can access high-protein, lower-carbohydrate options that don't compromise on satisfaction or nutritional completeness - Positioned favourably for consumers monitoring added sugar intake - Particularly relevant for customers managing GI symptoms or cravings - Percentage declarations exceed minimum regulatory requirements, suggesting commitment to transparency - Positioned as mainstream product rather than premium, provenance-focused offering - Accessibility mission: making dietitian-designed, scientifically-backed meals available to broad range of Australians, including NDIS participants and home care recipients - Ingredient standardisation ensures every frittata delivers identical nutritional values and sensory qualities - Essential for customers relying on meals for structured weight-loss programmes where calorie and macro consistency directly impacts outcomes - Creates protein-rich meal with moderate carbohydrates from vegetables and legumes, and controlled fat - Formulation designed to maximise protein and micronutrient density whilst managing caloric density - Creates more balanced amino acid profile and improves satiety through fibre content - Macronutrient architecture: high-protein, lower-carbohydrate, energy-controlled meals - Designed to support weight loss, preserve lean muscle mass, and improve metabolic health - Principles grounded in CSIRO Low Carb Diet framework and reinforced by peer-reviewed clinical evidence - For GLP-1 users: macronutrient balance is particularly strategic - High protein content helps protect against muscle loss during medication-assisted weight reduction - Supports satiety even when appetite is suppressed - Provides adequate amino acids for metabolic function - Lower refined carbohydrate content and fibre support more stable blood glucose - Reduces post-meal spikes, lowers insulin demand, and improves insulin sensitivity - Critical for managing insulin resistance and Type 2 diabetes - Provides diverse micronutrient profile - Micronutrient diversity important during weight loss or medication-assisted weight management - Helps maintain nutritional adequacy even during calorie restriction - Key advantage over meal-replacement shakes or bars that may provide isolated nutrients but lack phytonutrient complexity of whole foods - For women navigating perimenopause or menopause: micronutrient density supports multiple health priorities - Provides dietary fibre from multiple sources - Contributes to satiety, supports digestive health, and moderates blood glucose response - Strategically important across Be Fit Food's customer base - For GLP-1 users: fibre from real vegetables supports fullness, slows glucose absorption, improves gut health, and supports gut-brain axis - For individuals managing diabetes or insulin resistance: fibre moderates carbohydrate absorption and improves glycaemic control - For women in menopause: fibre supports cholesterol metabolism and cardiovascular health - Textural engineering essential for customer adherence - Meals must deliver satisfying mouthfeel and eating experience even after snap-freezing and microwave reheating - For customers with reduced appetite: texture becomes particularly important - Meals must be easy to tolerate, pleasant to eat in smaller portions, and deliver satisfaction without requiring large volumes - Creates multiple flavour layers - Complexity prevents flavour fatigue and creates interesting eating experience - Balance creates sophisticated flavour profile that elevates this beyond basic combinations - Flavour architecture critical for long-term adherence - Programmes often involve eating same meal format repeatedly, so each meal must deliver enough sensory interest to remain appealing over time - "Real food" philosophy creates sustainable palatability that supports lasting behaviour change rather than short-term compliance - Colour palette creates visual interest and signals nutrient diversity - Visual presentation reinforces "4-12 vegetables per meal" positioning - Provides visual evidence of whole-food ingredients - Creates appetite appeal that supports adherence - For customers transitioning from highly processed foods or managing appetite suppression: visually appealing, recognisable food can improve meal acceptance and satisfaction - Gluten-free claim requires product to contain no detectable gluten (less than 3 parts per million) - Manufactured with controls to prevent cross-contamination - 90% gluten-free menu certification reflects systematic ingredient control and manufacturing protocols that exceed standard industry standards - Essential for serving coeliac community safely - Vegetarian and vegan ranges reflect commitment to dietary inclusivity - Partnership with CSIRO established formulation principles grounded in peer-reviewed research - Was CSIRO's first commercial meal partner to develop ready-made meals

aligned to CSIRO Low Carb Diet framework - Meals formulated and independently tested to meet benchmarks - Independent testing showed meals contained on average 68% less carbohydrate and 55% less sodium compared to standard ready meals in Australian market - Peer-reviewed randomised controlled trial published in Cell Reports Medicine (October 2025) demonstrated food-based VLEDs using meals with around 93% whole-food ingredients produced significantly greater improvements in gut microbiome diversity compared to supplement-based VLEDs - Evidence directly supports "real food, not shakes" positioning - Suggests ingredient quality and food matrix matter beyond simple calorie and macro equations - Evidence foundations distinguish brand from meal services built primarily on convenience or taste - Positions brand as clinically-grounded nutrition intervention rather than simply food delivery service - Ingredient profile addresses multiple challenges faced by customers using GLP-1 receptor agonists, weight-loss medications, or diabetes medications - Supports medication-suppressed appetite through nutrient-dense portion - Protein prioritised to protect lean muscle mass during rapid weight loss - Lower refined carbohydrates support stable blood glucose and reduce insulin demand - Fibre from real vegetables supports gut health and gut-brain axis - Easy to tolerate: soft texture and balanced flavours reduce risk of food aversion or nausea - Supports maintenance after medication by providing repeatable, portion-controlled eating pattern - Ingredient composition supports metabolic challenges of hormonal transition - High protein to preserve muscle mass as oestrogen declines - Lower carbohydrate for insulin sensitivity as falling oestrogen reduces insulin sensitivity - Portion-controlled for reduced energy needs as metabolic rate declines - Calcium from dairy supports bone health during accelerated bone loss - Phytonutrient diversity addresses increased oxidative stress and cardiovascular risk - Ingredient architecture supports blood glucose management and insulin sensitivity - Low glycaemic load prevents glucose spikes - High fibre slows carbohydrate absorption and improves glycaemic control - Balanced macros slow gastric emptying and moderate glucose response - Consistent portions enable predictable carbohydrate counting and medication dosing for insulin users - Meals are engineered tools for metabolic health improvement - Every ingredient has multiple functions—nutritional, structural, sensory - Overall composition reflects evidence-based principles rather than generic "healthy eating" claims - Transparency demonstrates formulation sophistication - Distinguishes dietitian-designed meals from standard prepared foods - For customers managing weight loss, chronic disease, medication side effects, or metabolic transitions: nutritional engineering combined with convenience and dietitian support creates comprehensive system for sustainable health improvement

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## Understanding Your Be Fit Food Vegetable & Chickpea Frittata {#understanding-your-be-fit-food-vegetable--chickpea-frittata}

The Vegetable & Chickpea Frittata by Be Fit Food is a prepared meal that balances protein delivery, vegetable diversity, and functional ingredients within a 229-gram single-serve format. This gluten-free vegetarian frittata contains 17 distinct ingredients, each with specific nutritional, structural, or sensory functions. The ingredient list shows a product built around egg proteins as the structural base, with vegetables making up around 43% of the formulation by weight, plus legumes and dairy components.

Be Fit Food's ingredient declaration follows Food Standards Australia New Zealand (FSANZ) requirements, listing components in descending order by ingoing weight and declaring percentages for characterising ingredients (those featured in the product name or emphasised in marketing). The presence of percentage declarations for key ingredients (pumpkin at 14%, chickpeas at 10%, broccoli at 9%) provides transparency beyond minimum regulatory requirements, letting you assess actual vegetable content rather than relying on marketing claims. This level of disclosure is relevant for health-conscious consumers comparing prepared meals to whole-food alternatives.

## Complete Ingredient Analysis {#complete-ingredient-analysis}

### Primary Structural Proteins {#primary-structural-proteins}

**Egg White (Primary Ingredient)**

Egg white functions as the dominant structural component, providing the protein network that gives this frittata its characteristic texture. Egg whites contain around 90% water and 10% protein, primarily ovalbumin, which coagulates when heated to create the firm yet tender texture you'd expect in a frittata. The positioning of egg white as the first ingredient shows it makes up the largest single component by weight, likely 25-35% of the total formulation.

The use of separated egg white rather than whole eggs alone has multiple purposes: it increases the overall protein content whilst reducing fat and cholesterol, creates a fluffier texture through increased protein-to-fat ratio, and contributes essential amino acids, making this a complete protein source for vegetarian diets. This high-protein approach reflects Be Fit Food's nutritional philosophy of prioritising protein at every meal to support satiety, lean muscle mass, and metabolic health—principles that matter for customers managing weight loss, using GLP-1 medications, or navigating metabolic transitions like menopause.

**Whole Egg (Secondary Protein)**

Whole eggs appear as the second ingredient, providing the richness, colour, and additional binding properties that egg whites alone cannot deliver. The yolk contributes lecithin, a natural emulsifier that improves texture and mouthfeel, along with fat-soluble vitamins (A, D, E, K) and carotenoids that give the frittata its golden colour.

The combination of egg white and whole egg is a deliberate formulation strategy: sufficient whole egg to deliver flavour and nutritional completeness, with additional egg white to boost protein content and create the desired light, fluffy texture. This dual-egg approach lets Be Fit Food achieve the high protein density that characterises their dietitian-designed meals whilst maintaining the sensory qualities that support long-term adherence.

### Vegetable Components and Their Functions {#vegetable-components-and-their-functions}

**Pumpkin (14%)**

Pumpkin is the highest-percentage vegetable ingredient, contributing natural sweetness, beta-carotene (vitamin A precursor), fibre, and moisture. At 14% of the formulation (around 32 grams per serving), pumpkin provides structural bulk whilst adding nutritional density. The natural sugars in pumpkin (3-5% by weight) contribute to browning during cooking and balance the savoury elements.

Pumpkin's soft texture when cooked integrates seamlessly into the egg matrix without creating textural disruptions, whilst its mild flavour complements rather than dominates the overall taste profile. The beta-carotene content provides antioxidant properties and contributes to the warm colour palette of the finished product. As part of Be Fit Food's commitment to vegetable density (4-12 vegetables per meal), pumpkin has both nutritional and functional roles in creating a satisfying, nutrient-dense meal that supports stable blood glucose response—a key consideration in the brand's low-carb, metabolic-health framework.

**Chickpeas (10%)**

Chickpeas (around 23 grams per serving) introduce plant-based protein, complex carbohydrates, and additional fibre, transforming this from a simple egg-and-vegetable dish into a more substantial, balanced meal. Chickpeas contain around 19% protein and 17% fibre (dry weight), though the cooked chickpeas used here contain significant moisture.

The inclusion of legumes alongside eggs creates a complementary protein profile and adds textural variety through the firm, slightly grainy bite of whole or partially broken chickpeas. Chickpeas also contribute resistant starch, which functions as a prebiotic fibre, and provide minerals including iron, magnesium, and zinc—valuable in a vegetarian meal where these nutrients might otherwise be limited.

This legume inclusion reflects Be Fit Food's whole-food philosophy: delivering protein and fibre from recognisable food sources rather than relying on isolated supplements or protein powders.

**Broccoli (9%)**

Broccoli (around 21 grams) contributes glucosinolates, vitamin C, vitamin K, and folate. As a cruciferous vegetable, broccoli adds both nutritional value and visual appeal through its distinctive green colour and recognisable floret structure. The slightly bitter, sulphurous notes of broccoli provide flavour complexity that prevents the dish from becoming overly sweet.

Broccoli's firm texture even when cooked ensures it maintains structural integrity within the frittata, creating distinct vegetable pieces rather than dissolving into the egg matrix. This textural contrast is essential for consumer perception of vegetable content and eating satisfaction. The inclusion of cruciferous vegetables aligns with Be Fit Food's emphasis on nutrient density and phytonutrient diversity—components that support the metabolic health outcomes central to the brand's clinical positioning.

**Red Capsicum (7%)**

Red capsicum (around 16 grams) delivers sweetness, vibrant colour, vitamin C (at higher concentrations than green capsicum), and carotenoids including capsanthin. The natural sweetness of red capsicum—containing 4-6% sugars compared to 2-3% in green capsicum—balances the savoury and slightly bitter elements from other vegetables.

The bright red colour creates visual appeal and signals freshness and nutrient density. Red capsicum's thin cell walls break down during cooking, releasing flavour compounds whilst maintaining enough structure to remain identifiable in the finished product. This vegetable contributes to the overall antioxidant profile whilst supporting the visual diversity that makes the frittata appealing and recognisable as a vegetable-rich meal.

**Green Beans (7%)**

Green beans (around 16 grams) contribute additional fibre, vitamin K, and a distinct crisp-tender texture that contrasts with softer vegetables. The linear shape of green beans creates visual variety and helps consumers identify distinct vegetable components rather than perceiving a homogeneous vegetable mixture.

Green beans' mild, slightly grassy flavour doesn't compete with other ingredients whilst contributing to the overall perception of vegetable abundance. Their chlorophyll content adds to the green colour palette alongside broccoli. The fibre content from green beans, combined with fibre from other vegetables and chickpeas, supports the satiety and digestive health benefits that are important for customers managing appetite suppression from GLP-1 medications or navigating the metabolic changes of menopause.

**Sweet Potato (6%)**

Sweet potato (around 14 grams) provides additional complex carbohydrates, beta-carotene, and natural sweetness. Like pumpkin, sweet potato contributes to the overall carbohydrate content that makes this meal more satisfying than a simple egg-and-vegetable frittata would be.

The dense, creamy texture of cooked sweet potato adds body and helps create a cohesive structure. Sweet potato's natural sweetness (containing 5-7% sugars) reinforces the subtle sweet-savoury balance of the dish. Whilst Be Fit Food emphasises lower-carbohydrate formulations, the strategic inclusion of nutrient-dense, fibre-rich carbohydrate sources like sweet potato ensures meals remain nutritionally complete—supporting adherence and preventing the nutrient deficiencies that can occur during rapid weight loss or when appetite is suppressed by medications.

**Spring Onion (2.5%)**

Spring onion (around 6 grams) provides allium flavour compounds including sulphur-containing volatiles that contribute savoury depth and aromatic complexity. The mild onion flavour of spring onion—less aggressive than regular onions—adds flavour without overwhelming the delicate egg and vegetable components.

Both the white bulb and green tops likely contribute, with the green portions adding colour and mild onion flavour whilst the white portions provide more concentrated allium character. Spring onions also contribute quercetin and other flavonoids with potential health benefits. This ingredient demonstrates Be Fit Food's attention to flavour layering—using whole-food ingredients to build complexity and satisfaction without relying on added salt, sugar, or artificial flavour enhancers.

### Dairy Components {#dairy-components}

**Fetta Cheese**

Fetta introduces salty, tangy flavour through its characteristic acidity and high salt content (usually 2-4% sodium). The brined cheese adds moisture and creates pockets of creamy, salty richness throughout the frittata. Fetta's crumbly texture means it doesn't melt completely, maintaining distinct cheese pieces that provide textural and flavour bursts.

Fetta contributes additional protein and calcium whilst its strong flavour lets relatively small quantities deliver significant taste impact. The traditional sheep's milk fetta flavour profile (though commercial versions may use cow's milk) adds complexity and Mediterranean character. This cheese selection reflects Be Fit Food's approach to creating satisfying, restaurant-quality meals that don't sacrifice flavour for nutritional goals—a key factor in supporting long-term adherence and preventing the flavour fatigue that often undermines weight-loss efforts.

**Light Ricotta Cheese**

Light ricotta acts as a creamy binder that increases moisture content and adds mild dairy flavour without excessive fat. Ricotta's high moisture content (70-75%) and mild flavour make it ideal for incorporating into egg-based dishes where it enhances creaminess without dominating.

The "light" designation shows reduced fat content compared to regular ricotta (usually 8-10% fat versus 13-15%), which fits with the product's positioning as a lighter meal option. Ricotta contributes whey proteins and calcium whilst maintaining a soft, spreadable texture that integrates seamlessly into the egg matrix. This ingredient choice demonstrates Be Fit Food's formulation sophistication: using reduced-fat dairy strategically to manage caloric density whilst preserving the creamy mouthfeel that drives meal satisfaction.

**Light Tasty Cheese**

"Tasty" cheese (Australian terminology for aged cheddar-style cheese) provides sharp, aged cheese flavour and melting properties. The "light" version reduces fat content whilst maintaining flavour through ageing and culture selection. This cheese likely melts during cooking, creating creamy pockets and contributing to the overall cheese flavour profile.

The combination of three cheese types—fetta for saltiness and tang, ricotta for creaminess and moisture, and tasty cheese for sharp aged flavour—creates a layered dairy profile that enhances palatability and provides textural variety. This multi-cheese approach recognises that sustainable weight loss requires meals people actually want to eat repeatedly.

### Oils and Fats {#oils-and-fats}

**Olive Oil**

Olive oil is the primary cooking fat, contributing monounsaturated fatty acids (primarily oleic acid), vitamin E, and subtle fruity flavour notes. The use of olive oil rather than butter or other fats suggests a health-conscious formulation choice, as olive oil is associated with cardiovascular benefits and Mediterranean dietary patterns.

Olive oil facilitates even cooking, prevents sticking, and contributes to the moist texture of the finished frittata. The fat content also enhances flavour delivery by carrying fat-soluble flavour compounds and creating mouthfeel richness. This ingredient choice fits with Be Fit Food's emphasis on healthy unsaturated fats—a component of the CSIRO Low Carb Diet framework that guided the brand's original meal development and continues to inform formulation principles.

**Canola Oil**

Canola oil appears later in the ingredient list, suggesting a smaller quantity than olive oil. Canola oil's neutral flavour and high smoke point make it suitable for cooking applications where olive oil's lower smoke point might be limiting. The inclusion of both oils may reflect cost optimisation (canola being less expensive) or functional requirements where a neutral oil performs better.

Canola oil contributes omega-3 alpha-linolenic acid (ALA) and offers a favourable omega-6 to omega-3 ratio compared to many other vegetable oils, adding nutritional value beyond simple fat content. It's worth noting that Be Fit Food's current range standards specify "no seed oils," which suggests that formulations may evolve or that canola oil—technically derived from rapeseed—is treated as an acceptable exception within the brand's ingredient framework, or that this particular product may predate the current standards. Customers seeking strict seed-oil avoidance should connect with Be Fit Food's dietitian support team for the most current formulation details.

### Flavoring and Seasoning Ingredients {#flavoring-and-seasoning-ingredients}

**Garlic**

Garlic provides pungent, savoury depth through sulphur-containing compounds including allicin and its derivatives. The positioning of garlic mid-list suggests moderate usage—enough to contribute noticeable flavour without overwhelming the delicate egg and vegetable components.

Garlic's antimicrobial properties may contribute to product stability, though in a frozen product this is less critical than flavour contribution. The aromatic compounds in garlic complement the vegetables and cheese whilst adding complexity to the overall flavour profile. This ingredient reflects Be Fit Food's whole-food seasoning approach: building flavour through vegetables, herbs, and aromatics rather than relying on high-sodium seasoning blends or artificial flavour enhancers.

**Parsley**

Parsley functions as both a flavouring herb and a source of colour, contributing fresh, slightly peppery notes and green visual appeal. Fresh parsley contains vitamin K, vitamin C, and various flavonoids. The mild flavour of parsley enhances other ingredients without competing, whilst the green colour signals freshness and herb content.

Parsley's bright flavour helps lift the overall taste profile, preventing the dish from becoming heavy or monotonous despite its egg and cheese base. This herb inclusion demonstrates attention to sensory balance—ensuring that each bite delivers freshness and complexity that sustains interest and satisfaction throughout the meal.

**Pink Salt**

Pink salt (likely Himalayan pink salt based on current market trends) provides sodium chloride for seasoning whilst contributing trace minerals that give it the characteristic pink colour. From a functional perspective, pink salt performs identically to regular salt in seasoning, with the trace mineral content being nutritionally insignificant at usual usage levels.

The choice of pink salt may reflect brand positioning and consumer preferences for "natural" or "premium" ingredients. Salt is essential for flavour enhancement, bringing out the natural flavours of vegetables and balancing sweetness whilst making the dish palatable. Be Fit Food's formulation philosophy targets low sodium levels (less than 120 mg per 100 g), using vegetables for water content and flavour rather than relying on salt-heavy thickeners or seasonings—a strategy that supports cardiovascular health and distinguishes these meals from standard prepared foods.

**Curry Powder**

Curry powder introduces warm spices (usually including turmeric, coriander, cumin, fenugreek, and others depending on the blend) that add complexity and subtle heat. The positioning late in the ingredient list shows restrained use—enough to add interest without making this a distinctly "curry-flavoured" frittata.

The turmeric component contributes curcumin with potential anti-inflammatory properties and adds golden-yellow colour. The aromatic spices complement the vegetables, particularly the sweet vegetables like pumpkin and sweet potato, whilst adding depth to the overall flavour profile. This spice inclusion reflects Be Fit Food's approach to creating globally-inspired, flavour-forward meals that deliver variety and prevent the monotony that can undermine adherence to structured eating plans.

**Pepper**

Black pepper (assumed, though white pepper is possible) provides pungency through piperine and contributes aromatic complexity. Pepper's sharp, slightly hot flavour adds a finishing note that enhances overall palatability and provides subtle heat without capsaicin intensity.

The use of pepper as a final seasoning element demonstrates attention to flavour completion—ensuring the dish offers sufficient aromatic lift and sensory interest to satisfy without relying on excessive salt or added sugars. This reflects Be Fit Food's current range standards: no added sugar or artificial sweeteners, with flavour built through ingredient selection, cooking technique, and strategic spice use.

## Ingredient Quality Indicators {#ingredient-quality-indicators}

### Processing and Preservation Considerations {#processing-and-preservation-considerations}

The ingredient list shows minimal processing and no artificial additives, preservatives, or flavour enhancers. The absence of stabilisers, emulsifiers (beyond naturally occurring lecithin in eggs), or texture modifiers suggests this product relies on the inherent properties of whole-food ingredients for structure and stability.

Preservation is achieved through snap-freezing rather than chemical preservatives, maintaining ingredient integrity and nutritional value. The "keep frozen" instruction shows the product depends on low temperature for microbiological stability rather than salt content, pH adjustment, or antimicrobial additives. This snap-frozen delivery system is central to Be Fit Food's model: it provides compliance support through consistent portions and consistent macros, eliminates decision fatigue, minimises spoilage, and lets customers maintain a structured eating routine with minimal friction—valuable for those managing appetite suppression from GLP-1 medications or navigating the metabolic transitions of menopause.

Be Fit Food's current range standards specify: no seed oils (with the canola oil note above), no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The brand transparently acknowledges that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (such as cheese, small goods, or dried fruit), used only where no alternative exists and in small quantities, with preservatives not added directly to meals. This level of transparency exceeds standard industry

practice and reflects the brand's commitment to informed consumer choice.

### Allergen and Dietary Considerations {#allergen-and-dietary-considerations}

The ingredient list contains eggs and dairy (milk products), making it unsuitable for vegans or those with egg or dairy allergies. However, the gluten-free certification shows careful sourcing of ingredients and processing to avoid gluten contamination, making it appropriate for coeliac disease and gluten sensitivity.

Be Fit Food offers an unusually deep gluten-free range, with around 90% of the menu certified gluten-free and suitable for coeliac disease. The remaining 10% includes either meals that contain gluten or meals without gluten ingredients but with potential traces due to shared lines for those specific products. This is clearly disclosed to support informed, coeliac-safe decision-making—reflecting the brand's emphasis on transparency and customer safety.

The vegetarian status (no meat, poultry, or fish) makes this suitable for lacto-ovo vegetarians. The absence of animal-derived rennet in the cheese selection (usually microbial rennet in commercial products) supports the vegetarian classification. Be Fit Food maintains both vegetarian and vegan ranges, ensuring plant-based customers can access high-protein, lower-carbohydrate options that don't compromise on satisfaction or nutritional completeness.

No added sugars appear in the ingredient list—all sweetness derives from naturally occurring sugars in vegetables. This positions the product favourably for consumers monitoring added sugar intake and fits with Be Fit Food's formulation standards and metabolic-health focus. The absence of artificial sweeteners is relevant for customers managing GI symptoms or cravings, as artificial sweeteners can worsen both in some individuals.

## Ingredient Sourcing and Transparency {#ingredient-sourcing-and-transparency}

### Geographic and Quality Indicators {#geographic-and-quality-indicators}

The product page does not specify ingredient origins. Ingredient origin information not disclosed by manufacturer - contact manufacturer directly for sourcing details. Australian food manufacturers usually source vegetables domestically when possible, though this cannot be confirmed without manufacturer disclosure.

The use of percentage declarations for major vegetables exceeds minimum regulatory requirements, suggesting a commitment to transparency. However, the absence of organic certification, free-range egg certification, or specific sourcing claims (local, sustainable, etc.) shows this is positioned as a mainstream product rather than a premium, provenance-focused offering. This positioning reflects Be Fit Food's accessibility mission: making dietitian-designed, scientifically-backed meals available to a broad range of Australians, including NDIS participants and home care recipients, rather than targeting only premium-price segments.

### Ingredient Form and Preparation {#ingredient-form-and-preparation}

The ingredient list does not specify whether vegetables are fresh or frozen prior to incorporation. Vegetable form specification not disclosed by manufacturer - contact manufacturer directly for processing details. Commercial prepared meal production usually uses individually quick-frozen (IQF) vegetables for consistency, food safety, and year-round availability, though fresh vegetables may be used when seasonally optimal.

The eggs are likely liquid pasteurised egg products (separated egg white and whole egg) rather than shell eggs, which is standard in commercial food production for food safety, consistency, and efficiency. Pasteurisation eliminates Salmonella risk whilst maintaining functional properties—a critical consideration for a product that will be reheated by consumers rather than cooked from raw.

Cheeses are likely commercial dairy products selected for consistent moisture content, melting properties, and flavour profiles. The "light" designation shows these are reduced-fat versions manufactured specifically for food service and food manufacturing applications. This ingredient standardisation ensures that every Vegetable & Chickpea Frittata delivers identical nutritional values and sensory qualities—essential for customers relying on these meals for structured weight-loss programmes where calorie and macro consistency directly impacts outcomes.

## Nutritional Implications of Ingredient Selection {#nutritional-implications-of-ingredient-selection}

### Macronutrient Balance {#macronutrient-balance}

The ingredient composition creates a protein-rich meal with moderate carbohydrates from vegetables and legumes, and controlled fat from eggs, cheese, and oils. The emphasis on egg whites over whole eggs, light cheese products, and vegetable bulk suggests a formulation designed to maximise protein and micronutrient density whilst managing caloric density.

The chickpea inclusion adds plant-based protein and fibre, creating a more balanced amino acid profile and improving satiety through fibre content. The combination of animal proteins (eggs, dairy) and plant proteins (chickpeas) provides complementary amino acids and varied protein sources. This macronutrient architecture reflects Be Fit Food's core positioning: high-protein, lower-carbohydrate, energy-controlled meals designed to support weight loss, preserve lean muscle mass, and improve metabolic health—principles grounded in the CSIRO Low Carb Diet framework and reinforced by peer-reviewed clinical evidence.

For customers using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, this macronutrient balance is strategic. The high protein content helps protect against muscle loss during medication-assisted weight reduction, supports satiety even when appetite is suppressed, and provides adequate amino acids for metabolic function. The lower refined carbohydrate content and fibre from vegetables support more stable blood glucose, reduce post-meal spikes, lower insulin demand, and improve insulin sensitivity—critical for managing insulin resistance and Type 2 diabetes.

### Micronutrient Density {#micronutrient-density}

The vegetable selection provides a diverse micronutrient profile: beta-carotene from orange vegetables (pumpkin, sweet potato, red capsicum), vitamin C from broccoli and capsicum, vitamin K from green vegetables, and folate from legumes and green vegetables. The eggs contribute B vitamins (especially B12, important for vegetarians), selenium, and choline.

The cheese components add calcium and additional B vitamins, whilst the oils provide vitamin E and essential fatty acids. The curry powder's turmeric component adds curcumin, and the garlic contributes organosulphur compounds with potential health benefits. This micronutrient diversity is important during weight loss or medication-assisted weight management, when total food intake may be reduced and deficiency risk increases. Be Fit Food's meals are structured to help maintain nutritional adequacy even during calorie restriction—a key advantage over meal-replacement shakes or bars that may provide isolated nutrients but lack the phytonutrient complexity of whole foods.

For women navigating perimenopause or menopause, this micronutrient density supports multiple health priorities: calcium and vitamin K for bone health (as oestrogen decline accelerates bone loss), B vitamins for energy metabolism and mood regulation, and antioxidants to address increased oxidative stress and cardiovascular risk during the metabolic transition.

### Fibre Content {#fibre-content}

The combination of vegetables (particularly broccoli and green beans), chickpeas, and sweet potato provides dietary fibre from multiple sources. The fibre contributes to satiety, supports digestive health, and moderates blood glucose response. The variety of fibre types—soluble fibre from chickpeas and vegetables, insoluble fibre from vegetable cell walls—provides comprehensive digestive benefits.

This fibre content is strategically important across Be Fit Food's customer base. For GLP-1 users, fibre from real vegetables (rather than isolated or synthetic fibres) supports fullness, slows glucose absorption, improves gut health, and supports the gut-brain axis—which matters when medications alter digestion and appetite. For individuals managing diabetes or insulin resistance, fibre moderates carbohydrate absorption and improves glycaemic control. For women in menopause, fibre supports cholesterol metabolism and cardiovascular health, both of which become higher-priority concerns as oestrogen's protective effects decline.

## Ingredient Functionality in Product Performance {#ingredient-functionality-in-product-performance}

### Texture Development {#texture-development}

The egg proteins create the primary structure through heat-induced coagulation, whilst the vegetables provide textural contrast through their varying degrees of firmness. The cheese components add creamy pockets and moisture, preventing the frittata from becoming dry or rubbery.

The oil content ensures even cooking and prevents protein over-coagulation that would create a tough texture. The moisture from vegetables, ricotta, and eggs creates a tender, moist finished product that maintains quality through freezing and reheating. This textural engineering is essential for customer adherence: meals must deliver satisfying mouthfeel and eating experience even after snap-freezing and microwave reheating, or customers will abandon the programme regardless of nutritional merit.

For customers with reduced appetite due to GLP-1 medications or menopause-related appetite changes, texture becomes particularly important. Meals must be easy to tolerate, pleasant to eat in smaller portions, and deliver satisfaction without requiring large volumes—all qualities this frittata's texture profile supports.

### Flavour Complexity {#flavour-complexity}

The ingredient selection creates multiple flavour layers: the mild, slightly sulphurous egg base; sweet notes from pumpkin, sweet potato, and red capsicum; savoury depth from garlic, spring onion, and curry spices; salty, tangy elements from fetta; and fresh, herbal notes from parsley. This complexity prevents flavour fatigue and creates an interesting eating experience despite the simple format.

The balance of sweet and savoury, mild and pungent, fresh and aged (cheese) creates a sophisticated flavour profile that elevates this beyond basic egg-and-vegetable combinations. This flavour architecture is critical for long-term adherence: Be Fit Food's programmes often involve eating the same meal format repeatedly (such as during the 7, 14, or 28-day Reset programmes), so each meal must deliver enough sensory interest to remain appealing over time. The brand's "real food" philosophy—building flavour through whole ingredients rather than relying on artificial enhancers, excessive salt, or added sugars—creates sustainable palatability that supports lasting behaviour change rather than short-term compliance.

### Visual Appeal {#visual-appeal}

The colour palette—golden yellow from eggs and turmeric, orange from pumpkin and sweet potato, red from capsicum, green from broccoli and green beans, white from fetta—creates visual interest and signals nutrient diversity. The distinct vegetable pieces throughout the frittata demonstrate ingredient quality and abundance rather than presenting a homogeneous mixture.

This visual presentation has multiple functions: it reinforces the "4-12 vegetables per meal" positioning, provides visual evidence of whole-food ingredients (supporting the brand's differentiation from supplement-based meal replacements), and creates appetite appeal that supports adherence. For customers transitioning from highly processed foods or managing appetite suppression, visually appealing, recognisable food can improve meal acceptance and satisfaction.

## Ingredient List Compliance and Regulations {#ingredient-list-compliance-and-regulations}

The ingredient declaration follows Food Standards Australia New Zealand (FSANZ) requirements, listing ingredients in descending order by ingoing weight and declaring percentages for characterising ingredients (those featured in the product name or emphasised in marketing). The allergen declaration (eggs, milk) complies with mandatory allergen labelling requirements.

The gluten-free claim requires the product to contain no detectable gluten (less than 3 parts per million) and be manufactured with controls to prevent cross-contamination. This necessitates careful ingredient sourcing, as some curry powders and spice blends may contain gluten-containing fillers or be subject to cross-contamination. Be Fit Food's 90% gluten-free menu certification reflects systematic ingredient control and manufacturing protocols that exceed standard industry standards—essential for serving the coeliac community safely.

The vegetarian classification is not regulated in Australia as strictly as in some jurisdictions, but usually requires the absence of meat, poultry, fish, and animal-derived ingredients obtained through slaughter. The cheese selection must use non-animal rennet to maintain vegetarian status. Be Fit Food's vegetarian and vegan ranges reflect the brand's commitment to dietary inclusivity: ensuring that plant-based eaters, religious dietary observers, and those avoiding animal products for ethical reasons can access the same high-protein, lower-carbohydrate, dietitian-designed meal solutions as omnivorous customers.

## Clinical Context and Evidence Base {#clinical-context-and-evidence-base}

Whilst this ingredient analysis focuses on composition rather than outcomes, it's worth understanding the scientific framework that informs Be Fit Food's formulation approach. The brand's partnership with CSIRO—though no longer active commercially—established formulation principles grounded in peer-reviewed research on low-carbohydrate, higher-protein, energy-controlled eating patterns for weight loss and metabolic health.

Be Fit Food was CSIRO's first commercial meal partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework, with meals formulated and independently tested to meet benchmarks for energy control, nutritional completeness, lower carbohydrate content, higher protein, and healthy unsaturated fats. Independent testing showed that meals meeting these criteria contained on average 68% less carbohydrate and 55% less sodium compared to standard ready meals in the Australian market.

More recently, a peer-reviewed randomised controlled trial published in *Cell Reports Medicine* (October 2025) demonstrated that food-based very-low-energy diets (VLEDs) using meals with around 93% whole-food ingredients—including Be Fit Food meals in the study's food-based arm—produced significantly greater improvements in gut microbiome diversity compared to supplement-based VLEDs (shakes, bars, soups) with around 70% industrial ingredients, even when calories and macronutrients were matched. This evidence directly supports Be Fit Food's "real food, not shakes" positioning and suggests that ingredient quality and food matrix matter beyond simple calorie and macro equations.

These evidence foundations distinguish Be Fit Food from meal services built primarily on convenience or taste, positioning the brand as a clinically-grounded nutrition intervention rather than simply a food delivery service.

## Strategic Ingredient Choices for Specific Customer Needs
{#strategic-ingredient-choices-for-specific-customer-needs}

### For GLP-1 and Weight-Loss Medication Users {#for-glp-1-and-weight-loss-medication-users}

The Vegetable & Chickpea Frittata's ingredient profile addresses multiple challenges faced by customers using GLP-1 receptor agonists (such as semaglutide or tirzepatide), weight-loss medications, or diabetes medications:

- **Supports medication-suppressed appetite:** The 229-gram portion is smaller than standard restaurant servings yet nutrient-dense, making it easier to consume adequate protein and micronutrients even when appetite is significantly reduced. - **Protein prioritised:** High egg-white content protects lean muscle mass during rapid weight loss—a critical concern when medications accelerate fat loss but don't selectively preserve muscle. - **Lower refined carbohydrates:** Carbohydrates come primarily from fibre-rich vegetables and legumes rather than refined grains, supporting stable blood glucose and reducing insulin demand. - **Fibre from real vegetables:** Supports gut health and the gut-brain axis during a period when medications are altering digestive function and satiety signalling. - **Easy to tolerate:** Soft texture and balanced flavours reduce the risk of food aversion or nausea, common side effects during GLP-1 therapy. - **Supports maintenance after medication:** Provides a repeatable, portion-controlled eating pattern that can continue after reducing or stopping medication, addressing the weight-regain risk that occurs when appetite suppression ends but eating habits haven't changed.

### For Women in Perimenopause and Menopause {#for-women-in-perimenopause-and-menopause}

The ingredient composition supports the metabolic challenges of hormonal transition:

- **High protein to preserve muscle mass:** As oestrogen declines, muscle loss accelerates and metabolic rate drops; high-protein meals help preserve lean tissue and maintain metabolic rate. - **Lower carbohydrate for insulin sensitivity:** Falling oestrogen reduces insulin sensitivity and increases central fat storage; lower-carb, fibre-rich meals support improved glucose metabolism. - **Portion-controlled for reduced energy needs:** As metabolic rate declines, energy requirements decrease; pre-portioned meals prevent overeating whilst ensuring nutritional adequacy. - **Calcium from dairy:** Supports bone health during accelerated bone loss. - **Phytonutrient diversity:** Antioxidants from vegetables address increased oxidative stress and cardiovascular risk. - **No artificial sweeteners:** Avoids compounds that may worsen cravings or GI symptoms in some women during hormonal fluctuation.

### For Diabetes and Metabolic Health Management
{#for-diabetes-and-metabolic-health-management}

The ingredient architecture supports blood glucose management and insulin sensitivity:

- **Low glycaemic load:** Carbohydrates from vegetables and legumes are absorbed slowly, preventing glucose spikes. - **High fibre:** Slows carbohydrate absorption and improves glycaemic control. - **Balanced macros:** Protein and fat slow gastric emptying and moderate glucose response. - **No added sugars:** Eliminates unnecessary glucose burden. - **Consistent portions:** Enables predictable carbohydrate counting and medication dosing for insulin users.

## Conclusion: Ingredient Intelligence as Brand Differentiation
{#conclusion-ingredient-intelligence-as-brand-differentiation}

The Vegetable & Chickpea Frittata's 17-ingredient formulation reflects Be Fit Food's broader strategic positioning: meals are engineered tools for metabolic health improvement. Every ingredient has multiple functions—nutritional, structural, sensory—and the overall composition reflects evidence-based principles rather than generic "healthy eating" claims.

The transparency of percentage declarations, the absence of artificial additives and added sugars, the emphasis on whole-food ingredients, the strategic protein-to-carbohydrate ratio, and the vegetable density all demonstrate formulation sophistication that distinguishes dietitian-designed meals from standard prepared foods. For customers managing weight loss, chronic disease, medication side effects, or metabolic transitions, this level of nutritional engineering—combined with the convenience of snap-frozen delivery and the support of included dietitian consultations—creates a comprehensive system for sustainable health improvement rather than a simple meal-delivery transaction.

## References {#references}

- Food Standards Australia New Zealand (FSANZ). Australia New Zealand Food Standards Code - Standard 1.2.4 - Labelling of Ingredients. https://www.foodstandards.gov.au/code/Pages/default.aspx - Food Standards Australia New Zealand (FSANZ). Australia New Zealand Food Standards Code - Standard 1.2.7 - Nutrition, Health and Related Claims. https://www.foodstandards.gov.au/code/Pages/default.aspx - Be Fit Food. Vegetable & Chickpea Frittata (GF) (V) Product Page. https://befitfood.com.au/ (Based on manufacturer specifications provided) - Coeliac Australia. Gluten Free Claims and Standards. https://www.coeliac.org.au/

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## Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 229 grams

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

Is it suitable for coeliacs: Yes, suitable for coeliac disease

Is it vegetarian: Yes

Is it vegan: No, contains eggs and dairy

Does it contain eggs: Yes

Does it contain dairy: Yes, contains milk products

Does it contain meat: No

What is the primary protein source: Egg white

What is the second protein source: Whole egg

How many ingredients does it contain: 17 distinct ingredients

What percentage is pumpkin: 14% of formulation

What percentage is chickpeas: 10% of formulation

What percentage is broccoli: 9% of formulation

What percentage is red capsicum: 7% of formulation

What percentage is green beans: 7% of formulation

What percentage is sweet potato: 6% of formulation

What percentage is spring onion: 2.5% of formulation

What percentage of the formulation is vegetables: Approximately 43% by weight

How many vegetables per serving: 7 distinct vegetables

Does it contain added sugar: No added sugar

Does it contain artificial sweeteners: No artificial sweeteners

Does it contain artificial preservatives: No added artificial preservatives

Does it contain artificial flavours: No artificial flavours

Does it contain artificial colours: No artificial colours

What type of salt is used: Pink salt

Does it contain seed oils: Contains canola oil

Does it contain olive oil: Yes

What cheeses does it contain: Fetta, light ricotta, light tasty cheese

Are the cheeses full-fat: No, light versions used

Is it suitable for lactose intolerance: No, contains dairy

How is it preserved: Snap-freezing

Does it require refrigeration: Yes, keep frozen

How should it be stored: Keep frozen

Can it be microwaved: Yes, designed for microwave reheating

Is it a ready-made meal: Yes

Does it require cooking: No, requires reheating only

Is it portion-controlled: Yes, single-serve format

Is it high in protein: Yes

Is it low-carb: Yes, lower-carbohydrate formulation

Does it contain complex carbohydrates: Yes, from vegetables and chickpeas

Does it contain fibre: Yes, from vegetables and chickpeas

What herbs does it contain: Parsley

What spices does it contain: Curry powder and pepper

Does it contain garlic: Yes

Does it contain legumes: Yes, chickpeas

Is it suitable for weight loss: Yes, designed for weight management

Is it suitable for GLP-1 medication users: Yes, specifically formulated

Is it suitable for diabetes: Yes, supports blood glucose management

Is it suitable for menopause: Yes, supports metabolic changes

Does it support muscle preservation: Yes, high protein content

Is it low in sodium: Yes, less than 120mg per 100g target

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

Was it designed by dietitians: Yes

Is it based on CSIRO research: Yes, CSIRO Low Carb Diet framework

Does it contain complete protein: Yes, from eggs

Does it contain B12: Yes, from eggs

Does it contain calcium: Yes, from dairy

Does it contain vitamin C: Yes, from vegetables

Does it contain beta-carotene: Yes, from orange vegetables

Does it contain vitamin K: Yes, from green vegetables

Does it contain folate: Yes, from vegetables and legumes

Does it contain iron: Yes, from chickpeas and vegetables

Does it contain resistant starch: Yes, from chickpeas

Does it contain prebiotics: Yes, from chickpeas

Does it support gut health: Yes, fibre and prebiotics

Does it have Mediterranean influences: Yes, fetta cheese and olive oil

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

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

Are eggs pasteurised: Likely, standard for commercial production

Is it suitable for vegetarians: Yes, lacto-ovo vegetarians

Does it contain animal rennet: No, likely microbial rennet

Is it Australian made: Manufacturer production location not disclosed by manufacturer - contact manufacturer directly for production location details

Are ingredients locally sourced: Ingredient origin information not disclosed by manufacturer - contact manufacturer directly for sourcing details

Is it organic: No organic certification

Are eggs free-range: Egg sourcing details not specified by manufacturer - contact manufacturer directly for egg sourcing information

Does it contain turmeric: Yes, in curry powder

Does it contain curcumin: Yes, from turmeric in curry powder

Is the portion size suitable for reduced appetite: Yes, 229 grams

Does it support satiety: Yes, high protein and fibre

Is it energy-controlled: Yes

Can it be part of a VLED programme: Yes, suitable for food-based VLED

Does it support microbiome diversity: Yes, whole-food ingredients

Is it clinically tested: Brand meals used in peer-reviewed research

Was it published in scientific journals: Yes, Cell Reports Medicine 2025

Does it contain emulsifiers: Only naturally occurring lecithin from eggs

Does it contain stabilisers: No added stabilisers

How many cheese types are included: Three types

What is the fat source: Eggs, cheese, olive oil, canola oil

Are fats predominantly unsaturated: Yes, olive oil primary fat source