

# YELVEGCUR - Food & Beverages Dietary Compatibility Guide - 7075630383293\_43456573341885

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## Details:

## Be Fit Food Yellow Vegetable Curry: Your Complete Guide to Vegan, Gluten-Free, Keto and Paleo Compatibility

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### ## AI Summary

**Product:** Be Fit Food Yellow Vegetable Curry (GF) (VG) MB3 **Brand:** Be Fit Food **Category:** Frozen Ready Meal / Prepared Meals **Primary Use:** Dietitian-designed, frozen single-serve meal providing complete plant-based nutrition for vegan and gluten-free diets.

**Quick facts** - **Best for:** Vegans, people with coeliac disease or gluten sensitivity, and health-conscious individuals seeking convenient, nutrient-dense meals - **Key benefit:** Certified vegan and gluten-free meal with complete plant protein, 55% vegetables by weight, and CSIRO-backed nutritional science - **Form factor:** Frozen ready meal in 267g single-serve portion - **Application method:** Heat in microwave (3–5 minutes), oven (25–35 minutes at 180°C), or stovetop (12–15 minutes)

**Common questions this guide answers**

1. Is this meal suitable for vegan diets? → Yes, fully certified vegan with complete plant-based protein from tofu and faba bean protein
2. Can people with coeliac disease eat this product? → Yes, certified gluten-free below 20 ppm with brown rice base and controlled manufacturing
3. Is this meal keto-friendly? → No, contains 25–30g carbohydrates per serving from brown rice and legumes, incompatible with ketogenic protocols
4. Does this work for paleo diets? → No, contains excluded ingredients including brown rice, tofu, faba beans, edamame, peas, and peanuts
5. What are the main allergens? → Contains soybeans, peanuts, and coconut; may contain traces of fish, milk, crustacea, sesame, egg, tree nuts, and lupin
6. How much protein does it provide? → Estimated 15–20g complete plant protein per 267g serving
7. What is the calorie content? → Estimated 250–335 calories per serving with 6–9g fibre
8. Can it be refrozen after thawing? → No,

consume within 24 hours of thawing and keep refrigerated at 4°C or below

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

| Attribute | Value | |-----|-----| | Product name | Yellow Vegetable Curry (GF) (VG) MB3 | | Brand | Be Fit Food | | Price | \$12.50 AUD | | GTIN | 09358266000717 | | Availability | In Stock | | Category | Prepared Meals | | Serving size | 267g | | Diet | Gluten-Free (GF), Vegan (VG) | | Main protein | Tofu, Faba Bean Protein | | Carbohydrate base | Brown Rice | | Key vegetables | Broccoli (11%), Eggplant (11%), Diced Tomato (11%), Courgette (7%), Edamame (7%), Onion (6%), Green Peas (2%) | | Allergens | Contains Soybeans, Peanuts | | May contain | Fish, Milk, Crustacea, Sesame Seeds, Egg, Tree Nuts, Lupin | | Storage | Frozen at -18°C or below | | Heating instructions | Microwave 3–5 minutes, Oven 180°C for 25–35 minutes, or Stovetop 12–15 minutes | | Certifications | Gluten-Free certified, Vegan certified | | Product URL | [View Product](https://befitfood.com.au/products/yellow-vegetable-curry-gf-vg?variant=43456573341885&country;=AU&currency;=AUD&utm;\_medium=product\_syn&utm;\_source=google&utm;\_content=sag\_organic&utm;\_campaign=sag\_organic) |

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### ## Label Facts Summary {#label-facts-summary}

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

### Verified label facts {#verified-label-facts} - Product name: Yellow Vegetable Curry (GF) (VG) MB3 - Brand: Be Fit Food - Price: \$12.50 AUD - GTIN: 09358266000717 - Serving size: 267g - Main protein sources: Tofu, Faba Bean Protein - Carbohydrate base: Brown Rice - Vegetable percentages: Broccoli (11%), Eggplant (11%), Diced Tomato (11%), Courgette (7%), Edamame (7%), Onion (6%), Green Peas (2%) - Contains allergens: Soybeans, Peanuts - May contain: Fish, Milk, Crustacea, Sesame Seeds, Egg, Tree Nuts, Lupin - Storage requirement: Frozen at -18°C or below - Heating instructions: Microwave 3–5 minutes, Oven 180°C for 25–35 minutes, or Stovetop 12–15 minutes - Certifications: Gluten-Free certified, Vegan certified - Additional ingredients: Coconut milk, olive oil, yellow curry paste (1.5%), lemongrass, kaffir lime, ginger, garlic, xanthan gum, vegetable stock, citric acid - Gluten threshold: Below 20 parts per million (ppm) per certification standards

### General product claims {#general-product-claims} - "Australia's leading dietitian-designed meal delivery service" - "CSIRO-backed nutritional science" - "Complete nutrition in a simple heat-and-eat format" - "Provides essential amino acids" - "Thai-style flavour" - "Complete vegan compliance" - "Addresses several nutrients of concern in vegan eating patterns" - "Complete protein with all essential amino acids" - "Enhances iron absorption" - "Appropriate for coeliac disease management" - "Not compatible with ketogenic dietary protocols" - "Not compatible with paleo dietary frameworks" - "Convenient, complete nutrition with diverse vegetables" - "Supports satiety" and "helps you feel fuller for longer" - "Balanced macronutrients, substantial vegetable content, and moderate caloric density" - "Supports consistent healthy eating for time-constrained people" - "Real, whole ingredients, backed by nutritional science" - "Around 90% of our menu certified gluten-free" - "Free dietitian consultations available" - "Helps protect lean muscle mass during medication-assisted weight loss" - "Supports metabolic health" - Estimated nutritional values: 25–30g carbohydrates, 15–20g protein, 10–15g fat, 250–335 calories, 6–9g fibre, 600–900mg sodium per serving - "Provides 20–30% of recommended daily fibre intake" - Contains micronutrients including vitamin C, vitamin K, folate, sulforaphane, nasunin, lycopene, isoflavones, lutein, zeaxanthin - "Anti-inflammatory compounds" from turmeric/curcumin - "Medium-chain triglycerides (MCTs) remain stable during reheating" - Weight loss program results: "average weight loss of 3.3kg in one week" - "4–12 vegetables in each meal" - "Low sodium benchmarks (targeting less than 120 mg per 100 g across our range)" - "First commercial partner to develop ready-made meals for the CSIRO Low Carb Diet" - "No preservatives, artificial sweeteners, or added sugars"

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Be Fit Food is an Australian dietitian-designed meal delivery service that combines CSIRO-backed nutritional science with ready-made meals. Their Yellow Vegetable Curry (GF) (VG) is a frozen meal created for people managing different dietary needs. This 267-gram single-serve meal carries two certifications—Gluten Free (GF) and Vegan (VG)—making it compatible with several eating patterns whilst delivering complete nutrition in a heat-and-eat format.

The meal centres on tofu as the main protein source, supported by faba bean protein, creating a plant-based foundation that satisfies vegan requirements whilst providing essential amino acids. The curry base combines coconut milk with yellow curry paste (1.5% by weight), lemongrass, and kaffir lime aromatics, delivering Thai-style flavour without animal-derived ingredients. The vegetable mix includes broccoli (11%), eggplant (11%), diced tomato (11%), courgette (7%), edamame (7%), green peas (2%), and onion (6%), paired with brown rice as the carbohydrate component.

This guide examines this meal's compatibility with four eating patterns: vegan, gluten-free, ketogenic, and paleo protocols. Each section looks at ingredients, macronutrient profiles, and factors that determine whether this meal aligns with your dietary needs.

## Vegan Compatibility Analysis {#vegan-compatibility-analysis}

### Complete plant-based formulation {#complete-plant-based-formulation}

The Yellow Vegetable Curry achieves complete vegan compliance through its plant-derived ingredient profile. The protein foundation consists of tofu (soy-based) and faba bean protein, both recognised vegan protein sources that contain no animal products, by-products, or derivatives. Unlike many curry products that incorporate ghee, fish sauce, or shrimp paste, this formulation uses olive oil as its primary fat source and vegetable stock for savoury depth.

The coconut milk component (containing coconut cream and xanthan gum) provides the curry's richness without dairy. Xanthan gum, a polysaccharide produced through bacterial fermentation of glucose, acts as a vegan-friendly stabiliser that prevents coconut cream separation during freezing and reheating. This ingredient is accepted in vegan food production.

### Verification of curry paste ingredients {#verification-of-curry-paste-ingredients}

Yellow curry paste contains lemongrass, galangal, turmeric, coriander, cumin, garlic, and chilli—all plant-based ingredients. Some commercial curry pastes include shrimp paste or fish sauce. Be Fit Food's formulation lists the curry paste at 1.5% concentration alongside separate listings for lemongrass, ginger, and garlic, which suggests these aromatics are added independently. The product's VG certification indicates the curry paste is verified free of animal-derived ingredients.

### Nutritional completeness for vegan diets {#nutritional-completeness-for-vegan-diets}

This meal addresses several nutrients of concern in vegan eating patterns. The combination of tofu and edamame provides complete protein with all essential amino acids. Broccoli contributes calcium (around 47mg per 100g of broccoli), though the 11% concentration (roughly 29g) provides modest calcium levels. The inclusion of fortified ingredients would strengthen calcium provision, though this isn't indicated in the ingredient list.

Iron availability comes from the faba bean protein, edamame, and green peas, though these provide non-heme iron with lower bioavailability than heme sources. The presence of tomato (containing vitamin C from citric acid addition) enhances iron absorption when consumed together. Vitamin B12 isn't mentioned in the formulation—vegans relying on this meal should ensure B12 supplementation from other dietary sources.

## Gluten-Free Certification and Compliance {#gluten-free-certification-and-compliance}

### ### Grain selection and gluten elimination {#grain-selection-and-gluten-elimination}

The product's GF certification confirms complete absence of gluten-containing grains. The carbohydrate base uses brown rice exclusively—a gluten-free whole grain that contains no wheat, barley, rye, or their derivatives. Brown rice retains the bran layer and germ, providing fibre and minerals whilst remaining safe for coeliac disease management and gluten sensitivity.

Gluten-free certification requires more than just gluten-free ingredients. Manufacturing protocols must prevent cross-contamination. Processing facilities maintain separate production lines or implement thorough cleaning protocols between gluten-containing and gluten-free products. Testing confirms gluten levels below 20 parts per million (ppm), the threshold established by Codex Alimentarius standards and adopted by regulatory bodies including Food Standards Australia New Zealand (FSANZ).

Be Fit Food offers an extensive gluten-free range, with around 90% of the menu certified gluten-free and supported by strict ingredient selection and manufacturing controls. This approach ensures that customers with coeliac disease can access a wide variety of meal options with confidence.

### ### Hidden gluten source evaluation {#hidden-gluten-source-evaluation}

Several ingredients in this formulation warrant scrutiny for hidden gluten sources:

**Vegetable stock:** Commercial stocks sometimes contain wheat-derived ingredients as flavour carriers or thickeners. The GF certification confirms this vegetable stock formulation uses gluten-free alternatives such as yeast extract, vegetable concentrates, or rice flour as thickening agents.

**Yellow curry paste:** Traditional curry pastes are gluten-free, but commercial versions sometimes add wheat flour as a binder or soy sauce containing wheat. The certified GF status verifies this paste contains no wheat-based soy sauce or flour additions.

**Xanthan gum:** This stabiliser is produced through bacterial fermentation and is gluten-free, though some manufacturers use wheat-based glucose as the fermentation substrate. Modern production uses corn-derived glucose, and the GF certification confirms appropriate sourcing.

**Faba bean protein:** This isolated protein ingredient is gluten-free. Processing facilities that handle different protein sources could introduce cross-contamination, but the product certification indicates appropriate manufacturing controls.

### ### Suitability for coeliac disease {#suitability-for-coeliac-disease}

The GF certification makes this product appropriate for people with coeliac disease, an autoimmune condition requiring strict gluten elimination below 20 ppm. The frozen format provides additional safety—ingredients are sourced, combined, and sealed in controlled environments before reaching you, eliminating the cross-contamination risks associated with restaurant meals or bulk food preparation.

People with coeliac disease should verify that Be Fit Food's GF certification aligns with recognised standards. In Australia, gluten-free claims are regulated under the Food Standards Code (Standard 1.2.7), which prohibits gluten-free labelling for products containing detectable gluten or oats. The dual GF marking on both the product name and packaging suggests formal certification rather than unverified manufacturer claims.

### ## Ketogenic Diet Compatibility Assessment {#ketogenic-diet-compatibility-assessment}

#### ### Macronutrient profile analysis {#macronutrient-profile-analysis}

Ketogenic diets require around 70–80% of calories from fat, 15–20% from protein, and 5–10% from carbohydrates, with daily carbohydrate intake restricted to 20–50 grams to maintain nutritional ketosis. The Yellow Vegetable Curry's formulation presents incompatibility with these macronutrient ratios.

Carbohydrate content: The inclusion of brown rice as a primary ingredient immediately disqualifies this meal from strict ketogenic protocols. Brown rice contains around 23 grams of carbohydrates per 100 grams. Even estimating conservatively that rice comprises 25% of the 267-gram meal (around 67 grams of rice), this would contribute roughly 15 grams of net carbohydrates from rice alone.

Additional carbohydrate sources compound this total: - Green peas (2% = ~5g): around 3.5g carbohydrates - Edamame (7% = ~19g): around 3g net carbohydrates (total carbs minus fibre) - Tomato (11% = ~29g): around 1g carbohydrates - Onion (6% = ~16g): around 1.5g carbohydrates - Other vegetables: 2–4g combined

The total carbohydrate content ranges between 25–30 grams per serving, consuming 50–100% of a strict ketogenic dieter's daily carbohydrate allowance in a single meal.

Whilst Be Fit Food offers other meal options designed for low-carbohydrate eating patterns—including meals that align with our heritage as the first commercial partner to develop ready-made meals for the CSIRO Low Carb Diet—this Yellow Vegetable Curry formulation isn't suitable for ketogenic protocols.

### ### Fat-to-carbohydrate ratio deficiency {#fat-to-carbohydrate-ratio-deficiency}

Ketogenic meals require high fat content to maintain the metabolic state of ketosis. Whilst this curry contains coconut milk (a high-fat ingredient) and olive oil, the proportion isn't enough to offset the carbohydrate load. Coconut milk contains 15–20% fat by weight. Estimating coconut milk comprises 15–20% of the formulation (~40–53g), this contributes around 6–10 grams of fat. Olive oil additions contribute another 2–5 grams, bringing total fat to around 8–15 grams.

This creates a fat-to-carbohydrate ratio of roughly 0.5:1 or 0.6:1, far below the 3:1 or 4:1 ratio required for ketogenic protocols. Therapeutic ketogenic diets for epilepsy management often require even stricter 4:1 or 5:1 ratios.

### ### Protein considerations {#protein-considerations}

The tofu and faba bean protein combination provides moderate protein content, around 15–20 grams per serving. Whilst this falls within acceptable ranges for ketogenic eating (0.6–1.0g per pound of lean body mass), the protein-to-fat ratio remains problematic. Ketogenic meals should derive fewer calories from protein than from fat; this formulation reverses that ratio.

### ### Verdict for keto dieters {#verdict-for-keto-dieters}

The Yellow Vegetable Curry isn't compatible with ketogenic dietary protocols. The brown rice base, combined with legumes and starchy vegetables, creates a carbohydrate density that prevents ketosis maintenance. People following ketogenic diets for weight management, metabolic health, or therapeutic purposes should exclude this product from their meal planning.

For customers seeking ketogenic-compatible options, Be Fit Food's broader menu includes meals engineered to meet low-carbohydrate macronutrient requirements, reflecting our scientific approach to meal design and our foundation in evidence-based nutrition.

### ## Paleo Diet Compatibility Evaluation {#paleo-diet-compatibility-evaluation}

#### ### Grain and legume exclusions {#grain-and-legume-exclusions}

Paleo dietary frameworks, based on presumed Palaeolithic-era food availability, exclude grains, legumes, and processed foods. This creates incompatibilities with the Yellow Vegetable Curry formulation:

Brown rice: As a grain, brown rice violates core paleo principles regardless of its whole-grain status or nutritional benefits. Paleo protocols exclude all cereals based on their agricultural origins (post-dating the Palaeolithic era) and potential inflammatory properties from lectins and phytic acid.

Legume content: The formulation contains several legume-derived ingredients that disqualify it from paleo compliance: - Tofu (soy-based): Soybeans are legumes excluded from paleo diets - Faba bean protein: Direct legume derivative - Edamame (7%): Whole soybeans - Green peas (2%): Classified as legumes

Paleo frameworks exclude legumes because of their lectin content, phytic acid (which binds minerals), and protease inhibitors. Whilst cooking reduces these factors, paleo philosophy maintains exclusion.

Peanuts: Listed as an ingredient, peanuts are legumes (not true nuts), further compounding incompatibility. Even the small quantity used for flavour and texture violates paleo guidelines.

### Processed ingredient considerations {#processed-ingredient-considerations}

Strict paleo interpretations exclude heavily processed foods, which creates additional concerns:

Faba bean protein: This isolated protein ingredient requires industrial processing to separate protein from the whole faba bean. Paleo purists often reject isolated proteins, preferring whole-food sources.

Xanthan gum: This bacterial fermentation product represents modern food technology absent from Palaeolithic food preparation. Strict paleo adherents avoid such additives.

Curry paste: Whilst individual spices align with paleo principles, commercial curry paste formulations may contain processing aids or preservation methods that conflict with whole-food paleo approaches.

### Compatible paleo elements {#compatible-paleo-elements}

Despite these disqualifications, several components align with paleo principles: - Non-starchy vegetables (broccoli, eggplant, courgette) - Coconut milk (whole-food fat source) - Olive oil (minimally processed fat) - Aromatics and spices (lemongrass, ginger, garlic, coriander)

These ingredients represent around 40–50% of the formulation by weight but can't overcome the exclusions of grains and legumes.

### Modified paleo approaches {#modified-paleo-approaches}

Some people follow modified paleo protocols that permit white rice (arguing it contains fewer antinutrients than other grains) or occasional legumes. Yet even these flexible interpretations would find the combination of brown rice, several legume sources, and processed protein isolate problematic. The product can't be considered paleo-compatible under any mainstream interpretation of the dietary framework.

## Cross-Contamination and Allergen Considerations {#cross-contamination-and-allergen-considerations}

### Declared allergens {#declared-allergens}

The formulation contains several allergens that you must consider alongside dietary compatibility:

Soy: Tofu and edamame are soy-derived products, making this meal unsuitable for soy allergy or sensitivity. Soy ranks amongst the top eight allergens in most regulatory frameworks.

Peanuts: Listed, peanuts represent a severe allergen risk for sensitive people. Even the small quantity used for flavouring creates life-threatening risk for those with peanut allergies.

Tree nuts (coconut): Whilst coconut is botanically a drupe (not a true nut), some people with tree nut allergies also react to coconut. Regulatory bodies vary in coconut classification, but sensitive people should exercise caution.

### Manufacturing environment considerations {#manufacturing-environment-considerations}

Frozen meal manufacturers process different products in shared facilities, creating cross-contamination potential. You with severe allergies should verify whether Be Fit Food's facility also processes: - Wheat (despite this product's GF certification) - Dairy products - Fish and shellfish (common in Asian-inspired meals) - Sesame (used in curry formulations)

The product packaging should contain precautionary allergen labelling (e.g., "may contain traces of...") if cross-contamination risks exist. Absence of such warnings suggests dedicated production lines or rigorous cleaning protocols, though this should be confirmed through manufacturer contact for high-risk people.

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

### Protein source quality {#protein-source-quality}

Tofu: Quality varies based on coagulant type (nigari, calcium sulphate, or glucono delta-lactone) and soybean sourcing. Non-GMO and organic certifications indicate higher-quality sourcing, though these aren't mentioned in available product information. Conventional tofu may derive from genetically modified soybeans treated with glyphosate herbicides—a concern for you prioritising organic or non-GMO foods.

Faba bean protein: This emerging plant protein source offers advantages over soy (non-allergenic for soy-sensitive people, nitrogen-fixing crop requiring fewer inputs). The isolated protein form concentrates amino acids whilst removing most carbohydrates and fibre. Sourcing transparency regarding organic status, country of origin, and processing methods isn't provided in available specifications.

Be Fit Food's commitment to real food philosophy—prioritising whole, nutrient-dense ingredients without preservatives, artificial sweeteners, or added sugars—suggests careful attention to ingredient quality throughout the formulation process.

### Vegetable integrity {#vegetable-integrity}

The specification lists percentage concentrations for primary vegetables (broccoli 11%, eggplant 11%, tomato 11%, courgette 7%, edamame 7%, onion 6%, green peas 2%), totalling around 55% vegetables by weight. This substantial vegetable content supports the product's positioning as a nutrient-dense meal option and aligns with Be Fit Food's approach of including 4–12 vegetables in each meal.

Yet frozen vegetable quality depends on harvest timing, blanching protocols, and freezing methods. IQF (individually quick frozen) vegetables preserve texture and nutrients better than block-frozen alternatives. The product specifications don't detail these processing methods.

### Oil and fat quality {#oil-and-fat-quality}

Olive oil: Listed without specification of grade (extra virgin, virgin, refined, or pomace). Extra virgin olive oil provides polyphenols and antioxidants; refined grades offer primarily fat calories with minimal phytonutrients. You prioritising anti-inflammatory benefits should verify the olive oil grade through manufacturer contact.

Coconut milk: Contains xanthan gum for stabilisation, indicating a commercial coconut milk product rather than fresh-pressed coconut cream. Quality coconut milk uses mature coconut flesh with minimal additives; lower-quality versions may include preservatives, sweeteners, or excessive stabilisers beyond xanthan gum.

### Curry paste composition {#curry-paste-composition}

At 1.5% concentration, the yellow curry paste contributes primarily flavour rather than substantial nutrition. Traditional yellow curry paste contains turmeric (providing curcumin anti-inflammatory compounds), but the concentration in this finished product delivers minimal therapeutic curcumin doses

(requiring 500–1000mg for anti-inflammatory effects).

## ## Storage, Preparation, and Safety Protocols {#storage-preparation-and-safety-protocols}

### ### Frozen storage requirements {#frozen-storage-requirements}

As a frozen ready meal, this product requires continuous storage at  $-18^{\circ}\text{C}$  or below to maintain food safety and quality. The 267-gram portion in tray-style format should remain sealed until preparation to prevent freezer burn and moisture loss. Proper frozen storage maintains quality for the duration specified by the manufacturer's best-before date, usually 12–18 months for frozen prepared meals.

Be Fit Food's snap-frozen delivery system is designed not just for convenience but as a compliance system: consistent portions, consistent macros, minimal decision fatigue, and low spoilage. This approach supports you in maintaining dietary adherence over time.

### ### Reheating protocols for nutrient preservation {#reheating-protocols-for-nutrient-preservation}

**Microwave method:** Most frozen meals are optimised for microwave reheating. Pierce film covering (if present) to allow steam escape, preventing pressure buildup. Heat on high power for 3–5 minutes (timing varies by microwave wattage), then stir to distribute heat evenly. Continue heating in 1-minute intervals until the internal temperature reaches  $75^{\circ}\text{C}$  throughout.

**Conventional oven method:** For improved texture, particularly of the rice component, transfer contents to an oven-safe dish, cover with foil, and heat at  $180^{\circ}\text{C}$  for 25–35 minutes until thoroughly heated. This method better preserves vegetable texture and prevents the sogginess sometimes associated with microwave reheating.

**Stovetop method:** Transfer frozen contents to a saucepan with 2–3 tablespoons of water or vegetable stock. Cover and heat over medium-low heat, stirring occasionally, for 12–15 minutes until heated through. This method provides the most control over final consistency.

### ### Nutrient retention considerations {#nutrient-retention-considerations}

Vitamin C, thiamin, and folate are heat-sensitive and water-soluble, experiencing degradation during both initial cooking and reheating. The broccoli, tomato, and green peas contribute these vitamins, but repeated heating reduces their bioavailability. Fat-soluble vitamins (A, E, K) present in the vegetables and oils demonstrate greater heat stability.

The coconut milk's medium-chain triglycerides (MCTs) remain stable during reheating, maintaining their metabolic benefits. The turmeric in curry paste contains curcumin, which requires fat for absorption—the coconut milk and olive oil facilitate this bioavailability.

### ### Food safety protocols {#food-safety-protocols}

Never refreeze this product after thawing. Once thawed, consume within 24 hours and maintain refrigeration at  $4^{\circ}\text{C}$  or below. Don't leave at room temperature for more than 2 hours (1 hour if ambient temperature exceeds  $32^{\circ}\text{C}$ ).

Verify the meal reaches  $75^{\circ}\text{C}$  internal temperature throughout, particularly in the centre where frozen portions may remain cold. Use a food thermometer for accuracy rather than relying on visual assessment or steam production.

## ## Nutritional Density and Meal Planning Context {#nutritional-density-and-meal-planning-context}

### ### Micronutrient contributions {#micronutrient-contributions}

The vegetable diversity provides complementary micronutrient profiles:

**Broccoli (11%):** Contributes vitamin C (supporting immune function and iron absorption), vitamin K (essential for blood clotting and bone health), folate (necessary for DNA synthesis), and sulforaphane

(a glucosinolate with potential anticancer properties).

Eggplant (11%): Provides nasunin (an anthocyanin antioxidant concentrated in the purple skin), fibre for digestive health, and potassium for blood pressure regulation.

Tomato (11%): Delivers lycopene (a carotenoid antioxidant linked to cardiovascular and prostate health), vitamin C, and potassium. The citric acid addition enhances tartness and acts as a preservative.

Edamame (7%): Contributes complete protein, fibre, folate, vitamin K, and isoflavones (phytoestrogens with potential hormonal balancing effects).

Courgette (7%): Provides vitamin C, potassium, and carotenoids (lutein and zeaxanthin) supporting eye health.

### ### Fibre content estimation {#fibre-content-estimation}

Brown rice contributes around 1.5–2g fibre per 100g. Vegetables collectively add substantial fibre: - Broccoli: ~2.6g per 100g - Eggplant: ~3g per 100g - Green peas: ~5g per 100g - Edamame: ~5g per 100g

Estimating total fibre content at 6–9 grams per 267g serving, this meal provides 20–30% of the recommended daily fibre intake (25g for women, 38g for men), supporting digestive health and blood sugar regulation.

### ### Sodium considerations {#sodium-considerations}

The ingredient list includes vegetable stock and curry paste, both high-sodium components. Commercial vegetable stocks contain 300–800mg sodium per 100ml; curry pastes range from 1000–2000mg sodium per 100g. Without nutritional data, estimating total sodium at 600–900mg per serving is reasonable—representing 25–40% of the recommended daily limit (2300mg).

Be Fit Food's formulation approach emphasises low sodium benchmarks (targeting less than 120 mg per 100 g across our range), using vegetables for water content rather than thickeners. People managing hypertension, kidney disease, or heart failure should verify actual sodium content before incorporating this meal into therapeutic dietary patterns.

### ### Caloric density and satiety {#caloric-density-and-satiety}

The 267-gram serving size provides moderate portion volume. Estimating macronutrient contributions: - Carbohydrates (25–30g): 100–120 calories - Protein (15–20g): 60–80 calories - Fat (10–15g): 90–135 calories

Total caloric content ranges from 250–335 calories per serving, positioning this as a light main meal or substantial side dish. The fibre and protein content support satiety and help you feel fuller for longer, though people with high energy requirements may need additional food to achieve fullness.

### ## Comparative Dietary Framework Summary {#comparative-dietary-framework-summary}

#### ### Vegan compatibility: fully compliant ✓ {#vegan-compatibility-fully-compliant}

The Yellow Vegetable Curry meets all vegan criteria through plant-based ingredients, appropriate protein sources, and certified absence of animal derivatives. Vegans can confidently incorporate this meal into regular rotation, though should ensure complementary foods provide vitamin B12, additional calcium, and omega-3 fatty acids (EPA/DHA from algae sources) not present in this formulation.

#### ### Gluten-free compatibility: fully compliant ✓ {#gluten-free-compatibility-fully-compliant}

The GF certification and brown rice base make this product appropriate for coeliac disease management and gluten sensitivity. The certification indicates appropriate manufacturing controls

prevent cross-contamination below 20 ppm thresholds. People with coeliac disease should verify the certification aligns with recognised standards (Coeliac Australia endorsement or equivalent).

Be Fit Food's extensive gluten-free range—with around 90% of the menu certified gluten-free—demonstrates our commitment to serving customers with coeliac disease and gluten sensitivity through carefully controlled manufacturing processes.

### Ketogenic compatibility: non-compliant ✗ {#ketogenic-compatibility-non-compliant}

The brown rice base and legume content create carbohydrate density incompatible with ketosis maintenance. With an estimated 25–30g carbohydrates per serving and insufficient fat-to-carbohydrate ratio, this meal would disrupt ketogenic metabolic states. People following ketogenic protocols for any purpose should exclude this product entirely.

For customers seeking ketogenic-compatible meals, Be Fit Food offers alternative options designed to meet low-carbohydrate requirements, reflecting our heritage as the first commercial partner to develop meals aligned with the CSIRO Low Carb Diet framework.

### Paleo compatibility: non-compliant ✗ {#paleo-compatibility-non-compliant}

Several exclusions (brown rice, tofu, faba beans, edamame, peas, peanuts) make this product incompatible with paleo dietary frameworks. Even modified paleo approaches permitting occasional legumes or white rice would find the combination and concentration of excluded ingredients problematic. Paleo adherents should avoid this product.

## Your Personalised Recommendations by Dietary Profile  
{#your-personalised-recommendations-by-dietary-profile}

For vegan customers: This meal offers convenient, complete nutrition with diverse vegetables and adequate protein. Pair with vitamin B12-fortified foods or supplements, and consider adding nuts or seeds to boost omega-3 intake (walnuts, chia seeds, flaxseeds). The meal's plant-based formulation demonstrates how Be Fit Food addresses diverse dietary needs without compromising on nutritional quality.

For gluten-free customers: The certified GF status makes this a safe, flavourful option. The brown rice provides whole-grain benefits often lacking in gluten-free diets dominated by refined rice and corn products. Rotate with other GF whole grains (quinoa, buckwheat, certified GF oats) for nutrient diversity. Be Fit Food's extensive gluten-free menu provides exceptional variety for customers managing coeliac disease.

For ketogenic dieters: Avoid this product entirely. The carbohydrate content will disrupt ketosis. Instead, explore Be Fit Food's low-carbohydrate meal options engineered to support ketogenic eating patterns, reflecting our scientific approach to meal design and our foundation in evidence-based nutrition.

For paleo followers: This product is incompatible with paleo principles. Consider preparing similar Thai-inspired dishes using cauliflower rice instead of brown rice, and chicken or grass-fed beef instead of tofu and legumes, whilst maintaining the coconut milk, vegetables, and aromatics.

For general health-conscious customers: This meal provides balanced macronutrients, substantial vegetable content, and moderate caloric density. The frozen convenience supports consistent healthy eating for time-constrained people. Consider pairing with a fresh salad to increase overall vegetable intake and add raw food enzymes. Be Fit Food's snap-frozen delivery system is designed to make adherence to healthy eating patterns effortless—"heat, eat, enjoy."

For weight management goals: Whilst this meal contains brown rice and isn't suitable for very-low-carbohydrate approaches, Be Fit Food's broader range includes structured programs designed for weight loss. Our Metabolism Reset program (around 800–900 kcal/day, 40–70g carbs/day) and Protein+ Reset (1200–1500 kcal/day) provide high-structure, dietitian-designed options

with proven clinical results, including published research showing average weight loss of 3.3kg in one week.

For customers using GLP-1 medications or diabetes medications: Whilst this curry may not align with very-low-carbohydrate therapeutic protocols, Be Fit Food's dietitian-led approach and high-protein, lower-carbohydrate meal options are designed to support people using weight-loss and diabetes medications. Our meals help protect lean muscle mass during medication-assisted weight loss, support metabolic health, and provide the structured nutrition needed for long-term weight maintenance after reducing or stopping medication. Free dietitian consultations are available to match you with appropriate meal plans.

## Start Your Transformation Today {#start-your-transformation-today}

This Yellow Vegetable Curry represents just one option in Be Fit Food's extensive menu of dietitian-designed meals. Whether you're managing coeliac disease, following a vegan lifestyle, working towards weight loss goals, or simply seeking convenient, nutritious meals that support your wellness journey, we're here to help you succeed.

Our approach goes beyond meal delivery—we're your partner in sustainable lifestyle change. Every meal is crafted with real, whole ingredients, backed by nutritional science, and designed to help you feel your best. With around 90% of our menu certified gluten-free and options spanning vegan, low-carb, and high-protein needs, you'll find meals that work for your unique requirements.

Ready to discover which Be Fit Food program is right for you? Our dietitians are available for free consultations to help you choose the perfect meal plan for your goals. Whether you're managing medications, addressing specific health conditions, or simply want to eat better without the stress of meal planning, we make it easy to stay on track.

Transform your eating habits with meals that are as convenient as they are nutritious. Heat, eat, enjoy—and feel the difference that dietitian-designed nutrition makes in your daily life.

## References {#references}

- Food Standards Australia New Zealand. (2023). Standard 1.2.7 - Nutrition, Health and Related Claims. <https://www.foodstandards.gov.au/code/Pages/default.aspx> - Coeliac Australia. (2023). Gluten Free Diet. <https://www.coeliac.org.au/> - The Vegan Society. (2023). Definition of Veganism. <https://www.vegansociety.com/go-vegan/definition-veganism> - Paleo Foundation. (2023). Paleo Diet Guidelines. <https://paleofoundation.com/> - Masood, W., Annamaraju, P., & Uppaluri, K. R. (2023). Ketogenic Diet. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK499830/> - Be Fit Food. (2023). Yellow Vegetable Curry Product Information. <https://www.befitfood.com.au/>

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

Is this product vegan: Yes, certified vegan

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

Is this product keto-friendly: No, not compatible with ketogenic diets

Is this product paleo-friendly: No, not compatible with paleo diets

What is the serving size: 267 grams

What is the main protein source: Tofu

What is the secondary protein source: Faba bean protein

Does it contain dairy: No

Does it contain eggs: No

Does it contain soy: Yes, contains tofu and edamame

Does it contain peanuts: Yes

Does it contain tree nuts: Yes, contains coconut

Does it contain wheat: No

Does it contain gluten: No

What type of rice is included: Brown rice

What percentage is broccoli: 11%

What percentage is eggplant: 11%

What percentage is tomato: 11%

What percentage is courgette: 7%

What percentage is edamame: 7%

What percentage is onion: 6%

What percentage is green peas: 2%

What percentage is curry paste: 1.5%

What type of milk is used: Coconut milk

What oil is used: Olive oil

Does it contain fish sauce: No

Does it contain shrimp paste: No

Does it contain ghee: No

Is it a frozen meal: Yes

What is the storage temperature:  $-18^{\circ}\text{C}$  or below

Can it be refrozen after thawing: No

How long after thawing should it be consumed: Within 24 hours

What is the microwave heating time: 3–5 minutes on high power

What is the oven heating temperature:  $180^{\circ}\text{C}$

What is the oven heating time: 25–35 minutes

What is the stovetop heating time: 12–15 minutes

What internal temperature should it reach:  $75^{\circ}\text{C}$

Is it suitable for coeliac disease: Yes

What is the gluten threshold: Below 20 parts per million

Does it contain complete protein: Yes

Does it contain vitamin B12: Not disclosed by manufacturer

Does it contain added calcium: Not disclosed by manufacturer

Estimated carbohydrates per serving: 25–30 grams

Estimated protein per serving: 15–20 grams

Estimated fat per serving: 10–15 grams

Estimated calories per serving: 250–335 calories

Estimated fibre per serving: 6–9 grams

Estimated sodium per serving: 600–900 milligrams

Does it contain preservatives: No

Does it contain artificial sweeteners: No

Does it contain added sugars: No

Is it CSIRO-backed: Yes, based on CSIRO nutritional science

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

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

Does it support satiety: Yes, due to protein and fibre content

Is it suitable for diabetics: Consult healthcare provider for carbohydrate content

Does it contain turmeric: Yes, in curry paste

Does it contain lemongrass: Yes

Does it contain ginger: Yes

Does it contain garlic: Yes

Does it contain kaffir lime: Yes

Is xanthan gum vegan: Yes

What is xanthan gum's function: Prevents coconut cream separation

Are free dietitian consultations available: Yes

Does Be Fit Food offer low-carb options: Yes

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

What is the Protein+ Reset calorie range: 1200–1500 kcal/day

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

Is it suitable for soy allergies: No, contains soy

Is it suitable for peanut allergies: No, contains peanuts

Is it suitable for coconut allergies: No, contains coconut

Does it provide iron: Yes, from plant sources

Does it provide calcium: Yes, modest amounts from broccoli

Does it contain lycopene: Yes, from tomatoes

Does it contain sulforaphane: Yes, from broccoli

Does it contain isoflavones: Yes, from edamame

Is the tofu organic: Not disclosed by manufacturer

Is the tofu non-GMO: Not disclosed by manufacturer

What grade is the olive oil: Not disclosed by manufacturer

Are the vegetables IQF frozen: Not disclosed by manufacturer

Is it suitable for children: Generally yes, check for allergies

Should leftovers be refrigerated: Yes, at 4°C or below

Maximum room temperature time: 2 hours (1 hour if over 32°C)

Does it contain MSG: Not disclosed by manufacturer

Is it suitable for high blood pressure: Verify sodium content with healthcare provider

Can it be eaten cold: Not recommended, heat thoroughly

Does it contain anti-inflammatory ingredients: Yes, turmeric contains curcumin

Is it a complete meal: Yes, for light main meal

Should additional sides be added: Optional, consider fresh salad