BEEMADCUR - Food & Beverages Dietary Compatibility Guide - 7026131730621_43456567640253

Details:

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Carbohydrates | 20.5g per serve | | Dietary fibre | Good source | | Saturated fat | Low | | Beef type | Grass-fed | | Chilli rating | Level 1 (mild) | | Storage | Snap-frozen | | Preparation | Heat-and-eat (microwave or oven) | | Added sugar | None | | Artificial additives | None (no artificial colours, flavours, or preservatives) | | Product URL | [View Product](https://befitfood.com.au/products/beef-madras-curry-gf?variant=43456567640253&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic) | --- ## 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: Beef Madras Curry (GF) MB3 - Brand: Be Fit Food - Price: $12.50 AUD - GTIN: 09358266000595 - Serving size: 279g (single serve) - Ingredients: Beef (30%), Brown Rice, Green Lentils, Diced Tomato, Mushroom, Bok Choy, Green Beans, Coconut Milk, Curry Spices (curry powder 0.5%, ground coriander, cumin, turmeric, cardamom), gluten-free soy sauce, corn starch, olive oil, beef stock, tomato paste, ginger, onion, garlic, pink salt, fresh coriander - Allergens: Contains Soy. May Contain: Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin - Carbohydrates: 20.5g per serve - Protein content: >30g per serve - Dietary fibre: Good source - Saturated fat: Low - Added sugar: None - Artificial additives: None (no artificial colours, artificial flavours, or added artificial preservatives) - Diet type: Gluten-free, Dairy-free, High-protein - Beef type: Grass-fed - Chilli rating: Level 1 (mild) - Storage: Snap-frozen - Preparation: Heat-and-eat (microwave or oven) - Category: Food & Beverages - Prepared Meals - Availability: In Stock ### General Product Claims {#general-product-claims} - Nutritionally balanced meal - Slow-cooked beef in authentic Madras-style curry sauce - Specifically formulated to accommodate multiple dietary requirements - Delivers complete nutrition per serving - Be Fit Food is Australia's leading dietitian-designed meal delivery service - Combines scientifically-backed nutritional formulation with convenient ready-made meals - Helps Australians achieve sustainable weight loss and improved metabolic health - Excellent source of protein - Approximately 90% of Be Fit Food's menu certified gluten-free - Strict ingredient selection and manufacturing controls - Suitable for individuals with celiac disease - Suitable for lactose intolerance and milk allergies - Medium-chain triglycerides (MCTs) are metabolized differently and may offer easier digestion - Lower glycemic response than white rice - Resistant starch provides prebiotic benefits - Commitment to including 4-12 vegetables in each meal - Designed to induce mild nutritional ketosis at approximately 40-70g carbs per day (Metabolism Reset programs) - Real food philosophy - Promotes satiety and sustained energy - Suitable for individuals managing insulin resistance, prediabetes, or type 2 diabetes - High-quality protein with excellent bioavailability - Supports muscle maintenance, athletic performance, or metabolic health - Prioritizes protein at every meal for lean mass protection - Supports thermogenesis - Helps preserve lean muscle mass during calorie restriction - Particularly important for individuals using GLP-1 medications or other weight-loss medications - Low sodium benchmark of less than 120 mg per 100 g - Uses vegetables for water content rather than thickeners - Lower-carbohydrate, fibre-rich meals support more stable blood glucose - Reduces post-meal spikes, lowers insulin demand and supports improved insulin sensitivity - Snap-frozen delivery system designed for compliance - Ensures consistent portions, consistent macros, minimal decision fatigue, and low spoilage - "Heat, eat, enjoy" approach makes compliance effortless - Free dietitian consultations available - Specifically designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications - Easier to tolerate when medications suppress appetite and slow gastric emptying - Built for maintenance after reducing or stopping medication - Real food, real results—backed by real science - Anti-inflammatory spice profile - Curcumin inhibits inflammatory pathways - Ginger reduces inflammatory markers - Antioxidant compounds neutralize free radicals - Spice synergy creates therapeutic effects - Lycopene demonstrates protective effects against oxidative stress - Organosulfur compounds demonstrate antimicrobial and cardiovascular-protective properties - Ergothioneine protects against oxidative damage - Beta-glucans support immune function - MCTs support mitochondrial function and may feature neuroprotective properties - Oleocanthal demonstrates anti-inflammatory effects - Freezing preserves nutritional value - Protective sauce environment prevents oxidative damage - Even heating distribution during reheating - Supports dietary adherence through convenience - Nutrient-dense meal option - Whole-food-based convenience option - Dietitian-designed approach --- ## Comprehensive

Dietary Compatibility Guide {#comprehensive-dietary-compatibility-guide} ### Introduction {#introduction} The Be Fit Food Beef Madras Curry (GF) is a nutritionally balanced, single-serve frozen meal featuring slow-cooked beef in an authentic Madras-style curry sauce, combined with brown rice, lentils, and chunky vegetables, specifically formulated to accommodate multiple dietary requirements while delivering 279 grams of complete nutrition per serving. This comprehensive guide examines how this specific product fits into various dietary frameworks, from gluten-free and dairy-free eating to low-carbohydrate approaches, providing diet-conscious consumers with the detailed information needed to determine whether this meal aligns with their nutritional philosophy and health goals. Be Fit Food is Australia's leading dietitian-designed meal delivery service that combines scientifically-backed nutritional formulation with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. Understanding dietary compatibility goes beyond simply checking labels—it requires examining ingredient sourcing, processing methods, nutritional composition, and how a product's macronutrient profile supports or challenges specific eating patterns. This guide will walk you through every aspect of the Beef Madras Curry's dietary credentials, explaining not just what restrictions it meets, but why these qualifications matter and how they're achieved through careful ingredient selection and preparation methods. --- ## Understanding the Core Dietary Certifications {#understanding-the-core-dietary-certifications} ### Gluten-Free Certification Standards {#gluten-free-certification-standards} The "GF" designation in this product's name isn't merely a marketing claim—it represents a fundamental commitment to eliminating gluten-containing ingredients throughout the entire formulation. This 279-gram meal achieves gluten-free status through strategic ingredient substitution and careful sourcing, most notably in the use of gluten-free soy sauce rather than conventional soy sauce, which contains wheat as a primary ingredient. For individuals with celiac disease, non-celiac gluten sensitivity, or wheat allergies, this distinction is critical. Gluten—a protein composite found in wheat, barley, rye, and their derivatives—triggers an autoimmune response in celiac patients that damages the small intestinal lining, leading to malabsorption, nutritional deficiencies, and long-term health complications if not strictly avoided. Even trace amounts measured in parts per million can provoke reactions in sensitive individuals, making certified gluten-free products essential rather than optional. The Beef Madras Curry's gluten-free formulation extends beyond the obvious grain components. The brown rice base is naturally gluten-free, as rice belongs to an entirely different grain family that doesn't produce gluten proteins. The green lentils similarly contain no gluten, providing plant-based protein and fibre without triggering gluten-related concerns. The curry powder blend (comprising 0.5% of the total formulation), ground coriander, cumin, turmeric, and cardamom are all pure spices that naturally lack gluten, though cross-contamination during processing can be a concern with some spice suppliers—Be Fit Food's gluten-free certification indicates they've verified their spice sourcing. The corn starch used as a thickening agent represents another deliberate gluten-free choice. Many curry preparations use wheat flour as a thickener to create body and texture in the sauce, but corn starch provides identical thickening properties without introducing gluten. This substitution demonstrates how the formulation achieves traditional curry texture while maintaining strict gluten-free compliance. With approximately 90% of Be Fit Food's menu certified gluten-free, supported by strict ingredient selection and manufacturing controls, customers with coeliac disease can make informed, safe decisions. ### Dairy-Free Composition for Multiple Dietary Needs {#dairy-free-composition-for-multiple-dietary-needs} Examining the complete ingredient list reveals that this meal contains absolutely no dairy products, making it suitable for individuals with lactose intolerance, milk protein allergies, or those following dairy-free diets for ethical or health reasons. The creamy texture associated with curry dishes comes entirely from coconut milk, a plant-based alternative that provides richness and mouthfeel without any lactose or milk proteins. Coconut milk's inclusion serves multiple purposes beyond dairy replacement. The natural fats in coconut milk help carry fat-soluble vitamins and create a satisfying, satiating meal experience. These medium-chain triglycerides (MCTs) are metabolized differently than the long-chain fatty acids found in dairy cream, potentially offering easier digestion for some individuals. The coconut milk also helps temper the curry spices, creating a balanced flavour profile where the heat from the Madras spices (rated at chilli level 1, indicating mild heat) remains approachable rather than overwhelming. For individuals with milk protein allergies—distinct from lactose intolerance—the complete absence of casein, whey, and other milk

proteins eliminates a common allergen concern. This is particularly important for parents managing children's food allergies or adults with IgE-mediated milk allergies who must avoid even trace dairy contamination. The dairy-free formulation also aligns with paleo and Whole30 dietary approaches that exclude all dairy products during elimination phases. --- ## Macronutrient Profile and Low-Carbohydrate Diet Compatibility {#macronutrient-profile-and-low-carbohydrate-diet-compatibility} ### Carbohydrate Content and Sources {#carbohydrate-content-and-sources} This meal contains 20.5 grams of total carbohydrates per 279-gram serving, positioning it as a moderate-carbohydrate meal option that requires careful consideration for strict low-carb dieters but may fit within more flexible low-carbohydrate frameworks. Understanding where these carbohydrates originate and how they function nutritionally helps determine compatibility with various low-carb approaches. The brown rice component contributes the majority of the carbohydrate load, providing complex carbohydrates that digest more slowly than refined white rice due to the intact bran layer. This whole grain inclusion delivers approximately 15-17 grams of the total carbohydrate content, depending on the exact portion size within the formulation. Brown rice offers a lower glycemic response than white rice, meaning it causes a more gradual rise in blood glucose rather than a sharp spike, which benefits blood sugar management. Green lentils add additional carbohydrates—approximately 3-5 grams—but these come packaged with significant fibre and protein, creating a more balanced nutritional contribution. Lentils provide resistant starch, a type of carbohydrate that resists digestion in the small intestine and functions similarly to soluble fibre, potentially supporting gut health and providing prebiotic benefits that feed beneficial intestinal bacteria. The vegetables—mushrooms, bok choy, green beans, onion, and tomatoes—contribute minimal carbohydrates (roughly 3-5 grams combined) while adding substantial micronutrients, fibre, and phytochemicals. These non-starchy vegetables represent the most nutrient-dense carbohydrate sources in the formulation, delivering vitamins, minerals, and antioxidants with minimal impact on blood sugar. Be Fit Food's commitment to including 4-12 vegetables in each meal ensures meaningful vegetable density across their range. ### Ketogenic Diet Considerations {#ketogenic-diet-considerations} For individuals following strict ketogenic diets that limit carbohydrate intake to 20-30 grams daily to maintain nutritional ketosis, this meal's 20.5-gram carbohydrate content would consume nearly the entire daily carbohydrate allowance in a single meal. This makes the product incompatible with standard ketogenic protocols that distribute carbohydrates across multiple meals and snacks throughout the day. However, the net carbohydrate concept—which subtracts fibre from total carbohydrates—provides a more nuanced perspective. While the exact fibre content isn't specified in the provided specifications, we can estimate approximately 4-6 grams of dietary fibre from the brown rice, lentils, and vegetables combined. This would yield a net carbohydrate content of approximately 14.5-16.5 grams, still substantial for ketogenic dieters but potentially manageable for those following targeted ketogenic diets (TKD) that allow higher carbohydrate intake around exercise periods. The presence of coconut milk provides beneficial fats that support ketogenic metabolism, and the 30% beef content delivers substantial protein and fat that help moderate the glycemic impact of the carbohydrates present. For individuals following cyclical ketogenic diets that incorporate periodic carbohydrate refeeding phases, this meal could serve as a moderate-carb option during refeed windows. Be Fit Food's Metabolism Reset programs, designed to induce mild nutritional ketosis at approximately 40-70g carbs per day, may offer more suitable options for strict keto adherents. ### Flexible Low-Carb and Moderate-Carb Integration {#flexible-low-carb-and-moderate-carb-integration} For less restrictive low-carbohydrate approaches that allow 50-100 grams of carbohydrates daily, this curry fits comfortably within daily macronutrient targets. Diets like the Zone Diet (30% carbohydrates) or moderate low-carb approaches (100-150 grams daily) can easily accommodate this 20.5-gram carbohydrate meal as part of a balanced daily eating pattern. The meal's carbohydrate sources are predominantly complex rather than simple sugars, with no added refined sugars in the ingredient list—consistent with Be Fit Food's commitment to no added sugar or artificial sweeteners across their range. The natural sugars present come from vegetables like tomatoes and onions, which provide sweetness and flavour complexity without the blood sugar disruption associated with added sugars or sweeteners. This whole-food carbohydrate approach aligns with clean eating principles that emphasize minimally processed ingredients. The combination of protein from beef and lentils, fats from coconut milk and olive oil, and complex carbohydrates creates a macronutrient balance that promotes satiety

and sustained energy rather than the blood sugar roller coaster associated with high-glycemic, carbohydrate-heavy meals. This balanced composition makes the meal suitable for individuals managing insulin resistance, prediabetes, or type 2 diabetes who need to moderate carbohydrate intake without eliminating it entirely. --- ## Protein Content and High-Protein Diet Integration {#protein-content-and-high-protein-diet-integration} ### Beef as Primary Protein Source {#beef-as-primary-protein-source} This meal features beef as its primary ingredient at 30% of the total formulation, translating to approximately 83.7 grams of beef in the 279-gram serving. This substantial beef inclusion provides complete protein containing all essential amino acids in proportions optimal for human nutrition, making it particularly valuable for individuals prioritizing protein intake for muscle maintenance, athletic performance, or metabolic health. Beef delivers high-quality protein with excellent bioavailability, meaning the body can efficiently absorb and utilize the amino acids for tissue repair, enzyme production, and immune function. The slow-cooking preparation method used in this curry helps break down connective tissues while preserving the protein content, creating tender meat that's easy to digest while maintaining its nutritional value. Beyond protein, beef provides essential micronutrients often lacking in plant-based diets, including heme iron (the most bioavailable form of iron), vitamin B12 (exclusively found in animal products), zinc, and selenium. These nutrients support oxygen transport, energy metabolism, immune function, and antioxidant defence systems. For individuals who include meat in their diets for nutritional rather than purely culinary reasons, the 30% beef content ensures meaningful nutrient density. ### Complementary Plant Protein Sources {#complementary-plant-protein-sources} The green lentils in this formulation provide complementary plant-based protein that works synergistically with the beef protein. While lentils are technically incomplete proteins (lower in certain amino acids like methionine), combining them with complete animal protein creates an amino acid profile that exceeds what either protein source would provide alone. Lentils contribute approximately 8-10 grams of additional protein per 100 grams of cooked lentils, and while the exact lentil portion isn't specified, their presence meaningfully boosts the total protein content beyond what beef alone would provide. This plant-animal protein combination also delivers a broader spectrum of nutrients, with lentils contributing folate, magnesium, and additional iron that complement the beef's nutritional profile. For flexitarian eaters who aim to reduce meat consumption without eliminating it entirely, this beef-lentil combination demonstrates how smaller amounts of high-quality animal protein can be extended with complementary plant proteins to create nutritionally complete meals. The approach reduces the overall meat content compared to a pure beef dish while maintaining protein adequacy and adding beneficial fibre and phytochemicals from the legumes. ### Total Protein Content and Dietary Applications {#total-protein-content-and-dietary-applications} While the exact total protein content isn't specified in the provided specifications, we can estimate approximately 25-30 grams of protein per 279-gram serving based on the 30% beef content plus contributions from lentils and other ingredients. This protein level makes the meal a moderate-to-high protein option that supports various high-protein dietary approaches—a cornerstone of Be Fit Food's nutritional philosophy that prioritizes protein at every meal for lean mass protection. For individuals following high-protein diets for weight management, this protein content supports satiety and thermogenesis—the body expends more energy digesting protein than carbohydrates or fats, potentially supporting calorie management. The protein content also helps preserve lean muscle mass during calorie restriction, a critical consideration for sustainable weight loss that maintains metabolic rate. This is particularly important for individuals using GLP-1 medications or other weight-loss medications, where adequate protein intake helps protect against muscle loss. Athletes and active individuals requiring elevated protein intake (1.6-2.2 grams per kilogram body weight) can incorporate this meal as one protein-rich option within a daily eating pattern that includes additional protein sources. The combination of fast-digesting and slow-digesting proteins from beef and lentils provides both immediate and sustained amino acid availability, supporting muscle protein synthesis over extended periods. --- ## Paleo Diet Compatibility Assessment {#paleo-diet-compatibility-assessment} ### Paleo-Aligned Ingredients {#paleo-aligned-ingredients} This curry contains numerous ingredients that align perfectly with paleo dietary principles, which emphasize whole, unprocessed foods that our Paleolithic ancestors might have consumed. The beef represents the cornerstone of paleo eating—high-quality animal protein from ruminant animals. The

vegetable components—mushrooms, bok choy, green beans, onions, and tomatoes—all qualify as paleo-approved foods, providing fibre, vitamins, minerals, and phytochemicals without any processing or refinement. These whole vegetables deliver nutrition in their natural form, consistent with paleo philosophy about eating foods in states as close to nature as possible. The coconut milk aligns with paleo guidelines that accept coconut products as healthy fat sources, providing medium-chain triglycerides that support energy production and satiety. The olive oil similarly meets paleo standards as a minimally processed fat from a whole food source (olives), delivering monounsaturated fats and polyphenol antioxidants. The spice blend—curry powder, ground coriander, cumin, turmeric, cardamom, and fresh coriander—consists entirely of natural plant-derived seasonings without any synthetic additives or preservatives. These spices not only provide flavour complexity but also deliver anti-inflammatory compounds and antioxidants that support the paleo diet's emphasis on nutrient density and health optimization. Be Fit Food's commitment to no artificial colours, artificial flavours, or added artificial preservatives aligns well with paleo principles. ### Paleo Gray-Area Ingredients {#paleo-gray-area-ingredients} Several ingredients in this meal fall into what paleo practitioners call "gray areas"—foods that weren't available to Paleolithic humans but may be acceptable depending on individual interpretation of paleo principles and personal tolerance. The brown rice represents the most significant paleo concern. Strict paleo protocols exclude all grains, including rice, based on the argument that agriculture-based foods like grains weren't part of human diets until approximately 10,000 years ago. Grains contain anti-nutrients like phytic acid that can interfere with mineral absorption, and some paleo advocates argue that the human digestive system isn't optimally adapted to grain consumption. However, rice occupies a unique position in paleo discussions because it's relatively low in the problematic compounds found in wheat and other grains. White rice is sometimes accepted in "primal" variations of paleo as a "safe starch" that provides glucose for athletic performance and thyroid function without significant anti-nutrient concerns. Brown rice retains more anti-nutrients in the bran layer but also provides more fibre and nutrients, creating a trade-off that different paleo practitioners evaluate differently. The green lentils present another gray-area consideration. Legumes are generally excluded from strict paleo diets due to lectin and phytate content, compounds that can interfere with nutrient absorption and potentially cause digestive discomfort in sensitive individuals. However, lentils are among the most easily digested legumes and provide substantial nutritional benefits including protein, fibre, folate, and iron that may outweigh theoretical concerns for individuals without specific legume sensitivities. The gluten-free soy sauce, while free from wheat, still contains soy—a legume that strict paleo protocols exclude. Fermented soy products like traditional soy sauce occupy an ambiguous space because fermentation reduces anti-nutrient content and creates beneficial probiotics. Some paleo practitioners accept fermented soy in small amounts, while others avoid all soy products regardless of processing method. ### Modified Paleo and Primal Diet Fit {#modified-paleo-and-primal-diet-fit} For individuals following modified paleo approaches that incorporate "safe starches" and well-tolerated legumes, this meal can serve as a convenient, nutrient-dense meal option. The primal diet framework, which allows dairy (though this meal contains none) and white rice, would likely accommodate this meal based on the high-quality protein, abundant vegetables, and healthy fats from coconut and olive oil. The meal's emphasis on whole, recognizable ingredients aligns with the broader paleo philosophy even if specific components fall outside strict guidelines. The absence of refined sugars, seed oils, artificial additives, preservatives, and highly processed ingredients means the meal avoids the primary targets of paleo criticism—modern processed foods that contribute to chronic disease and metabolic dysfunction. Be Fit Food's real food philosophy—no preservatives, artificial sweeteners, or added sugars, only whole, nutrient-dense ingredients—resonates strongly with this dietary approach. For autoimmune protocol (AIP) followers—a strict paleo variation designed to reduce inflammation and identify food sensitivities—this meal would require modification or avoidance due to the nightshade vegetables (tomatoes), legumes (lentils and soy sauce), and certain spices that may contain nightshade derivatives. However, for standard paleo or primal dieters without autoimmune concerns, the meal offers a reasonable balance of paleo-aligned ingredients with practical compromises. --- ## Whole30 Program Compatibility {#whole30-program-compatibility} ### Non-Compliant Ingredients {#non-compliant-ingredients} The Whole30 program represents one of the most restrictive elimination diet protocols, designed to identify

food sensitivities and reset eating habits over a 30-day period. This meal contains several ingredients that violate Whole30 rules, making it non-compliant with the program as formulated. The brown rice immediately disqualifies the meal from Whole30 compliance, as the program strictly prohibits all grains including rice, wheat, corn, oats, and quinoa regardless of whether they're whole grain or refined. This grain elimination aims to break dependence on grain-based foods and identify potential grain sensitivities that may contribute to digestive issues, inflammation, or other health concerns. The green lentils similarly violate Whole30 guidelines that exclude all legumes except green beans and snow peas. The program eliminates legumes due to their lectin and phytate content, which can interfere with nutrient absorption, and because many people experience digestive discomfort from beans and lentils even if they don't recognize the connection. The gluten-free soy sauce, despite being wheat-free, contains soy—a legume that Whole30 strictly prohibits in all forms including soy sauce, tofu, tempeh, edamame, and soy lecithin. This prohibition extends to all soy derivatives regardless of processing method, eliminating even fermented soy products that some other elimination diets might allow. ### Whole30-Compliant Elements {#whole30-compliant-elements} While the meal as a whole doesn't meet Whole30 standards, numerous individual components align perfectly with program guidelines. The 30% beef content provides compliant animal protein, assuming it's sourced without added sugars, sulfites, or carrageenan (common in some processed meats but unlikely in whole beef cuts). The vegetable components—mushrooms, bok choy, green beans, onions, and tomatoes—all qualify as Whole30-approved foods. The green beans specifically are one of the few legumes the program allows, recognizing that green beans feature different nutritional properties than dried legumes and are consumed as vegetables rather than protein/starch sources. The coconut milk meets Whole30 requirements provided it contains no added sulfites or guar gum (common thickeners in some coconut milk brands). The program encourages coconut products as healthy fat sources that support satiety and nutrient absorption. The olive oil similarly complies with Whole30's emphasis on minimally processed fats from whole food sources. The spice blend components—curry powder, coriander, cumin, turmeric, cardamom—are all Whole30-compliant, demonstrating how the meal achieves complex flavour without relying on sugar, alcohol, or other prohibited flavour enhancers. The pink salt provides natural mineral content without anti-caking agents or additives found in some conventional table salts. --- ## Allergen Profile and Food Sensitivity Considerations {#allergen-profile-and-food-sensitivity-considerations} ### Declared Allergens and Cross-Contamination {#declared-allergens-and-cross-contamination} The ingredient list indicates that this meal contains soy (from the gluten-free soy sauce) as a major allergen that would require declaration under food labeling regulations in most jurisdictions. The absence of other common allergens is noteworthy for individuals managing multiple food allergies. The meal contains no wheat (confirmed by the gluten-free certification), no dairy products (no milk, cheese, butter, or cream), no eggs, no tree nuts, no peanuts, no fish, and no shellfish. This limited allergen profile makes the meal accessible to individuals with most common food allergies, with soy being the primary restriction. For individuals with soy allergies—distinct from soy intolerance or sensitivity—the gluten-free soy sauce presents a clear contraindication. Soy allergies can trigger IgE-mediated responses ranging from mild hives and digestive upset to severe anaphylaxis in highly sensitive individuals. The fermentation process used in soy sauce production may reduce but doesn't eliminate allergenic soy proteins, meaning individuals with soy allergies should avoid this meal entirely. Cross-contamination risks depend on the manufacturing facility's allergen control procedures. Be Fit Food's strict ingredient selection and manufacturing controls support their gluten-free certification, and individuals with severe allergies requiring absolute avoidance should contact Be Fit Food directly to confirm allergen control procedures and potential cross-contamination risks. ### Histamine Intolerance Considerations {#histamine-intolerance-considerations} Individuals with histamine intolerance—a condition where the body cannot adequately break down dietary histamine due to reduced diamine oxidase (DAO) enzyme activity—need to evaluate this meal carefully. Several ingredients contain naturally occurring histamines or trigger histamine release, potentially causing symptoms in sensitive individuals. Tomatoes and tomato-based products (diced tomato and tomato paste) are high-histamine foods that frequently trigger reactions in histamine-intolerant individuals. The fermented gluten-free soy sauce also contains elevated histamine levels produced during the fermentation process, compounding the

histamine load. Additionally, the beef component's histamine content depends on freshness and storage conditions—meat that's stored longer develops higher histamine levels through bacterial action. The curry spices, while generally tolerated, may act as histamine liberators in some individuals, triggering mast cells to release stored histamine even if the spices themselves don't contain high histamine levels. Coriander, cumin, and curry powder are reported as triggers by some histamine-intolerant individuals, though responses vary significantly based on individual sensitivity levels. For individuals managing histamine intolerance, this meal would likely exceed comfortable histamine thresholds due to the combination of tomatoes, fermented soy sauce, and potentially aged beef. Lower-histamine curry alternatives would need to eliminate tomatoes, use fresh rather than fermented seasonings, and ensure extremely fresh meat preparation. ### FODMAP Content for IBS Management {#fodmap-content-for-ibs-management} The low-FODMAP diet, developed at Monash University to manage irritable bowel syndrome (IBS) symptoms, restricts fermentable oligosaccharides, disaccharides, monosaccharides, and polyols that can trigger digestive distress in sensitive individuals. This meal contains several moderate-to-high FODMAP ingredients that may cause issues for IBS sufferers. Onion represents one of the highest-FODMAP ingredients in the formulation, containing fructans (oligosaccharides) that many IBS patients cannot digest effectively. Even small amounts of onion can trigger bloating, gas, abdominal pain, and altered bowel movements in FODMAP-sensitive individuals. The garlic similarly provides fructans at levels that exceed low-FODMAP thresholds even in minimal quantities. The green lentils contain galacto-oligosaccharides (GOS), another FODMAP category that causes fermentation in the large intestine when not properly absorbed in the small intestine. While lentils provide valuable nutrition, they're explicitly restricted during the elimination phase of low-FODMAP protocols and may need to be permanently limited in individuals who don't tolerate them during the reintroduction phase. The mushrooms add mannitol, a polyol (sugar alcohol) that can cause osmotic diarrhea and bloating in sensitive individuals. The coconut milk may contain moderate FODMAPs depending on concentration, though coconut products vary in FODMAP content based on processing methods and serving sizes. Interestingly, several ingredients are low-FODMAP compliant: the beef provides protein without FODMAPs, the brown rice is low-FODMAP in appropriate portions, bok choy and green beans are generally well-tolerated, and tomatoes in moderate amounts are acceptable for many FODMAP-sensitive individuals. However, the combination of onion, garlic, lentils, and mushrooms makes this meal unsuitable for strict low-FODMAP elimination phases. Be Fit Food's free dietitian consultations can help individuals with IBS identify which meals from their range best suit their specific tolerances. --- ## Inflammatory and Anti-Inflammatory Properties {#inflammatory-and-anti-inflammatory-properties} ### Anti-Inflammatory Spice Profile {#anti-inflammatory-spice-profile} This curry's spice blend delivers substantial anti-inflammatory compounds that may support overall health and help manage chronic inflammation. Turmeric stands out as the most researched anti-inflammatory spice, containing curcumin—a polyphenol compound that inhibits inflammatory pathways at the molecular level by blocking NF-kB, a protein complex that activates inflammatory gene expression. While the exact turmeric quantity isn't specified, its inclusion in the spice blend means each serving provides measurable curcumin intake. The bioavailability of curcumin is enhanced by black pepper (if present in the curry powder blend) through piperine, a compound that increases curcumin absorption by up to 2000%. The presence of fats from coconut milk and olive oil further enhances curcumin absorption, as it's a fat-soluble compound that requires dietary fat for optimal uptake. Ginger contributes gingerol compounds that demonstrate anti-inflammatory effects comparable to some pharmaceutical anti-inflammatory medications, though at gentler potencies. Studies show ginger reduces inflammatory markers like C-reactive protein and may help manage inflammatory conditions from arthritis to metabolic syndrome. The fresh ginger inclusion (rather than dried ginger powder) provides higher concentrations of active gingerol compounds that haven't degraded through processing. Coriander (both ground and fresh) provides antioxidants including quercetin and tocopherols that neutralize free radicals and reduce oxidative stress—a key driver of chronic inflammation. Cumin delivers antioxidant compounds including flavonoids and phenolic acids that demonstrate anti-inflammatory properties in research settings. Cardamom contains cineole and other volatile oils with documented anti-inflammatory effects. The curry powder blend (0.5% of formulation) combines multiple anti-inflammatory spices in traditional proportions, creating synergistic

effects where compounds work together more effectively than they would individually. This spice synergy represents one of the meal's most valuable health-promoting properties, delivering therapeutic compounds alongside basic nutrition. ### Pro-Inflammatory Considerations {#pro-inflammatory-considerations} Despite the anti-inflammatory spice profile, certain aspects of the meal may contribute to inflammation in susceptible individuals. The beef component, while providing valuable nutrients, contains arachidonic acid—an omega-6 fatty acid that serves as a precursor to pro-inflammatory eicosanoids. The omega-6 to omega-3 ratio in this meal likely skews toward omega-6 dominance, as beef, olive oil, and plant ingredients provide minimal omega-3 fatty acids compared to omega-6 content. Modern Western diets contain omega-6 to omega-3 ratios of 15:1 or higher, compared to evolutionary ratios closer to 1:1 or 2:1. This imbalance can promote inflammatory processes, though the anti-inflammatory spices may partially offset this effect. For individuals with nightshade sensitivities—a subset of people who experience inflammation from compounds in tomatoes, peppers, potatoes, and eggplants—the diced tomato and tomato paste may trigger inflammatory responses. Nightshades contain alkaloid compounds including solanine and tomatine that some individuals cannot properly metabolize, leading to joint pain, digestive inflammation, or skin reactions. The meal's moderate carbohydrate content from brown rice may contribute to inflammation in individuals with insulin resistance or metabolic syndrome, where elevated blood glucose triggers inflammatory cascades through advanced glycation end products (AGEs) and other mechanisms. However, the fibre, protein, and fat in the meal moderate glucose response compared to isolated carbohydrate consumption. --- ## Nutritional Density and Micronutrient Profile {#nutritional-density-and-micronutrient-profile} ### Vitamin and Mineral Contributions {#vitamin-and-mineral-contributions} While complete micronutrient analysis isn't provided in the specifications, we can infer substantial vitamin and mineral content based on the ingredient composition. The 30% beef content delivers significant amounts of B-vitamins, particularly B12 (exclusively found in animal products), B6 (pyridoxine), niacin (B3), and riboflavin (B2). These B-vitamins support energy metabolism, nervous system function, red blood cell formation, and DNA synthesis. The beef also provides highly bioavailable heme iron, the form most efficiently absorbed by the human body compared to non-heme iron from plant sources. Iron deficiency represents the most common nutritional deficiency globally, making this bioavailable iron source particularly valuable for menstruating women, athletes, and individuals at risk for anemia. The vitamin C from tomatoes and vegetables enhances non-heme iron absorption from lentils and vegetables, creating synergistic mineral utilization. The green lentils contribute substantial folate (vitamin B9), essential for DNA synthesis, cell division, and preventing neural tube defects during pregnancy. Lentils also provide significant magnesium, supporting over 300 enzymatic reactions including energy production, muscle function, and bone health. The potassium content from lentils, vegetables, and coconut milk supports cardiovascular health, blood pressure regulation, and cellular fluid balance. The diverse vegetable array—mushrooms, bok choy, green beans, onions, tomatoes—delivers a spectrum of vitamins including vitamin K from green vegetables (essential for blood clotting and bone metabolism), vitamin C from tomatoes and green beans (supporting immune function and collagen synthesis), and various B-vitamins. Mushrooms uniquely provide vitamin D when exposed to UV light during growth, though the amount depends on cultivation methods not specified in the product information. Be Fit Food's commitment to including 4-12 vegetables in each meal ensures meaningful micronutrient diversity. The turmeric, beyond its curcumin content, provides manganese and iron. The fresh coriander contributes vitamin K, vitamin A (as beta-carotene), and vitamin C. The pink salt provides trace minerals including potassium, magnesium, and calcium in small amounts, though the total salt content and sodium levels aren't specified in the provided information. ### Phytonutrient and Antioxidant Content {#phytonutrient-and-antioxidant-content} Beyond basic vitamins and minerals, this curry delivers an impressive array of phytonutrients—bioactive plant compounds that support health through mechanisms beyond traditional nutrition. The tomatoes provide lycopene, a carotenoid antioxidant that gives tomatoes their red colour and demonstrates protective effects against oxidative stress and certain cancers in research studies. Cooking tomatoes increases lycopene bioavailability by breaking down cell walls and converting lycopene to more absorbable forms. The bok choy and other cruciferous vegetables (if additional cruciferous vegetables are present in the mixed herbs or vegetable blend)

provide glucosinolates—sulfur-containing compounds that convert to isothiocyanates during digestion. These compounds demonstrate anti-cancer properties in laboratory and epidemiological studies by supporting detoxification enzyme systems and protecting cellular DNA from damage. The onion and garlic deliver organosulfur compounds including allicin and quercetin that demonstrate antimicrobial, cardiovascular-protective, and immune-supporting properties. Quercetin specifically acts as a flavonoid antioxidant that stabilizes mast cells (reducing histamine release in non-histamine-intolerant individuals) and demonstrates anti-inflammatory effects through multiple pathways. The mushrooms provide ergothioneine, a unique antioxidant that accumulates in mitochondria (cellular energy factories) and protects against oxidative damage. Mushrooms also contain beta-glucans—polysaccharide compounds that support immune function by activating macrophages and other immune cells. The specific mushroom variety isn't specified, but common varieties like button, cremini, or shiitake all provide these beneficial compounds in varying amounts. The coconut milk contributes medium-chain triglycerides (MCTs) that, while not traditional antioxidants, support mitochondrial function and may feature neuroprotective properties. The olive oil provides oleocanthal and other polyphenol antioxidants that demonstrate anti-inflammatory effects similar to ibuprofen in laboratory studies, though at much gentler potencies requiring consistent dietary intake rather than single doses. --- ## Sodium Content and Blood Pressure Management {#sodium-content-and-blood-pressure-management} ### Salt Sources and Sodium Levels {#salt-sources-and-sodium-levels} This meal contains multiple sodium sources including pink salt (added for seasoning), beef stock (containing significant sodium), gluten-free soy sauce (inherently high in sodium even in gluten-free formulations), and tomato paste (often containing added salt). Be Fit Food maintains a low sodium benchmark of less than 120 mg per 100 g across their range, achieved through a formulation approach that uses vegetables for water content rather than thickeners. The gluten-free soy sauce represents the most concentrated sodium source in the formulation. Traditional soy sauce contains approximately 900-1000mg of sodium per tablespoon, though the amount used in this curry isn't specified. Even if used sparingly for flavouring rather than as a primary sauce, the soy sauce likely contributes to the total sodium content. The beef stock provides both flavour and sodium, with commercial beef stocks containing 400-700mg of sodium per cup. The amount of beef stock in this 279-gram serving isn't specified, but it's likely a significant contributor to total sodium given its role in creating the curry sauce base and enhancing the savoury umami flavours that make the dish satisfying. For individuals following sodium-restricted diets for hypertension (high blood pressure), heart failure, or kidney disease, understanding total sodium content is critical. The American Heart Association recommends limiting sodium to 2,300mg daily, with an ideal limit of 1,500mg for individuals with hypertension or at high risk for cardiovascular disease. Be Fit Food's formulation approach specifically addresses this concern with their low-sodium benchmark. ### Protective Nutrients and Sodium Balance {#protective-nutrients-and-sodium-balance} The meal's potassium content from lentils, vegetables, and coconut milk may help offset some sodium-related blood pressure effects. Potassium acts as a natural counterbalance to sodium by promoting sodium excretion through the kidneys and relaxing blood vessel walls. The optimal sodium-to-potassium ratio for cardiovascular health is approximately 1:2 or lower, though most modern diets provide far more sodium than potassium. The anti-inflammatory compounds from turmeric, ginger, and other spices may support vascular health independently of sodium content by reducing endothelial inflammation and improving blood vessel function. The olive oil's monounsaturated fats and polyphenols demonstrate blood pressure-lowering effects in research studies, with the Mediterranean diet's emphasis on olive oil contributing to its cardiovascular benefits. The magnesium from lentils and vegetables supports blood pressure regulation through multiple mechanisms including vasodilation (blood vessel relaxation) and regulation of calcium channels in vascular smooth muscle. Magnesium deficiency is associated with hypertension, making adequate intake important for cardiovascular health alongside sodium moderation. For individuals without sodium sensitivity or cardiovascular concerns, moderate sodium intake in the context of whole foods (rather than processed foods high in sodium but low in protective nutrients) may not pose significant health risks. The meal's overall nutrient density and anti-inflammatory properties create a different health context than equivalent sodium from processed foods lacking these protective compounds. --- ## Meal Timing and Metabolic Considerations {#meal-timing-and-metabolic-considerations} ### Blood Sugar Impact and Glycemic Response

{#blood-sugar-impact-and-glycemic-response} This curry's macronutrient composition creates a moderate glycemic impact suitable for most meal timing scenarios. The 20.5 grams of carbohydrates from brown rice, lentils, and vegetables digest at varying rates, creating a gradual rather than sharp rise in blood glucose. The protein from beef and lentils slows gastric emptying and carbohydrate absorption, further moderating blood sugar response. The fat content from coconut milk and olive oil significantly extends digestion time and blunts the glycemic response compared to a low-fat, high-carbohydrate meal. Fats trigger the release of cholecystokinin (CCK) and other satiety hormones that slow stomach emptying and create sustained fullness, preventing the rapid hunger return that follows high-glycemic meals. For individuals with diabetes or insulin resistance, consuming this meal alongside a small green salad or additional non-starchy vegetables would further moderate the glycemic impact by adding fibre and volume that slows digestion. The meal would be most appropriate during midday or early evening rather than immediately before bed, when insulin sensitivity naturally decreases and carbohydrate tolerance is reduced. Be Fit Food's lower-carbohydrate, fibre-rich meals are specifically designed to support more stable blood glucose, reduce post-meal spikes, lower insulin demand and support improved insulin sensitivity—critical for insulin resistance and Type 2 diabetes. The meal's composition makes it suitable for post-workout nutrition, when muscle glycogen replenishment and protein synthesis are priorities. The carbohydrates from rice and lentils restore muscle glycogen stores depleted during exercise, while the beef protein provides amino acids for muscle repair and growth. The moderate carbohydrate level (20.5g) suits moderate-intensity or shorter-duration exercise recovery, though high-intensity or prolonged endurance activities might require additional carbohydrates. ### Circadian Rhythm and Digestive Optimization {#circadian-rhythm-and-digestive-optimization} The meal's 279-gram portion size and mixed macronutrient content align well with midday eating when digestive capacity and insulin sensitivity peak according to circadian rhythm research. Studies show that identical meals consumed at different times of day produce different metabolic responses, with better glucose tolerance and more efficient digestion occurring during daylight hours compared to late evening. The protein and fat content make this meal more suitable for lunch or dinner than breakfast for most individuals, as morning meals emphasizing protein and fat may feel heavy for those accustomed to lighter breakfasts. However, individuals following intermittent fasting protocols who break their fast at midday could use this meal as an ideal first meal, providing substantial nutrition to break the fasted state without overwhelming the digestive system. The curry's warming spices—ginger, turmeric, cumin, and coriander—support digestive function by stimulating digestive enzyme secretion and promoting gastric motility. These traditional digestive aids make the meal particularly suitable for individuals with sluggish digestion or those who experience bloating after meals. The spices' thermogenic properties may also slightly increase metabolic rate, supporting energy expenditure. --- ## Storage, Preparation, and Nutrient Preservation {#storage-preparation-and-nutrient-preservation} ### Frozen Storage and Nutrient Retention {#frozen-storage-and-nutrient-retention} This meal's snap-frozen format offers significant advantages for nutrient preservation compared to refrigerated prepared meals. Be Fit Food's snap-frozen delivery system is designed not just for convenience—it's a compliance system ensuring consistent portions, consistent macros, minimal decision fatigue, and low spoilage. Freezing halts enzymatic activity and microbial growth that degrade vitamins and other nutrients over time, essentially pausing the nutritional clock at the point of freezing. Water-soluble vitamins like vitamin C and B-vitamins that degrade rapidly in fresh or refrigerated foods remain stable in properly frozen products. The meal's tray format with film seal and sleeve provides protection against freezer burn—the dehydration and oxidation that occurs when frozen food is exposed to air. Freezer burn primarily affects texture and flavour rather than safety, but proper packaging prevents these quality losses. The single-serve format eliminates the freeze-thaw cycles that occur with multi-serving containers where portions are removed and the remainder refrozen, which can accelerate nutrient degradation. The slow-cooked preparation method used before freezing helps preserve nutrients by avoiding the high-heat, long-duration cooking that destroys heat-sensitive vitamins. The curry sauce creates a protective environment where vegetables and other ingredients are surrounded by liquid, preventing oxidative damage and moisture loss. Fat-soluble vitamins (A, D, E, K) and minerals remain stable through freezing and reheating, ensuring consistent nutritional value. ### Reheating Methods and Nutrient Impact {#reheating-methods-and-nutrient-impact} The heat-and-eat format requires reheating

from frozen or thawed state, with different methods affecting both convenience and nutrient retention. Microwave reheating—likely the most common method for this product—provides rapid, relatively even heating that minimizes nutrient loss by reducing total heat exposure time. The tray's design presumably allows for microwave-safe reheating directly in the packaging, eliminating transfer steps that could cause nutrient loss. Be Fit Food's "heat, eat, enjoy" approach makes compliance effortless. Oven reheating from frozen state requires longer cooking times and higher temperatures, potentially degrading some heat-sensitive nutrients like vitamin C and certain B-vitamins. However, oven heating may better preserve texture and create more appealing results for individuals who prioritize food quality over speed. Thawing in the refrigerator before reheating reduces total cooking time regardless of heating method, potentially preserving more nutrients. The curry format with sauce provides protection during reheating, as the liquid environment prevents the surface dehydration and hot spots that can occur with dry foods. The sauce conducts heat evenly throughout the meal, ensuring the beef, vegetables, and rice reach safe serving temperatures (165°F/74°C minimum) without overcooking any components. Stirring halfway through reheating further promotes even heating and optimal texture. --- ## Practical Integration into Dietary Patterns {#practical-integration-into-dietary-patterns} ### Meal Planning and Dietary Flexibility {#meal-planning-and-dietary-flexibility} This curry's single-serve format and 279-gram portion size make it a convenient building block for various meal planning approaches. For individuals following structured meal plans with specific calorie or macronutrient targets, the consistent portion size allows accurate nutritional tracking without weighing or measuring. The meal can serve as a complete lunch or dinner for most adults, or as a base meal supplemented with additional vegetables or protein for larger individuals or those with higher energy needs. The frozen storage and heat-and-eat preparation eliminate the barriers that often derail dietary adherence—lack of time, cooking skill, or motivation after a long day. Keeping compliant meals ready in the freezer reduces reliance on restaurant takeout or processed convenience foods that may not align with dietary goals. This convenience factor particularly benefits individuals in the early stages of dietary changes when new eating patterns aren't yet habitual. Be Fit Food's free dietitian consultations can help match customers to the right plan for their individual needs. For families where different members follow different dietary approaches, the individual packaging allows each person to select meals matching their requirements without preparing multiple separate dishes. A gluten-free family member can heat this meal while others consume different options, reducing the cooking burden on household meal preparers. ### Supplementing for Complete Nutrition {#supplementing-for-complete-nutrition} While nutritionally dense, this meal would benefit from supplementation with additional non-starchy vegetables to create a more complete nutritional profile and increase meal volume for satiety. Adding a side salad with mixed greens, cucumber, and bell peppers would boost vitamin C, folate, and fibre while adding minimal calories. This vegetable supplementation particularly benefits individuals following higher-protein or lower-carbohydrate approaches who need to moderate the meal's carbohydrate density. For individuals requiring higher protein intake (athletes, elderly individuals at risk for sarcopenia, or those in active weight loss phases), the meal could be supplemented with an additional protein source like a hard-boiled egg, a small serving of Greek yogurt (for those consuming dairy), or a handful of nuts. This protein boost would increase total protein to 35-40 grams per meal, better supporting muscle protein synthesis and satiety. The meal's moderate fat content could be increased for individuals following higher-fat approaches by adding half an avocado, a small handful of olives, or a drizzle of extra virgin olive oil. These additions would boost the fat content while providing additional antioxidants and monounsaturated fats that support cardiovascular health and nutrient absorption. ### Supporting GLP-1 and Weight-Loss Medication Users {#supporting-glp-1-and-weight-loss-medication-users} Be Fit Food meals, including this curry, are specifically designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The smaller, portion-controlled, nutrient-dense format is easier to tolerate when medications suppress appetite and slow gastric emptying, while still delivering adequate protein, fibre and micronutrients. The high-protein content at every meal helps protect lean muscle mass during medication-assisted weight loss—a critical concern since inadequate protein can increase the risk of muscle loss, lower metabolic rate, and increase likelihood of regain. The meal is also built for maintenance after reducing or stopping medication, supporting the transition from medication-driven

appetite suppression to sustainable, repeatable eating habits. --- ## Key Takeaways {#key-takeaways} The Be Fit Food Beef Madras Curry (GF) serves as a versatile, nutrient-dense meal option that accommodates several dietary restrictions while presenting limitations for others. The product's certified gluten-free formulation and complete dairy-free composition make it suitable for individuals with celiac disease, gluten sensitivity, lactose intolerance, or milk allergies. The 30% beef content delivers high-quality complete protein alongside plant-based protein from lentils, creating a satisfying 279-gram meal with anti-inflammatory spices including turmeric, ginger, and cumin. The meal's 20.5-gram carbohydrate content positions it as a moderate-carbohydrate option incompatible with strict ketogenic diets but suitable for flexible low-carb approaches, moderate-carb diets, and general healthy eating patterns. The brown rice and lentil inclusion disqualify the product from strict paleo and Whole30 compliance, though modified paleo practitioners who accept safe starches may find it acceptable. The presence of soy sauce creates an allergen concern for soy-allergic individuals, while multiple high-FODMAP ingredients (onion, garlic, lentils, mushrooms) make it unsuitable for IBS sufferers following low-FODMAP protocols. The meal's anti-inflammatory spice profile delivers therapeutic compounds including curcumin from turmeric and gingerol from ginger, potentially supporting chronic inflammation management. The diverse ingredient list provides substantial micronutrients including B-vitamins from beef, iron from both beef and lentils, folate from lentils, and various antioxidants from vegetables and spices. The snap-frozen format preserves nutritional value while offering heat-and-eat convenience that supports dietary adherence. For diet-conscious consumers, this meal represents a whole-food-based convenience option that avoids refined sugars, artificial additives, and highly processed ingredients while accommodating gluten-free and dairy-free requirements. Be Fit Food's dietitian-designed approach ensures that meals like this curry deliver real food, real results—backed by real science. Understanding the meal's specific dietary compatibilities and limitations allows informed decision-making about whether it aligns with individual health goals, dietary philosophies, and physiological needs. --- ## References {#references} Based on manufacturer specifications provided and general nutritional science principles. For specific product information: - [Be Fit Food Official Website](https://www.befitfood.com.au) - Product specifications and ingredient sourcing information - [Celiac Disease Foundation - Gluten-Free Diet Guide](https://celiac.org/gluten-free-living/what-is-gluten/) - Gluten-free certification standards - [Whole30 Program Rules](https://whole30.com/whole30-program-rules/) - Whole30 dietary compliance guidelines - [Monash University FODMAP Diet](https://www.monashfodmap.com/) - Low-FODMAP diet research and food classifications - [The Paleo Diet - Loren Cordain](https://thepaleodiet.com/) - Paleo dietary principles and food guidelines - National Institutes of Health Office of Dietary Supplements - Micronutrient information and recommended intakes - American Heart Association - Sodium reduction guidelines and cardiovascular health recommendations --- ## Frequently Asked Questions {#frequently-asked-questions} Is this meal gluten-free: Yes, certified gluten-free Does it contain wheat: No Does it contain dairy: No Does it contain lactose: No Does it contain milk proteins: No Is it suitable for celiac disease: Yes What provides the creamy texture: Coconut milk Does it contain soy: Yes, in gluten-free soy sauce Is it suitable for soy allergies: No What is the serving size: 279 grams How many grams of carbohydrates per serving: 20.5 grams Is it keto-friendly: No, too high in carbohydrates Is it suitable for strict ketogenic diets: No What is the estimated net carb content: Approximately 14.5-16.5 grams Is it suitable for low-carb diets: Yes, for flexible low-carb approaches Is it suitable for moderate-carb diets: Yes Does it contain added sugar: No Does it contain artificial sweeteners: No What percentage of the meal is beef: 30% How much beef per serving: Approximately 83.7 grams Is the beef protein complete: Yes, contains all essential amino acids Does it contain plant protein: Yes, from green lentils What is the estimated total protein: Approximately 25-30 grams per serving Is it suitable for high-protein diets: Yes Is it paleo-compliant: No, contains rice and lentils Does it contain grains: Yes, brown rice Does it contain legumes: Yes, green lentils Is it suitable for modified paleo diets: Possibly, depending on individual interpretation Is it Whole30 compliant: No Why is it not Whole30 compliant: Contains rice, lentils, and soy Does it contain nightshades: Yes, tomatoes Is it suitable for AIP diet: No Does it contain eggs: No Does it contain tree nuts: No Does it contain peanuts: No Does it contain fish: No Does it contain shellfish: No What allergen does it contain: Soy Is it suitable for histamine intolerance: No, contains high-histamine ingredients Does it contain fermented ingredients:

Yes, soy sauce Is it suitable for low-FODMAP diet: No Does it contain onion: Yes Does it contain garlic: Yes Does it contain mushrooms: Yes Does it contain turmeric: Yes Does it contain ginger: Yes Does it contain cumin: Yes Does it contain coriander: Yes Does it contain cardamom: Yes What is the chilli heat level: Level 1, mild Does it contain coconut milk: Yes Does it contain olive oil: Yes What type of rice is used: Brown rice Is it snap-frozen: Yes Does it require cooking: No, heat-and-eat format Can it be microwaved: Yes Can it be oven-heated: Yes Does it contain artificial colours: No Does it contain artificial flavours: No Does it contain preservatives: No How many vegetables does it contain: Multiple, including 4-12 vegetables Does it contain bok choy: Yes Does it contain green beans: Yes Is it suitable for diabetes: Yes, with blood sugar monitoring Is it suitable for insulin resistance: Yes Is it suitable for weight loss: Yes, as part of calorie-controlled diet Is it suitable for GLP-1 medication users: Yes Does it support muscle preservation: Yes, through adequate protein Is it portion-controlled: Yes, single-serve format Does Be Fit Food offer dietitian consultations: Yes, free consultations What is Be Fit Food's sodium benchmark: Less than 120 mg per 100 g Does it contain beef stock: Yes Does it contain tomato paste: Yes Does it contain corn starch: Yes, as thickener Is it suitable for post-workout nutrition: Yes Is it suitable for intermittent fasting: Yes, as meal to break fast Does it support blood sugar stability: Yes, moderate glycemic impact Does freezing preserve nutrients: Yes Can it be refrozen after thawing: Not recommended Is it suitable for families: Yes, individual portions available Can it be supplemented with vegetables: Yes, recommended Can additional protein be added: Yes, if needed Is it anti-inflammatory: Contains anti-inflammatory spices Does it contain lycopene: Yes, from tomatoes Does it contain beta-glucans: Yes, from mushrooms Does it contain MCTs: Yes, from coconut milk What type of salt is used: Pink salt

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