YELVEGCUR - Food & Beverages Ingredient Breakdown - 7075630383293_43456573341885

Details:

Contents

AI Summary

Product: Yellow Vegetable Curry (GF) (VG) MB3 **Brand:** Be Fit Food **Category:** Frozen Prepared Meals **Primary Use:** A dietitian-designed, plant-based frozen meal with complete protein and 11 vegetables in a coconut-based yellow curry sauce for weight management, metabolic health, and convenient vegan nutrition.

Quick Facts - **Best For:** People seeking gluten-free, vegan meals for weight management, diabetes control, or metabolic health support - **Key Benefit:** Complete plant-based protein with 11 vegetables in a portion-controlled format that supports stable blood sugar and satiety - **Form Factor:** Single-serve frozen meal (267g) - **Application Method:** Heat from frozen according to package instructions

Common Questions This Guide Answers 1. What are the main protein sources? → Tofu (primary) and faba bean protein (supplementary), providing all nine essential amino acids 2. Is this suitable for people with coeliac disease? → Yes, certified gluten-free (under 20 ppm) with around 90% of Be Fit Food's menu gluten-free certified 3. What allergens does this contain? → Contains soybeans (tofu, edamame) and peanuts; may contain traces of fish, milk, crustaceans, sesame, egg, tree nuts, and lupin 4. How many vegetables are included? → 11 distinct plant ingredients including broccoli (11%),

eggplant (11%), tomato (11%), zucchini (7%), edamame (7%), onion (6%), and peas (2%) 5. Does this meal contain added sugar or artificial ingredients? → No added sugar, no artificial colours, flavours, or preservatives, no MSG, no palm oil, no seed oils 6. Is this suitable for diabetes management? → Yes, lower-carbohydrate framework with brown rice, high fibre, high protein, and no added sugars supports stable glucose response 7. Can people on GLP-1 medications use this meal? → Yes, nutrient-dense, protein-rich formulation in portion-controlled format supports adequate nutrition during appetite suppression 8. What makes the protein "complete"? → Combination of tofu, faba bean protein, edamame, brown rice, and peanuts provides complementary amino acids covering all essential amino acids

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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, Vegan | | Primary protein | Tofu, Faba Bean Protein | | Carbohydrate base | Brown Rice | | Sauce base | Coconut Milk | | Key ingredients | Tofu, Broccoli (11%), Eggplant (11%), Diced Tomato (11%), Coconut Milk, Zucchini (7%), Edamame (7%), Brown Rice, Onion (6%), Peanuts, Green Peas (2%), Yellow Curry Paste (1.5%) | | Allergens | Contains Soybeans, Peanuts. May Contain Fish, Milk, Crustaceans, Sesame Seeds, Egg, Tree Nuts, Lupin | | Storage | Frozen | | Nutritional highlights | Excellent source of dietary fibre, High in protein, Low in sodium, Low in saturated fat, Contains 4-12 different vegetables | | Certifications | Gluten-Free (GF), Vegan (VG) | | Additives | No artificial colours, No artificial flavours, No added artificial preservatives |

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 - Storage: Frozen - Certifications: Gluten-Free (GF), Vegan (VG) - Primary protein sources: Tofu, Faba Bean Protein - Carbohydrate base: Brown Rice - Sauce base: Coconut Milk - Ingredient list (in descending order by weight): Tofu, Broccoli (11%), Eggplant (11%), Diced Tomato (11%), Coconut Milk, Zucchini (7%), Edamame (7%), Brown Rice, Onion (6%), Peanuts, Green Peas (2%), Yellow Curry Paste (1.5%), Lemongrass, Ginger, Garlic, Coriander, Olive Oil, Vegetable Stock, Faba Bean Protein - Declared allergens: Contains Soybeans (in tofu and edamame), Peanuts - May contain traces of: Fish, Milk, Crustaceans, Sesame Seeds, Egg, Tree Nuts, Lupin - Additives present: Xanthan gum (stabiliser in coconut milk), Citric acid (preservative in diced tomato) - Additives absent: No artificial colours, No artificial flavours, No added artificial preservatives, No added MSG, No added sugar, No artificial sweeteners, No palm oil, No seed oils - Specific vegetable percentages: Broccoli 11%, Eggplant 11%, Diced Tomato 11%, Zucchini 7%, Edamame 7%, Onion 6%, Green Peas 2%, Yellow Curry Paste 1.5% - Total number of ingredients: 17 distinct ingredients - Oil types used: Olive oil, Peanut oil (in peanuts)

General Product Claims {#general-product-claims} - "Excellent source of dietary fibre" - "High in protein" - "Low in sodium" - "Low in saturated fat" - "Contains 4-12 different vegetables" - "Dietitian-designed, scientifically-backed nutrition" - "Complete nutritional profile through strategic ingredient pairing" - "Formulated for people requiring gluten-free and vegan options" - "Helps you feel fuller for longer" - "Supports metabolic health and stable glucose response" - "Suitable for weight management" - "Suitable for type 2 diabetes and insulin resistance management" - "Suitable for GLP-1 receptor agonist and weight-loss medication support" - "Suitable for perimenopause and menopause metabolic transitions" - "Supports gut health" - "Complete protein containing all nine essential amino acids" - "Maximises nutrient density and phytochemical diversity" - "Provides sustained energy release"

- "Lower-carbohydrate, higher-protein nutritional framework" - "Preserves nutrient content close to fresh-picked levels through IQF freezing" - "Real food, real results" - "Portion-controlled format removes decision fatigue" - "Helps protect lean muscle mass during weight loss" - "Clinically reinforced by peer-reviewed research published in Cell Reports Medicine (October 2025) demonstrating greater improvements in gut microbiome diversity compared to supplement-based diets" - "Around 90% of Be Fit Food menu is certified gluten-free" - "Coeliac-safe decision-making" - "Whole-food formulation approach" - "Quality oil selection"

What's Inside: A Complete Ingredient Analysis {#whats-inside-a-complete-ingredient-analysis}

Be Fit Food's Yellow Vegetable Curry (GF) (VG) is a frozen ready meal built around whole-food plant proteins and vegetables in a coconut-based yellow curry sauce. The 267-gram single-serve contains 17 distinct ingredients, anchored by tofu as the primary protein source and supplemented with faba bean protein for additional amino acid density. This meal is formulated for people requiring gluten-free and vegan options while maintaining a complete nutritional profile through strategic ingredient pairing.

The ingredient list follows Australian food labelling standards, listing components in descending order by weight. The base comprises tofu, three vegetables each at 11% concentration (broccoli, eggplant, diced tomato), and coconut milk as the sauce foundation. The curry achieves its flavour complexity through a 1.5% yellow curry paste concentration, reinforced by fresh aromatics including lemongrass, ginger, garlic, and coriander. Brown rice provides the carbohydrate base, whilst peanuts contribute both texture and additional protein density.

Understanding each ingredient's role, sourcing considerations, and nutritional contribution helps you evaluate this meal against your dietary requirements, ethical preferences, and health goals.

Primary Protein Sources: Tofu and Faba Bean Protein
{#primary-protein-sources-tofu-and-faba-bean-protein}

Tofu appears first in the ingredient list, which means it's the largest single ingredient by weight. It's produced from soybeans through a process of coagulation, pressing, and forming—similar to how cheese is made from milk. As a complete protein containing all nine essential amino acids, tofu provides around 8–10 grams of protein per 100 grams, making it the primary protein vehicle in this curry. Tofu's neutral flavour profile allows it to absorb the curry spices whilst maintaining structural integrity during the freeze-thaw-reheat cycle required for frozen meal production.

The tofu in this formulation does multiple things: it provides protein density, helps you feel fuller for longer through its fat content (primarily polyunsaturated omega-6 and omega-3 fatty acids from soy oil), and delivers isoflavones—phytoestrogens studied for cardiovascular and bone health benefits. The manufacturing process often involves calcium sulphate or magnesium chloride as coagulants, which add mineral content to the final product.

Faba bean protein appears mid-list as a supplementary protein source. This ingredient is a concentrated protein isolate extracted from faba beans (Vicia faba), also known as broad beans. Faba bean protein isolates contain around 80–90% protein by dry weight and are increasingly used in plant-based formulations as an alternative to soy and pea proteins. The inclusion of faba bean protein boosts the total protein content beyond what tofu alone provides, helping to reach a specific protein-per-serving threshold for nutritional labelling purposes.

Faba bean protein offers a complementary amino acid profile to soy, particularly enhancing lysine content. It also contributes to texture, helping to thicken the curry sauce and improve mouthfeel. For people with soy sensitivities who might otherwise avoid tofu-heavy meals, the protein diversification through faba bean addition reduces reliance on a single legume source.

Vegetable Matrix: Eleven Plant Components {#vegetable-matrix-eleven-plant-components}

The vegetable composition includes 11 distinct plant ingredients, each contributing specific nutrients, textures, and phytochemicals:

Broccoli (11%) provides glucosinolates—sulphur-containing compounds that convert to bioactive isothiocyanates during digestion, studied for their anti-inflammatory properties. Broccoli contributes vitamin C, vitamin K, folate, and fibre. At 11% concentration, around 29 grams of broccoli appears in each serving, delivering structural texture and mild bitterness to balance the curry's sweetness.

Eggplant (11%) contains nasunin, an anthocyanin antioxidant concentrated in the purple skin, along with chlorogenic acid. Eggplant's spongy cellular structure absorbs curry sauce effectively, acting as a flavour carrier. Its mild taste and soft texture when cooked provide contrast to firmer vegetables like broccoli.

Diced Tomato (11%) includes citric acid as a preservative and acidity regulator. Tomatoes supply lycopene—a carotenoid with antioxidant properties that becomes more bioavailable when tomatoes are cooked and combined with fats (in this case, coconut milk and olive oil). The acidity from tomatoes and added citric acid balances the richness of coconut milk and provides brightness to the curry flavour profile.

Zucchini (7%) adds volume and moisture with minimal caloric density. Zucchini contains lutein and zeaxanthin (carotenoids supporting eye health) and provides additional fibre. Its high water content (around 95%) contributes to the sauce consistency without adding significant flavour.

Edamame (7%) are immature soybeans harvested before hardening, providing additional complete protein, fibre, and folate. Edamame contributes a slightly sweet, nutty flavour and firm texture that contrasts with the softer tofu. This ingredient reinforces the soy protein content whilst adding visual appeal through its bright green colour.

Onion (6%) forms part of the aromatic base, providing quercetin (a flavonoid antioxidant) and sulphur compounds that create savoury depth. Onions undergo caramelisation during cooking, contributing natural sweetness and umami that reduces the need for added sugars or flavour enhancers.

Green Peas (2%) add sweetness, additional plant protein, and vitamin K. Peas provide textural variety through their small, firm structure and bright colour contrast.

Coriander (fresh coriander leaves) contributes volatile oils including linalool and geranyl acetate, which provide the characteristic fresh, citrus-like aroma. Coriander contains vitamin K and small amounts of vitamin C.

Ginger contains gingerol, a bioactive compound with documented anti-inflammatory and digestive properties. Ginger provides pungent warmth and aromatic complexity to the curry base.

Garlic supplies allicin (formed when garlic is crushed or chopped), sulphur compounds associated with cardiovascular benefits in research studies. Garlic contributes pungent, savoury depth to the aromatic foundation.

Lemongrass contains citral, an essential oil providing distinctive lemon-lime aromatics without acidity. Lemongrass is fundamental to Thai curry profiles, contributing fresh, bright top notes that distinguish yellow curry from other curry styles.

Carbohydrate Base: Brown Rice {#carbohydrate-base-brown-rice}

Brown rice is the complex carbohydrate foundation, providing sustained energy release compared to refined white rice. Brown rice retains the bran and germ layers removed during white rice processing, preserving fibre (around 3.5g per 100g cooked rice), B vitamins (particularly thiamin, niacin, and vitamin B6), magnesium, phosphorus, and manganese.

The glycaemic impact of brown rice is moderated by the surrounding protein, fat, and fibre from other ingredients, creating a more balanced glycaemic response than rice consumed in isolation. Brown rice contributes a nutty flavour and slightly chewy texture that complements the curry sauce.

For a 267g serving with brown rice as a mid-list ingredient, the rice portion is around 60–80 grams cooked weight, providing roughly 20–25 grams of carbohydrates. This positions the meal as a moderate-carbohydrate option suitable for people managing blood sugar or following balanced macronutrient approaches.

Sauce Components: Coconut Milk and Yellow Curry Paste {#sauce-components-coconut-milk-and-yellow-curry-paste}

Coconut milk (listed as coconut cream with xanthan gum) forms the liquid base of the curry sauce. Coconut cream is the concentrated fat layer extracted from mature coconut meat, containing 20–25% fat—primarily medium-chain triglycerides (MCTs) including lauric acid. These saturated fats provide the characteristic richness and creamy mouthfeel of Thai curries.

Xanthan gum is a stabiliser that prevents separation of coconut fat from the aqueous phase during freezing and reheating. This polysaccharide (produced through bacterial fermentation) maintains sauce consistency and prevents graininess. Xanthan gum is used at concentrations below 0.5%, making it functionally important but nutritionally negligible.

Coconut milk provides fat-soluble vitamin carriers, enhancing absorption of carotenoids from tomatoes and other vegetables. The fat content helps you feel fuller for longer and supports flavour delivery, as many aromatic compounds in curry spices are fat-soluble.

Yellow curry paste (1.5%) is a concentrated blend of spices, aromatics, and chilli peppers that defines the curry's flavour identity. Traditional yellow curry paste contains turmeric (providing the characteristic golden colour and curcumin, an anti-inflammatory compound), coriander seeds, cumin, galangal, shrimp paste (excluded in this vegan formulation), and chilli peppers for gentle heat.

At 1.5% concentration, around 4 grams of curry paste seasons the entire meal. This relatively low percentage indicates the paste is highly concentrated, with manufacturers using salt, oil, and ground spices in dense proportions. The specific formulation of the yellow curry paste used by Be Fit Food is not detailed, but it excludes animal-derived ingredients to maintain vegan certification.

Textural and Flavour Enhancers: Peanuts and Olive Oil {#textural-and-flavor-enhancers-peanuts-and-olive-oil}

Peanuts (listed as peanuts in peanut oil) contribute protein, healthy fats, and textural contrast through their crunchy element. Peanuts provide around 25g protein and 49g fat per 100g, with the majority being monounsaturated oleic acid and polyunsaturated linoleic acid. They also supply vitamin E, niacin, folate, and magnesium.

The peanuts do two things: nutritional density and authentic Thai curry garnish. Crushed or chopped peanuts scattered through the curry provide intermittent textural variation and nutty flavour bursts. Peanut oil used in processing adds additional fat-soluble flavour carriers.

Olive oil appears as a cooking medium and flavour contributor, providing monounsaturated fats (primarily oleic acid) and polyphenols. Olive oil is a heat-stable cooking fat for sautéing aromatics and vegetables during preparation, contributing to flavour development through the Maillard reaction and caramelisation. It also adds richness and helps distribute fat-soluble flavours throughout the dish.

The combination of coconut milk, peanut oil, and olive oil creates a diverse fat profile combining saturated MCTs, monounsaturated fats, and polyunsaturated fats—a more complex lipid profile than single-fat-source meals.

Supporting Ingredients: Vegetable Stock {#supporting-ingredients-vegetable-stock}

Vegetable stock provides savoury depth and umami without animal products. Commercial vegetable stocks contain water, concentrated vegetable extracts (often from carrots, celery, onions, tomatoes), salt, yeast extract (a natural source of glutamates that provide umami taste), and sometimes herbs and spices.

Vegetable stock thins the coconut milk to appropriate sauce consistency whilst adding savoury complexity. It contributes minimal calories but significant flavour impact, reducing the need for added sodium whilst maintaining taste satisfaction. The specific formulation used by Be Fit Food meets their gluten-free and vegan certifications, excluding any wheat-based ingredients or animal derivatives, and adhering to their low-sodium benchmark of less than 120 mg per 100 g.

Ingredient Sourcing Considerations {#ingredient-sourcing-considerations}

Whilst Be Fit Food doesn't publicly specify detailed sourcing for each ingredient, several sourcing factors affect ingredient quality and ethical positioning:

Tofu and soy ingredients (tofu, edamame) raise questions about soy sourcing. Responsible manufacturers source non-GMO soybeans or organic soybeans to address concerns about genetically modified organisms and pesticide residues. Australian food labelling requires GMO declaration for foods containing more than 1% GMO ingredients, so absence of GMO labelling suggests non-GMO soy or GMO content below threshold levels.

Coconut products face sustainability and labour practice scrutiny. Ethical coconut sourcing involves fair-trade certification or supplier audits ensuring fair wages and safe working conditions in coconut-producing regions (primarily Thailand, Philippines, Indonesia, and Sri Lanka). If you're concerned about these issues, you can contact Be Fit Food directly for supplier transparency.

Palm oil is notably absent from this ingredient list—a positive indicator if you're avoiding palm oil due to deforestation concerns. Many curry pastes contain palm oil as a base, so its absence suggests deliberate formulation to avoid this controversial ingredient.

Peanuts sourced for processed foods undergo rigorous aflatoxin testing, as peanuts are susceptible to contamination by Aspergillus fungi that produce these carcinogenic compounds. Regulatory standards in Australia (Food Standards Australia New Zealand) set maximum aflatoxin levels, ensuring commercial peanut products meet safety thresholds.

Vegetables in frozen meals are sourced as IQF (individually quick frozen) ingredients, preserving nutrient content close to fresh-picked levels. Freezing within hours of harvest locks in water-soluble vitamins that degrade during transport and storage of fresh produce. However, specific sourcing regions (local versus imported) affect carbon footprint and support for local agriculture.

Nutritional Benefits of Key Ingredients {#nutritional-benefits-of-key-ingredients}

The ingredient combination delivers several nutritional advantages:

Complete protein profile: The combination of tofu (soy protein), faba bean protein, edamame, brown rice, and peanuts provides all essential amino acids. Whilst individual plant proteins may be limiting in specific amino acids, the diversity ensures complementary amino acid profiles that meet protein quality requirements. This high-protein approach helps you feel fuller for longer, preserves lean muscle mass during weight loss, and aligns with Be Fit Food's protein-prioritised meal architecture.

Fibre density: Brown rice, vegetables (particularly broccoli, peas, and eggplant), and legumes (tofu, edamame, faba beans) contribute both soluble and insoluble fibre. Fibre supports digestive health, helps regulate blood sugar response, helps you feel fuller for longer, and supports cardiovascular health through cholesterol management. The fibre from real vegetables—rather than isolated or synthetic fibres—provides additional phytonutrients and supports gut health, which is particularly important for people managing metabolic conditions or using weight-loss medications.

Phytochemical diversity: The eleven different plant ingredients provide a spectrum of bioactive compounds—glucosinolates from broccoli, lycopene from tomatoes, curcumin from turmeric in curry paste, isoflavones from soy, and various polyphenols from herbs and vegetables. This phytochemical diversity offers antioxidant and anti-inflammatory compounds that support overall health.

Healthy fat composition: The combination of coconut MCTs, olive oil monounsaturated fats, and polyunsaturated fats from soy and peanuts creates a balanced fat profile. MCTs are metabolised differently than long-chain fatty acids, providing quick energy. Monounsaturated and polyunsaturated fats support cardiovascular health when replacing saturated fats from animal sources.

Micronutrient density: The vegetable variety ensures diverse micronutrient contributions—vitamin K from broccoli and greens, vitamin C from tomatoes and broccoli, B vitamins from brown rice and legumes, and minerals including magnesium, phosphorus, iron, and zinc from legumes and whole grains. This nutrient density is particularly valuable during calorie-controlled eating, where total food volume is reduced but micronutrient needs remain constant or even increase.

Allergen Identification and Cross-Contamination Risks {#allergen-identification-and-cross-contamination-risks}

This meal contains two major allergens declared in bold on ingredient labels:

Soy: Present in tofu and edamame. Soy is one of the top eight allergens recognised globally. If you're allergic to soy, you must avoid this product entirely. Soy sensitivity (distinct from true allergy) may cause digestive discomfort in some people but is generally less severe than IgE-mediated soy allergy.

Peanuts: Declared explicitly in the ingredient list. Peanut allergy is one of the most common and potentially severe food allergies, capable of triggering anaphylaxis in sensitive individuals. The presence of peanuts makes this meal completely unsuitable for anyone with peanut allergy, and cross-contamination during manufacturing could affect products made on shared equipment.

Tree nuts: Whilst not listed as ingredients, if you're allergic to tree nuts, you should verify manufacturing facility practices, as facilities processing peanuts sometimes process tree nuts on shared equipment.

Gluten: The product carries a Gluten Free (GF) designation, indicating it meets standards for gluten-free labelling (under 20 ppm gluten in Australia and most jurisdictions). Be Fit Food states that around 90% of their menu is certified gluten-free, with strict ingredient selection and manufacturing controls to support coeliac-safe decision-making. However, if you're living with coeliac disease, you should verify that the yellow curry paste formulation excludes wheat-based soy sauce (replaced with tamari or coconut aminos) and that manufacturing prevents cross-contamination.

Sesame: Not listed as an ingredient, but some curry paste formulations include sesame oil. If you're allergic to sesame, you should contact the manufacturer to verify the specific curry paste formulation.

Sulphites: Not declared, but if you're sensitive to sulphites, you should note that some commercial vegetable stocks contain sulphites as preservatives. Regulatory requirements mandate sulphite declaration when present above threshold levels (10 ppm in most jurisdictions).

FODMAPs: Whilst not an allergen, if you're following low-FODMAP diets for IBS management, you should note that this meal contains multiple high-FODMAP ingredients: onion, garlic, edamame, and potentially the faba bean protein. The meal would not be suitable for strict low-FODMAP phases.

Additives and Processing Aids {#additives-and-processing-aids}

The ingredient list demonstrates minimal additive use:

Xanthan gum: The only functional additive listed, used as a stabiliser and thickener. Xanthan gum is produced through fermentation of sugars by Xanthomonas campestris bacteria. It's considered safe

with no established upper intake limit, though excessive consumption may produce laxative effects in sensitive individuals. At the concentrations used in food products (below 1%), xanthan gum is well-tolerated by most people.

Citric acid: Listed in the diced tomato component, citric acid is a preservative and acidity regulator. It's naturally present in citrus fruits and commercially produced through fermentation. Citric acid is Generally Recognised as Safe (GRAS) and functions to maintain tomato quality during storage.

No artificial preservatives, colours, or flavours: The absence of synthetic additives aligns with Be Fit Food's current-range standards, which specify no artificial colours, no artificial flavours, and no added artificial preservatives. The company transparently notes that 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.

No added MSG: Whilst the vegetable stock may contain naturally occurring glutamates from yeast extract, there's no indication of added monosodium glutamate. Yeast extract provides umami through naturally occurring glutamic acid formed during yeast autolysis.

No added sugar or artificial sweeteners: Consistent with Be Fit Food's formulation standards, this meal contains no added sugar or artificial sweeteners, supporting stable blood glucose response and reducing empty calories—particularly important for people managing insulin resistance, type 2 diabetes, or metabolic syndrome.

Ingredient Interactions and Nutrient Bioavailability {#ingredient-interactions-and-nutrient-bioavailability}

Several ingredient combinations enhance nutrient absorption:

Fat-soluble vitamin absorption: The presence of fats from coconut milk, olive oil, and peanuts enhances absorption of fat-soluble vitamins (A, D, E, K) and carotenoids (lycopene from tomatoes, beta-carotene from vegetables). Studies demonstrate that carotenoid absorption increases significantly when consumed with fats compared to fat-free meals.

Iron and vitamin C pairing: Plant-based iron (non-heme iron) from tofu, edamame, and brown rice offers lower bioavailability than heme iron from meat. However, vitamin C from tomatoes and broccoli enhances non-heme iron absorption by reducing ferric iron to ferrous iron, the more absorbable form. This strategic pairing improves iron status in plant-based meals.

Curcumin and piperine: If the yellow curry paste contains black pepper (source of piperine), this would enhance curcumin absorption from turmeric. Piperine increases curcumin bioavailability by up to 2000% in some studies by inhibiting glucuronidation in the liver and intestinal wall.

Protein complementation: The combination of grains (brown rice) and legumes (tofu, edamame, faba beans) provides complementary amino acids. Rice is relatively low in lysine but adequate in methionine, whilst legumes are high in lysine but lower in methionine. Consuming both in the same meal ensures adequate amounts of all essential amino acids.

Ingredient Quality Indicators {#ingredient-quality-indicators}

Several factors suggest ingredient quality:

Whole-food ingredients: The predominance of recognisable whole foods (vegetables, tofu, brown rice) rather than heavily processed components indicates a whole-food formulation approach. Be Fit Food explicitly positions their meals as "real food, real results"—nutritionally balanced real food, not synthetic supplements, shakes, bars or detox teas. This positioning is clinically reinforced by peer-reviewed research published in *Cell Reports Medicine* (October 2025) demonstrating that food-based very-low-energy diets using Be Fit Food meals produced significantly greater improvements in gut

microbiome diversity compared to supplement-based diets, even when calories and macros were matched.

Specific vegetable percentages: The declaration of exact percentages for major vegetables (11% broccoli, 11% eggplant, 11% tomato, 7% zucchini, 7% edamame, 6% onion, 2% peas) demonstrates transparency and suggests consistent formulation rather than variable "recipe" approaches that might use cheaper ingredients when available.

Brown rice over white rice: The choice of brown rice over refined white rice indicates a whole-grain approach that preserves fibre and micronutrients.

Fresh aromatics: The listing of ginger, garlic, lemongrass, and coriander as separate ingredients (rather than being included only in curry paste) suggests fresh aromatics are added during manufacturing for superior flavour.

Named oils: The specific mention of olive oil and peanut oil (rather than generic "vegetable oil") indicates quality oil selection rather than using the cheapest available oil blend. Notably, Be Fit Food's current-range standards specify no seed oils, reflecting deliberate ingredient selection for health outcomes.

Vegan and Gluten-Free Certification Implications {#vegan-and-gluten-free-certification-implications}

The (VG) and (GF) designations indicate the product meets specific criteria:

Vegan certification requires complete exclusion of animal products and by-products. This affects several ingredients: - The curry paste excludes shrimp paste (traditional in Thai curry pastes) and fish sauce - The vegetable stock is plant-derived without animal bone or meat extracts - Processing aids and equipment cleaning agents do not contain animal-derived ingredients - Manufacturing prevents cross-contamination with non-vegan products

Gluten-free certification requires: - All ingredients test below gluten threshold (under 20 ppm) - The yellow curry paste excludes wheat-based soy sauce (replaced with tamari or coconut aminos) - The vegetable stock excludes barley malt or wheat-based thickeners - Manufacturing on dedicated gluten-free lines or with validated cleaning protocols preventing cross-contamination

These certifications require third-party verification or internal quality control systems with regular testing, adding credibility to the claims. Be Fit Food's commitment to providing around 90% of their menu as certified gluten-free demonstrates systematic formulation and manufacturing controls that extend beyond individual product claims.

Ingredient Transparency and Label Compliance {#ingredient-transparency-and-label-compliance}

The ingredient list complies with Australian food labelling standards (Food Standards Code Standard 1.2.4):

Descending order by weight: Ingredients are listed from highest to lowest proportion, with tofu first and curry paste (1.5%) near the end, providing transparency about formulation.

Percentage declaration: Major characterising ingredients include percentages, helping you understand the actual quantity of featured vegetables.

Compound ingredient breakdown: The diced tomato and coconut milk list their sub-ingredients in parentheses (citric acid, xanthan gum), meeting requirements for compound ingredient disclosure.

Allergen emphasis: Major allergens (soy in tofu and edamame, peanuts) would be emphasised in bold or capital letters on the actual product label, meeting allergen declaration requirements.

Additive identification: Xanthan gum and citric acid are clearly listed, meeting additive declaration requirements.

The transparency demonstrated in the ingredient list suggests compliance with regulatory requirements and demand for clear labelling.

Suitability for Specific Health Goals and Populations {#suitability-for-specific-health-goals-and-populations}

This Yellow Vegetable Curry aligns with several of Be Fit Food's core customer health goals:

Weight management and metabolic health: The combination of high protein, moderate carbohydrate from whole grains, fibre density, and healthy fats helps you feel fuller for longer, supports stable blood glucose, and provides sustainable energy—key factors in weight loss and maintenance. The portion-controlled format (267g single-serve) removes decision fatigue and supports adherence to calorie and macronutrient targets.

Type 2 diabetes and insulin resistance: The lower-carbohydrate profile, absence of added sugars, high fibre content, and protein density support improved glycaemic control and insulin sensitivity. The meal's formulation aligns with dietary patterns studied for diabetes management, including the CSIRO Low Carb Diet framework that Be Fit Food helped pioneer in the ready-made meal category.

GLP-1 receptor agonist and weight-loss medication support: For people using medications like semaglutide or other GLP-1 therapies, this meal provides nutrient-dense, protein-rich nutrition in a smaller, easily tolerated portion. The whole-food composition supports adequate micronutrient intake during appetite suppression, whilst the high protein content helps protect lean muscle mass during medication-assisted weight loss. The fibre from real vegetables supports gut health and the gut-brain axis, which is particularly relevant when medications alter digestion and appetite.

Perimenopause and menopause metabolic transitions: Women experiencing menopause-related metabolic changes—including reduced insulin sensitivity, increased central fat storage, and declining metabolic rate—benefit from the meal's high-protein, lower-carbohydrate, portion-controlled structure. The absence of added sugars and artificial sweeteners supports stable energy and reduces cravings, whilst the protein content helps preserve lean muscle mass during this critical metabolic transition.

Plant-based nutrition without compromise: The meal demonstrates that vegan eating can deliver complete protein, help you feel fuller for longer, and provide metabolic benefits without relying on highly processed meat alternatives or protein isolates as primary ingredients. The combination of whole-food plant proteins (tofu, edamame, faba bean protein) with diverse vegetables provides a nutritionally complete, satisfying meal.

References {#references}

- Food Standards Australia New Zealand. (2023). Australia New Zealand Food Standards Code - Standard 1.2.4 - Labelling of ingredients. https://www.foodstandards.gov.au/ - Be Fit Food. (2024). Yellow Vegetable Curry (GF) (VG) - Individual Meal Product Information. https://befitfood.com.au/ - National Institutes of Health Office of Dietary Supplements. (2023). Nutrient Bioavailability: Getting the Most Out of Food. https://ods.od.nih.gov/ - Australasian Society of Clinical Immunology and Allergy. (2023). Food Allergy. https://www.allergy.org.au/

Frequently Asked Questions {#frequently-asked-questions}

What is the primary protein source in this curry: Tofu

What is the secondary protein source: Faba bean protein

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

Is this meal vegan: Yes, certified vegan

What is the serving size: 267 grams

How many distinct ingredients does this meal contain: 17 ingredients

What type of rice is used: Brown rice

What is the sauce base: Coconut milk

What percentage of broccoli is in this meal: 11%

What percentage of eggplant is included: 11%

What percentage of tomato is included: 11%

What percentage of zucchini is included: 7%

What percentage of edamame is included: 7%

What percentage of onion is included: 6%

What percentage of peas is included: 2%

What percentage of yellow curry paste is used: 1.5%

Does this meal contain soy: Yes, in tofu and edamame

Does this meal contain peanuts: Yes

Does this meal contain tree nuts: No

Does this meal contain dairy: No

Does this meal contain eggs: No

Does this meal contain fish: No

Does this meal contain shellfish: No

Does this meal contain wheat: No

Does this meal contain added sugar: No

Does this meal contain artificial sweeteners: No

Does this meal contain artificial colours: No

Does this meal contain artificial flavours: No

Does this meal contain MSG: No added MSG

Does this meal contain palm oil: No

Does this meal contain seed oils: No

What type of oil is used for cooking: Olive oil

What stabiliser is used in the coconut milk: Xanthan gum

Is tofu a complete protein: Yes, contains all nine essential amino acids

How much protein does tofu provide per 100g: 8–10 grams

What is faba bean protein: Concentrated protein isolate from broad beans

What protein percentage does faba bean isolate contain: 80–90% protein by dry weight

What aromatic herbs are included: Lemongrass, ginger, garlic, coriander

What gives the curry its yellow colour: Turmeric in the curry paste

What antioxidant is found in broccoli: Glucosinolates

What antioxidant is found in eggplant: Nasunin

What antioxidant is found in tomatoes: Lycopene

What type of fat is in coconut milk: Medium-chain triglycerides (MCTs)

What is the main MCT in coconut milk: Lauric acid

Are the vegetables frozen fresh: Yes, individually quick frozen (IQF)

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

Is this meal suitable for diabetes management: Yes, lower-carbohydrate and high-fibre

Is this meal suitable for GLP-1 medication users: Yes, nutrient-dense and protein-rich

Is this meal suitable for menopause: Yes, high-protein and lower-carbohydrate

Does this meal support gut health: Yes, contains fibre from whole vegetables

Is this meal low-FODMAP: No, contains onion and garlic

Is this meal suitable for coeliac disease: Yes, certified gluten-free under 20 ppm

Can people with soy allergy eat this: No, contains tofu and edamame

Can people with peanut allergy eat this: No, contains peanuts

Does vitamin C enhance iron absorption in this meal: Yes, from tomatoes and broccoli

Do the fats enhance nutrient absorption: Yes, for fat-soluble vitamins and carotenoids

Is the protein profile complete: Yes, through complementary amino acids

Does brown rice have more fibre than white rice: Yes

How much fibre does brown rice contain per 100g cooked: Around 3.5 grams

What B vitamins are in brown rice: Thiamin, niacin, and vitamin B6

What minerals are in brown rice: Magnesium, phosphorus, and manganese

What is the estimated carbohydrate content from rice: 20–25 grams per serving

How many vegetables are in each Be Fit Food meal: 4–12 vegetables

Does this meal meet Australian labelling standards: Yes

Are ingredients listed by weight: Yes, descending order

Are allergens highlighted on the label: Yes, in bold or capitals

What preservative is in the diced tomatoes: Citric acid

Is citric acid natural: Yes, found in citrus fruits

Is xanthan gum safe: Yes, generally recognised as safe

What percentage concentration is xanthan gum used at: Below 0.5%

Is the tofu non-GMO: Likely, based on absence of GMO labelling

Are the vegetables locally sourced: Not disclosed by manufacturer

Is the coconut ethically sourced: Not disclosed by manufacturer

Does Be Fit Food test peanuts for aflatoxin: Standard regulatory testing applies

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

Does this meal contain shrimp paste: No, vegan formulation excludes it

Does this meal contain fish sauce: No, vegan formulation excludes it

Is this meal dietitian-designed: Yes

Does this meal support metabolic health: Yes

Is this meal portion-controlled: Yes, single-serve format

Does this meal require refrigeration: Yes, frozen meal

How should this meal be reheated: Follow package heating instructions

Does freezing preserve nutrients: Yes, locks in nutrients near fresh-picked levels

Does this meal contain whole-food ingredients: Yes, primarily whole foods

Is faba bean protein an alternative to soy: Yes, reduces reliance on single legume source

What flavour profile does lemongrass provide: Lemon-lime aromatics

What compound in ginger has anti-inflammatory properties: Gingerol

What compound in garlic supports cardiovascular health: Allicin

What compound in turmeric is anti-inflammatory: Curcumin

Does black pepper enhance curcumin absorption: Yes, if present in curry paste