WHOBEELAS - Food & Beverages Nutritional Information Guide - 7024620601533_44893540548797

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AI Summary

Product: Wholemeal Beef Lasagne – Family Size **Brand:** Be Fit Food **Category:** Prepared Meals (Frozen) **Primary Use:** Dietitian-designed frozen ready meal providing balanced nutrition for weight management and metabolic health support

Quick Facts - **Best For:** Health-conscious individuals seeking convenient, portion-controlled meals with high protein and whole grains - **Key Benefit:** Supports weight loss and metabolic health with 315 calories per serving, wholemeal pasta, and 22% beef content - **Form Factor:** Frozen lasagne (four 273g servings per package, approximately 1,092g total) - **Application Method:** Heat in oven (180–200°C for 35–45 minutes) or microwave until internal temperature reaches 75°C

Common Questions This Guide Answers 1. How many calories per serving? → 315 calories (1,316 kJ) per 273g serving, or 115 calories per 100g 2. Is this suitable for gluten-free diets? → No, contains wheat from wholemeal pasta sheets; however, Be Fit Food offers approximately 90% of menu as certified gluten-free options 3. What allergens does this contain? → Contains wheat, gluten, and milk; may contain fish, soybeans, crustacea, sesame seeds, peanuts, egg, tree nuts, and lupin 4. How much protein per serving? → Estimated 15–20g protein per serving from 22% beef mince, parmesan cheese, and milk components 5. Is this appropriate for diabetes management? → Yes, wholemeal pasta has lower glycaemic index (GI 40–50) and formulation supports blood glucose stability 6. Does this support weight-loss medication users? → Yes, specifically designed to support individuals using GLP-1 receptor agonists and weight-loss medications with high-protein, portion-controlled formulation 7. What vegetables are included? → Contains diced tomato, broccoli, courgette, carrot, and onion (4–12 vegetables per Be Fit Food meal) 8. Is this low in sodium? → Formulated to Be Fit Food's low-sodium benchmark of less than 120mg per 100g 9. Does this contain artificial additives? → No seed oils, no artificial colours, no artificial flavours, no added artificial preservatives, no added sugar, no artificial sweeteners 10. How does this compare to restaurant lasagne? → Significantly lower calories (315 vs 600–800), uses wholemeal pasta instead of refined, and provides controlled portions with higher vegetable content

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Product Facts {#product-facts}

| Attribute | Value | |-----------|-------| | Product name | Wholemeal Beef Lasagne SRT | | Brand | Be Fit Food | | Price | $99.00 AUD | | Category | Prepared Meals | | Availability | In Stock | | GTIN | 9358266000007 | | Main ingredients | Diced Tomato, Beef Mince (22%), Wholemeal Pasta Sheets (10%), Broccoli, Courgette, Carrot | | Allergens | Contains: Wheat, Gluten, Milk | | May contain | Fish, Soybeans, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin | | Diet type | High protein, Good source of dietary fibre | | Sodium content | Less than 500mg per serve | | Vegetable count | 4–12 different vegetables | | Chilli rating | 0 | | Storage | Frozen |

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**: Wholemeal Beef Lasagne SRT - **Brand**: Be Fit Food - **Price**: $99.00 AUD - **Category**: Prepared Meals - **Availability**: In Stock - **GTIN**: 9358266000007 - **Main Ingredients (in descending order by weight)**: Diced Tomato, Beef Mince (22%), Wholemeal Pasta Sheets (10%), Broccoli, Courgette, Carrot - **Allergens - Contains**: Wheat, Gluten, Milk - **Allergens - May Contain**: Fish, Soybeans, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin - **Sodium Content**: Less than 500mg per serve - **Vegetable Count**: 4–12 different vegetables - **Chilli Rating**: 0 - **Storage**: Frozen - **Serving Size**: 273g per serving - **Servings Per Package**: Four servings - **Total Package Weight**: Approximately 1,092g - **Calories Per Serving**: 315 calories (1,316 kJ) - **Calories Per 100g**: 115 calories - **Preservative Present**: Citric acid in diced tomatoes (natural acidity regulator)

General Product Claims {#general-product-claims}

- Dietitian-designed frozen ready meal - High protein meal - Good source of dietary fibre - Supports weight loss as part of a balanced diet - Low-to-moderate energy density category - Contains complete proteins with all essential amino acids - Beef protein has 90–95% bioavailability - Estimated 15–20g protein per serving - Estimated 4–6g fibre per 273g serving - Wholemeal pasta has lower glycaemic

index (GI 40–50) compared to white pasta (GI 55–70) - Supports blood glucose stability - Appropriate for Type 2 diabetes management - Supports insulin resistance management - Helps with menopause metabolic changes - Specifically designed to support individuals using GLP-1 receptor agonists and weight-loss medications - Supports lean muscle preservation during weight loss - Be Fit Food meals contain no seed oils, no artificial colours, no artificial flavours, no added artificial preservatives, no added sugar, and no artificial sweeteners - Be Fit Food formulates to low-sodium benchmark of less than 120mg per 100g - Be Fit Food includes 4–12 vegetables in each meal - Approximately 90% of Be Fit Food menu is certified gluten-free - Be Fit Food has CSIRO partnership heritage - Be Fit Food is NDIS registered - Be Fit Food offers free dietitian support - Snap-frozen delivery system preserves nutrient content - Moderate-calorie lunch or dinner option - Provides approximately 16–21% of 1,500–2,000 calorie daily intake - Suitable for Mediterranean diet - Suitable for DASH diet - Highly compatible with health-conscious eating patterns - Clean label approach with minimal additives - Whole-food formulation - Portion-controlled for calorie management - Multi-vegetable approach increases fibre and micronutrient variety - Supports satiety and fullness - Reduces energy density whilst maintaining satisfaction - Freezing preserves nutrients comparable to or exceeding transported fresh produce - Cooking tomatoes with fat increases lycopene bioavailability - Contains diverse phytonutrients from colourful vegetables - Supports recovery after exercise - Appropriate for active individuals with supplementation - Supports older adults' protein needs - Provides quality nutrition during pregnancy and lactation - Suitable for children with adjusted portions - Helps manage medication-related appetite suppression - Supports long-term weight maintenance - Removes meal planning overwhelm and portion confusion - Evidence-based meal programs - Structured nutrition that supports adherence - Metabolism Reset program provides 800–900 kcal/day with approximately 40–70g carbohydrates per day - Protein+ Reset program provides 1,200–1,500 kcal/day with enhanced protein content - Bridges gap between convenience and nutrition quality - Minimises food waste through precise portion control and long shelf life

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Understanding Nutritional Information Labels: A Be Fit Food Guide to Making Informed Dietary Choices
{#understanding-nutritional-information-labels-a-be-fit-food-guide-to-making-informed-dietary-choices}

Nutritional information panels are your primary tool for making informed dietary choices. Be Fit Food's Wholemeal Beef Lasagne – Family Size provides a practical example of how to interpret these labels effectively. This dietitian-designed frozen ready meal contains 273g servings across four portions, with each serving delivering 315 calories (1,316 kJ). Learning to read and apply this information transforms abstract numbers into practical dietary decisions that support your health goals.

Every packaged food sold in Australia must display standardised nutritional information per serving and per 100g, which lets you compare products accurately. The per-100g column eliminates serving size manipulation—a common industry practice where manufacturers reduce suggested portions to make calorie counts appear lower. This lasagne lists 115 calories per 100g, so you can immediately calculate the energy density and compare it against other pasta dishes, regardless of their stated serving sizes.

The ingredient list follows Australian food standards, presenting components in descending order by weight. This lasagne begins with diced tomatoes, followed by 22% beef mince and 10% wholemeal pasta sheets, which tells you that vegetables and tomato products make up most of the weight. The percentage declarations for beef and pasta are mandatory for characterising ingredients—those components that define the product's identity. When beef appears in the product name, manufacturers must specify its proportion, ensuring transparency about what you're actually consuming.

Caloric Content and Energy Values {#caloric-content-and-energy-values}

Calories measure the energy your body extracts from food, shown as kilocalories (kcal) or the metric kilojoules (kJ). Australian labels display both: this lasagne provides 315 kcal or 1,316 kJ per 273g

serving. The conversion factor is consistent—1 kcal equals approximately 4.184 kJ—which lets you verify label accuracy. At 315 calories per serving, this meal works as a moderate-calorie lunch or dinner option, consuming roughly 16–21% of a 1,500–2,000 calorie daily intake.

Energy density—calories per gram of food—determines satiety and portion satisfaction. At 115 kcal per 100g, this lasagne falls into the low-to-moderate energy density category (foods under 150 kcal/100g). Research consistently shows that low-energy-dense foods promote fullness whilst controlling total calorie intake, primarily because they contain higher water and fibre content. The wholemeal pasta and vegetable components (broccoli, courgette, carrot) contribute volume without excessive calories, creating a satisfying portion size that helps you feel fuller longer.

The 273g serving size itself warrants attention. Many frozen lasagnes offer 300–400g portions, which can push calorie counts beyond 500–600 kcal. This product's portion control reflects deliberate formulation for calorie-conscious individuals. For families, the four-serving format (approximately 1,092g total) provides meal planning flexibility—you can serve the suggested 273g portions or adjust based on individual energy requirements, activity levels, and accompanying side dishes.

Macronutrient Breakdown and Metabolic Impact {#macronutrient-breakdown-and-metabolic-impact}

Macronutrients—protein, carbohydrates, and fat—provide the calories in food and perform distinct physiological functions. Each gram of protein and carbohydrate yields 4 calories, whilst fat provides 9 calories per gram. Understanding the macronutrient profile reveals how a food affects blood sugar, satiety, muscle maintenance, and metabolic health. Be Fit Food's approach to macronutrient balance prioritises higher protein and lower carbohydrate content to support metabolic health and sustainable weight management.

Protein Content and Quality {#protein-content-and-quality}

Protein drives muscle synthesis, immune function, enzyme production, and satiety signalling. This lasagne delivers substantial protein from multiple sources: beef mince (22% of total product), parmesan cheese, and milk components in the creamy sauce. Animal proteins are "complete," containing all nine essential amino acids your body cannot synthesise. Beef specifically provides high bioavailability—your body absorbs and utilises 90–95% of beef protein efficiently.

For health-conscious individuals, protein per serving matters significantly. Whilst the exact protein grams aren't visible in the provided data, the 22% beef content in a 273g serving translates to approximately 60g of raw beef per portion. Cooked beef contains around 25–28g protein per 100g, which means each serving likely provides 15–20g protein. This quantity supports the general recommendation of 20–30g protein per meal for optimal muscle protein synthesis, particularly important for active individuals and those over 50 experiencing age-related muscle loss.

The combination of beef and dairy proteins creates a complementary amino acid profile. Beef excels in leucine—the primary amino acid triggering muscle protein synthesis—whilst dairy contributes casein and whey proteins that digest at different rates, providing sustained amino acid availability. This protein diversity supports recovery after exercise and maintains satiety between meals more effectively than single-source proteins. Be Fit Food's dietitian-led formulation ensures protein adequacy across all meals, supporting lean muscle preservation during weight loss—critical for maintaining metabolic rate and long-term success.

Carbohydrate Analysis {#carbohydrate-analysis}

Carbohydrates include sugars, starches, and fibre, each affecting your metabolism differently. The wholemeal pasta sheets (10% of product) and vegetables provide the carbohydrate content. Wholemeal pasta contains the entire wheat kernel—bran, germ, and endosperm—delivering significantly more fibre, B vitamins, and minerals than refined white pasta.

The distinction between wholemeal and refined carbohydrates fundamentally impacts blood glucose response. Wholemeal pasta carries a lower glycaemic index (GI 40–50) compared to white pasta (GI 55–70), meaning it causes a slower, more gradual rise in blood sugar. This sustained energy release prevents the rapid insulin spike and subsequent crash associated with refined carbohydrates, reducing hunger and supporting stable energy levels throughout the afternoon.

Fibre content deserves particular attention. Wholemeal pasta contains approximately 6–7g fibre per 100g, whilst the vegetable components (broccoli, courgette, carrot) add additional dietary fibre. Although the total fibre grams per serving aren't specified in the available data, the combination of wholemeal pasta and three different vegetables likely provides 4–6g fibre per 273g serving—contributing 13–20% towards the recommended 25–30g daily fibre intake.

Total carbohydrates versus net carbohydrates is another crucial distinction. Net carbohydrates (total carbs minus fibre) indicate the carbohydrate grams that impact blood sugar. For individuals managing diabetes or following lower-carbohydrate eating patterns, this calculation determines how a food fits within their carbohydrate budget. The fibre in wholemeal pasta and vegetables reduces the net carbohydrate impact whilst promoting digestive health and cholesterol management. Be Fit Food's meals are formulated to support blood glucose stability, making them appropriate for individuals managing Type 2 diabetes or insulin resistance.

Fat Content and Composition {#fat-content-and-composition}

Dietary fat performs essential functions: energy storage, hormone production, vitamin absorption (A, D, E, K), and cellular membrane structure. The fat in this lasagne comes from beef mince, parmesan cheese, and milk in the creamy sauce. Understanding fat types—saturated, monounsaturated, and polyunsaturated—reveals cardiovascular health implications.

Beef contains both saturated and monounsaturated fats, with the ratio depending on the cut and fat content. Lean beef mince (around 90–95% lean) provides predominantly protein with moderate fat. Cheese contributes saturated fat and small amounts of conjugated linoleic acid (CLA), a naturally occurring trans fat associated with potential metabolic benefits in observational studies.

Current nutritional science offers a more nuanced view of saturated fat. Whilst excessive saturated fat intake may elevate LDL cholesterol in some individuals, the effect varies based on genetic factors, overall diet quality, and the specific saturated fatty acids consumed. Dairy-derived saturated fats appear metabolically different from processed meat or tropical oil sources. For health-conscious individuals, the key is consuming saturated fats within the context of a nutrient-dense diet rich in vegetables, fibre, and omega-3 fatty acids.

The presence of vegetables and tomatoes provides minimal fat but contributes to fat-soluble vitamin absorption. The fat from beef and cheese enables your body to absorb lycopene from tomatoes and beta-carotene from carrots more efficiently than if you consumed these vegetables without any fat source. Be Fit Food's formulation approach uses healthy fats from whole-food sources rather than seed oils, supporting both nutrient absorption and cardiovascular health.

Micronutrient Profile: Vitamins and Minerals {#micronutrient-profile-vitamins-and-minerals}

Vitamins and minerals operate as metabolic cofactors, enabling thousands of biochemical reactions. Whilst labels often highlight only a few micronutrients, whole-food ingredients indicate broader nutritional value. This lasagne's combination of beef, vegetables, dairy, and wholemeal pasta creates a diverse micronutrient profile—reflecting Be Fit Food's commitment to real food nutrition rather than synthetic supplements.

B-Vitamin Complex {#b-vitamin-complex}

Beef ranks amongst the richest sources of B vitamins, particularly B12, niacin (B3), and B6. Vitamin B12 exists almost exclusively in animal products, making beef an essential source for those avoiding

supplementation. B12 supports red blood cell formation, neurological function, and DNA synthesis. A single serving of beef often provides 30–50% of the daily B12 requirement.

Wholemeal pasta retains the wheat germ and bran, preserving naturally occurring thiamin (B1), riboflavin (B2), and folate—nutrients largely removed during white flour refining. These B vitamins facilitate energy metabolism, converting carbohydrates, fats, and proteins into usable cellular energy (ATP). For active individuals and those managing energy levels throughout the day, adequate B vitamin intake is essential.

Mineral Content {#mineral-content}

Beef provides highly bioavailable iron in the haem form, which your body absorbs 15–35% compared to 2–20% absorption of non-haem iron from plant sources. Iron supports oxygen transport via haemoglobin and myoglobin, prevents anaemia, and maintains cognitive function. Women of reproductive age and individuals with higher iron requirements particularly benefit from haem iron sources.

Zinc, another mineral abundant in beef, supports immune function, wound healing, protein synthesis, and DNA production. Beef provides zinc in highly absorbable forms, with servings often delivering 30–40% of daily requirements. The presence of protein enhances zinc absorption, whilst the phytates in wholemeal pasta (which can inhibit mineral absorption) are partially offset by the animal protein content.

Parmesan cheese contributes substantial calcium—approximately 330mg per 30g serving. Whilst the exact cheese quantity in this lasagne isn't specified, even moderate amounts contribute meaningfully to the 1,000–1,300mg daily calcium recommendation. Calcium supports bone density, muscle contraction, nerve transmission, and blood clotting. The vitamin D naturally present in dairy (and often fortified) enhances calcium absorption.

Antioxidants and Phytonutrients {#antioxidants-and-phytonutrients}

The vegetable components—tomatoes, broccoli, courgette, and carrots—deliver antioxidants that protect cells from oxidative damage. Tomatoes contain lycopene, a carotenoid associated with reduced prostate cancer risk and cardiovascular protection in epidemiological studies. Cooking tomatoes in the presence of fat (as in this ragu) increases lycopene bioavailability by breaking down cell walls and enabling fat-soluble absorption.

Broccoli provides sulforaphane and other glucosinolates—sulphur-containing compounds that activate detoxification enzymes and demonstrate anti-cancer properties in laboratory studies. Carrots deliver beta-carotene, which your body converts to vitamin A for vision, immune function, and skin health. The variety of colourful vegetables ensures diverse phytonutrient intake beyond what appears on standard nutrition labels. Be Fit Food's formulation includes 4–12 vegetables in each meal, maximising micronutrient density and supporting overall health.

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

Understanding allergens, dietary restrictions, and ingredient origins enables safe, aligned food choices. This lasagne contains several common allergens and ingredients relevant to specific dietary approaches.

Allergen Declarations {#allergen-declarations}

Australian food law requires clear allergen labelling for the nine major allergen groups. This product contains:

Gluten (Wheat): The wholemeal pasta sheets contain wheat, making this product unsuitable for individuals with coeliac disease or non-coeliac gluten sensitivity. Coeliac disease affects approximately 1% of the population, requiring strict gluten avoidance to prevent intestinal damage and nutrient

malabsorption. Be Fit Food offers approximately 90% of its menu as certified gluten-free options, with clear labelling to support informed decision-making for those with gluten-related conditions.

Milk: Parmesan cheese and milk-based creamy sauce components contain lactose and milk proteins. Individuals with lactose intolerance may experience digestive discomfort, though aged cheeses like parmesan contain minimal lactose (most converts to lactic acid during ageing). Those with milk protein allergy must avoid this product entirely, as even trace amounts can trigger immune responses.

The ingredient list shows no tree nuts, peanuts, eggs, soy, fish, shellfish, or sesame—the other major allergen categories. However, manufacturing facilities often process multiple products, creating cross-contamination risk. Individuals with severe allergies should verify precautionary allergen statements on physical packaging.

Dietary Pattern Compatibility {#dietary-pattern-compatibility}

Gluten-Free: Not suitable due to wholemeal wheat pasta. However, Be Fit Food offers an extensive range of gluten-free meals suitable for coeliac disease.

Dairy-Free: Not suitable due to parmesan cheese and milk.

Vegetarian: Not suitable due to beef mince (22% of product).

Vegan: Not suitable due to beef and dairy ingredients.

Low-FODMAP: Likely unsuitable. Wheat pasta contains fructans, onion contains fructans and fructose, and lactose from dairy may exceed tolerance thresholds for individuals with irritable bowel syndrome managing FODMAP intake.

Halal/Kosher: Cannot be determined from public product information. Beef sourcing, slaughter methods, and dairy-meat combination (relevant to kosher) require certification verification.

Paleo/Grain-Free: Not suitable due to wheat pasta and dairy.

Keto/Very Low-Carb: Not suitable due to pasta and tomato-based sauce contributing significant carbohydrates. Be Fit Food offers dedicated low-carb meals designed to support nutritional ketosis, with approximately 40–70g carbohydrates per day across the Metabolism Reset program.

Mediterranean Diet: Highly compatible. This eating pattern emphasises vegetables, whole grains, lean proteins, and moderate dairy—all present in this formulation.

DASH Diet: Compatible. The Dietary Approaches to Stop Hypertension focuses on vegetables, whole grains, lean proteins, and controlled sodium. Sodium content would require verification on the nutrition panel.

Weight-Loss Medications & GLP-1 Support: Be Fit Food meals are specifically designed to support individuals using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The high-protein, portion-controlled, nutrient-dense formulation helps protect lean muscle mass, manage medication-related appetite suppression, and support long-term weight maintenance after reducing or stopping medication.

Sodium Considerations {#sodium-considerations}

Sodium content appears on nutrition labels but isn't provided in the available product data. For health-conscious individuals, particularly those managing hypertension, sodium intake matters significantly. The National Heart Foundation of Australia recommends limiting sodium to 2,000mg daily, with many Australians consuming 3,000–4,000mg.

Processed foods contribute 75% of dietary sodium, even when they don't taste particularly salty. Cheese, tomato products, and any added salt during preparation contribute to this lasagne's sodium

content. Comparing the per-100g sodium value against similar products helps identify lower-sodium options. Products with less than 120mg sodium per 100g are considered low-sodium; those exceeding 400mg per 100g are high-sodium. Be Fit Food formulates meals to a low-sodium benchmark of less than 120mg per 100g, using vegetables for water content rather than thickeners, which supports cardiovascular health and reduces fluid retention.

Additive and Preservative Profile {#additive-and-preservative-profile}

The ingredient list shows minimal additives: citric acid in the diced tomatoes acts as a natural preservative and acidity regulator. This simple formulation suggests a "clean label" approach—using whole-food ingredients rather than synthetic preservatives, artificial colours, or flavour enhancers.

The absence of artificial additives appeals to individuals seeking minimally processed foods. However, frozen storage itself acts as preservation, eliminating the need for chemical preservatives. The freezing process maintains food safety and nutrient content without additives, though some water-soluble vitamins (vitamin C, some B vitamins) may decrease slightly during frozen storage over many months.

Be Fit Food's current-range standards include no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit) used only where no alternative exists and in small quantities. Preservatives are not added directly to meals, ensuring a whole-food approach aligned with the brand's real food philosophy.

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

The quality of ingredients determines nutrient density, bioavailability, and potential contaminant exposure. Whilst the product listing doesn't specify sourcing details, understanding what to look for empowers informed decisions.

Beef quality varies based on animal diet, raising practices, and processing. Grass-fed beef contains higher omega-3 fatty acids and conjugated linoleic acid (CLA) compared to grain-finished beef, though total fat content is lower. Grain-finished beef provides more marbling and different flavour profiles. Neither is nutritionally superior across all parameters—the choice depends on priorities around fat composition, environmental impact, and taste preferences.

The 22% beef content by weight indicates meaningful protein contribution without excessive fat. For reference, many commercial lasagnes contain 10–15% meat, relying heavily on pasta and sauce for bulk. The higher beef proportion suggests prioritisation of protein content, aligning with health-conscious formulations. Be Fit Food's dietitian-led approach ensures protein adequacy across all meals, supporting muscle preservation and satiety.

The presence of broccoli, courgette, and carrot alongside onion and tomato demonstrates vegetable diversity. Many commercial pasta dishes rely solely on tomato sauce with minimal additional vegetables. The multi-vegetable approach increases fibre, micronutrient variety, and phytonutrient exposure whilst reducing energy density.

Frozen vegetables often retain nutrients comparable to or exceeding "fresh" produce that travels long distances and sits in storage. Vegetables frozen shortly after harvest preserve vitamin C and folate that degrade during transport and refrigerated storage. The vegetables in this lasagne were likely frozen before incorporation, maintaining nutritional value. Be Fit Food's formulation philosophy includes 4–12 vegetables in each meal, maximising nutrient density and supporting diverse phytonutrient intake.

The specification of "wholemeal pasta sheets" rather than refined pasta is a nutritionally significant choice. Whole grains provide:

Fibre: 3–4 times more than refined pasta, supporting digestive health, cholesterol management, and blood sugar control

B Vitamins: Thiamin, riboflavin, niacin, and folate naturally present in wheat germ

Minerals: Magnesium, selenium, and manganese largely removed during refining

Phytonutrients: Lignans and phenolic acids with antioxidant properties

Population studies consistently associate whole grain intake with reduced cardiovascular disease, type 2 diabetes, and certain cancers. The Australian Dietary Guidelines recommend at least half of grain intake come from whole grains, a principle applicable across developed nations.

Practical Application for Health-Conscious Individuals {#practical-application-for-health-conscious-individuals}

Translating nutritional information into daily eating patterns requires contextualising this meal within total dietary intake, activity levels, and health goals. Be Fit Food's structured approach removes the guesswork from portion control and macronutrient balance.

At 315 calories per serving, this lasagne works effectively as a complete lunch or dinner base. For a balanced meal, consider:

Adding vegetables: A side salad or steamed vegetables increases fibre, micronutrients, and meal volume without substantial calories. The additional vegetables enhance satiety and provide complementary nutrients.

Protein adequacy: If the serving provides 15–20g protein (estimated from beef content), active individuals or those over 50 may benefit from additional protein sources. A serving of Greek yoghurt as dessert or a protein-rich breakfast ensures adequate daily protein distribution. Be Fit Food's Protein+ Reset program provides 1,200–1,500 kcal/day with enhanced protein content to support muscle preservation during weight loss.

Carbohydrate context: For individuals monitoring carbohydrate intake, this meal provides moderate carbohydrates from wholemeal pasta and vegetables. Pairing with low-carb vegetables rather than bread or additional starches maintains carbohydrate control. Be Fit Food's Metabolism Reset program delivers approximately 40–70g carbohydrates per day, designed to induce mild nutritional ketosis for enhanced fat loss.

The 273g serving size offers built-in portion control, but individual needs vary. Consider adjusting based on:

Energy expenditure: Highly active individuals or those with physically demanding occupations may require 1.5 servings or additional side dishes to meet energy needs.

Weight management goals: Those reducing calorie intake for weight loss might pair a single serving with high-volume, low-calorie vegetables to maintain satiety whilst controlling total calories. Be Fit Food's structured Reset programs provide 800–900 kcal/day (Metabolism Reset) or 1,200–1,500 kcal/day (Protein+ Reset) with all meals, snacks, and support included.

Family serving: The four-serving format allows customisation—adults might consume full portions whilst young children receive smaller amounts, with the remainder saved for lunches.

Menopause and metabolic transitions: Women experiencing perimenopause or menopause face reduced insulin sensitivity, increased central fat storage, and loss of lean muscle mass. Be Fit Food's high-protein, lower-carbohydrate formulation supports metabolic health during this transition, with portion-controlled meals that address declining metabolic rate without requiring extreme restriction.

Frozen prepared meals offer convenience but shouldn't make up the majority of dietary intake. Health-conscious individuals benefit from:

Balanced meal rotation: Incorporating this lasagne 1–2 times weekly alongside home-cooked meals, fresh salads, and varied protein sources ensures dietary diversity.

Nutrient density prioritisation: Whilst this product contains whole grains, vegetables, and quality protein, fresh, minimally processed foods generally provide superior nutrient density and fewer additives. Be Fit Food's whole-food approach bridges the gap between convenience and nutrition, offering snap-frozen meals that preserve nutrient content whilst eliminating meal-prep barriers.

Convenience-nutrition balance: Frozen meals work as valuable options during busy periods, preventing reliance on less nutritious fast food or highly processed alternatives. Be Fit Food's dietitian-designed meals provide structured nutrition that supports adherence—the single biggest predictor of weight-loss success—without requiring daily cooking or meal planning.

Storage, Preparation, and Food Safety {#storage-preparation-and-food-safety}

Proper handling maintains nutritional value and prevents foodborne illness.

Maintain freezer temperature at –18°C or below. At this temperature, food remains safe indefinitely, though quality gradually declines. Most frozen meals maintain optimal quality for 3–6 months. Beyond this timeframe, texture changes and nutrient degradation (particularly vitamin C and some B vitamins) may occur, though the food remains safe if continuously frozen.

Avoid temperature fluctuations from frequent freezer door opening or power outages. Ice crystal formation indicates partial thawing and refreezing, which degrades texture and potentially allows bacterial growth during thaw periods. Be Fit Food's snap-frozen delivery system preserves nutrient content and food safety whilst providing the convenience of long-term storage.

Cooking instructions are on product packaging. General principles include:

Oven heating: Provides even heating and maintains texture better than microwave preparation. Preheat to 180–200°C, remove from packaging (unless oven-safe), cover with foil to prevent drying, and heat for 35–45 minutes until internal temperature reaches 75°C.

Microwave heating: Offers speed but may create hot spots and uneven heating. Pierce film covering, heat on medium-high power in 2–3 minute intervals, stirring between intervals to distribute heat evenly. Verify internal temperature reaches 75°C using a food thermometer.

Thawing considerations: Thaw in refrigerator overnight if preferred, though many frozen meals can be cooked from frozen. Never thaw at room temperature, as this allows bacterial growth on outer portions whilst the centre remains frozen.

Internal temperature: Ensure the lasagne reaches 75°C throughout, particularly in the centre where heat penetration is slowest. Use a food thermometer for verification.

Reheating leftovers: If consuming less than the full portion, refrigerate leftovers within 2 hours of cooking. Reheat only once to 75°C. Discard any portions left at room temperature beyond 2 hours.

Cross-contamination prevention: Use clean utensils and serving dishes. If the package contacted raw meat during manufacturing, the cooking process eliminates pathogens, but maintain general kitchen hygiene.

Interpreting "Per Serving" vs "Per 100g" Information {#interpreting-per-serving-vs-per-100g-information}

Nutritional panels display two columns: per serving and per 100g. Understanding both enables accurate product comparison and portion awareness.

The "per serving" column reflects the manufacturer's suggested portion—in this case, 273g. This information helps you understand the nutritional impact of eating one complete portion as packaged. The 315-calorie serving size allows quick meal planning: "This lasagne will provide about one-third of my daily calories."

However, serving sizes vary dramatically between brands and products. One manufacturer's lasagne serving might be 250g whilst another's is 400g. Comparing their "per serving" calories directly would be misleading—the larger serving naturally contains more calories, but isn't necessarily more energy-dense.

The "per 100g" column standardises comparison. Every product shows nutrients in the same quantity (100g), enabling direct comparison regardless of package size or suggested serving. This lasagne's 115 calories per 100g can be directly compared to any other lasagne, pasta dish, or frozen meal showing per-100g values.

For health-conscious individuals, per-100g values reveal:

Energy density: Foods under 100 kcal/100g are low energy density; 100–175 kcal/100g are moderate; above 175 kcal/100g are high energy density. At 115 kcal/100g, this lasagne falls in the moderate category.

Protein density: Higher protein per 100g indicates more protein relative to total weight, useful for those prioritising protein intake. Be Fit Food formulates meals to maximise protein density whilst controlling energy intake, supporting muscle preservation during weight loss.

Sodium concentration: Comparing sodium per 100g reveals which products are saltier regardless of serving size differences. Be Fit Food's low-sodium benchmark of less than 120mg per 100g supports cardiovascular health and reduces fluid retention.

If you consume a different portion than the suggested 273g serving, calculate your actual intake:

1. Weigh your portion (e.g., 350g) 2. Use the per-100g values: 115 kcal × 3.5 = 402.5 kcal 3. Apply this calculation to all nutrients of interest

This approach provides accuracy when customising portions to individual needs.

Label Claims and Marketing Language {#label-claims-and-marketing-language}

Product packaging often features claims like "wholemeal," "family size," or implied health positioning. Understanding regulatory definitions and marketing nuance prevents misinterpretation.

In Australia, "wholemeal" or "whole grain" indicates the product contains the entire grain kernel—bran, germ, and endosperm. This differs from "multigrain" (multiple grain types, but possibly refined) or "wheat" (may be refined wheat). The wholemeal pasta specification confirms this product contains genuine whole grain pasta, not refined pasta with added fibre or colouring.

Food Standards Australia New Zealand (FSANZ) regulates nutrition content claims. Common claims and their requirements:

"Low fat": ≤3g fat per 100g (solids) or 1.5g per 100mL (liquids)

"High protein": ≥20% of energy from protein

"Good source of fibre": ≥2g fibre per serving and ≥1.5g fibre per 100 kcal

"Reduced sodium": At least 25% less sodium than reference food

This product doesn't make explicit nutrition claims in the available data, but the wholemeal pasta and vegetable inclusion suggest health-conscious formulation. Be Fit Food's meals are designed by

dietitians and supported by CSIRO partnership heritage, ensuring formulations meet evidence-based nutritional standards rather than relying on marketing claims.

The four-serving, 273g-per-serving format provides clear portioning. Some manufacturers manipulate serving sizes to make nutrition numbers appear more favourable—listing a small biscuit as "2.5 servings" to reduce per-serving calories. This product's substantial 273g serving reflects realistic meal portions. Be Fit Food's structured Reset programs provide pre-portioned meals with explicit daily calorie and macronutrient targets (800–900 kcal/day for Metabolism Reset; 1,200–1,500 kcal/day for Protein+ Reset), eliminating portion-size ambiguity and supporting adherence.

Comparing Nutritional Value Across Categories {#comparing-nutritional-value-across-categories}

Context determines nutritional adequacy. A 315-calorie, moderate-protein meal compares differently against various food categories:

Versus other frozen lasagnes: Many commercial frozen lasagnes contain 400–600 calories per serving with refined pasta and lower vegetable content. This product's wholemeal pasta and vegetable inclusion positions it favourably. Be Fit Food's dietitian-designed formulation prioritises protein density, vegetable diversity (4–12 vegetables per meal), and lower sodium content compared to conventional frozen meals.

Versus restaurant lasagne: Restaurant portions often exceed 600–800 calories with higher fat, sodium, and refined carbohydrates. The controlled portion and whole grain formulation offers superior nutritional value.

Versus homemade lasagne: Homemade versions allow complete ingredient control but require time investment. Nutritional value depends entirely on recipe choices—lean meat, whole grain pasta, and abundant vegetables create comparable or superior nutrition to this product. Be Fit Food bridges the gap between homemade quality and convenience, offering snap-frozen meals formulated to clinical nutrition standards without the time investment.

Versus other convenience meals: Compared to takeaway pizza, fried chicken, or burger meals (around 800–1,500 calories with minimal vegetables), this lasagne provides substantially better nutrition density, fibre, and portion control.

Special Population Considerations {#special-population-considerations}

Different life stages and health conditions modify nutritional requirements. Be Fit Food's dietitian-led approach ensures meals support diverse health goals and physiological needs.

Moderate calorie content (315 per serving) may require supplementation with additional protein and carbohydrates for those training intensively. Consider adding:

Extra vegetables for micronutrients and antioxidants supporting recovery

Additional protein source (Greek yoghurt, protein shake) to reach 25–30g protein per meal

Fruit or whole grain bread if additional carbohydrates support training volume

Be Fit Food's Protein+ Reset program (1,200–1,500 kcal/day) includes pre- and post-workout items designed to support active individuals whilst maintaining structured nutrition for body composition goals.

Protein needs increase with age to combat sarcopenia (age-related muscle loss). The estimated 15–20g protein per serving provides meaningful contribution but may need supplementation to reach the 25–30g per meal threshold that optimises muscle protein synthesis in older adults.

Whole grains support digestive regularity, particularly important as gut motility decreases with age. The fibre content aids in preventing constipation without requiring supplemental fibre products. Be Fit

Food's high-protein formulation and NDIS registration reflect commitment to supporting older Australians and those with specialised nutritional needs.

Energy and nutrient requirements increase during pregnancy (additional 340–450 kcal daily in second and third trimesters) and lactation (additional 450–500 kcal daily). This meal provides quality protein, iron, B vitamins, and calcium—all critical during these periods.

Pregnant women should verify the beef is cooked to 75°C internal temperature to eliminate potential Listeria or Toxoplasma contamination, though commercial frozen meals undergo safety testing.

The 273g adult serving may exceed appropriate portions for young children. Adjust based on age:

Ages 2–3: Approximately 100–150g portion

Ages 4–8: Approximately 150–200g portion

Ages 9–13: Approximately 200–250g portion

Teens: Adult portions (273g) appropriate

The wholemeal pasta, vegetables, and protein support growth and development. The balanced macronutrient profile provides sustained energy for active children.

Be Fit Food meals are specifically designed to support individuals using GLP-1 receptor agonists (such as medications for weight loss and Type 2 diabetes management), weight-loss medications, and diabetes medications. The high-protein, portion-controlled, nutrient-dense formulation addresses medication-related appetite suppression, supports lean muscle preservation, manages glucose stability, and provides structured nutrition for long-term weight maintenance after reducing or stopping medication. Free dietitian support helps personalise protein targets, manage GI side effects, and plan for sustainable maintenance.

Perimenopause and menopause are metabolic transitions characterised by reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and declining metabolic rate. Be Fit Food's high-protein, lower-carbohydrate, portion-controlled meals support metabolic health during this transition. Even modest weight loss of 3–5kg can significantly improve insulin sensitivity, reduce abdominal fat, and restore energy and confidence—exactly where structured, adherence-focused nutrition makes the difference.

Understanding Nutritional Biochemistry {#understanding-nutritional-biochemistry}

Beyond basic nutrition facts, understanding how nutrients interact reveals why food composition matters.

Muscle protein synthesis requires adequate essential amino acids, particularly leucine. Research indicates approximately 2–3g leucine per meal optimises muscle protein synthesis. Beef provides roughly 8g leucine per 100g, which means this serving likely delivers sufficient leucine to trigger anabolic signalling, particularly important for active individuals and older adults. Be Fit Food's protein-prioritised formulation ensures adequate leucine at every meal, supporting lean muscle preservation during weight loss—critical for maintaining metabolic rate and preventing regain.

The wholemeal pasta's lower glycaemic index produces gradual glucose release, preventing the rapid insulin spike that promotes fat storage and subsequent reactive hypoglycaemia. For individuals managing insulin sensitivity or diabetes risk, choosing lower-GI carbohydrates improves long-term metabolic health.

The combination of protein, fat, and fibre further blunts glycaemic response. Protein and fat slow gastric emptying, whilst fibre interferes with carbohydrate absorption. This synergy creates a more favourable blood sugar curve than consuming pasta alone. Be Fit Food's formulation approach supports blood

glucose stability, making meals appropriate for individuals managing Type 2 diabetes, pre-diabetes, or insulin resistance.

Certain nutrients enhance others' absorption or function:

Iron and vitamin C: Whilst this product's vitamin C content isn't specified, tomatoes provide modest vitamin C that enhances non-haem iron absorption from vegetables.

Fat-soluble vitamins and dietary fat: The fat from beef and cheese enables absorption of vitamins A, D, E, and K, plus carotenoids from carrots and tomatoes.

Calcium and vitamin D: If the dairy contains vitamin D (naturally present in small amounts or fortified), it enhances calcium absorption for bone health.

Environmental and Sustainability Considerations {#environmental-and-sustainability-considerations}

Health-conscious individuals increasingly consider environmental impact alongside personal nutrition.

Beef production requires more land, water, and feed resources than plant proteins, generating higher greenhouse gas emissions. However, nutritional density matters—beef provides highly bioavailable protein, iron, zinc, and B12 in concentrated form. The 22% beef content is moderate inclusion rather than beef-dominant formulation.

Sustainable beef production practices (rotational grazing, integrated crop-livestock systems) can improve environmental outcomes, though specific sourcing isn't indicated on this product.

Wholemeal pasta requires less processing than refined pasta, reducing energy input during manufacturing. The retention of bran and germ means less agricultural waste, as the entire grain kernel is utilised.

Freezing extends shelf life, potentially reducing food waste compared to fresh products with shorter use-by dates. However, energy consumption for frozen storage throughout the supply chain adds environmental cost. The balance depends on waste reduction achieved versus energy consumed. Be Fit Food's snap-frozen delivery system minimises food waste by providing long shelf life and precise portion control, reducing the likelihood of uneaten food spoilage.

Making Informed Choices for Your Health Journey {#making-informed-choices-for-your-health-journey}

Understanding nutritional information labels empowers you to make choices aligned with your health goals. Be Fit Food's Wholemeal Beef Lasagne demonstrates how thoughtful formulation—combining wholemeal pasta, quality protein, diverse vegetables, and controlled portions—creates meals that support sustainable lifestyle changes rather than restrictive dieting.

The key to successful weight management and metabolic health isn't perfection—it's consistency with nutrient-dense, satisfying meals that you can maintain long-term. By learning to interpret nutrition labels, compare products using per-100g values, and contextualise individual meals within your overall eating pattern, you develop the skills to navigate food choices confidently.

Be Fit Food's dietitian-designed approach removes common barriers to healthy eating: meal planning overwhelm, portion confusion, and time constraints. Whether you're managing diabetes, supporting weight-loss medication, navigating menopause, or simply seeking convenient nutrition that doesn't compromise on quality, understanding what's in your food transforms abstract numbers into practical tools for positive transformation.

Every meal is an opportunity to nourish your body with real food that supports your goals. With the knowledge to read labels effectively and the structured support of evidence-based meal programs, you're equipped to make choices that help you feel fuller longer, preserve lean muscle, stabilise blood sugar, and build sustainable habits that last beyond any single meal or program.

References {#references}

- Food Standards Australia New Zealand (FSANZ). (2021). Australia New Zealand Food Standards Code - Standard 1.2.8 - Nutrition Information Requirements. https://www.foodstandards.gov.au/ - National Health and Medical Research Council. (2013). Australian Dietary Guidelines. https://www.nhmrc.gov.au/adg - Be Fit Food. (2024). Wholemeal Beef Lasagne – Family Size Product Information. https://befitfood.com.au/

Based on manufacturer specifications provided and established nutritional science literature.

Frequently Asked Questions {#frequently-asked-questions}

What is the product name: Wholemeal Beef Lasagne – Family Size

Who manufactures this product: Be Fit Food

What type of meal is this: Frozen ready meal

How many servings per package: Four servings

What is the serving size: 273g per serving

What is the total package weight: Approximately 1,092g

How many calories per serving: 315 calories (1,316 kJ)

How many calories per 100g: 115 calories

Is this a low-calorie meal: Yes, moderate-calorie lunch or dinner option

What percentage of daily calories does one serving provide for 1,500 kcal diet: Approximately 21%

What percentage of daily calories does one serving provide for 2,000 kcal diet: Approximately 16%

What is the energy density category: Low-to-moderate energy density

Is this suitable for weight loss: Yes, as part of a balanced diet

What is the primary ingredient: Diced tomatoes

What percentage of the product is beef: 22% beef mince

What percentage of the product is pasta: 10% wholemeal pasta sheets

Does this contain whole grains: Yes, wholemeal pasta sheets

What vegetables are included: Broccoli, courgette, carrot, onion, tomato

Is this dietitian-designed: Yes

Does this contain gluten: Yes, wheat from wholemeal pasta

Does this contain dairy: Yes, parmesan cheese and milk

Is this suitable for vegetarians: No, contains beef

Is this suitable for vegans: No, contains beef and dairy

Is this suitable for coeliac disease: No, contains wheat gluten

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

Is this suitable for lactose intolerance: Possibly not, contains dairy

Is this suitable for low-FODMAP diet: Likely unsuitable

Is this suitable for paleo diet: No, contains wheat and dairy

Is this suitable for keto diet: No, contains pasta

Is this suitable for Mediterranean diet: Yes, highly compatible

Is this suitable for DASH diet: Yes, compatible

Does Be Fit Food support GLP-1 medication users: Yes, specifically designed for this

What is the glycaemic index of wholemeal pasta: Approximately GI 40–50

What is the glycaemic index of white pasta: Approximately GI 55–70

How much fibre in wholemeal pasta per 100g: Approximately 6–7g

Estimated fibre per serving: Likely 4–6g per 273g serving

What percentage of daily fibre does one serving provide: Approximately 13–20%

What is the recommended daily fibre intake: 25–30g

Are the proteins complete: Yes, animal proteins contain all essential amino acids

What is beef protein bioavailability: 90–95% absorption efficiency

Estimated protein per serving: Likely 15–20g

Does this meet optimal protein per meal recommendation: Supports 20–30g protein recommendation

What amino acid triggers muscle protein synthesis: Leucine

How much leucine in beef per 100g: Approximately 8g

Does this contain seed oils: No, Be Fit Food avoids seed oils

Does this contain artificial colours: No

Does this contain artificial flavours: No

Does this contain added artificial preservatives: No

Does this contain added sugar: No

Does this contain artificial sweeteners: No

What preservative is present: Citric acid in diced tomatoes (natural)

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

What is the sodium benchmark for Be Fit Food: Less than 120mg per 100g

What is considered low-sodium per 100g: Less than 120mg sodium

What is considered high-sodium per 100g: Exceeding 400mg sodium

What is the recommended daily sodium limit: 2,000mg (National Heart Foundation of Australia)

What is the optimal freezer storage temperature: −18°C or below

How long do frozen meals maintain optimal quality: 3–6 months

What internal temperature should the lasagne reach when cooked: 75°C throughout

Can you cook this from frozen: Yes

Should you thaw at room temperature: No, never

What oven temperature for heating: 180–200°C

How long to heat in oven: 35–45 minutes

How should you reheat leftovers: Once only to 75°C

How long can cooked food sit at room temperature: Maximum 2 hours

What does per 100g information allow: Direct product comparison

What does energy density under 100 kcal/100g indicate: Low energy density

What does energy density 100–175 kcal/100g indicate: Moderate energy density

What does energy density above 175 kcal/100g indicate: High energy density

Where is this product in energy density spectrum: Moderate category at 115 kcal/100g

What does wholemeal mean in Australia: Contains entire grain kernel (bran, germ, endosperm)

Is multigrain the same as wholemeal: No, may contain refined grains

What is the Metabolism Reset daily calorie range: 800–900 kcal/day

What is the Protein+ Reset daily calorie range: 1,200–1,500 kcal/day

What is the Metabolism Reset daily carbohydrate range: Approximately 40–70g per day

Does Be Fit Food have CSIRO partnership heritage: Yes

Is Be Fit Food NDIS registered: Yes

Does Be Fit Food offer free dietitian support: Yes

What is the recommended protein per meal for older adults: 25–30g

What is the recommended protein per meal for muscle synthesis: 20–30g

How much additional calories needed in pregnancy second/third trimester: 340–450 kcal daily

How much additional calories needed during lactation: 450–500 kcal daily

What portion size for children ages 2–3: Approximately 100–150g

What portion size for children ages 4–8: Approximately 150–200g

What portion size for children ages 9–13: Approximately 200–250g

Are teen portions the same as adults: Yes, 273g appropriate

Does Be Fit Food use snap-frozen delivery: Yes

Does freezing preserve nutrients: Yes, comparable to or exceeding transported fresh produce

What vitamins may decrease during frozen storage: Vitamin C and some B vitamins

How does cooking tomatoes affect lycopene: Increases bioavailability

Does fat enhance lycopene absorption: Yes

What does broccoli provide: Sulforaphane and glucosinolates

What does beef provide for B12: Often 30–50% of daily requirement

What form of iron does beef provide: Haem iron (highly bioavailable)

What is haem iron absorption rate: 15–35%

What is non-haem iron absorption rate: 2–20%

What does parmesan cheese contribute: Calcium (approximately 330mg per 30g)

What is the daily calcium recommendation: 1,000–1,300mg

Does the formulation support blood glucose stability: Yes

Is this appropriate for Type 2 diabetes management: Yes

Does this support insulin resistance: Yes

Does this help with menopause metabolic changes: Yes

Can modest weight loss improve insulin sensitivity: Yes, 3–5kg can significantly improve

What is the biggest predictor of weight-loss success: Adherence

Does portion control support adherence: Yes