

STIDATPRO - Food & Beverages

Nutritional Information Guide -

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Details:

Introduction Navigating the world of protein snacks can feel overwhelming, especially when you're managing dietary restrictions or specific health goals. The Be Fit Food Sticky Date Protein Balls offer a compelling solution for those seeking a convenient, nutritious snack that doesn't compromise on taste. This comprehensive nutritional information guide will walk you through everything you need to know about these protein balls—from their complete ingredient breakdown and nutritional profile to allergen considerations and health benefits. Whether you're following a gluten-free lifestyle, looking to increase your protein intake, or simply searching for a wholesome snack option, understanding exactly what goes into your food is essential. This guide is designed specifically for health-conscious individuals and those with dietary restrictions who need clear, detailed information before making dietary choices. By the end of this guide, you'll have a complete understanding of the nutritional composition, dietary suitability, allergen warnings, and practical benefits of these Sticky Date Protein Balls.

Product Overview The Be Fit Food Sticky Date Protein Balls come in a convenient 7-pack format, with each individual protein ball weighing 25 grams. This portion-controlled packaging makes it easy to grab a single serving without the guesswork of measuring or dividing larger quantities. The product carries both Gluten Free (GF) and Vegetarian (V) designations directly in its name, immediately signalling its suitability for these dietary preferences. What sets these protein balls apart is their thoughtful formulation that combines whole food ingredients with functional nutrition technology. The flavour profile draws inspiration from the classic Australian sticky date pudding, delivering natural caramel notes from dates, a satisfying nutty character from almonds and walnuts, and a pleasant coconut finish. This isn't just another bland protein snack—it's designed to satisfy sweet cravings while delivering meaningful nutritional benefits. The product falls within Be Fit Food's Snacks & Light Meals category, specifically positioned as a protein ball and sweet snack hybrid. This dual classification reflects its versatility as both a functional protein delivery system and an enjoyable treat that can replace less nutritious sweet options in your diet.

Complete Ingredient Analysis Understanding exactly what you're consuming is fundamental to making informed dietary choices. Let's examine each ingredient in the Sticky Date Protein Balls in the order they appear on the label, which indicates their proportion from highest to lowest.

Dates Dates serve as the primary ingredient and foundation of these protein balls. As a whole food, dates provide natural sweetness without the need for refined sugars or artificial sweeteners. They're rich in natural fibre, which supports digestive health and helps moderate the glycemic response when consuming the product. Dates also contain essential minerals including potassium, magnesium, and copper. Their sticky, caramel-like texture when processed creates the binding matrix that holds the protein balls together while delivering that signature "sticky date" flavour profile.

Almond Meal Almond meal appears as the second ingredient, contributing both nutritional value and textural elements. Ground from whole almonds, this ingredient provides healthy monounsaturated fats, plant-based protein, vitamin E, and magnesium. Almond meal also contributes to the product's gluten-free status, serving as a flour alternative that adds substance without wheat-based ingredients. The nutty flavour from almond meal complements the sweetness of dates and adds depth to the overall taste experience.

Be Fit Prebiotic & Postbiotic Protein Powder (21%) This proprietary protein blend constitutes 21% of the product and represents the functional nutrition core of these protein balls. The blend contains several components worth understanding individually: ****Whey Protein Isolate**** is a highly refined form of whey protein with most lactose and fat removed. It provides a complete amino acid profile, including all essential amino acids your body cannot produce

on its own. Whey protein isolate is rapidly absorbed, making it effective for muscle protein synthesis and recovery. **Whey Protein Concentrate** complements the isolate by providing additional protein along with small amounts of lactose and fat. The combination of isolate and concentrate delivers a balanced protein delivery system. **Prebiotic (Oligofructose)** is a type of fibre that feeds beneficial gut bacteria. Unlike probiotics, which are live bacteria, prebiotics serve as food for the good bacteria already residing in your digestive system. Oligofructose specifically promotes the growth of Bifidobacteria, which are associated with improved gut health, enhanced immune function, and better mineral absorption. **Vanilla Flavour** provides subtle flavour enhancement that rounds out the taste profile without overpowering the natural date and nut flavours. **Salt** is included in small quantities for flavour balance, helping to enhance the perception of sweetness and create a more complex taste experience. **Stevia** is a natural, zero-calorie sweetener derived from the Stevia rebaudiana plant. Its inclusion allows for enhanced sweetness without adding sugar or calories, supporting the product's positioning as a health-conscious snack option. **Postbiotic (Lactobacillus Plantarum)** represents cutting-edge nutritional science. Postbiotics are the beneficial compounds produced when probiotics (live bacteria) ferment prebiotics. These include short-chain fatty acids, enzymes, and other metabolites that support gut health, immune function, and overall wellbeing. Including postbiotics directly in the product means you receive these benefits without relying on live bacteria survival through digestion. **Guar Gum** is a natural thickening agent derived from guar beans. It helps maintain the texture and consistency of the protein powder while also contributing soluble fibre. **Soy Lecithin** serves as an emulsifier, helping the protein powder mix smoothly and maintain stability. It's derived from soybeans and is commonly used in food manufacturing for its functional properties. **Walnuts** add another dimension of nutrition and flavour to the protein balls. They're particularly notable for their omega-3 fatty acid content—specifically alpha-linolenic acid (ALA)—which supports heart and brain health. Walnuts also provide protein, fibre, and antioxidants. Their slightly bitter, earthy flavour creates complexity in the overall taste profile and distinguishes these protein balls from simpler formulations. **Coconut** rounds out the ingredient list, contributing medium-chain triglycerides (MCTs), natural sweetness, and a distinctive tropical flavour note. Coconut also adds textural interest and helps create the cohesive structure of the protein balls. The "coconut finish" mentioned in the flavour profile comes from this final ingredient, leaving a pleasant aftertaste that balances the sweetness of dates.

Nutritional Profile and Health Benefits

High Protein Content The primary nutritional claim for these Sticky Date Protein Balls is their high protein content. With 21% of the formulation consisting of the Be Fit Prebiotic & Postbiotic Protein Powder, each 25-gram serving delivers a meaningful protein dose. This makes the product particularly valuable for:

- Muscle Maintenance and Growth**: Protein provides the amino acids necessary for muscle protein synthesis. Whether you're an athlete looking to support recovery or someone focused on maintaining muscle mass as you age, adequate protein intake is essential.
- Satiety and Appetite Control**: Protein is the most satiating macronutrient, meaning it helps you feel fuller for longer. A high-protein snack like these protein balls can help bridge the gap between meals without triggering excessive hunger or cravings.
- Metabolic Support**: Your body expends more energy digesting protein compared to carbohydrates or fats—a phenomenon known as the thermic effect of food. This can support metabolic health and weight management goals.

Gut Health Support The inclusion of both prebiotics (oligofructose) and postbiotics (Lactobacillus Plantarum metabolites) creates a comprehensive gut health support system within these protein balls.

- Prebiotic Benefits**: Oligofructose feeds beneficial gut bacteria, promoting a healthy microbiome balance. A thriving gut microbiome is associated with improved digestion, enhanced immune function, better mood regulation, and even improved skin health.
- Postbiotic Benefits**: The Lactobacillus Plantarum postbiotic delivers the beneficial compounds that result from bacterial fermentation directly to your system. This includes short-chain fatty acids like butyrate, which nourishes the cells lining your intestines and supports gut barrier function.

Natural Energy from Whole Foods Unlike many protein snacks that rely on synthetic ingredients or excessive added sugars, these protein balls derive their energy primarily from whole food sources. Dates provide natural carbohydrates that your body can efficiently convert to energy, while the nuts and coconut contribute healthy fats for sustained energy release. This combination helps avoid the blood sugar spikes and crashes associated with highly processed snacks.

Heart-Healthy Fats The combination of almonds, walnuts, and coconut provides

a diverse array of healthy fats: - **Monounsaturated fats** from almonds support cardiovascular health and help maintain healthy cholesterol levels - **Omega-3 fatty acids** from walnuts provide anti-inflammatory benefits and support brain health - **Medium-chain triglycerides** from coconut are efficiently metabolised for energy and may support cognitive function

Fibre Content Multiple ingredients in these protein balls contribute dietary fibre: dates, almond meal, oligofructose (prebiotic fibre), guar gum, walnuts, and coconut. Adequate fibre intake supports: - Regular digestive function - Healthy blood sugar management - Cardiovascular health - Prolonged feelings of fullness

Allergen Information and Dietary Considerations Understanding allergen content is crucial for anyone managing food sensitivities or allergies. The Sticky Date Protein Balls contain several allergens that require careful consideration.

Contains (Confirmed Allergens)

- Milk**: The whey protein isolate and whey protein concentrate are derived from milk. Anyone with a milk allergy or severe lactose intolerance should avoid this product. However, whey protein isolate typically contains very low lactose levels, which may be tolerable for those with mild lactose sensitivity—though individual responses vary.
- Soy**: Soy lecithin is included as an emulsifier in the protein powder. While soy lecithin contains minimal soy protein (the component that triggers most soy allergies), those with severe soy allergies should exercise caution and consult their healthcare provider.
- Almonds**: Almond meal is a primary ingredient. This is a tree nut allergen that poses serious risks for those with tree nut allergies.
- Walnuts**: Walnuts are explicitly included as an ingredient. Another tree nut allergen requiring strict avoidance by those with tree nut allergies.

May Contain (Cross-Contact Warnings) The product label indicates potential cross-contact with:

- Sesame Seeds**: Manufacturing facilities or equipment may process sesame, creating potential for trace contamination.
- Peanuts**: Despite peanuts not being an ingredient, cross-contact may occur during manufacturing.
- Tree Nuts (Other)**: Beyond the almonds and walnuts explicitly included, other tree nuts may be processed in the same facility.

Understanding Cross-Contact Risk Cross-contact occurs when an allergen unintentionally transfers to a food that doesn't normally contain that allergen. This typically happens through shared equipment, processing lines, or storage facilities. For individuals with severe allergies, even trace amounts from cross-contact can trigger reactions. The "may contain" warnings indicate that while these allergens aren't intentional ingredients, the manufacturer cannot guarantee their complete absence. This transparency is important for those managing allergies to make informed decisions about their risk tolerance.

Additional Allergen Considerations Based on the comprehensive allergen disclosure requirements, consumers should also be aware of:

- Gluten Cross-Contact**: While the product is labelled Gluten Free (GF), there may be potential for gluten cross-contact depending on manufacturing conditions. Those with coeliac disease or severe gluten sensitivity should consider their individual tolerance levels and potentially contact the manufacturer for more specific information about their gluten-free protocols.
- Egg**: The product does not contain egg as an ingredient, but manufacturing considerations may apply.

Dietary Suitability Summary

Suitable For:

- Vegetarians (marked with V designation)
- Those following gluten-free diets (marked with GF designation)
- High-protein diet followers
- Those seeking gut health support
- People looking for whole food-based snacks

Not Suitable For:

- Vegans (contains whey protein from milk)
- Those with milk/dairy allergies
- Those with soy allergies
- Those with tree nut allergies (almonds, walnuts)
- Those with severe allergies to sesame or peanuts (due to cross-contact risk)

Serving Suggestions and Optimal Timing Understanding when and how to incorporate these protein balls into your diet can maximise their benefits.

Morning Breakfast Starting your day with protein helps stabilise blood sugar levels and provides sustained energy throughout the morning. The Sticky Date Protein Balls can serve as:

- A quick standalone breakfast when time is limited
- A protein boost alongside lighter breakfast options like fruit or yoghurt
- A satisfying component of a balanced breakfast plate

The natural sweetness from dates satisfies morning sweet cravings while the protein content helps you avoid the mid-morning energy crash that often follows high-carbohydrate breakfasts.

Afternoon Snack The afternoon slump is a common challenge, and reaching for the right snack can make the difference between productive focus and energy drain. These protein balls are ideal for afternoon snacking because:

- The protein and healthy fats provide sustained energy without sugar crashes
- The portion-controlled 25g serving prevents oversnacking
- The satisfying taste addresses sweet cravings that often peak in the afternoon
- The prebiotic and postbiotic content supports digestive comfort through the rest of the day

Post-Workout Recovery After exercise, your body enters a critical window for recovery and muscle repair. The Sticky Date Protein Balls support post-workout nutrition by: - Delivering protein for muscle protein synthesis - Providing carbohydrates from dates to replenish glycogen stores - Offering convenient, portable nutrition that doesn't require refrigeration - Supplying electrolytes from the natural mineral content of dates and nuts For optimal post-workout benefits, consume within 30-60 minutes after exercise when your muscles are most receptive to nutrient uptake. ### Pairing Suggestions While delicious on their own, these protein balls can be paired with complementary foods: - **With Greek yoghurt**: Adds additional protein and probiotics for enhanced gut health support - **With fresh berries**: Provides antioxidants and additional fibre - **With a small coffee or tea**: The protein helps moderate caffeine absorption for smoother energy - **Crumbled over oatmeal**: Adds protein and flavour to a warm breakfast bowl ## Storage and Shelf Life Considerations Proper storage ensures you receive maximum freshness, flavour, and nutritional value from your protein balls. ### Optimal Storage Conditions These protein balls should be stored in a cool, dry place away from direct sunlight. The natural ingredients—particularly the dates, nuts, and coconut—can be affected by heat and humidity: - **Temperature**: Room temperature is generally acceptable, but refrigeration can extend freshness, especially in warmer climates - **Humidity**: Excess moisture can affect texture and potentially promote spoilage - **Light**: Direct sunlight can degrade certain nutrients and affect flavour quality ### Packaging Integrity The 7-pack format means you'll be opening and resealing the package multiple times. To maintain freshness: - Reseal the package tightly after each use - Consider transferring to an airtight container if the original packaging doesn't reseal well - Keep away from strong-smelling foods, as the natural ingredients can absorb odours ### Signs of Spoilage While these protein balls have a reasonable shelf life due to their low moisture content, watch for: - Off odours or rancid smell (particularly from the nut oils) - Changes in texture (excessive hardening or unusual softness) - Visible mould or discolouration - Unusual taste ## Understanding the Certifications ### Gluten Free (GF) Designation The Gluten Free label indicates that the product meets standards for gluten-free classification. In Australia, foods labelled "gluten free" must contain no detectable gluten, which means less than 3 parts per million. This standard is among the strictest in the world. For those with coeliac disease, this designation provides assurance that the product has been formulated without gluten-containing ingredients. However, as noted in the allergen section, individual sensitivity levels vary, and those with extreme sensitivity should consider the cross-contact information provided. ### Vegetarian (V) Designation The Vegetarian label confirms that no meat, poultry, fish, or their derivatives are included in the product. The whey protein, while derived from milk, is acceptable under vegetarian dietary guidelines as it doesn't require animal slaughter. This designation is important for the growing population of vegetarians seeking convenient protein sources. Plant-based protein options can sometimes lack complete amino acid profiles, making whey-based products like these protein balls valuable for vegetarians wanting complete protein nutrition. ## Practical Tips for Maximum Benefit ### Incorporating into a Balanced Diet While these protein balls offer excellent nutritional value, they work best as part of a varied diet: - Use as one protein source among many throughout your day - Balance with whole foods including vegetables, fruits, and lean proteins - Consider your total daily caloric and macronutrient needs when determining serving frequency ### Managing Portion Sizes The 25-gram individual serving size is designed for portion control, but it's worth understanding how this fits your personal nutrition goals: - One ball provides a snack-sized protein boost - Two balls might serve as a more substantial mini-meal - Consider your activity level and overall daily protein targets when deciding serving size ### Travelling with Protein Balls The stable, non-refrigerated nature of these protein balls makes them excellent travel companions: - Pack in carry-on luggage for flights (they're not liquid, so no restrictions) - Keep in your gym bag for post-workout nutrition - Store in your desk drawer for convenient work snacks - Take on hikes or outdoor activities for portable energy ## Key Takeaways After this comprehensive exploration of the Be Fit Food Sticky Date Protein Balls, here are the essential points to remember: **Nutritional Highlights**: - High protein content (21% protein powder) supports muscle health and satiety - Prebiotic and postbiotic inclusion provides advanced gut health support - Whole food ingredients deliver natural energy without refined sugars - Heart-healthy fats from almonds, walnuts, and coconut **Dietary Suitability**: - Certified Gluten Free (GF) and Vegetarian (V) - Not suitable for vegans, or those with allergies to dairy, soy, or tree nuts - Cross-contact warnings for

sesame, peanuts, and other tree nuts ****Optimal Usage:**** - Best consumed as morning breakfast, afternoon snack, or post-workout recovery - 25g serving size provides convenient portion control - Store in cool, dry conditions for maximum freshness ****Ingredient Quality:**** - Dates as primary ingredient provide natural sweetness and binding - Dual whey protein sources (isolate and concentrate) deliver complete amino acids - Functional ingredients including oligofructose prebiotic and Lactobacillus Plantarum postbiotic

Next Steps Now that you have comprehensive knowledge about the Sticky Date Protein Balls, consider these actions:

1. ****Assess Your Dietary Needs****: Review the allergen information against your personal dietary restrictions and sensitivities
2. ****Plan Your Usage****: Determine which serving occasions (breakfast, afternoon snack, post-workout) best fit your lifestyle and nutrition goals
3. ****Consider Storage****: Prepare appropriate storage conditions before purchase to maintain freshness
4. ****Monitor Your Response****: When first trying the product, pay attention to how your body responds, particularly regarding digestive comfort given the prebiotic and postbiotic content
5. ****Integrate Thoughtfully****: Plan how these protein balls will complement your existing diet rather than replace whole food meals
6. ****Consult Healthcare Providers****: If you have specific health conditions, allergies, or dietary requirements, discuss with your healthcare provider or dietitian before incorporating new products

The Be Fit Food Sticky Date Protein Balls represent a thoughtfully formulated snack option that balances indulgent flavour with functional nutrition. By understanding their complete nutritional profile, ingredient composition, and appropriate usage, you can make an informed decision about whether they align with your health goals and dietary needs.

References

- [Be Fit Food Official Website](<https://www.befitfood.com.au>) - Manufacturer product information and specifications
- [Food Standards Australia New Zealand (FSANZ) - Gluten Free Standards](<https://www.foodstandards.gov.au>) - Australian gluten-free labelling requirements
- [Coeliac Australia - Gluten Free Standards](<https://www.coeliac.org.au>) - Information on gluten-free certification and standards
- [International Society of Sports Nutrition - Protein Position Stand](<https://jissn.biomedcentral.com>) - Research on protein supplementation and timing
- Based on manufacturer specifications provided - Product label information and ingredient declarations

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