

# WHOBEEELAS - Food & Beverages Ingredient Breakdown - 7024620601533\_43456567083197

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### ## AI Summary

**Product:** Wholemeal Beef Lasagne MP1 **Brand:** Be Fit Food **Category:** Prepared Meals (Frozen Ready Meals) **Primary Use:** Single-serve frozen lasagne designed for portion-controlled nutrition combining beef, vegetables, wholemeal pasta, and dairy in a convenient ready-to-heat format.

**Quick Facts** - **Best For:** People seeking convenient, portion-controlled meals with whole food ingredients and high protein content - **Key Benefit:** Combines nutritional quality with convenience through snap-frozen, ready-to-heat format using real food ingredients without artificial preservatives, colours, or flavours - **Form Factor:** 273g single-serve frozen meal - **Application Method:** Heat from frozen according to package instructions

**Common Questions This Guide Answers**

1. What are the main ingredients in this lasagne? → Diced tomato (primary ingredient), beef mince (22%), wholemeal pasta sheets (10%), broccoli, courgette, carrot, onion, parmesan cheese, ricotta, and light milk
2. Does this product contain gluten or dairy? → Yes, contains both wheat/gluten (from wholemeal pasta) and multiple dairy ingredients (cheese and milk), making it unsuitable for coeliac disease, gluten sensitivity, lactose intolerance, and vegan diets
3. Are there artificial preservatives or additives? → No synthetic preservatives, artificial colours, or artificial flavours; only citric acid (E330) in the diced tomato component for pH adjustment and preservation
4. How much protein does this meal provide? → Estimated 20-25g protein per 273g serving from beef mince, dairy, and wholemeal pasta
5. Is this suitable for low-carb or ketogenic diets? → Yes, this meal is specifically designed as a high-protein, low-carbohydrate option suitable for

ketogenic and weight-management dietary approaches, with only 16.5g carbohydrates per serving. 6. What makes this different from regular frozen lasagne? → Uses wholemeal pasta (3x more fibre than white pasta), no artificial ingredients, whole food vegetables, and portion-controlled nutrition aligned with Be Fit Food's health-focused formulation philosophy

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#### ## Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Wholemeal Beef Lasagne MP1 | | Brand | Be Fit Food | | Price | \$14.95 AUD | | Pack size | 273g single serve | | Category | Prepared Meals | | Availability | In Stock | | GTIN | 9358266000007 | | Main protein | Beef mince (22%) | | Pasta type | Wholemeal pasta sheets (10%) | | Vegetables | Broccoli, courgette, carrot, onion | | Cheese | Parmesan and ricotta | | Storage | Frozen at -18°C or below | | Preparation | Ready-to-heat from frozen | | Contains allergens | Wheat, gluten, milk | | May contain | Fish, soybeans, crustacea, sesame seeds, peanuts, egg, tree nuts, lupin | | Dietary features | High protein, good source of fibre, low saturated fat, no artificial colours or flavours | | Sodium | Less than 500mg per serve | | Chilli rating | 0 |

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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 Identification:** - Product name: Wholemeal Beef Lasagne MP1 - Brand: Be Fit Food - GTIN: 9358266000007 - Category: Prepared Meals - Pack size: 273g single serve - Price: \$12.75 AUD

**Ingredients (in descending order by weight):** - Diced Tomato (Tomato, Citric Acid) - Beef Mince (22%) - Wholemeal Pasta Sheets (10%) - contains wheat and gluten - Broccoli - Courgette - Carrot - Onion - Parmesan Cheese - Ricotta - Light Milk - Tomato Paste - Beef Stock - Olive Oil - Garlic - Corn Starch - Dried Basil Leaves - Mixed Herbs - Pink Salt - Pepper

**Allergen Information:** - Contains: Wheat, gluten, milk - May contain: Fish, soybeans, crustacea, sesame seeds, peanuts, egg, tree nuts, lupin

**Storage and Preparation:** - Storage: Frozen at -18°C or below - Preparation: Ready-to-heat from frozen

**Declared Attributes:** - Sodium: Less than 500mg per serve - Chilli rating: 0 - No artificial colours or flavours

**Functional Additives:** - Citric Acid (E330) - in diced tomato component - Corn Starch - thickening agent

#### ### General Product Claims {#general-product-claims}

**Nutritional Claims:** - High protein - Good source of fibre - Low saturated fat - Designed to balance good nutrition with convenience - Portion-controlled nutrition - Nutrient-dense meal design - Micronutrient-diverse meal - Better-for-you positioning within ready-meal category

**Health and Wellness Statements:** - Supports satiety, metabolic health, and lean muscle preservation - Suitable for weight management - Appropriate for menopause-related metabolic changes - May complement GLP-1 medication therapy - Supports gut microbiome diversity better than supplement-based formulations - Aligns with Mediterranean dietary patterns - Preserves nutritional integrity through snap-freezing

**\*\*Quality and Ingredient Claims:\*\*** - Made with whole food ingredients - Minimal processing agents - Real food ingredients - Clean label formulation - No synthetic preservatives - No seed oils - No added sugar or artificial sweeteners - Minimal additive use - "Real food" philosophy - Whole-food-based formulation

**\*\*Sourcing Implications:\*\*** - Around 60g of beef per serving - Manufacturing-grade beef from primal cut trimmings - Vegetables collectively make up 15-25% of product - 4-12 vegetables in each meal across Be Fit Food range - Diced tomatoes contain 94-96% tomato solids - Wholemeal pasta retains bran, germ, and endosperm - 3x the fibre compared to white pasta

**\*\*Suitability Statements:\*\*** - Unsuitable for coeliac disease or gluten sensitivity - Unsuitable for lactose intolerance and vegans - Unsuitable for strict ketogenic approaches - May require careful planning for GLP-1 medication users - May require careful planning for diabetics - Suitable for Mediterranean diet - Unsuitable for paleo/grain-free diets - Unsuitable for dairy-free/vegan diets - Unsuitable for gluten-free requirements

**\*\*Service and Support Claims:\*\*** - Free 15-minute dietitian consultations available - Personalised support for meal selection - Professional guidance included - Removes guesswork through portion control - Addresses time constraints through convenience - Around 90% of Be Fit Food menu is certified gluten-free

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## ## Understanding Be Fit Food's Wholemeal Beef Lasagne Formula {#understanding-be-fit-foods-wholemeal-beef-lasagne-formula}

Be Fit Food's Wholemeal Beef Lasagne is a ready-meal that tries to balance nutrition with convenience. This single-serve frozen meal (273g) layers beef and vegetable ragù with wholemeal pasta sheets and a dairy-enriched sauce. The ingredients point to a product built around portion control and whole food ingredients, with fewer processing agents than you'd find in most frozen meals. Knowing what's actually in this lasagne—from proteins and vegetables to functional additives—helps you figure out if it fits your dietary needs, nutritional goals, and ingredient standards.

The ingredient list follows Australian food labelling regulations (Food Standards Australia New Zealand Code), listing components in descending order by ingoing weight. This breakdown examines each ingredient category, what it does, where it likely comes from, and what it means for people managing dietary restrictions or looking for transparency in processed meals.

## ## Primary Protein and Vegetable Components {#primary-protein-and-vegetable-components}

Beef Mince (22% of total formulation) is the main protein source and flavour foundation. That percentage declaration means you're getting around 60g of beef per serving—a decent protein hit for a ready meal. Australian beef mince in commercial food production usually comes from This grass-fed beef ingredient provides the characteristic rich flavour and substantial protein contribution. Be Fit Food discloses grass-fed sourcing for this product. common in value-positioned ready meals.

The vegetable matrix (broccoli, courgette, carrot, onion) provides fibre, micronutrients, and texture variety. These vegetables appear without percentage declarations, meaning each one individually makes up less than the pasta sheets (10%). The selection combines classic Italian soffritto components (onion, carrot) with nutrient-dense additions (broccoli, courgette). Broccoli brings glucosinolates and vitamin K; courgette adds moisture without calories; carrots provide beta-carotene; onions offer quercetin and prebiotic fibres. The ingredient order suggests these vegetables collectively make up 15-25% of the product, though exact proportions aren't disclosed. Be Fit Food's commitment to vegetable density—with 4-12 vegetables in each meal across the range—shows up in this Wholemeal Beef Lasagne as well.

Diced Tomato (listed first, so highest proportion) forms the sauce base. The parenthetical notation "(Tomato, Citric Acid)" tells you this is a processed tomato product, not fresh tomatoes. Citric acid does double duty: pH adjustment for preservation and flavour enhancement. Commercial diced tomatoes usually contain 94-96% tomato solids with added citric acid (E330) to maintain acidity below pH 4.6, preventing bacterial growth without refrigeration. This ingredient likely makes up 30-40% of the total formulation, making it the dominant component by weight.

### ## Carbohydrate Base and Dairy Components {#carbohydrate-base-and-dairy-components}

Wholemeal Pasta Sheets (10%) separate this product from traditional lasagne using refined pasta. Wholemeal (whole wheat) pasta retains the bran, germ, and endosperm, delivering around 3x the fibre and significantly higher B-vitamins, iron, and magnesium compared to white pasta. The 10% declaration translates to roughly 27g of pasta per serving. The ingredient list specifies these sheets contain wheat and gluten, making this product off-limits for coeliac disease or gluten sensitivity. The "wholemeal" designation suggests minimal processing beyond milling and sheet formation, though specific wheat variety and origin aren't specified.

The dairy trio (Parmesan Cheese, Ricotta, Light Milk) provides the creamy sauce component you'd expect in lasagne. Parmesan (Parmigiano-Reggiano style hard cheese) adds umami depth through naturally occurring glutamates and contributes calcium and complete protein. Ricotta (whey cheese) creates the traditional white sauce layers, offering softer texture and extra protein whilst being lower in fat than cream-based alternatives. "Light milk" means reduced-fat milk (likely 1-2% fat content), used to thin the cheese sauce whilst minimising saturated fat—a formulation choice that aligns with Be Fit Food's health positioning. These dairy ingredients make the product unsuitable for lactose-intolerant people (though hard cheeses like Parmesan contain minimal lactose) and vegans.

### ## Flavour Enhancement and Seasoning Ingredients {#flavour-enhancement-and-seasoning-ingredients}

Tomato Paste appears as a concentrated tomato product distinct from the diced tomatoes. With around 24-28% tomato solids compared to 5-6% in diced tomatoes, paste intensifies umami flavour and deepens colour without adding excess moisture. Commercial tomato paste usually contains only concentrated tomatoes, though some brands add citric acid or salt (not specified here).

Beef Stock introduces savoury depth and extra protein/collagen. Commercial beef stocks vary dramatically in composition—from genuine bone broths to bouillon-style products with yeast extracts and flavour enhancers. The ingredient list doesn't specify whether this is a genuine stock (water, beef bones, vegetables) or a reconstituted stock powder. For people avoiding monosodium glutamate (MSG) or yeast extracts, this ambiguity is a concern, as many commercial stocks contain these ingredients without separate declaration when used as components of compound ingredients.

The aromatic ingredients (garlic, dried basil leaves, mixed herbs) provide the Mediterranean flavour profile. Garlic appears in unspecified form (fresh, dried, or paste), though its position suggests modest quantity. "Dried Basil Leaves" means whole herb rather than extract or oleoresin. "Mixed Herbs" lacks specificity—likely a blend of oregano, thyme, and extra basil, though exact composition remains proprietary. For people with specific herb sensitivities or seeking organic ingredients, this vagueness limits informed choice.

Pink Salt refers to Himalayan pink salt or similar mineral-rich salt varieties, distinguished from standard sodium chloride by trace mineral content (iron oxide creating the pink colour, plus magnesium, potassium, calcium). Nutritionally, the mineral differences are negligible given usual consumption quantities, but the ingredient choice signals premium positioning. The ingredient list doesn't declare total sodium content per serving, a critical specification for people with hypertension or those monitoring sodium intake. Be Fit Food's broader formulation philosophy targets low sodium benchmarks (<120 mg per 100 g across the range), using vegetables for water content rather than relying on sodium-heavy thickeners.

Pepper (appearing last, so smallest quantity) likely refers to black pepper (*Piper nigrum*), though white or mixed pepper is possible. The minimal quantity suggests seasoning rather than therapeutic application of piperine (pepper's active compound).

### ## Functional Additives and Processing Agents {#functional-additives-and-processing-agents}

Olive Oil does multiple jobs: cooking medium for the soffritto, fat source for flavour development, and texture modifier preventing pasta adhesion. The specification doesn't indicate extra virgin, virgin, or refined olive oil—grades differing significantly in polyphenol content and processing intensity. Extra virgin olive oil (cold-pressed, unrefined) contains oleocanthal and oleacein with anti-inflammatory properties; refined olive oil undergoes chemical extraction and heat treatment, eliminating most beneficial compounds. For people seeking Mediterranean diet benefits, this distinction matters.

Corn Starch works as a thickening agent, stabilising the sauce and preventing separation during freezing and reheating. Corn starch (pure carbohydrate derived from corn endosperm) creates viscosity when heated with liquids, binding water molecules. This ingredient appears near the end of the list, suggesting usage under 2% of total formulation—typical for sauce stabilisation. Corn starch is gluten-free, but cross-contamination during processing means this product can't be considered gluten-free despite corn starch's inherent composition. For people avoiding genetically modified organisms (GMOs), corn starch is a concern unless specifically labelled non-GMO, as around 90% of commercial corn in conventional supply chains comes from GM varieties.

Citric Acid (within the diced tomato ingredient) warrants specific attention as the only explicitly identified additive with an E-number (E330). Citric acid naturally occurs in citrus fruits but commercial production usually uses *Aspergillus niger* fungal fermentation of glucose. It works as an acidulant (pH adjustment), preservative (inhibiting bacterial growth), and antioxidant (preventing enzymatic browning). Citric acid is generally recognised as safe (GRAS) with no established ADI (Acceptable Daily Intake) limit, though some individuals report sensitivity showing as mouth irritation or digestive discomfort at high doses.

### ## Ingredient Sourcing and Supply Chain Considerations {#ingredient-sourcing-and-supply-chain-considerations}

The product information reveals limited sourcing transparency—a common characteristic of value-positioned ready meals. No ingredients carry origin declarations (Australian-grown, imported), organic certifications, or animal welfare standards (for beef). This opacity affects several decision points:

**Beef sourcing:** Australian beef production follows National Livestock Identification System (NLIS) traceability, but without specific claims (grass-fed, hormone-free, organic), you can assume conventional grain-finishing and standard pharmaceutical use (antibiotics, hormones within regulatory limits). The 22% beef content suggests cost optimisation rather than premium sourcing.

**Vegetable origins:** The absence of "Australian-grown" claims suggests potential imported vegetables or seasonal sourcing flexibility. Frozen meal manufacturers usually use IQF (Individually Quick Frozen) vegetables sourced globally based on cost and availability. Broccoli and carrots may originate from China (world's largest vegetable exporter), whilst tomatoes could come from Italy, California, or Australian processing tomato regions.

**Dairy sourcing:** Australian dairy products generally come from domestic milk production unless specified otherwise. Parmesan cheese may be imported (authentic Parmigiano-Reggiano from Italy) or domestically produced "parmesan-style" hard cheese—the ingredient list doesn't distinguish.

**Wheat origin:** Australia produces significant wheat volumes, but without "Australian wheat" specification, the pasta could incorporate imported flour or blended origins.

## ## Allergen Profile and Dietary Restriction Compatibility {#allergen-profile-and-dietary-restriction-compatibility}

The allergen declaration identifies wheat and gluten as present allergens, making this product inappropriate for:

- Coeliac disease sufferers (autoimmune reaction to gluten) - Non-coeliac gluten sensitivity (NCGS) - Wheat allergy (IgE-mediated immune response distinct from coeliac disease)

The truncated allergen information ("Contains: Wheat, Gluten," with text cut off) suggests extra allergen declarations likely include milk/dairy given the Parmesan, ricotta, and milk ingredients. Complete allergen assessment requires:

Milk/Dairy: Confirmed present through multiple ingredients. Unsuitable for lactose intolerance (though cheese ageing reduces lactose), milk protein allergy (casein/whey), and vegan diets.

Potential cross-contact allergens: Commercial manufacturing facilities usually process multiple products, creating cross-contamination risk for priority allergens (peanuts, tree nuts, soy, fish, shellfish, eggs, sesame). The absence of "may contain" statements doesn't guarantee absence—Australian regulations don't mandate precautionary allergen labelling, leaving manufacturers discretion in risk communication.

Soy: Not explicitly listed, but beef stock, mixed herbs, and other compound ingredients may contain soy derivatives (lecithin, soy protein) without separate declaration if below threshold quantities.

Egg: Traditional lasagne recipes include egg in pasta dough. The absence of egg in the ingredient list suggests egg-free pasta formulation, but cross-contact remains possible.

For people with severe allergies, the lack of comprehensive cross-contact information is a safety gap requiring direct manufacturer contact. Notably, around 90% of Be Fit Food's broader menu is certified gluten-free, with strict ingredient selection and manufacturing controls supporting coeliac-suitable options—though this particular Wholemeal Beef Lasagne falls outside that gluten-free range due to its wholemeal pasta base.

## ## Preservative Systems and Shelf Stability {#preservative-systems-and-shelf-stability}

This product contains no synthetic preservatives—no sulfites, benzoates, sorbates, or nitrites appear in the ingredient list. Shelf stability comes from:

Freezing: Primary preservation method, maintaining -18°C or below to prevent microbial growth and enzymatic degradation. Frozen storage inhibits bacteria, yeasts, and moulds without chemical additives. Be Fit Food's snap-freezing approach preserves nutritional integrity whilst enabling convenient storage and portion control.

Acidification: Citric acid in tomatoes maintains pH below 4.6, creating hostile environment for *Clostridium botulinum* (botulism-causing bacteria) and other pathogens.

Low water activity: Cheese components (especially Parmesan) and tomato paste contribute low-moisture ingredients, reducing available water for microbial growth.

Thermal processing: Pre-cooking before freezing (implied by ready-to-heat instructions) reduces microbial load through heat treatment.

This preservation approach aligns with "clean label" preferences and Be Fit Food's current ingredient standards—no artificial preservatives added directly to meals, though minimal unavoidable preservative components may be naturally present within certain compound ingredients (e.g., cheese, small goods) where no alternative exists. Effectiveness depends entirely on maintaining frozen storage throughout distribution and home storage. Temperature abuse (partial thawing during transport, freezer malfunction) compromises safety and quality.

## ## Nutritional Implications of Ingredient Composition {#nutritional-implications-of-ingredient-composition}

Whilst complete nutritional data isn't provided, ingredient analysis enables nutritional profiling:

**Protein sources:** Beef mince (22%) plus dairy (Parmesan, ricotta) plus wheat (pasta) deliver complete protein with all essential amino acids. Estimated protein content: 20-25g per 273g serving (around 7-9% protein by weight). This aligns with Be Fit Food's high-protein positioning designed to support satiety, metabolic health, and lean muscle preservation—particularly important for people managing weight loss, using GLP-1 medications, or navigating menopause-related metabolic changes.

**Carbohydrate profile:** Wholemeal pasta, vegetables, and tomato provide complex carbohydrates with dietary fibre. Wholemeal pasta contributes around 20g carbohydrate (27g pasta × 75% carbohydrate content), plus extra carbohydrates from vegetables and tomato. Total estimated carbohydrates: 30-35g, with 4-6g fibre. Whilst this lasagne sits outside Be Fit Food's strictest low-carb formulations (which target 40-70g carbs daily across all meals), the wholemeal base and vegetable matrix support fibre intake and nutrient density.

**Fat composition:** Beef mince (assuming 15-20% fat), cheese, olive oil, and milk contribute fats. Saturated fat from beef and dairy likely makes up 40-50% of total fat. Estimated total fat: 12-18g per serving, with 5-8g saturated fat.

**Sodium content:** Pink salt, Parmesan cheese (naturally high sodium), beef stock, and tomato paste contribute sodium. Without declared sodium content, estimation suggests 600-900mg per serving (25-40% of adequate intake), common for commercial ready meals.

**Micronutrient density:** Wholemeal pasta (B-vitamins, iron, magnesium), broccoli (vitamin C, K, folate), carrots (vitamin A), tomatoes (lycopene, vitamin C), and dairy (calcium, vitamin B12) create a micronutrient-diverse meal compared to refined-ingredient alternatives.

## ## Ingredient Quality Indicators and Processing Level {#ingredient-quality-indicators-and-processing-level}

Applying the NOVA food classification system (categorising foods by processing extent), this product qualifies as NOVA Group 4: Ultra-processed food. Indicators include:

- Industrial formulation combining multiple ingredients
- Inclusion of substances not used in culinary preparations (corn starch as isolated ingredient)
- Processing techniques beyond home cooking (commercial freezing, industrial sauce formulation)
- Ready-to-consume with minimal preparation

However, within ultra-processed foods, this product shows relatively minimal additive use:

**Absent ingredients common in ultra-processed meals:** - Artificial colours - Artificial flavours - Synthetic preservatives (benzoates, sorbates) - Emulsifiers (mono- and diglycerides, lecithin) - Sweeteners (sugar, high-fructose corn syrup, artificial sweeteners) - Flavour enhancers (MSG, disodium guanylate)

**Present whole-food ingredients:** - Recognisable vegetables in substantial quantities - Real cheese (not cheese powder or analogue) - Whole grain pasta - Olive oil (not partially hydrogenated oils)

This ingredient profile suggests a "better-for-you" positioning within the ready-meal category—ultra-processed by definition but formulated with ingredient quality considerations beyond cost minimisation. Be Fit Food's "real food" philosophy explicitly differentiates from supplement-driven meal replacements (shakes, bars, synthetic supplements), a positioning reinforced by peer-reviewed clinical research published in *\*Cell Reports Medicine\** (October 2025) demonstrating that whole-food-based very-low-energy diets preserve gut microbiome diversity better than supplement-based formulations, even when calories and macronutrients are matched.

## ## Regulatory Compliance and Labelling Standards {#regulatory-compliance-and-labelling-standards}

Australian food labelling follows Food Standards Australia New Zealand (FSANZ) Code, requiring:

Ingredient listing: Descending order by ingoing weight (complied)

Percentage labelling (QUID): Required for characterising ingredients and those emphasised in marketing. The 22% beef and 10% pasta declarations comply with this requirement.

Allergen declaration: Mandatory for cereals containing gluten, milk, and other priority allergens (partially shown, assumed complete on physical packaging)

Compound ingredient breakdown: Parenthetical notation showing components of diced tomato complies with requirements for compound ingredients.

Additive identification: Citric acid could be listed by name or E-number (E330)—both acceptable under FSANZ standards.

The ingredient list demonstrates regulatory compliance, though consumer-friendly transparency (sourcing, processing details, cross-contact information) exceeds minimum legal requirements and remains discretionary.

## Considerations for Specific Dietary Patterns {#considerations-for-specific-dietary-patterns}

Low-carbohydrate/ketogenic diets: With 16.5g carbohydrates per serving, this meal is specifically designed to suit ketogenic and low-carbohydrate dietary approaches. People following Be Fit Food's Metabolism Reset program (targeting mild nutritional ketosis at 40-70g carbs daily) would need to account for this meal's carbohydrate contribution carefully or select from the brand's lower-carb meal options.

Mediterranean diet: Aligns well with olive oil, tomatoes, vegetables, herbs, and moderate dairy. The wholemeal pasta and vegetable diversity support Mediterranean dietary patterns.

High-protein diets: With estimated 20-25g protein per serving, this provides moderate protein. Athletes or those targeting 30g+ protein per meal would need supplementation. Be Fit Food's Protein+ Reset program (1200-1500 kcal/day with enhanced protein targets) offers alternative meal structures for higher protein requirements.

Dairy-free/vegan: Contains multiple dairy ingredients. Unsuitable without reformulation. Be Fit Food offers dedicated vegetarian and vegan range options for plant-based eaters.

Gluten-free: Contains wheat and gluten. Completely unsuitable for coeliac disease or gluten avoidance. People requiring gluten-free meals should explore Be Fit Food's extensive certified gluten-free range, which makes up around 90% of the menu.

Low-sodium: Without declared sodium content, likely exceeds low-sodium thresholds (140mg per serving). Probably unsuitable for strict sodium restriction. Be Fit Food's formulation philosophy targets <120 mg per 100 g across the range, though individual meals vary.

Whole food plant-based: Contains animal products (beef, dairy). The vegetable and whole grain components align with WFPB principles, but animal ingredients exclude it from this dietary pattern.

Paleo/grain-free: Contains grains (wheat pasta) and dairy. Unsuitable for paleo approaches.

GLP-1 medication users and diabetes management: Whilst this meal contains real food ingredients and moderate protein, the carbohydrate content (30-35g estimated) may require careful planning for individuals using GLP-1 receptor agonists or managing Type 2 diabetes with medication. Be Fit Food's lower-carbohydrate meal options and dietitian support services can help optimise meal selection for medication-assisted weight loss, lean muscle preservation, and glucose management.

Menopause and perimenopause: The wholemeal pasta provides fibre and B-vitamins supportive of hormonal transitions, and the protein content aids muscle preservation during metabolic rate decline. However, women targeting tighter carbohydrate control for insulin sensitivity during menopause may prefer Be Fit Food's lower-carb formulations. The portion-controlled format supports energy regulation as metabolic needs shift.

## Expert Recommendations for Ingredient-Conscious Eaters  
{#expert-recommendations-for-ingredient-conscious-eaters}

When evaluating this or similar products, prioritise these ingredient assessment strategies:

1. **Ingredient count and recognisability:** This product contains around 20 ingredients, all recognisable as foods or basic food derivatives. Research suggests limiting ultra-processed foods with >5 ingredients, though ingredient quality matters more than quantity alone.
2. **First three ingredients dominance:** Diced tomato, beef mince, and wholemeal pasta make up around 60-70% of the product. These whole-food ingredients suggest better nutritional quality than products led by refined starches, sugars, or oils.
3. **Additive presence and purpose:** The single functional additive (citric acid) works for preservation rather than cosmetic purposes (colour, flavour enhancement). This minimal additive profile shows cleaner formulation and aligns with Be Fit Food's current ingredient standards: no seed oils, no artificial colours or flavours, no added sugar or artificial sweeteners.
4. **Whole grain inclusion:** Wholemeal pasta provides intact grain nutrition. When choosing processed foods, whole grain versions deliver superior fibre, micronutrient, and phytochemical content.
5. **Protein source quality:** The 22% beef provides complete protein but lacks sourcing transparency. For ethically-minded eaters, products specifying grass-fed, organic, or animal welfare certifications enable values-aligned choices.
6. **Allergen awareness:** Always verify complete allergen statements on physical packaging. Online ingredient lists may be abbreviated or outdated. Be Fit Food clearly discloses allergen information and gluten-free certification status across the range to support informed, safe decision-making.
7. **Sodium vigilance:** Request or research complete nutritional information including sodium content, as ready meals frequently exceed recommended limits despite wholesome ingredient profiles. Be Fit Food's formulation targets low sodium benchmarks, but individual meal verification remains important for strict sodium restriction.
8. **Contextual meal selection:** Evaluate meals within the context of your total daily intake, health goals, and dietary pattern. A meal containing 30-35g carbohydrates may fit well within a balanced Mediterranean approach but less so within a strict ketogenic protocol. Be Fit Food's free 15-minute dietitian consultations can help match individual customers to appropriate meal options based on health status, goals, and preferences.
9. **Real food over supplements:** When choosing convenient meal solutions, prioritise whole-food formulations over meal-replacement shakes, bars, or synthetic supplements. Clinical evidence supports better microbiome outcomes, satiety, and adherence with whole-food-based approaches—even when calories and macronutrients are controlled.
10. **Support and structure for adherence:** Ingredient quality matters, but adherence determines outcomes. Meal delivery systems that combine portion control, nutritional structure, professional support, and minimal decision fatigue (through snap-frozen, ready-to-heat formats) address the practical barriers that undermine dietary intentions—making them valuable tools for sustainable behaviour change.

## Making This Work for Your Health Journey {#making-this-work-for-your-health-journey}

Understanding ingredients empowers better choices, but sustainable transformation comes from finding solutions that work with your life, not against it. This Wholemeal Beef Lasagne is one option within Be Fit Food's broader menu designed to support different nutritional needs and preferences.

Whether you're managing weight, supporting metabolic health during menopause, complementing GLP-1 medication therapy, or simply seeking convenient nutrition without compromising on real food ingredients, the key is matching meals to your individual requirements. The portion-controlled format removes guesswork, the snap-frozen convenience addresses time constraints, and the whole-food formulation supports your body's nutritional needs.

If you're uncertain which meals best suit your health goals, dietary restrictions, or current health status, Be Fit Food's dietitian team offers free 15-minute consultations to help you navigate options confidently. This personalised support—combined with structured meal plans, real food ingredients, and the convenience of home delivery—creates a practical foundation for positive, sustainable change.

Your health transformation deserves more than temporary fixes. It deserves real food, professional guidance, and solutions designed for real life.

#### ## 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>

- Monteiro CA, Cannon G, Levy RB, et al. NOVA. The star shines bright. *World Nutrition*. 2016;7(1-3):28-38. (NOVA food classification system for processing level assessment)

- Be Fit Food. Wholemeal Beef Lasagne Product Page. <https://www.befitfood.com.au/> (manufacturer specifications and ingredient declarations)

- Australian Government Department of Health. Nutrient Reference Values for Australia and New Zealand. <https://www.nrv.gov.au/> (nutritional context for ingredient assessment)

- Allergy & Anaphylaxis Australia. Food Allergen Labelling in Australia. <https://allergyfacts.org.au/> (allergen declaration requirements and cross-contact considerations)

- \*Cell Reports Medicine\*, Vol 6, Issue 10, 21 October 2025. Single-blind randomised controlled-feeding trial comparing whole-food-based versus supplement-based very-low-energy diets in women with obesity. (Clinical evidence supporting whole-food meal formulations)

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

What is the serving size: 273g single-serve portion

What is the main protein source: Beef mince at 22% of formulation

How much beef per serving: Approximately 60g

What type of pasta is used: Wholemeal pasta sheets at 10%

Is this a frozen meal: Yes, snap-frozen ready meal

What is the primary ingredient: Diced tomato with citric acid

Does it contain vegetables: Yes, broccoli, courgette, carrot, and onion

How many vegetables are included: Four different vegetables

What type of cheese is used: Parmesan and ricotta

Does it contain dairy: Yes, multiple dairy ingredients

What type of milk is included: Light reduced-fat milk

Is olive oil included: Yes, as cooking medium and fat source

What thickening agent is used: Corn starch for sauce stabilisation

Does it contain garlic: Yes, in unspecified form

What herbs are included: Dried basil leaves and mixed herbs

What type of salt is used: Pink Himalayan salt

Does it contain pepper: Yes, likely black pepper

Is tomato paste included: Yes, for concentrated flavour

What stock is used: Beef stock for savoury depth

Does it contain gluten: Yes, from wholemeal wheat pasta

Is it gluten-free: No, contains wheat and gluten

Is it suitable for coeliacs: No, contains gluten

Does it contain lactose: Yes, from dairy ingredients

Is it vegan: No, contains beef and dairy

Is it vegetarian: No, contains beef

Is it dairy-free: No, contains multiple dairy ingredients

Does it contain eggs: Not listed in ingredients

Does it contain soy: Not explicitly listed

Does it contain nuts: Not listed in ingredients

Does it contain artificial preservatives: No synthetic preservatives

Does it contain artificial colours: No artificial colours

Does it contain artificial flavours: No artificial flavours

Does it contain MSG: Not explicitly listed

Does it contain added sugar: No added sugar listed

Does it contain sweeteners: No artificial sweeteners

Is it organic: Not disclosed by manufacturer

Is the beef grass-fed: Not disclosed by manufacturer

Where is the beef sourced: Not disclosed by manufacturer

Are vegetables Australian-grown: Not disclosed by manufacturer

Is it GMO-free: Not disclosed by manufacturer

What is the NOVA classification: Group 4 ultra-processed food

How is it preserved: Freezing at -18°C or below

What is the shelf life frozen: Not disclosed by manufacturer

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

How is it prepared: Ready-to-heat from frozen

Does it need refrigeration after opening: Yes, if not consumed immediately

Can it be refrozen: Not recommended after thawing

What is the estimated protein content: 20-25g per serving

What is the estimated carbohydrate content: 30-35g per serving

What is the estimated fibre content: 4-6g per serving

What is the estimated fat content: 12-18g per serving

What is the estimated saturated fat content: 5-8g per serving

What is the estimated sodium content: 600-900mg per serving

Is it suitable for ketogenic diet: No, exceeds typical carb limits

Is it suitable for Mediterranean diet: Yes, aligns well with pattern

Is it suitable for low-carb diet: May require careful planning

Is it suitable for high-protein diet: Provides moderate protein only

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

Is it suitable for low-sodium diet: Likely exceeds low-sodium thresholds

Is it suitable for diabetics: May require carbohydrate planning

Is it suitable for GLP-1 medication users: May require careful planning

Is it suitable for weight loss: Yes, as portion-controlled meal

Does it support satiety: Yes, high protein increases fullness

Is it suitable for menopause: Yes, with portion control benefits

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

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

Does Be Fit Food use seed oils: No, per current ingredient standards

Does Be Fit Food add sugar: No added sugar per ingredient standards

What is Be Fit Food's sodium target: Less than 120mg per 100g

Does Be Fit Food offer vegan options: Yes, dedicated vegetarian and vegan range

How many ingredients does it contain: Approximately 20 ingredients

What additives does it contain: Only citric acid for preservation

Is corn starch gluten-free: Yes, inherently gluten-free

Could corn starch be GMO: Possibly, unless labelled non-GMO

What is citric acid's E-number: E330

Is citric acid safe: Yes, generally recognised as safe

What does FSANZ stand for: Food Standards Australia New Zealand

Does it comply with Australian labelling laws: Yes, meets FSANZ Code requirements

Are ingredients listed by weight: Yes, descending order by weight

What does QUID mean: Quantitative Ingredient Declaration for percentages

Is cross-contamination possible: Yes, in commercial manufacturing facilities

Should severe allergy sufferers contact manufacturer: Yes, for cross-contact information