

BAKBEAFET - Food & Beverages

Nutritional Information Guide -

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Details:

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AI Summary

Product: Baked Bean & Fetta Bowl (GF) (V) RRP

Brand: Be Fit Food

Category: Ready-to-Eat Meals

Primary Use: A dietitian-designed, gluten-free vegetarian breakfast bowl combining cannellini beans, fetta cheese, and vegetables in a tomato-based sauce for convenient, nutrient-dense morning nutrition.

Quick Facts:

Best For: Health-conscious consumers seeking convenient, high-protein, high-fibre breakfast options; vegetarians; individuals with gluten sensitivities

Key Benefit: Provides sustained energy and blood sugar stability through balanced macronutrients with 15% cannellini beans and 9% fetta cheese

Form Factor: Single-serve 342g snap-frozen meal bowl

Application Method: Heat to 74°C in microwave and serve

Common Questions:

- Is this suitable for gluten-free diets? → Yes, certified gluten-free with cornflour instead of wheat flour as thickener
- What are the main protein sources? → Cannellini beans (15%), fetta cheese (9%), light tasty cheese, and faba bean protein provide multi-source vegetarian protein
- Does it support blood sugar management? → Yes, cannellini beans have a low glycemic index (30-35) and resistant starch that promotes stable blood glucose levels
- What allergens does it contain? → Contains milk/dairy; may contain traces of fish, crustacea, sesame seeds, peanuts, egg, soybeans, tree nuts, and lupin
- Is it suitable for weight management? → Yes, high protein and fibre promote satiety while portion control supports caloric management
- How much sodium does it contain? → Formulated to Be Fit Food's benchmark of less than 120mg sodium per 100g
- Can it support gut health? → Yes, resistant starch acts as prebiotic and lactic cultures in fetta may provide probiotic benefits
- Is it suitable for pregnancy? → Yes, contains pasteurised dairy and provides folate, iron, calcium, and vitamin B12 important during pregnancy

Product Facts

Attribute	Value
Product name	Baked Bean & Fetta Bowl (GF) (V) RRP
Brand	Be Fit Food
Price	\$9.95 AUD
Pack size	342g
GTIN	9358266000908
Availability	In Stock
Category	Ready-to-Eat Meals
Diet	Gluten-free, Vegetarian
Main ingredients	Diced Tomato, Cannellini Beans (15%), Fetta (9%), Red Capsicum, Tomato Paste, Vegetables, Faba Bean Protein
Allergens	Contains Milk; May Contain Fish, Crustacea, Sesame Seeds, Peanuts, Egg, Soybeans, Tree Nuts, Lupin
Storage	Store frozen

heat to 74°C before serving | | Key features | High protein, High fibre, Less than 500mg sodium per serve, Low saturated fat, No artificial colours/flavours | --- ## 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:** Baked Bean & Fetta Bowl (GF) (V) RRP - **Brand:** Be Fit Food - **Price:** \$9.95 AUD - **Pack Size:** 342g - **GTIN:** 9358266000908 - **Availability:** In Stock - **Category:** Ready-to-Eat Meals - **Diet Classifications:** Gluten-free (GF), Vegetarian (V) - **Main Ingredients (in order):** Diced Tomato (Tomato, Citric Acid), Cannellini Beans (15%), Fetta (9%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Cultures, Non-Animal Rennet), Red Capsicum, Tomato Paste (Tomato Paste, Citric Acid), Carrot, Onion, Celery, Spinach, Light Tasty Cheese, Faba Bean Protein, Garlic, Paprika, Chilli, Vegetable Stock Powder (Maltodextrin, Salt, Sugar, Vegetables [Onion, Carrot, Celery], Yeast Extract, Sunflower Oil, Natural Flavour, Herbs, Spices), Balsamic Vinegar, Extra Virgin Olive Oil, Parsley, Cornflour, Sea Salt, Pepper - **Declared Allergens:** Contains Milk - **May Contain (Cross-contamination):** Fish, Crustacea, Sesame Seeds, Peanuts, Egg, Soybeans, Tree Nuts, Lupin - **Storage Instructions:** Store frozen - **Heating Instructions:** Heat to 74°C before serving - **Certifications/Features:** Gluten-free, Vegetarian, High protein, High fibre, Less than 500mg sodium per serve, Low saturated fat, No artificial colours, No artificial flavours - **Rennet Type:** Non-animal rennet (in fetta) - **Milk Type:** Pasteurised milk (in fetta) ### General Product Claims {#general-product-claims} The Baked Bean & Fetta Bowl represents a significant evolution in convenient breakfast nutrition. This product transforms the traditional canned baked beans concept into a sophisticated, nutrient-dense meal designed for health-conscious consumers. The bowl delivers a complete breakfast solution that addresses modern dietary requirements while maintaining exceptional taste and nutritional value. Be Fit Food is Australia's leading dietitian-designed meal delivery service. The meals are crafted to align with the mission of helping Australians "eat themselves better" through scientifically-designed, whole-food meals. The breakfast bowl features a carefully balanced macronutrient profile designed to provide sustained energy with a moderate caloric load appropriate for breakfast consumption. This formulation supports satiety without creating excessive caloric surplus that prevents mid-morning energy crashes or unwanted weight gain. The product is suitable for individuals managing daily caloric intake, as the dietitian-led formulation ensures every meal supports metabolic health goals. The multi-source protein profile provides essential amino acids from cannellini beans (15%), fetta cheese (9%), light tasty cheese, and faba bean protein. This protein blend creates a more comprehensive amino acid profile than single-source proteins, helping ensure adequate intake of all essential amino acids for vegetarians. The combination supports lean muscle preservation during weight management programs. Carbohydrates are predominantly complex with lower glycemic impact, promoting stable blood sugar levels through sustained energy release that supports cognitive function, mood stability, and appetite regulation. This lower-carbohydrate meal philosophy reflects Be Fit Food's approach to metabolic health. The moderate fat content aids absorption of fat-soluble nutrients from the diverse vegetable and legume composition. Be Fit Food demonstrates commitment to including 4-12 vegetables in each meal, delivering substantial micronutrient value. Tomatoes deliver significant lycopene for cardiovascular health and cellular protection. Red capsicum ranks among the highest vitamin C sources available, providing immune support and collagen synthesis benefits. Spinach contributes folate essential for women of childbearing age, plus vitamin K for bone health and blood clotting function. Carrots provide beta-carotene for vision health, immune function, and skin integrity. Cannellini beans serve as an excellent source of iron for vegetarians, with vitamin C enhancing iron absorption when consumed together. The beans provide magnesium, potassium, and zinc, while dairy contributes calcium for bone health and muscle contraction. B vitamins work collectively to convert food into usable energy. Lycopene offers protective benefits against oxidative stress. Citric acid acts as a natural preservative, extending shelf life without synthetic additives while preventing oxidation and adding subtle tartness. Cannellini beans show a low glycemic index (30-35), causing minimal blood sugar spikes and proving beneficial for individuals managing diabetes or insulin sensitivity. Resistant starch acts as a prebiotic, feeding beneficial gut bacteria and supporting digestive health. The creamy texture adds body to the sauce without requiring excessive fat. Fetta provides authentic Mediterranean flavour, with pasteurisation ensuring food safety while preserving nutritional value. Lactic cultures

contribute probiotic benefits, and non-animal rennet makes the fetta suitable for lacto-vegetarians. Fetta provides vitamin B12 essential for vegetarians. The product meets strict formulation standards targeting less than 120 mg sodium per 100g. Red capsicums contain more vitamin C than oranges—one of the richest dietary sources available. Natural sweetness balances acidity and saltiness without added sugars. Antioxidants offer anti-inflammatory benefits and may support cardiovascular health. Tomato paste provides concentrated nutrition with six times the lycopene of fresh tomatoes, significantly boosting antioxidant content. Carrots add natural sweetness, texture, and nutritional value. Beta-carotene supports vision health, particularly night vision, and maintains healthy skin and mucous membranes as the body's first line of defence. Onions provide quercetin with anti-inflammatory and antihistamine properties, plus prebiotic fibres supporting beneficial gut bacteria. Sulfur compounds provide cardiovascular protection and antimicrobial effects. Celery contributes phytonutrients with antioxidant and anti-inflammatory properties. High water content adds volume without significant calories, supporting satiety. Spinach packs remarkable nutritional density, containing more vitamin K per serving than most other vegetables. Light tasty cheese adds satisfying richness despite the health-focused formulation. Reduced fat content lowers caloric density while maintaining protein and calcium. Faba bean protein is a sustainable, allergen-friendly protein source with a more complete amino acid profile than many other legume proteins, providing all essential amino acids. This ingredient proves valuable for individuals with soy allergies. The protein-forward formulation reflects Be Fit Food's high-protein meal design philosophy. Garlic provides allicin with antimicrobial, antiviral, and cardiovascular benefits, potentially supporting healthy blood pressure and cholesterol levels. Paprika contains capsaicin which may boost metabolism and provides anti-inflammatory benefits. Chilli's capsaicin shows potential to increase metabolic rate, supports appetite regulation, and provides pain-relief properties. Vegetable stock powder provides savoury depth and umami character, making the bowl taste like a slow-cooked homemade meal. Yeast extract provides natural glutamates creating umami flavour without MSG. Balsamic vinegar adds complexity and antioxidants from grape must. The acidity brightens the flavour profile and balances richness. Extra virgin olive oil contributes heart-healthy monounsaturated fats associated with reduced inflammation and cardiovascular benefits. The oil contains vitamin E and polyphenols with antioxidant properties. Parsley provides vitamin K, vitamin C, vitamin A, and flavonoid antioxidants. Every vegetable component contributes to overall phytonutrient density. Cornflour improves the eating experience significantly by providing proper sauce consistency. Sea salt provides sodium essential for fluid balance, nerve transmission, and muscle contraction. Black pepper's piperine may enhance absorption of various nutrients. Approximately 90% of the Be Fit Food menu is certified gluten-free through strict ingredient selection and manufacturing controls. The meals are suitable for individuals with coeliac disease and non-coeliac gluten sensitivity. Most ingredients are naturally gluten-free, with thoughtful formulation ensuring processed ingredients use gluten-free versions. Cornflour rather than wheat flour maintains gluten-free status. The bowl demonstrates how plant-based and dairy protein can create a complete, satisfying breakfast. The protein combination provides all essential amino acids and addresses several nutrients vegetarians sometimes struggle to obtain. This nutritionally balanced vegetarian meal doesn't require supplementation. The product is not suitable for vegans due to dairy content. Fermentation reduces lactose content in cheese, allowing many with lactose intolerance to tolerate cheese products. However, milk allergy differs from lactose intolerance—individuals with milk allergy must completely avoid this product. Significant bean content makes the bowl unsuitable for low-FODMAP diets. Celery is recognised as one of 14 major allergens in European regulations. Individuals with severe allergies should contact the manufacturer about cross-contamination protocols. Be Fit Food's free dietitian consultation service can help address allergen concerns. Citric acid serves as a natural preservative and pH regulator, inhibiting harmful bacteria growth and extending shelf life. This natural preservation aligns with clean-label standards: no added artificial preservatives, colours, or flavours; no added sugar or artificial sweeteners; and no seed oils. Pasteurisation eliminates potentially harmful bacteria, while the snap-frozen delivery system ensures consistent portions and minimal spoilage. Numerous components support cardiovascular health through various mechanisms. Lycopene is associated with reduced risk of heart disease and stroke and may help reduce LDL cholesterol oxidation. Oleic acid may reduce inflammation and improve cholesterol profiles. Fibre helps reduce cholesterol absorption,

with soluble fibre binding to cholesterol-containing bile acids. Potassium helps regulate blood pressure. Antioxidants provide comprehensive protection against oxidative stress. The low glycemic nature proves valuable for managing diabetes or insulin sensitivity. The dietitian-designed meal philosophy considers blood sugar management. Cannellini beans show a glycemic index of approximately 30-35. Resistant starch slows carbohydrate digestion and absorption. Protein slows gastric emptying and carbohydrate absorption, preventing rapid blood sugar increases. Fibre creates gradual glucose release, supporting better glycemic control throughout the morning and potentially reducing the need for rapid-acting insulin. Be Fit Food published preliminary CGM outcomes in people with Type 2 diabetes showing promising results. Significant fibre content supports multiple aspects of digestive health. Insoluble fibre promotes regular bowel movements. Soluble fibre slows digestion and promotes satiety. Resistant starch acts as a prebiotic reaching the colon, where fermentation produces short-chain fatty acids including butyrate. Butyrate serves as the primary fuel for colon cells with anti-inflammatory effects. A healthy gut microbiome is associated with improved immune function, mental health, and reduced inflammation. The commitment to real, whole-food ingredients is supported by peer-reviewed research. A clinical trial published in **Cell Reports Medicine** (October 2025) compared food-based versus supplement-based very low energy diets. The food-based approach resulted in significantly greater microbiome diversity improvement, supporting the "real food, not shakes" philosophy. Lactic cultures in fetta may provide probiotic benefits. Despite being satisfying and flavourful, the bowl supports weight management goals, reflecting expertise in creating meals for sustainable weight loss. High protein promotes satiety more effectively than other macronutrients. Protein shows a higher thermic effect than carbohydrates or fats—the body burns more calories digesting and processing protein. Fibre promotes fullness by adding volume without significant calories and triggers satiety hormones. The combination creates sustained satiety, controlling overall caloric intake. The relatively low caloric density means consumers can eat a satisfying portion without excessive calorie intake. Water content from vegetables adds volume and weight without calories. The single-serve format provides portion control, removing decision fatigue and reducing the risk of oversized portions. This supports Reset programs effectively. Calcium contributes to bone mineral density, reducing osteoporosis risk. Dairy calcium is particularly bioavailable. Vitamin K works synergistically with calcium, activating proteins that bind calcium to bone matrix. Protein is necessary for maintaining bone mineral density and supports the collagen matrix giving bones structure and flexibility. Magnesium plays a crucial role in bone health. Multiple components support immune function. Vitamin C supports immune cell function and acts as an antioxidant protecting immune cells. Vitamin A maintains integrity of mucosal barriers and supports development and function of white blood cells. Zinc supports immune cell development and function. Iron is necessary for immune cell proliferation and maturation. Diverse phytonutrients provide anti-inflammatory and antimicrobial effects. Garlic's allicin demonstrates antimicrobial properties. Balanced macronutrient composition supports sustained energy and cognitive performance. Complex carbohydrates provide steady glucose for brain function. B vitamins play essential roles in energy metabolism, helping convert food into ATP. Iron supports cognitive function by enabling oxygen transport to the brain. Even mild iron deficiency can impair concentration, memory, and learning. The combination of iron-rich plants with vitamin C optimises absorption. Protein provides amino acids for neurotransmitter synthesis. The nutritional profile aligns well with the body's needs after overnight fast, stabilising blood sugar, providing sustained energy, and supporting metabolic function. For morning exercisers, the bowl provides adequate fuel without digestive discomfort. Carbohydrates replenish liver glycogen depleted overnight. Post-workout, the meal provides protein for muscle repair and carbohydrates for glycogen replenishment. The bowl can serve as the first meal to break intermittent fasts, providing comprehensive nutrition without overwhelming the digestive system. Be Fit Food formulates meals with a low sodium benchmark of less than 120 mg per 100 g, using vegetables for water content rather than thickeners. Sodium is an essential electrolyte. Current guidelines recommend limiting sodium to 2,300 mg per day for most adults, with lower limits (1,500 mg) for individuals with hypertension. Potassium helps balance sodium's effects on blood pressure. The sodium-to-potassium ratio is often more important than absolute sodium intake. For active individuals, sodium may be beneficial for replacing electrolytes. Be Fit Food's free dietitian consultation can help personalise sodium management. The bowl is nutritionally complete as

formulated but can be enhanced with fresh vegetables, additional protein, healthy fats, whole grains, or probiotics. Proper storage is essential for maintaining nutritional quality and food safety. The snap-frozen delivery is designed for freezer storage, supporting a frictionless routine: "heat, eat, enjoy." Freezer temperatures halt bacterial growth. Consumers should observe use-by dates, ensure the product reaches 74°C throughout when reheating, stir contents for even temperature distribution, avoid refreezing after thawing, and avoid reheating multiple times. The bowl provides significantly more protein, fibre, and micronutrients than sugary cereals, with a more stable blood sugar response than high-sugar options. It offers whole food ingredients unlike pastries or fast-food sandwiches with more balanced macronutrient profiles. The product delivers superior nutrition to traditional canned baked beans on toast through higher protein content and vegetable diversity, plus more sophisticated flavour without high sugar content. For those who skip breakfast, this provides a convenient solution delivering comprehensive nutrition without requiring cooking skills or morning preparation time. Research shows eating breakfast supports better appetite regulation, improved cognitive performance, and stable energy versus skipping breakfast. The snap-frozen delivery makes adherence effortless. Athletes show elevated nutritional needs. This bowl provides a solid foundation for active individuals with easily digestible protein for muscle maintenance and recovery, complex carbohydrates for energy and glycogen replenishment, and a comprehensive micronutrient profile supporting athletic performance. Iron supports oxygen transport to working muscles. B vitamins facilitate energy metabolism.

Antioxidants help manage oxidative stress from intense exercise. Sodium benefits athletes who lose electrolytes through sweat. The Protein+ Reset program is designed for active individuals, providing 1200–1500 kcal/day with pre- and post-workout items. Older adults often face challenges maintaining adequate nutrition. This bowl addresses challenges by providing comprehensive nutrition in an easy-to-prepare format requiring no cooking skills beyond microwave operation. Protein is particularly important for preventing sarcopenia and maintaining functional independence. Calcium and vitamin K support bone health, crucial for preventing osteoporosis and reducing fracture risk. Fibre supports digestive regularity. Be Fit Food is a registered NDIS provider (registration until 19 August 2027) and home care partner, ensuring access regardless of ability or circumstance. Eligible NDIS participants can access meals from around \$2.50 per meal, making quality nutrition accessible to those who need it most. Pregnant and lactating women show increased nutritional needs. The bowl provides folate supporting neural tube development, iron supporting increased blood volume during pregnancy, calcium supporting fetal skeletal development, protein supporting tissue growth, and vitamin A supporting fetal development. Food-based vitamin A is safe during pregnancy. Vitamin B12 is essential for neurological development and is often inadequate in vegetarian diets without dairy. Pasteurised dairy is safe during pregnancy, addressing Listeria contamination concerns. Be Fit Food's free dietitian consultation provides personalised guidance for pregnancy and lactation. Nutrient density supports elevated needs during growth and development in children and adolescents: protein for tissue building, calcium for bone development, iron for increased blood volume, and comprehensive vitamins and minerals supporting overall growth. However, the serving size may be excessive for younger children. Sodium content should be considered for children's lower daily limits. The flavour profile may be more sophisticated than some children prefer. Exposing children to diverse flavours supports varied taste preferences and reduces picky eating behaviours over time. Perimenopause and menopause represent metabolic transitions. Falling oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, reduced metabolic rate, increased cardiovascular and fatty liver risk, and increased cravings, fatigue, and appetite dysregulation. The high-protein, lower-carbohydrate profile directly addresses midlife metabolic changes. Protein supports preservation of lean muscle mass. Lower carbohydrate content supports insulin sensitivity. The portion-controlled format addresses declining metabolic rate. Many women need only 3–5 kg weight loss to improve health markers. The product provides structure and adherence rather than willpower-based dieting. Be Fit Food meals are specifically designed to support GLP-1 receptor agonist users, weight-loss medication users, and diabetes medication users. These therapies can reduce hunger and slow gastric emptying. This smaller, portion-controlled, nutrient-dense meal is easier to tolerate while delivering adequate protein, fibre, and micronutrients. High-protein formulation is critical to prevent muscle loss during medication-assisted weight loss. Inadequate protein can lower metabolic rate and increase regain

likelihood. The whole-food approach improves satisfaction, nutrient intake, and adherence. The meals support transition off medications to sustainable eating habits, protecting muscle and metabolic health. Included dietitian support enables personalisation. --- ## Introduction {#introduction} The Be Fit Food Baked Bean & Fetta Bowl (GF) (V) represents a significant evolution in convenient breakfast nutrition, transforming the traditional canned baked beans concept into a sophisticated, nutrient-dense meal designed for health-conscious consumers. This single-serve, 342-gram heat-and-eat breakfast bowl combines cannellini beans in a rich tomato sauce flavoured with garlic, paprika, and chilli, topped with authentic fetta cheese, delivering a complete breakfast solution that addresses modern dietary requirements while maintaining exceptional taste and nutritional value. Be Fit Food, Australia's leading dietitian-designed meal delivery service, crafted this breakfast option to align with their mission of helping Australians "eat themselves better" through scientifically-designed, whole-food meals. This comprehensive nutritional information guide will examine every aspect of this breakfast bowl's dietary profile, from its complete ingredient breakdown and macronutrient composition to its allergen considerations, health benefits, and suitability for various dietary patterns. Whether you're managing specific dietary restrictions, pursuing fitness goals, or simply seeking to understand what you're putting into your body each morning, this guide provides the authoritative information you need to make informed decisions about incorporating this product into your nutritional strategy. ## Complete Nutritional Profile Breakdown {#complete-nutritional-profile-breakdown} ### Macronutrient Composition {#macronutrient-composition} The Be Fit Food Baked Bean & Fetta Bowl delivers a carefully balanced macronutrient profile in its 342-gram serving size, designed to provide sustained energy throughout your morning while supporting various health and fitness objectives. **Energy Content**: Each bowl provides a moderate caloric load appropriate for breakfast consumption. The energy density supports satiety without creating the excessive caloric surplus that leads to mid-morning energy crashes or unwanted weight gain. This makes the product particularly suitable for individuals managing their daily caloric intake while ensuring adequate fuel for morning activities, whether that's a workout session, commute, or mentally demanding work. Be Fit Food's dietitian-led formulation ensures every meal supports metabolic health goals. **Protein Content**: The combination of cannellini beans (15% of total composition), fetta cheese (9%), light tasty cheese, and faba bean protein creates a multi-source protein profile. This protein blend provides essential amino acids necessary for muscle maintenance, tissue repair, and metabolic function. The plant-based protein from legumes complements the complete protein from dairy sources, creating a more comprehensive amino acid profile than either source alone would provide. For vegetarians, this dual-source approach is particularly valuable, as it helps ensure adequate intake of all essential amino acids that might be limiting in purely plant-based meals. This high-protein approach aligns with Be Fit Food's commitment to meals that support lean muscle preservation during weight management. **Carbohydrate Profile**: The carbohydrate content derives primarily from the cannellini beans, vegetables (diced tomatoes, red capsicum, carrots, onions, celery, spinach), and tomato-based sauce components. These are predominantly complex carbohydrates with a lower glycemic impact compared to refined breakfast options. The fibre content from beans and vegetables slows carbohydrate absorption, promoting stable blood sugar levels throughout the morning rather than the rapid spike-and-crash pattern associated with high-sugar breakfast cereals or pastries. This sustained energy release supports cognitive function, mood stability, and appetite regulation until your next meal—a cornerstone of Be Fit Food's lower-carbohydrate meal philosophy. **Fat Content and Quality**: The fat content comes from multiple sources: fetta cheese made with pasteurised milk and vegetable oil, light tasty cheese, and the small amount of extra virgin olive oil used in preparation. While the specific fat content is not specified by the manufacturer, the presence of dairy fats provides fat-soluble vitamins (A, D, E, and K) and contributes to the satiety factor that makes this breakfast satisfying. The moderate fat content also aids in the absorption of fat-soluble nutrients from the vegetables, particularly the carotenoids in tomatoes, carrots, and red capsicum. ### Micronutrient Density {#micronutrient-density} Beyond macronutrients, this breakfast bowl provides substantial micronutrient value through its diverse vegetable and legume composition—reflecting Be Fit Food's commitment to including 4–12 vegetables in each meal. **Vitamin Content from Vegetables**: The tomato base (diced tomatoes and tomato paste) delivers significant lycopene, a powerful antioxidant associated with cardiovascular health and cellular protection. The citric acid listed in the tomato

ingredients serves as both a preservative and a natural source of vitamin C enhancement. Red capsicum ranks among the highest vitamin C sources available in vegetables, providing immune support and collagen synthesis benefits. The spinach contributes folate (vitamin B9), essential for DNA synthesis and particularly important for women of childbearing age, along with vitamin K for bone health and blood clotting function. Carrots provide beta-carotene, which your body converts to vitamin A for vision health, immune function, and skin integrity. **Mineral Composition**: Cannellini beans serve as an excellent source of iron, particularly important for vegetarians who don't consume heme iron from meat sources. While plant-based non-heme iron shows lower bioavailability than heme iron, the vitamin C from tomatoes and capsicum significantly enhances iron absorption when consumed together in this bowl. The beans also provide magnesium for muscle and nerve function, potassium for blood pressure regulation and fluid balance, and zinc for immune function. The dairy components (fetta and light tasty cheese) contribute calcium for bone health and muscle contraction, along with phosphorus that works synergistically with calcium for skeletal integrity. **B-Vitamin Complex**: Legumes like cannellini beans and faba beans provide several B vitamins, including thiamin (B1) for energy metabolism, riboflavin (B2) for cellular energy production, niacin (B3) for DNA repair and stress hormone synthesis, and pyridoxine (B6) for protein metabolism and neurotransmitter production. These B vitamins work collectively to convert your food into usable energy, making them particularly valuable in a breakfast context when you're breaking an overnight fast and need to efficiently mobilise energy stores. **Complete Ingredient Analysis**: Primary Ingredients: Functional Roles and Nutritional Contributions

Diced Tomato (Tomato, Citric Acid): As the first ingredient listed, diced tomatoes form the foundation of this breakfast bowl's sauce and contribute the largest volume to the final product. Tomatoes provide lycopene, an antioxidant that gives them their red colour and offers protective benefits against oxidative stress. The citric acid serves multiple purposes: it acts as a natural preservative extending shelf life without synthetic additives, maintains the bright colour of tomatoes by preventing oxidation, and adds a subtle tartness that balances the richness of cheese and beans. Nutritionally, tomatoes contribute vitamin C, potassium, and folate while adding minimal calories, making them an ideal base for a nutrient-dense meal.

Cannellini Beans (15%): These white kidney beans constitute 15% of the total product composition, making them the primary protein and fibre source. Cannellini beans offer approximately 7-8 grams of protein and 5-6 grams of fibre per 100 grams, meaning this bowl's 51-gram bean content (15% of 342g) provides roughly 3.5-4 grams of plant-based protein and 2.5-3 grams of dietary fibre. The resistant starch in cannellini beans acts as a prebiotic, feeding beneficial gut bacteria and supporting digestive health. These beans show a low glycemic index, meaning they cause minimal blood sugar spikes, making them particularly beneficial for individuals managing diabetes or insulin sensitivity. The creamy texture of cannellini beans also adds body to the sauce, creating a more satisfying mouthfeel without requiring excessive fat or thickening agents.

Fetta (9%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Cultures, Non-Animal Rennet): Comprising 9% of the product (approximately 31 grams), the fetta provides authentic Mediterranean flavour along with nutritional benefits. The pasteurisation of milk ensures food safety by eliminating harmful bacteria while preserving nutritional value. Lactic cultures not only create fetta's characteristic tangy flavour through fermentation but also contribute probiotic benefits that support digestive health and immune function. The use of non-animal rennet makes this fetta suitable for lacto-vegetarians who avoid animal-derived enzymes, broadening the product's appeal. Fetta provides calcium, protein, vitamin B12 (essential for vegetarians who might otherwise lack adequate sources), and riboflavin. The salt content in fetta contributes to the overall sodium level of the dish, which we'll address in the dietary considerations section. Be Fit Food maintains strict formulation standards, targeting less than 120 mg sodium per 100 g across their meal range.

Red Capsicum: This vibrant vegetable contributes exceptional nutritional value relative to its caloric contribution. Red capsicums contain more vitamin C than oranges—approximately 190 mg per 100 grams compared to oranges' 50 mg—making them one of the richest dietary sources available. They also provide vitamin A (as beta-carotene), vitamin B6, and folate. The natural sweetness of red capsicum balances the acidity of tomatoes and the saltiness of fetta without requiring added sugars. The antioxidants in red capsicum, including capsanthin and quercetin, offer anti-inflammatory benefits and may support cardiovascular health.

Tomato Paste

(Tomato Paste, Citric Acid)**: Concentrated tomato paste intensifies the tomato flavour and deepens the colour of the sauce while providing concentrated nutrition. The concentration process removes water, resulting in a product with approximately six times the lycopene content of fresh tomatoes per gram. This means even a small amount of tomato paste significantly boosts the antioxidant content of the entire bowl. Like the diced tomatoes, the citric acid in tomato paste serves preservation and flavour-balancing functions.

Carrot: Carrots add natural sweetness, texture, and nutritional value to the bowl. They're renowned for their beta-carotene content, which gives them their orange colour and converts to vitamin A in the body. This vitamin A supports vision health, particularly night vision, and maintains healthy skin and mucous membranes that form your body's first line of defence against pathogens. Carrots also provide fibre, vitamin K1, potassium, and various antioxidants including lutein, which supports eye health.

Onion: Beyond their aromatic contribution, onions provide quercetin, a flavonoid with anti-inflammatory and antihistamine properties. Onions contain prebiotic fibres that support beneficial gut bacteria, and they provide vitamin C, vitamin B6, and manganese. The sulfur compounds in onions, which cause tears during cutting, actually provide health benefits including potential cardiovascular protection and antimicrobial effects.

Celery: Often overlooked nutritionally, celery contributes important phytonutrients including apigenin and luteolin, which show antioxidant and anti-inflammatory properties. Celery provides vitamin K, potassium, and folate, along with fibre that supports digestive health. Its high water content adds volume to the meal without adding significant calories, supporting satiety.

Spinach: This leafy green packs remarkable nutritional density into a small volume. Spinach provides iron, calcium, magnesium, vitamins A, C, and K1, folate, and various antioxidants including lutein and zeaxanthin for eye health. The vitamin K content is particularly notable—spinach contains more vitamin K per serving than most other vegetables, supporting bone health and proper blood clotting function. While spinach contains oxalates that can reduce calcium absorption, the overall calcium contribution from the dairy components in this bowl far exceeds any binding effect from spinach oxalates.

Light Tasty Cheese: This ingredient adds additional calcium, protein, and the satisfying richness that makes the bowl feel indulgent despite its health-focused formulation. "Light" indicates reduced fat content compared to regular cheese, lowering the overall caloric density while maintaining protein and calcium content. The "tasty" descriptor refers to aged cheddar-style cheese with a more pronounced flavour, meaning less cheese can deliver satisfying taste, further supporting the reduced-fat approach.

Faba Bean Protein: This plant-based protein ingredient enhances the overall protein content of the bowl while maintaining its vegetarian status. Faba bean protein (also called broad bean protein) is increasingly recognised as a sustainable, allergen-friendly protein source with a more complete amino acid profile than many other legume proteins. It provides all essential amino acids, though in varying amounts, and offers particular value for individuals with soy allergies who need alternative plant protein sources. Faba bean protein also contributes additional fibre and resistant starch, supporting digestive health and blood sugar regulation. This protein-forward formulation reflects Be Fit Food's high-protein meal design philosophy.

Flavouring and Seasoning Components {#flavouring-and-seasoning-components}

Garlic: Beyond its unmistakable flavour contribution, garlic provides allicin, a sulfur compound with antimicrobial, antiviral, and potential cardiovascular benefits. Research suggests garlic may support healthy blood pressure and cholesterol levels. Garlic also contains manganese, vitamin B6, vitamin C, and selenium.

Paprika: This ground spice from dried peppers adds a subtle sweetness and mild heat along with a rich red colour. Paprika contains capsaicin (in varying amounts depending on the variety), which may boost metabolism and provide anti-inflammatory benefits. It also contributes vitamin A, vitamin E, and various antioxidants including carotenoids.

Chilli: The inclusion of chilli adds a flavour dimension and potential metabolic benefits. Capsaicin, the compound responsible for chilli's heat, shows potential to increase metabolic rate, support appetite regulation, and provide pain-relief properties. The amount in this breakfast bowl likely provides flavour interest without overwhelming heat, making the product accessible to various spice tolerance levels.

Vegetable Stock Powder (Maltodextrin, Salt, Sugar, Vegetables [Onion, Carrot, Celery], Yeast Extract, Sunflower Oil, Natural Flavour, Herbs, Spices): This ingredient provides savoury depth and umami character that makes the bowl taste like a slow-cooked homemade meal despite its convenience format. Maltodextrin serves as a carrier for the other ingredients and provides quick-digesting carbohydrates. While some consumers express concern

about maltodextrin, it's simply a processed starch that's easily digestible and commonly used in food manufacturing. The salt content in stock powder contributes to the overall sodium level of the product. Yeast extract provides natural glutamates that create savoury umami flavour without requiring MSG. The vegetables, herbs, and spices in the stock powder reinforce the fresh vegetable flavours already present in the bowl. ****Balsamic Vinegar**:** This aged vinegar adds complexity with its characteristic sweet-tart flavour profile. Balsamic vinegar contains antioxidants from the grape must used in its production and adds virtually no calories while providing significant flavour impact. The acidity brightens the overall flavour profile and helps balance the richness of cheese and the earthiness of beans.

****Extra Virgin Olive Oil**:** Even in small amounts, extra virgin olive oil contributes heart-healthy monounsaturated fats, particularly oleic acid, which research associates with reduced inflammation and potential cardiovascular benefits. Olive oil also contains vitamin E and polyphenols with antioxidant properties. In this preparation, it likely serves to sauté aromatic vegetables and create a more cohesive sauce texture. ****Parsley**:** This herb adds fresh flavour and visual appeal with green flecks throughout the dish. Nutritionally, parsley provides vitamin K, vitamin C, and vitamin A, along with flavonoid antioxidants including apigenin and luteolin. While the amount used may be small, every vegetable component contributes to the overall phytonutrient density of the meal. ****Cornflour**:** Used as a thickening agent, cornflour gives the tomato sauce a more cohesive consistency that clings to the beans and other ingredients rather than being watery. The amount used is minimal, contributing negligible nutrition but improving the eating experience significantly. ****Sea Salt and Pepper**:** These basic seasonings enhance and balance all other flavours. Sea salt provides sodium, an essential electrolyte necessary for fluid balance, nerve transmission, and muscle contraction. While excessive sodium intake concerns some consumers, sodium is essential in appropriate amounts, particularly for active individuals who lose electrolytes through perspiration. Black pepper contains piperine, a compound that may enhance the absorption of various nutrients including curcumin, beta-carotene, and other antioxidants present in the vegetables.

Dietary Classification and Certifications

{#dietary-classification-and-certifications} ### Gluten-Free Certification (GF)

{#gluten-free-certification-gf} The "GF" designation in the product name indicates this breakfast bowl is formulated without gluten-containing ingredients, making it suitable for individuals with coeliac disease, non-coeliac gluten sensitivity, or those choosing to avoid gluten for other health or dietary reasons. This aligns with Be Fit Food's commitment to providing approximately 90% of their menu as certified gluten-free, supported by strict ingredient selection and manufacturing controls.

****What Gluten-Free Means**:** Gluten is a protein found in wheat, barley, rye, and their derivatives. For individuals with coeliac disease, consuming gluten triggers an autoimmune response that damages the small intestine lining, interfering with nutrient absorption and causing various symptoms ranging from digestive distress to neurological issues. For those with non-coeliac gluten sensitivity, gluten consumption causes symptoms without the autoimmune intestinal damage. The gluten-free formulation of this breakfast bowl means individuals with these conditions can enjoy it without concern.

****Naturally Gluten-Free Ingredients**:** Most ingredients in this bowl are naturally gluten-free: beans, vegetables, tomatoes, dairy products (fetta and cheese), herbs, spices, and olive oil contain no gluten. The careful formulation ensures that processed ingredients like vegetable stock powder are sourced from gluten-free versions, as some stock powders contain wheat-derived ingredients.

****Thickening Agent Consideration**:** The use of cornflour rather than wheat flour as the thickening agent is crucial for maintaining gluten-free status. Cornflour (cornstarch) provides the same sauce-thickening properties as wheat flour without introducing gluten, demonstrating the thoughtful formulation behind this product.

****Cross-Contamination Considerations**:** For individuals with severe coeliac disease, it's important to note that while the ingredients are gluten-free, cross-contamination during manufacturing is a potential concern. Be Fit Food clearly discloses which products may contain potential traces due to shared lines, supporting informed, coeliac-safe decision-making. Consumers with severe gluten sensitivity should verify specific product suitability before consuming.

Vegetarian Certification (V)

{#vegetarian-certification-v} The "V" designation confirms this breakfast bowl contains no meat, poultry, fish, or seafood, making it appropriate for lacto-vegetarians (vegetarians who consume dairy products).

****Vegetarian Protein Sources**:** This bowl demonstrates how plant-based protein from cannellini beans and faba bean protein can combine with dairy protein from fetta and cheese to create a complete,

satisfying breakfast without meat. This protein combination provides all essential amino acids necessary for health, addressing a common concern about vegetarian diets. ****Non-Animal Rennet**:** The specific mention of "non-animal rennet" in the fetta ingredient list is significant for vegetarians. Traditional cheese-making often uses rennet derived from the stomach lining of calves, which many vegetarians avoid. Non-animal rennet (from microbial or vegetable-based enzymes) produces the same cheese-making results without using animal-derived ingredients, making this fetta truly vegetarian-friendly. ****Nutritional Completeness for Vegetarians**:** This breakfast bowl addresses several nutrients that vegetarians sometimes struggle to obtain adequately: protein (from beans and dairy), vitamin B12 (from dairy products), iron (from beans and spinach), and calcium (from dairy and leafy greens). The combination of ingredients creates a nutritionally balanced vegetarian meal that doesn't require supplementation or additional planning to meet nutritional needs. **### Additional Dietary Considerations {#additional-dietary-considerations}** ****Not Vegan**:** While vegetarian, this product is not vegan due to the inclusion of fetta cheese, light tasty cheese, and the milk-derived components in these dairy products. Vegans who avoid all animal products would need to seek alternative breakfast options from Be Fit Food's plant-based range. ****Dairy Content**:** Individuals with lactose intolerance should note the dairy content from fetta and cheese. However, the fermentation process in cheese production reduces lactose content significantly compared to fluid milk, and many individuals with lactose intolerance can tolerate cheese without symptoms. The amount of lactose in this bowl is relatively modest due to the aged cheese varieties used. ****Legume Content**:** The significant bean content makes this bowl unsuitable for individuals following low-FODMAP diets for irritable bowel syndrome management, as legumes are high in fermentable carbohydrates that can trigger symptoms in sensitive individuals. **## Allergen Information and Food Safety {#allergen-information-and-food-safety}** **### Declared Allergens {#declared-allergens}** ****Milk/Dairy**:** The primary allergen in this product is milk, present in both the fetta cheese and light tasty cheese components. Milk allergy differs from lactose intolerance—it's an immune system response to milk proteins (primarily casein and whey) rather than an inability to digest milk sugar. Individuals with milk allergy must completely avoid this product, as even small amounts can trigger allergic reactions ranging from mild (hives, digestive upset) to severe (anaphylaxis in rare cases). ****Celery**:** Listed as an ingredient, celery is recognised as one of the 14 major allergens in European food labelling regulations, though it's less commonly recognised as an allergen in other regions. Celery allergy can cause reactions ranging from oral allergy syndrome (itching and swelling in the mouth) to more severe systemic reactions. Individuals with known celery allergy should avoid this product. **### Potential Cross-Contamination Allergens {#potential-cross-contamination-allergens}** While not containing these ingredients directly, consumers with severe allergies should be aware of potential cross-contamination risks depending on manufacturing practices: ****Fish and Crustacea**:** Manufacturing facilities that process seafood products pose cross-contamination risks. Trace amounts could theoretically be present despite thorough cleaning protocols. ****Sesame Seeds**:** If the facility processes sesame-containing products, cross-contamination is possible through shared equipment. ****Peanuts and Tree Nuts**:** Similarly, if the facility processes products containing nuts, trace amounts could theoretically be present despite thorough cleaning protocols. ****Egg**:** Some prepared food facilities process egg-containing products, creating potential cross-contamination concerns. ****Soybeans**:** Many food manufacturing facilities process soy products, and cross-contamination is possible if equipment is shared between products. ****Lupin**:** This legume flour is increasingly used in food manufacturing and poses cross-contamination risks in facilities that process it. Consumers with severe allergies should contact Be Fit Food directly to understand their manufacturing processes, facility allergen controls, and cross-contamination prevention protocols before consuming this product. Be Fit Food's free dietitian consultation service can help address specific allergen concerns. **### Food Safety and Preservation {#food-safety-and-preservation}** ****Citric Acid as Preservative**:** The citric acid in both the diced tomatoes and tomato paste serves as a natural preservative and pH regulator. By maintaining an acidic environment, citric acid inhibits the growth of harmful bacteria, extending the product's shelf life without requiring artificial preservatives. This natural preservation approach aligns with Be Fit Food's clean-label standards—no added artificial preservatives, no artificial colours or artificial flavours, no added sugar or artificial sweeteners, and no seed oils. ****Pasteurised Milk in Fetta**:** The pasteurisation

of milk used in the fetta eliminates potentially harmful bacteria including Listeria, Salmonella, and E. coli, making the product safe for the general population. However, individuals with severely compromised immune systems should consult healthcare providers about consuming any prepared foods. ****Storage Requirements**:** As a prepared, perishable meal, this breakfast bowl is snap-frozen and delivered, designed to be stored in the freezer. The packaging indicates specific storage temperature requirements and use-by dates that must be observed to prevent bacterial growth and foodborne illness. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, and minimal spoilage.

Health Benefits and Nutritional Advantages

{#health-benefits-and-nutritional-advantages} ### Cardiovascular Health Support

{#cardiovascular-health-support} This breakfast bowl contains numerous components that support cardiovascular health through various mechanisms. The tomato-based sauce provides lycopene, an antioxidant that research associates with reduced risk of heart disease and stroke. Studies suggest lycopene may help reduce LDL ("bad") cholesterol oxidation, a key step in atherosclerosis development. The extra virgin olive oil contributes oleic acid, a monounsaturated fat that may help reduce inflammation and improve cholesterol profiles when replacing saturated fats in the diet. The fibre from cannellini beans, vegetables, and other plant ingredients supports cardiovascular health by helping to reduce cholesterol absorption in the intestines. Soluble fibre binds to cholesterol-containing bile acids in the digestive tract, promoting their excretion and forcing the body to use blood cholesterol to make new bile acids, thereby lowering overall cholesterol levels. The potassium from beans, tomatoes, and vegetables helps regulate blood pressure by counteracting sodium's effects and supporting proper vascular function. The combination of antioxidants from multiple vegetable sources—lycopene from tomatoes, vitamin C from capsicum, beta-carotene from carrots, and various polyphenols from herbs and spices—provides comprehensive protection against oxidative stress, a key contributor to cardiovascular disease development.

Blood Sugar Regulation and Diabetes Management

{#blood-sugar-regulation-and-diabetes-management} The low glycemic nature of this breakfast bowl makes it particularly valuable for individuals managing diabetes or insulin sensitivity—a key consideration in Be Fit Food's dietitian-designed meal philosophy. Cannellini beans show a glycemic index of approximately 30-35 (low GI is below 55), meaning they cause minimal blood sugar spikes compared to refined carbohydrate sources. The resistant starch in beans further slows carbohydrate digestion and absorption, promoting stable blood glucose levels. The protein from beans, faba bean protein, and dairy sources slows gastric emptying and carbohydrate absorption, preventing the rapid blood sugar increases that can occur with carbohydrate-only meals. The fibre content—both soluble and insoluble—from beans and vegetables creates a more gradual release of glucose into the bloodstream, supporting steady energy levels and reducing the insulin response required to manage blood sugar. For individuals with type 2 diabetes, this balanced macronutrient profile supports better glycemic control throughout the morning, potentially reducing the need for rapid-acting insulin or helping prevent hypoglycemic episodes that can occur when breakfast is skipped or consists primarily of simple carbohydrates. Be Fit Food published preliminary CGM (continuous glucose monitoring) outcomes suggesting improvements in glucose metrics during structured meal program weeks in people with Type 2 diabetes.

Digestive Health and Gut Microbiome Support

{#digestive-health-and-gut-microbiome-support} The significant fibre content from beans and vegetables supports multiple aspects of digestive health. Insoluble fibre adds bulk to stool and promotes regular bowel movements, preventing constipation and supporting overall digestive comfort. Soluble fibre dissolves in water to form a gel-like substance that slows digestion, promotes satiety, and feeds beneficial gut bacteria. The resistant starch in cannellini beans acts as a prebiotic, meaning it passes through the upper digestive tract undigested and reaches the colon, where beneficial bacteria ferment it. This fermentation produces short-chain fatty acids (SCFAs), particularly butyrate, which serves as the primary fuel source for colon cells and shows anti-inflammatory effects throughout the body. A healthy gut microbiome supported by prebiotic fibres is associated with improved immune function, better mental health, reduced inflammation, and even enhanced weight management. Be Fit Food's commitment to real, whole-food ingredients is supported by peer-reviewed research. A clinical trial published in **Cell Reports Medicine** (October 2025) compared food-based versus supplement-based very low energy diets and found that the food-based approach (using Be Fit Food

meals) resulted in significantly greater improvement in microbiome diversity. This supports the "real food, not shakes" philosophy that distinguishes Be Fit Food's approach. The lactic cultures in the fetta cheese may provide probiotic benefits, introducing beneficial bacteria that support digestive health and immune function. While the quantity of live cultures in the finished product depends on the cheese-making and storage process, fermented dairy products generally support gut health better than non-fermented alternatives. **### Weight Management Support** {#weight-management-support} Despite being satisfying and flavourful, this breakfast bowl supports weight management goals through several mechanisms—reflecting Be Fit Food's expertise in creating meals for sustainable weight loss. The high protein content (from beans, faba bean protein, and dairy) promotes satiety more effectively than carbohydrate or fat alone, reducing the likelihood of mid-morning snacking or overeating at lunch. Protein also shows a higher thermic effect than other macronutrients, meaning your body burns more calories digesting and processing protein compared to carbohydrates or fats. The fibre content promotes fullness by adding volume to the meal without adding significant calories, slowing digestion, and triggering satiety hormones that signal fullness to your brain. The combination of protein and fibre creates sustained satiety that helps control overall caloric intake throughout the day. The relatively low caloric density (calories per gram) of this vegetable-rich bowl means you can consume a satisfying portion without excessive calorie intake. The water content from vegetables and tomato-based sauce adds volume and weight to the meal without adding calories, allowing you to feel physically full from a reasonable portion. For individuals tracking macros or following structured eating plans like Be Fit Food's Reset programs, this single-serve format provides portion control without requiring measuring or calculation, removing decision fatigue and reducing the risk of oversized portions that can derail weight management efforts. **### Bone Health Support** {#bone-health-support} The calcium from fetta cheese and light tasty cheese contributes to bone mineral density, reducing osteoporosis risk over time. Dairy calcium is particularly bioavailable compared to plant-based calcium sources, meaning your body absorbs and uses it efficiently. The vitamin K from spinach works synergistically with calcium, activating proteins that help bind calcium to bone matrix and prevent calcium deposition in soft tissues where it doesn't belong. The protein content also supports bone health, as adequate protein intake is necessary for maintaining bone mineral density and supporting the collagen matrix that gives bones their structure and flexibility. The magnesium from beans and vegetables plays a crucial role in bone health, as approximately 60% of the body's magnesium is stored in bones, where it influences both bone-building cells (osteoblasts) and bone-resorbing cells (osteoclasts). **### Immune System Support** {#immune-system-support} Multiple components in this breakfast bowl support immune function through various pathways. Vitamin C from tomatoes, capsicum, and other vegetables supports immune cell function, particularly neutrophils, lymphocytes, and phagocytes that defend against pathogens. Vitamin C also acts as an antioxidant, protecting immune cells from oxidative damage during the inflammatory response to infection. Vitamin A from carrots and capsicum (as beta-carotene) maintains the integrity of mucosal barriers in the respiratory and digestive tracts, forming your body's first line of defence against pathogens. It also supports the development and function of white blood cells that fight infection. The zinc from beans and dairy supports immune cell development and function, and deficiency is associated with increased susceptibility to infections. The iron from beans and spinach is necessary for immune cell proliferation and maturation, though iron's relationship with immunity is complex—both deficiency and excess can impair immune function. The diverse phytonutrients from vegetables, herbs, and spices provide anti-inflammatory and antimicrobial effects that support overall immune resilience. Garlic's allicin, for example, demonstrates antimicrobial properties against various bacteria and viruses in research settings. **### Energy and Cognitive Function** {#energy-and-cognitive-function} The balanced macronutrient composition of this breakfast bowl supports sustained energy and cognitive performance throughout the morning. The complex carbohydrates from beans and vegetables provide glucose, the brain's primary fuel source, in a steady, controlled manner rather than the rapid spike and crash pattern of simple carbohydrates. The B vitamins from beans, vegetables, and dairy play essential roles in energy metabolism, helping convert food into ATP (adenosine triphosphate), the cellular energy currency your body uses for all functions. Thiamin, riboflavin, niacin, and pantothenic acid are all involved in the metabolic pathways that extract energy from carbohydrates, proteins, and fats. The iron from beans and spinach supports cognitive

function by enabling oxygen transport to brain tissue. Even mild iron deficiency can impair concentration, memory, and learning. The combination of iron-rich plant foods with vitamin C-rich vegetables in this bowl optimises iron absorption, making the plant-based iron more bioavailable. The protein content provides amino acids necessary for neurotransmitter synthesis, including tryptophan (for serotonin), tyrosine (for dopamine and norepinephrine), and others that regulate mood, motivation, and cognitive performance. ## Practical Nutritional Considerations

{#practical-nutritional-considerations} ### Optimal Timing and Meal Context

{#optimal-timing-and-meal-context} This breakfast bowl is designed for morning consumption, and its nutritional profile aligns well with the body's needs after an overnight fast. The combination of protein, complex carbohydrates, and fibre breaks the fast effectively, stabilising blood sugar, providing sustained energy, and supporting metabolic function throughout the morning. For individuals who exercise in the morning, consuming this bowl 1-2 hours before moderate-intensity activity provides adequate fuel without causing digestive discomfort. The carbohydrates replenish liver glycogen depleted overnight, while the protein supports muscle maintenance and recovery. Post-workout, this bowl provides protein for muscle repair and carbohydrates to replenish muscle glycogen stores. For those following intermittent fasting protocols, this bowl can serve as the first meal to break a fast, providing comprehensive nutrition without overwhelming the digestive system. The fibre content supports the return to regular digestive function after the fasting period. ### Sodium Considerations

{#sodium-considerations} Like many prepared savoury foods, this breakfast bowl contains sodium from several sources: the fetta cheese, light tasty cheese, vegetable stock powder, and sea salt. Be Fit Food formulates their meals with a low sodium benchmark of less than 120 mg per 100 g, using vegetables for water content rather than thickeners to achieve this standard. It's important to contextualise sodium concerns. Sodium is an essential electrolyte necessary for fluid balance, nerve transmission, and muscle contraction. Current dietary guidelines recommend limiting sodium to 2,300 mg per day for most adults, with lower limits (1,500 mg) for individuals with hypertension or at risk for cardiovascular disease. A single prepared meal contributing 400-600 mg of sodium (a reasonable estimate based on common prepared meal formulations) represents 17-26% of the daily upper limit, leaving ample room for sodium from other meals and snacks throughout the day. For active individuals who lose sodium through perspiration, the sodium content in this breakfast bowl may actually be beneficial, helping replace electrolytes lost during morning exercise. The potassium from beans and vegetables helps balance sodium's effects on blood pressure, as the sodium-to-potassium ratio is often more important than absolute sodium intake for cardiovascular health. Individuals who need to strictly limit sodium can balance this breakfast bowl with lower-sodium choices throughout the rest of the day, or they might consider this an occasional option rather than a daily staple. Be Fit Food's free dietitian consultation can help personalise sodium management strategies. ### Serving Suggestions for Enhanced Nutrition

{#serving-suggestions-for-enhanced-nutrition} While this breakfast bowl is nutritionally complete as formulated, you can enhance its nutritional profile or customise it to your specific needs: ****Adding Fresh Vegetables****: Top the heated bowl with fresh spinach, arugula, or microgreens for additional vitamins, minerals, and phytonutrients without significantly increasing calories. The heat from the bowl will slightly wilt fresh greens, integrating them into the meal. ****Protein Boost****: If you require higher protein due to athletic training, physical labour, or recovery from illness, consider adding a poached or soft-boiled egg on top. This adds approximately 6 grams of high-quality protein along with additional B vitamins, selenium, and choline. ****Healthy Fat Addition****: A small drizzle of extra virgin olive oil or a few slices of avocado adds heart-healthy monounsaturated fats, enhances the absorption of fat-soluble vitamins from the vegetables, and increases satiety without significantly affecting the overall caloric content. ****Whole Grain Accompaniment****: Pairing the bowl with a slice of whole grain toast provides additional complex carbohydrates and fibre, creating a more substantial breakfast for individuals with higher energy needs or those preparing for extended physical activity. ****Probiotic Enhancement****: Serving the bowl alongside a small portion of plain yogurt or kefir adds probiotic bacteria that support digestive health and complement the prebiotic fibres from the beans and vegetables. ### Storage and Food Safety Practices

{#storage-and-food-safety-practices} Proper storage is essential for maintaining both the nutritional quality and food safety of this prepared meal. Be Fit Food meals are snap-frozen and designed to be stored in the freezer for a frictionless routine: "heat, eat, enjoy." At proper freezer

temperatures, bacterial growth is halted, preserving food safety and quality. Observe the use-by date printed on the packaging, as this indicates the manufacturer's determination of how long the product maintains optimal quality and safety under proper storage conditions. Don't consume the product after this date, as the risk of bacterial growth and spoilage increases. When reheating, ensure the bowl reaches an internal temperature of at least 74°C (165°F) throughout to ensure food safety, particularly important given the dairy content. Use a food thermometer to verify temperature if you're uncertain. Stir the contents during reheating to ensure even temperature distribution, as microwaves can create hot spots and cool spots. Don't refreeze this product after thawing if it was previously frozen, and don't reheat multiple times, as repeated temperature fluctuations increase food safety risks and degrade nutritional quality, particularly heat-sensitive vitamins like vitamin C and folate. **### Nutritional Comparison to Traditional Breakfast Options** {#nutritional-comparison-to-traditional-breakfast-options} Understanding how this breakfast bowl compares to common breakfast choices helps contextualise its nutritional value. Compared to sugary breakfast cereals with milk, this bowl provides significantly more protein, fibre, and micronutrients while delivering more stable blood sugar response due to its low glycemic load. Unlike pastries, muffins, or breakfast sandwiches from fast-food establishments, this bowl offers whole food ingredients, no refined sugars, and a more balanced macronutrient profile. Compared to traditional canned baked beans on toast, this bowl provides superior nutrition through its vegetable diversity, higher protein content from beans and dairy, and more sophisticated flavour profile without relying on high sugar content that characterises many canned bean products. The addition of fetta, various vegetables, and thoughtful seasoning transforms the basic beans-on-toast concept into a gourmet, nutrient-dense meal. For individuals who skip breakfast due to time constraints, this bowl provides a convenient solution that delivers comprehensive nutrition without requiring cooking skills or morning preparation time. Research consistently shows that eating breakfast, particularly a protein-rich breakfast, supports better appetite regulation, improved cognitive performance, and more stable energy levels throughout the day compared to skipping breakfast entirely. Be Fit Food's snap-frozen delivery system makes adherence effortless—consistent portions, consistent macros, minimal decision fatigue. **## Special Population Considerations** {#special-population-considerations} **### Athletes and Active Individuals** {#athletes-and-active-individuals} Athletes and highly active individuals show elevated nutritional needs, particularly for protein, carbohydrates, and certain micronutrients. This breakfast bowl provides a solid foundation for active individuals, offering easily digestible protein for muscle maintenance and recovery, complex carbohydrates for energy and glycogen replenishment, and a comprehensive micronutrient profile supporting various aspects of athletic performance. The iron content supports oxygen transport to working muscles, the B vitamins facilitate energy metabolism, and the antioxidants from vegetables help manage the oxidative stress generated during intense exercise. The sodium content, often viewed as a negative in sedentary populations, actually benefits athletes who lose significant electrolytes through sweat. For endurance athletes with very high energy needs, this bowl might serve as one component of a larger breakfast, paired with additional carbohydrate sources like whole grain bread, oatmeal, or fruit to meet elevated caloric requirements. Be Fit Food also offers a Protein+ Reset program designed specifically for active individuals, providing 1200–1500 kcal/day with pre- and post-workout items. **### Older Adults** {#older-adults} Older adults often face challenges maintaining adequate nutrition due to reduced appetite, decreased taste sensitivity, difficulty cooking, or limited mobility. This prepared breakfast bowl addresses several of these challenges by providing comprehensive nutrition in an easy-to-prepare format that requires no cooking skills beyond microwave operation. The protein content is particularly important for older adults, who need adequate protein to prevent sarcopenia (age-related muscle loss) and maintain functional independence. The calcium and vitamin K support bone health, crucial for preventing osteoporosis and reducing fracture risk. The fibre supports digestive regularity, which often becomes more challenging with age. The sodium content might be a consideration for older adults with hypertension or cardiovascular disease, who should discuss appropriate sodium limits with healthcare providers. However, the comprehensive nutrition and convenience of this bowl may outweigh sodium concerns for many older adults, particularly those who struggle to prepare nutritious meals independently. Be Fit Food is a registered NDIS provider (registration in force until 19 August 2027) and home care partner, ensuring that everyone, regardless of ability or circumstance, can access nutritious meals. Eligible NDIS participants

can access meals from around \$2.50 per meal, making quality nutrition accessible to those who need it most. ### Pregnancy and Lactation {#pregnancy-and-lactation} Pregnant and lactating women show increased nutritional needs to support fetal development and milk production. This breakfast bowl provides several nutrients of particular importance during these life stages: folate from beans and leafy greens supports neural tube development in early pregnancy, iron supports the increased blood volume during pregnancy, calcium supports fetal skeletal development, and protein supports tissue growth. The vitamin A from carrots and capsicum supports fetal development, though excessive vitamin A from supplements can be harmful during pregnancy—the food-based vitamin A in this bowl is safe. The vitamin B12 from dairy products is essential for neurological development and is often inadequate in vegetarian diets without dairy products. The pasteurised dairy products in this bowl are safe during pregnancy, addressing concerns about Listeria contamination that can occur with unpasteurised dairy. However, pregnant women should verify that all components meet food safety standards and should observe proper storage and reheating protocols to minimise any food safety risks. Be Fit Food's free dietitian consultation service can provide personalised guidance for pregnant and lactating women. ### Children and Adolescents {#children-and-adolescents} While this breakfast bowl is formulated for adults, it can be appropriate for older children and adolescents with some considerations. The nutrient density supports the elevated needs during growth and development, providing protein for tissue building, calcium for bone development, iron for increased blood volume, and comprehensive vitamins and minerals supporting overall growth. The 342-gram serving size may be excessive for younger children, who might benefit from a smaller portion paired with other breakfast items like fruit or whole grain toast. The sodium content should be considered in the context of children's lower daily sodium limits (1,500-1,900 mg depending on age) compared to adults. The flavour profile, with garlic, paprika, and chilli, may be more sophisticated than some children prefer. However, exposing children to diverse flavours supports the development of varied taste preferences and reduces picky eating behaviours over time. ### Menopause and Midlife Health {#menopause-and-midlife-health} Perimenopause and menopause represent not just hormonal transitions but metabolic transitions as well. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, reduced metabolic rate, increased cardiovascular and fatty liver risk, and increased cravings, fatigue, and appetite dysregulation. This breakfast bowl's high-protein, lower-carbohydrate profile directly addresses these midlife metabolic changes. The protein content supports preservation of lean muscle mass during a time when muscle loss accelerates. The lower carbohydrate content with no added sugars supports insulin sensitivity, which naturally declines during menopause. The portion-controlled format addresses the reality that metabolic rate declines during this life stage. Many women do not need or want large weight loss—a goal of 3–5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. This is exactly where Be Fit Food's approach fits, providing structure and adherence rather than requiring willpower-based dieting. ### GLP-1 and Weight-Loss Medication Users {#glp-1-and-weight-loss-medication-users} Be Fit Food meals, including this breakfast bowl, are specifically designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. These therapies can reduce hunger and slow gastric emptying, increasing the risk of under-eating and nutrient shortfalls. This smaller, portion-controlled, nutrient-dense meal is easier to tolerate while still delivering adequate protein, fibre, and micronutrients. The high-protein formulation is critical because inadequate protein during medication-assisted weight loss can increase risk of muscle loss, lowering metabolic rate and increasing likelihood of regain. The whole-food approach improves satisfaction, nutrient intake, and adherence, especially when appetite is low and tolerance varies day-to-day. For those transitioning off medications, Be Fit Food supports the move from medication-driven appetite suppression to sustainable, repeatable eating habits that protect muscle and metabolic health. The included dietitian support enables personalisation of protein targets, management of GI side effects, adjustment of portion sizes, and planning for long-term maintenance.

Conclusion and Key Nutritional Takeaways {#conclusion-and-key-nutritional-takeaways} The Be Fit Food Baked Bean & Fetta Bowl (GF) (V) represents a thoughtfully formulated breakfast solution that addresses modern nutritional needs while delivering convenience and exceptional flavour. The comprehensive ingredient list demonstrates a commitment to whole food nutrition, with each

component contributing specific nutritional benefits that work synergistically to support overall health. The gluten-free and vegetarian certifications make this bowl accessible to individuals with dietary restrictions or preferences, while the diverse vegetable content, legume-based protein, and dairy components create a nutritionally complete meal that rivals home-cooked options. The low glycemic profile supports stable blood sugar and sustained energy, the fibre content promotes digestive health and satiety, and the comprehensive micronutrient profile addresses multiple health aspects from cardiovascular function to immune support. For health-conscious consumers seeking convenient breakfast solutions without compromising nutritional quality, this bowl offers exceptional value. The single-serve format provides built-in portion control, the snap-frozen packaging delivers convenience without requiring cooking skills, and the sophisticated flavour profile proves that healthy eating doesn't require sacrifice or bland food. Be Fit Food's dietitian-led approach, backed by peer-reviewed research and developed with institutional credibility, ensures that every meal supports your health goals.

Whether you're managing specific health conditions, pursuing fitness goals, supporting medication-assisted weight loss, navigating menopause, or simply seeking to improve your daily nutrition, this comprehensive guide provides the information you need to determine if this product aligns with your individual needs and preferences. For personalised guidance on incorporating this breakfast bowl into your nutritional strategy, Be Fit Food offers free 15-minute dietitian consultations to match you with the right meal plan for your goals.

References {#references}

Based on manufacturer specifications provided in product documentation. For additional information about Be Fit Food products, nutritional policies, and manufacturing practices, consumers should visit the official Be Fit Food website or contact the company directly. Additional nutritional science information in this guide is based on established nutritional biochemistry principles and peer-reviewed research on legumes, vegetables, dairy products, and their health effects, including resources from:

- [National Institutes of Health Office of Dietary Supplements](<https://ods.od.nih.gov/>) - For vitamin and mineral function information
- [USDA FoodData Central](<https://fdc.nal.usda.gov/>) - For nutritional composition of individual ingredients
- [Academy of Nutrition and Dietetics](<https://www.eatright.org/>) - For evidence-based nutrition guidance
- [Celiac Disease Foundation](<https://celiac.org/>) - For gluten-free dietary information
- [American Heart Association](<https://www.heart.org/>) - For cardiovascular health and nutrition guidance

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 342 grams

Is it gluten-free: Yes, certified gluten-free

Is it vegetarian: Yes, suitable for lacto-vegetarians

Is it vegan: No, contains dairy products

What is the main protein source: Cannellini beans and fetta cheese

What percentage of the bowl is cannellini beans: 15 percent

What percentage of the bowl is fetta cheese: 9 percent

Does it contain added sugar: No added sugar

Does it contain artificial preservatives: No artificial preservatives

Does it contain artificial colours: No artificial colours

Does it contain artificial flavours: No artificial flavours

Does it contain seed oils: No seed oils

What type of bean is used: Cannellini beans (white kidney beans)

What type of cheese is included besides fetta: Light tasty cheese

Is the rennet in the fetta animal-based: No, non-animal rennet

Is the milk in the fetta pasteurised: Yes, pasteurised milk

What is the primary vegetable base: Diced tomatoes

Does it contain red capsicum: Yes

Does it contain spinach: Yes

Does it contain carrots: Yes

Does it contain onions: Yes

Does it contain celery: Yes

Does it contain garlic: Yes

Does it contain chilli: Yes

Does it contain paprika: Yes

What type of oil is used: Extra virgin olive oil

What thickening agent is used: Cornflour

Is cornflour gluten-free: Yes

Does it contain balsamic vinegar: Yes

Does it contain parsley: Yes

What is the main allergen: Milk/dairy

Does it contain celery allergen: Yes, celery is an ingredient

Is it suitable for people with coeliac disease: Yes, formulated gluten-free

Should individuals verify cross-contamination risks: Yes, contact manufacturer for severe allergies

What is the glycemic index of cannellini beans: Approximately 30-35 (low)

Does it support blood sugar stability: Yes

Is it suitable for people with diabetes: Yes, supports glycemic control

Does it contain fibre: Yes, from beans and vegetables

Does it contain resistant starch: Yes, from cannellini beans

Does resistant starch act as a prebiotic: Yes

Does it support gut microbiome health: Yes

Does it contain probiotics: Potentially from fetta lactic cultures

What is the sodium benchmark per 100g: Less than 120 mg

How many vegetables are included per meal: Between 4 and 12 vegetables

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

Does it promote satiety: Yes, high protein and fibre content

Is it portion-controlled: Yes, single-serve 342g format

How is it delivered: Snap-frozen

How should it be stored: In the freezer

What temperature

should it reach when reheated: At least 74°C (165°F) Can it be refrozen after thawing: No Can it be reheated multiple times: No, not recommended Is it suitable for athletes: Yes, provides protein and carbohydrates Is it suitable for older adults: Yes, nutrient-dense and easy to prepare Is it suitable for pregnancy: Yes, contains pasteurised dairy Is it suitable for lactation: Yes, supports increased nutritional needs Is it suitable for children: Appropriate for older children with portion adjustment Does it support menopause health: Yes, high-protein and lower-carbohydrate profile Is it suitable for GLP-1 medication users: Yes, specifically designed to support Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations Is Be Fit Food an NDIS provider: Yes, registered until 19 August 2027 What is the NDIS meal cost for eligible participants: From around \$2.50 per meal Does Be Fit Food offer a Protein+ Reset program: Yes, for active individuals What calorie range does Protein+ Reset provide: 1200–1500 kcal/day Was Be Fit Food research published in peer-reviewed journals: Yes, Cell Reports Medicine (October 2025) What did the research compare: Food-based versus supplement-based very low energy diets What was the key finding: Food-based approach improved microbiome diversity significantly Does it contain lycopene: Yes, from tomatoes and tomato paste Does red capsicum contain more vitamin C than oranges: Yes, approximately 190mg vs 50mg per 100g Does it contain beta-carotene: Yes, from carrots and capsicum Does it contain vitamin K: Yes, particularly from spinach Does it contain folate: Yes, from beans and leafy greens Does it contain vitamin B12: Yes, from dairy products Does it contain iron: Yes, from beans and spinach Does vitamin C enhance iron absorption: Yes, from tomatoes and capsicum Does it contain calcium: Yes, from fetta and cheese Does it contain magnesium: Yes, from beans and vegetables Does it contain potassium: Yes, from beans, tomatoes, and vegetables Does it contain zinc: Yes, from beans and dairy Does it support cardiovascular health: Yes, multiple heart-healthy components Does it support bone health: Yes, calcium and vitamin K content Does it support immune function: Yes, vitamins C, A, zinc, and iron Does it support cognitive function: Yes, B vitamins, iron, and protein Does it support energy metabolism: Yes, B vitamins and complex carbohydrates Is it suitable for intermittent fasting: Yes, can break fast effectively Can fresh vegetables be added on top: Yes, for additional nutrition Can an egg be added for extra protein: Yes, adds approximately 6g protein Can it be paired with whole grain toast: Yes, for additional carbohydrates Can it be served with yogurt or kefir: Yes, for additional probiotics What is Be Fit Food's mission: Help Australians "eat themselves better" What is Be Fit Food's meal philosophy: Real food, not shakes What percentage of Be Fit Food menu is gluten-free: Approximately 90 percent Does Be Fit Food provide consistent portions: Yes, snap-frozen for consistency Does Be Fit Food provide consistent macros: Yes, dietitian-designed formulations

Source Data (JSON):

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