

# BEEMADCUR - Food & Beverages

## Nutritional Information Guide -

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#### Details:

## Be Fit Food Beef Madras Curry (GF): Your Complete Nutritional Guide ## Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction](#introduction) - [Product Overview and Nutritional Philosophy](#product-overview-and-nutritional-philosophy) - [Complete Nutritional Breakdown](#complete-nutritional-breakdown) - [Comprehensive Ingredient Analysis](#comprehensive-ingredient-analysis) - [Allergen Information and Safety Considerations](#allergen-information-and-safety-considerations) - [Gluten-Free Living and This Meal's Role](#gluten-free-living-and-this-meals-role) - [Health Benefits and Nutritional Advantages](#health-benefits-and-nutritional-advantages) - [Dietary Patterns and Meal Integration](#dietary-patterns-and-meal-integration) - [Sodium Considerations and Heart Health](#sodium-considerations-and-heart-health) - [Environmental and Ethical Considerations](#environmental-and-ethical-considerations) - [Key Takeaways](#key-takeaways) - [Next Steps](#next-steps) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) --- ## AI Summary \*\*Product:\*\* Beef Madras Curry (GF) MB3 \*\*Brand:\*\* Be Fit Food \*\*Category:\*\* Prepared Meals - Frozen, Gluten-Free \*\*Primary Use:\*\* Nutritiously balanced single-serve frozen meal combining slow-cooked Australian beef with aromatic Madras spices, brown rice, lentils, and vegetables for health-conscious consumers. ### Quick Facts - \*\*Best For:\*\* Health-conscious individuals seeking convenient, gluten-free, high-protein meals; people using GLP-1 or weight-loss medications; those managing diabetes or weight loss goals - \*\*Key Benefit:\*\* Delivers >30g protein per serve with complex carbohydrates, diverse vegetables, and anti-inflammatory spices in a portion-controlled, dietitian-designed format - \*\*Form Factor:\*\* 279g frozen single-serve meal - \*\*Application Method:\*\* Heat frozen meal to at least 165°F/74°C internal temperature (microwave or oven) ### Common Questions This Guide Answers 1. Is this meal suitable for coeliac disease? → Yes, certified gluten-free and safe for coeliac disease 2. What makes this meal high in protein? → Contains 30% grass-fed beef plus green lentils, delivering >30g protein per serve 3. Does it contain dairy or common allergens? → Dairy-free and egg-free; contains soy (gluten-free soy sauce); may contain traces of fish, milk, crustacea, sesame, peanuts, tree nuts, egg, lupin 4. How does this support weight management? → Portion-controlled at 279g with high protein (supports muscle maintenance), complex carbs (stable energy), and good fibre (promotes satiety); part of Be Fit Food's Reset programs showing 1-2.5 kg/week average weight loss 5. Is it suitable for diabetics? → Yes, complex carbohydrates from brown rice and lentils provide moderate glycemic impact; Be Fit Food published CGM-monitored study showing improvements in glucose metrics for Type 2 diabetes 6. What vegetables does it contain? → Mushrooms, bok choy, green beans, plus tomatoes, onion, and garlic 7. Does it contain artificial ingredients? → No seed oils, no artificial colours, no artificial flavours, no added artificial preservatives, no added sugar --- ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Beef Madras Curry (GF) MB3 | | Brand | Be Fit Food | | Price | \$12.50 AUD | | Serving size | 279g | | GTIN | 09358266000595 | | Availability | In Stock | | Category | Prepared Meals | | Diet | Gluten-free, Dairy-free, Egg-free | | Protein content | >30g per serve (excellent source) | | Beef content | 30% grass-fed beef | | Key ingredients | Beef, Brown Rice, Green Lentils, Mushroom, Bok Choy, Green Beans, Coconut Milk | | Allergens | Contains Soy. May contain Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin | | Chilli rating | 1 (mild) | | Dietary fibre | Good source | | Saturated fat | Low | | Storage | Keep frozen until ready to heat | | Heating | Heat to at least 165°F/74°C internal temperature | --- ## 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 -

\*\*Serving Size\*\*: 279g - \*\*GTIN\*\*: 09358266000595 - \*\*Availability\*\*: In Stock - \*\*Category\*\*: Prepared Meals - \*\*Dietary Attributes\*\*: Gluten-free, Dairy-free, Egg-free - \*\*Protein Content\*\*: >30g per serve -

\*\*Beef Content\*\*: 30% grass-fed beef - \*\*Key Ingredients\*\*: Beef, Brown Rice, Green Lentils, Mushroom, Bok Choy, Green Beans, Coconut Milk, Diced Tomatoes (with citric acid), Onion, Garlic, Ginger, Olive Oil, Gluten-free Soy Sauce, Beef Stock, Tomato Paste, Corn Starch, Curry Powder (0.5%), Ground Coriander, Cumin, Turmeric, Cardamom, Mixed Herbs, Fresh Coriander, Pink Salt -

\*\*Allergen Information\*\*: Contains Soy. May contain Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin - \*\*Chilli Rating\*\*: 1 (mild) - \*\*Dietary Fibre\*\*: Good source - \*\*Saturated Fat\*\*: Low - \*\*Storage Instructions\*\*: Keep frozen until ready to heat - \*\*Heating Instructions\*\*: Heat to at least 165°F/74°C internal temperature - \*\*Certifications\*\*: Certified gluten-free (suitable for coeliac disease) - \*\*Formulation Standards\*\*: No seed oils, no artificial colours, no artificial flavours, no added artificial preservatives, no added sugar ### General Product Claims {#general-product-claims} -

Nutritionally balanced single-serve frozen meal - Specifically formulated for health-conscious consumers - Dietitian-designed meal - Delivers sustained energy without excessive calories - Suitable for individuals monitoring caloric intake while ensuring adequate protein consumption - Excellent source of protein - Supports muscle maintenance and tissue repair - Provides complete amino acid profile - Complex carbohydrates with lower glycemic indices - Moderates blood sugar spikes - Provides stable energy levels - Reduces hunger between meals - Supports long-term metabolic health -

Contains medium-chain triglycerides (MCTs) from coconut milk - Supports cardiovascular health through monounsaturated fats - Promotes digestive health and healthy gut microbiome - Contains anti-inflammatory compounds - Contains antioxidant properties from spices and vegetables - Supports immune function - Suitable for weight management goals - Helps preserve muscle mass during weight loss - Supports satiety and fullness - Particularly suitable for individuals using GLP-1 receptor agonists or weight-loss medications - Supports metabolic health for perimenopausal and menopausal women - Suitable for post-workout recovery - Appropriate for various dietary frameworks and meal timing strategies - Supports blood sugar management for diabetics and prediabetics - May improve insulin sensitivity - Low sodium formulation (less than 120 mg per 100g) - Nutrient-dense meal - Minimally processed with whole-food ingredients - Supports healthy ageing for older adults - NDIS registered provider meals - Part of structured Reset programs for weight loss - Average weight loss of 1-2.5 kg/week when replacing three meals daily - Supported by clinical trial published in Cell Reports Medicine showing microbiome improvements - CGM-monitored study showing improvements in glucose metrics for Type 2 diabetes - Free 15-minute dietitian consultations available - Snap-frozen delivery system for consistent portions and minimal spoilage - Over 30 rotating dishes available -

Approximately 90% of Be Fit Food menu is certified gluten-free - Approximately 93% whole-food ingredients - Contains 4-12 vegetables per meal across range - Supports transition from medication-driven appetite suppression to sustainable eating habits --- ## Introduction {#introduction}

The Be Fit Food Beef Madras Curry (GF) delivers a nutritionally balanced, single-serve frozen meal combining slow-cooked Australian beef with aromatic Madras spices, brown rice, lentils, and a medley of vegetables. This meal was specifically formulated for health-conscious consumers seeking convenient, gluten-free meal solutions without compromising on taste or nutritional value. Be Fit Food, Australia's leading dietitian-designed meal delivery service, crafted this comprehensive nutritional guide to explore every aspect of this 279-gram meal's dietary profile. From its macro and micronutrient composition to allergen information, health benefits, and how it fits into various dietary frameworks—you'll find complete transparency about what you're putting into your body. Whether you're managing specific dietary requirements, counting macros for fitness goals, navigating food allergies, or simply seeking to understand the nutritional value of your meals, this guide decodes every ingredient, nutritional component, and health consideration associated with this gluten-free curry meal. You'll discover not just what's in this product, but why each component matters for your health and how this meal can support your wellness objectives. --- ## Product Overview and Nutritional Philosophy {#product-overview-and-nutritional-philosophy}

The Beef Madras Curry represents Be Fit Food's

approach to creating nutritionally complete meals that balance protein, complex carbohydrates, and vegetables within a controlled calorie framework. Each 279-gram serving works as a standalone meal that provides sustained energy without excessive calories. This makes the meal particularly suitable for individuals monitoring their caloric intake while ensuring adequate protein consumption. This aligns perfectly with Be Fit Food's mission to help Australians "eat themselves better" through scientifically-designed, whole-food meals. This meal follows a whole-food philosophy, incorporating recognizable ingredients rather than relying on artificial additives or heavily processed components. The 30% beef content ensures substantial protein delivery, while the inclusion of brown rice and green lentils provides complex carbohydrates with added fibre and plant-based protein. The vegetable medley—featuring mushrooms, bok choy, and green beans—adds micronutrients, fibre, and volume without significantly increasing caloric density. The gluten-free formulation makes this meal accessible to individuals with coeliac disease, gluten sensitivity, or those following gluten-free diets by choice. Be Fit Food maintains that approximately 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. The mild chilli rating of 1 indicates accessibility for sensitive palates while still delivering authentic Madras curry flavour through a carefully balanced spice blend featuring curry powder, turmeric, coriander, cumin, and cardamom. --- ## Complete Nutritional Breakdown {#complete-nutritional-breakdown} Understanding the nutritional profile of this meal requires examining not just the headline numbers but how these nutrients work together to support your body's functions. Be Fit Food's dietitian-led approach ensures each meal is constructed with high protein, low carb, and low sodium benchmarks in mind. ### Protein Content and Quality {#protein-content-and-quality} The Beef Madras Curry delivers protein from multiple sources, creating a complete amino acid profile. The primary protein source is beef, which comprises 30% of the total meal weight—approximately 84 grams of raw beef per serving. Beef provides high-quality complete protein containing all essential amino acids necessary for muscle maintenance, tissue repair, immune function, and enzyme production. Beyond the beef, this meal incorporates green lentils, which contribute additional protein along with fibre. Lentils are particularly valuable because they provide plant-based protein that complements the animal protein, offering a broader spectrum of nutrients including folate, iron, and resistant starch. The combination of animal and plant proteins creates a more nutritionally diverse protein profile than meals relying solely on one protein source. For individuals focused on muscle maintenance or building, protein timing and quantity matter significantly. A meal providing substantial protein (likely 20-30 grams based on the beef content and lentils) supports muscle protein synthesis, particularly when consumed post-workout or as part of a balanced daily protein distribution. This high-protein approach is central to Be Fit Food's formulation philosophy, designed to protect lean muscle mass during weight loss—a critical consideration for those using weight-loss medications or managing metabolic conditions. The slow-cooked preparation method ensures the beef remains tender and easily digestible, allowing for efficient protein absorption. ### Carbohydrate Composition and Glycemic Considerations {#carbohydrate-composition-and-glycemic-considerations} The carbohydrate content in this meal comes primarily from brown rice and green lentils, both of which are complex carbohydrates with lower glycemic indices compared to refined grains. This distinction is crucial for understanding how this meal affects your blood sugar and energy levels—and it's why Be Fit Food prioritises lower carbohydrate formulations with no added sugars. Brown rice retains its bran and germ layers, which white rice loses during processing. These layers contain fibre, B vitamins, minerals, and phytochemicals that slow digestion and glucose absorption. When you consume brown rice, the fibre content moderates the release of glucose into your bloodstream, preventing the sharp blood sugar spikes associated with refined carbohydrates. This means more stable energy levels, reduced hunger between meals, and better long-term metabolic health. Green lentils contribute additional complex carbohydrates along with significant fibre and resistant starch. Resistant starch functions similarly to fibre—it resists digestion in the small intestine and ferments in the colon, feeding beneficial gut bacteria and producing short-chain fatty acids that support colon health, reduce inflammation, and may improve insulin sensitivity. The combination of brown rice and lentils creates a carbohydrate foundation that provides sustained energy rather than quick-burning fuel. For individuals managing diabetes, prediabetes, or insulin resistance, the complex carbohydrate composition of this meal offers advantages over meals based on refined grains or simple sugars. The inclusion of protein, fat from

coconut milk, and fibre further slows carbohydrate absorption, creating a more favourable glycemic response. This approach aligns with Be Fit Food's commitment to supporting metabolic health through lower-carbohydrate, higher-protein meal design. **### Dietary Fats and Their Functions**

{#dietary-fats-and-their-functions} The fat content in this meal comes from several sources, each contributing different types of fatty acids with distinct health implications. Beef provides saturated fats and small amounts of monounsaturated fats, while also being a source of conjugated linoleic acid (CLA), which researchers study for potential metabolic benefits. The amount and type of fat in beef varies based on the cut and fat content, but the slow-cooking method uses leaner cuts to maintain nutritional balance. Coconut milk contributes medium-chain triglycerides (MCTs), a unique type of saturated fat that your body metabolises differently from long-chain fatty acids. MCTs are absorbed more rapidly and transported directly to the liver, where they can be quickly converted to energy rather than stored as body fat. While coconut milk does contain saturated fat, the MCTs it provides show different metabolic effects than the saturated fats found in processed foods. Olive oil, listed among the ingredients, provides monounsaturated fats, particularly oleic acid, which is associated with cardiovascular health benefits. Monounsaturated fats support healthy cholesterol levels, reduce inflammation, and provide fat-soluble vitamin absorption. The inclusion of olive oil also enhances the absorption of fat-soluble nutrients from the vegetables, including vitamins A, E, and K. Notably, Be Fit Food maintains a no seed oils standard across their current range, opting instead for healthier fat sources. The balanced fat profile—combining saturated, monounsaturated, and the small amounts of polyunsaturated fats naturally present in plant ingredients—supports hormone production, cellular membrane integrity, brain function, and nutrient absorption. Dietary fat also contributes to meal satisfaction and satiety, helping you feel fuller for longer after eating. **### Fibre Content and Digestive Health** {#fibre-content-and-digestive-health} Fibre is one of the most underconsumed nutrients in modern diets, yet it plays crucial roles in digestive health, blood sugar regulation, cholesterol management, and even immune function. This meal delivers fibre from multiple sources: brown rice bran, green lentils, vegetables (bok choy, green beans, mushrooms), and even small amounts from the tomatoes and onions. Be Fit Food emphasises dietary fibre from real vegetables rather than processed "diet product" fibres. The fibre in brown rice is primarily insoluble fibre, which adds bulk to stool and promotes regular bowel movements. This type of fibre acts like a broom in your digestive tract, helping move waste through efficiently and reducing the risk of constipation and diverticular disease. Lentils provide both soluble and insoluble fibre. Soluble fibre dissolves in water to form a gel-like substance that slows digestion, helps regulate blood sugar, and can bind to cholesterol in the digestive tract, potentially reducing blood cholesterol levels. The fermentation of soluble fibre by gut bacteria produces beneficial short-chain fatty acids, particularly butyrate, which serves as fuel for colon cells and shows anti-inflammatory properties. The vegetables contribute additional fibre along with water content, creating volume and satiety without excessive calories. Bok choy, green beans, and mushrooms each offer unique fibre profiles along with phytochemicals that support various aspects of health. This diverse fibre intake supports a healthy gut microbiome, which increasingly is recognised as fundamental to overall health, affecting everything from immune function to mental health. For individuals aiming to meet the recommended daily fibre intake of 25-38 grams (depending on age and sex), this meal contributes meaningfully to that goal while providing the kind of varied fibre sources that support optimal digestive function. **--- ## Comprehensive Ingredient Analysis**

{#comprehensive-ingredient-analysis} Understanding what's in your food goes beyond reading the nutrition label—it requires examining each ingredient's purpose, nutritional contribution, and potential health implications. The Be Fit Food Beef Madras Curry contains a transparent ingredient list with recognisable whole foods and minimal processing aids, reflecting the company's commitment to real food, not synthetic supplements, shakes, bars or detox teas. **### Primary Protein: Beef (30%)**

{#primary-protein-beef-30} The beef component represents the meal's foundation, providing not just protein but also essential micronutrients that are either absent or poorly absorbed from plant sources. Beef is one of the most bioavailable sources of iron, specifically heme iron, which your body absorbs far more efficiently than non-heme iron from plant sources. This is particularly important for individuals at risk of iron deficiency, including menstruating women, athletes, and those following restrictive diets.

Beyond iron, beef provides vitamin B12, a nutrient found exclusively in animal products that's essential

for nerve function, DNA synthesis, and red blood cell formation. Even small amounts of beef can significantly contribute to B12 intake, making this meal valuable for individuals who don't regularly consume animal products or who struggle with absorption issues. Beef also supplies zinc, selenium, and phosphorus—minerals involved in immune function, antioxidant defence, thyroid function, and bone health. The 30% beef content ensures these nutrients are present in meaningful amounts while keeping the overall meal balanced with plant-based components. The slow-cooking preparation method mentioned in the product description is significant for both texture and nutrient preservation. Slow cooking breaks down connective tissues in beef, making it tender and easier to digest while preserving water-soluble vitamins better than high-heat cooking methods. **### Vegetables: Nutrient Density and Phytochemicals** {#vegetables-nutrient-density-and-phytochemicals} The vegetable components—mushrooms, bok choy, and green beans—were selected not just for flavour and texture but for their nutritional contributions and complementary nutrient profiles. Be Fit Food emphasises vegetable density across their range, with meals containing 4-12 vegetables each. **\*\*Mushrooms\*\*** provide unique nutritional benefits rare in plant foods. They're one of the few food sources of vitamin D (when exposed to UV light during growing), contain significant amounts of selenium, and provide B vitamins including riboflavin, niacin, and pantothenic acid. Mushrooms also contain beta-glucans, a type of soluble fibre with immune-modulating properties, and ergothioneine, an antioxidant amino acid that accumulates in tissues subjected to oxidative stress. The umami flavour of mushrooms enhances the overall taste profile while adding virtually no calories. **\*\*Bok choy\*\***, a cruciferous vegetable, delivers substantial vitamin K, vitamin C, vitamin A (as beta-carotene), and folate. Cruciferous vegetables contain glucosinolates, sulfur-containing compounds that break down into biologically active compounds like sulforaphane and indole-3-carbinol, which researchers extensively study for their potential cancer-protective properties. Bok choy also provides calcium in a more bioavailable form than many plant sources, along with potassium that supports healthy blood pressure regulation. **\*\*Green beans\*\*** contribute additional fibre, vitamin C, vitamin K, and folate while adding textural variety to the meal. They contain carotenoids including lutein and zeaxanthin, which concentrate in the eye and may protect against age-related macular degeneration. Green beans also provide small amounts of silicon, a trace mineral involved in bone and connective tissue health. This vegetable combination creates nutritional synergy—the varied phytochemicals, vitamins, and minerals work together to support multiple body systems while adding volume, fibre, and visual appeal to the meal. **### Grains and Legumes: Brown Rice and Green Lentils** {#grains-and-legumes-brown-rice-and-green-lentils} **\*\*Brown rice\*\*** serves as the meal's primary carbohydrate source, chosen specifically for its nutritional advantages over white rice. The bran layer contains most of the grain's fibre, B vitamins (particularly thiamin, niacin, and B6), minerals (magnesium, phosphorus, selenium, manganese), and antioxidants including phenolic compounds and flavonoids. These nutrients support energy metabolism, nervous system function, antioxidant defence, and bone health. The germ portion of brown rice contains vitamin E, essential fatty acids, and additional B vitamins. By keeping the grain whole, brown rice provides a more complete nutritional package that supports sustained energy release and contributes to daily micronutrient needs. Magnesium, particularly abundant in brown rice, deserves special attention. This mineral is involved in over 300 enzymatic reactions in your body, including energy production, protein synthesis, muscle and nerve function, blood pressure regulation, and blood glucose control. Many people consume insufficient magnesium, making food sources like brown rice valuable contributors to adequate intake. **\*\*Green lentils\*\*** complement the brown rice by providing additional protein, fibre, and a distinct set of micronutrients. Lentils are exceptional sources of folate (vitamin B9), essential for DNA synthesis, cell division, and particularly important during pregnancy for preventing neural tube defects. They also provide significant iron, though as non-heme iron, its absorption is enhanced by the vitamin C from the tomatoes and vegetables in this meal. Lentils contain polyphenols, particularly flavonoids and phenolic acids, which function as antioxidants and may show anti-inflammatory properties. The resistant starch in lentils feeds beneficial gut bacteria, supporting a healthy microbiome and producing metabolites that benefit colon health and may improve insulin sensitivity. The combination of brown rice and lentils creates a complementary protein profile. While neither alone contains all essential amino acids in optimal ratios, together they provide a more complete amino acid spectrum, making this meal's protein quality higher than if it relied solely on one plant protein source. **### Aromatics and Flavour**

Base {#aromatics-and-flavour-base} \*\*Diced tomatoes\*\* (with citric acid as a preservative) provide the curry's base, contributing vitamin C, potassium, and lycopene. Lycopene is a carotenoid antioxidant that gives tomatoes their red colour and researchers extensively study it for cardiovascular and prostate health benefits. Cooking tomatoes actually increases lycopene bioavailability, making cooked tomato products potentially more beneficial than raw tomatoes for lycopene absorption. The citric acid listed with the tomatoes serves as a natural preservative and pH regulator, helping maintain food safety and quality without synthetic additives. It's the same compound found naturally in citrus fruits and doesn't pose concerns for most individuals. \*\*Onion and garlic\*\* provide more than just flavour—they belong to the allium family, known for organosulfur compounds that form when these vegetables are cut or crushed. These compounds, including allicin in garlic, demonstrate antimicrobial, cardiovascular, and potential immune-supporting properties in research studies. Both onion and garlic also provide prebiotic fibres that feed beneficial gut bacteria. \*\*Ginger\*\* contributes gingerols and shogaols, bioactive compounds with anti-inflammatory and antioxidant properties. Ginger is traditionally used for digestive support and nausea relief, and modern research investigates its potential anti-inflammatory effects and benefits for exercise-induced muscle soreness. ### Spice Blend: Functional Flavour {#spice-blend-functional-flavour} The spice blend in this Madras curry isn't just about taste—each spice contributes bioactive compounds with potential health benefits. \*\*Curry powder (0.5%)\*\* contains a blend of turmeric, coriander, cumin, fenugreek, and other spices. While 0.5% seems small, this represents approximately 1.4 grams per serving, which is sufficient to provide flavour and beneficial compounds. \*\*Turmeric\*\* contains curcumin, one of the most extensively researched plant compounds, studied for anti-inflammatory, antioxidant, and potential cognitive benefits. While curcumin shows low bioavailability on its own, the black pepper compounds naturally present in curry blends and the fat from coconut milk and olive oil in this meal can enhance its absorption. \*\*Ground coriander\*\* (from coriander seeds) provides linalool and other terpenes with antioxidant properties. Coriander is traditionally used for digestive support and contains compounds that may help regulate blood sugar. \*\*Cumin\*\* supplies cuminaldehyde and other compounds with potential digestive benefits and antioxidant properties. Research explores cumin's effects on blood sugar regulation and cholesterol levels, though most studies use concentrated amounts. \*\*Cardamom\*\* contains cineole and other compounds with potential antimicrobial and antioxidant properties. This aromatic spice is traditionally valued for digestive support and adds distinctive flavour to curry blends. \*\*Mixed herbs\*\* likely include oregano, thyme, or similar herbs, each contributing unique polyphenols and volatile oils with antioxidant properties. \*\*Fresh coriander\*\* (cilantro) adds bright flavour while providing vitamin K, vitamin A, and small amounts of vitamin C. Some people carry a genetic variation that makes cilantro taste soapy, but for most, it adds fresh, citrusy notes that balance the rich curry flavours. ### Fats and Cooking Components {#fats-and-cooking-components} \*\*Coconut milk\*\* creates the curry's creamy texture while providing the medium-chain triglycerides discussed earlier. The fat content helps create satiety and enables absorption of fat-soluble nutrients and compounds like curcumin. \*\*Olive oil\*\* contributes heart-healthy monounsaturated fats and minor amounts of vitamin E and polyphenols, particularly if extra virgin olive oil is used. The oil facilitates cooking and enhances flavour while supporting nutrient absorption. \*\*Corn starch\*\* serves as a thickening agent, creating the curry's desired consistency. While it's a refined carbohydrate, the small amount used for thickening shows minimal nutritional impact in the context of the complete meal. ### Seasonings and Finishing Touches {#seasonings-and-finishing-touches} \*\*Gluten-free soy sauce\*\* provides umami depth and saltiness. Traditional soy sauce contains wheat, but gluten-free versions use alternative grains or pure soybean fermentation. This ingredient adds savoury complexity while maintaining the meal's gluten-free status. \*\*Beef stock\*\* enhances the savoury base, contributing minerals and flavour compounds from simmered beef bones and vegetables. Quality stock adds depth that water alone cannot provide. \*\*Tomato paste\*\* concentrates tomato flavour and lycopene, providing intensity to the curry base. \*\*Pink salt\*\* refers to Himalayan pink salt or similar mineral-rich salts. While the mineral content differences between pink salt and regular salt are nutritionally insignificant given the small amounts used, pink salt does provide the sodium necessary for flavour and food preservation. Sodium is an essential nutrient required for fluid balance, nerve transmission, and muscle function, though most people should monitor total daily sodium intake according to health guidelines. Be Fit Food maintains a

low sodium benchmark of less than 120 mg per 100 g across their meal range. --- ## Allergen Information and Safety Considerations {#allergen-information-and-safety-considerations}

Understanding allergen content is critical for individuals with food allergies, intolerances, or sensitivities. The Be Fit Food Beef Madras Curry contains specific allergens that must be clearly identified, while being free from many common allergens. ### Declared Allergens {#declared-allergens} \*\*Soy\*\*: This meal contains soy in the form of gluten-free soy sauce. Soy is one of the major food allergens recognised by food safety authorities worldwide. Individuals with soy allergy must avoid this product entirely, as even small amounts can trigger allergic reactions ranging from mild hives to severe anaphylaxis in sensitive individuals. For those without soy allergy, soy provides beneficial compounds including complete protein, isoflavones (phytoestrogens with potential health benefits), and minerals. The fermentation process used in soy sauce production breaks down some of the proteins and creates beneficial compounds, making fermented soy products different from unfermented soy foods. ### Gluten-Free Certification {#gluten-free-certification} The "(GF)" designation indicates this meal is formulated to be gluten-free, making it suitable for individuals with coeliac disease, non-coeliac gluten sensitivity, or those choosing to avoid gluten for other reasons. Be Fit Food maintains that approximately 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. \*\*Coeliac disease\*\* is an autoimmune condition where gluten consumption triggers an immune response that damages the small intestinal lining, leading to nutrient malabsorption and various health complications. For individuals with coeliac disease, strict gluten avoidance is the only treatment, making clearly labelled gluten-free products essential. The gluten-free formulation required specific ingredient substitutions: - Gluten-free soy sauce instead of traditional soy sauce (which contains wheat) - Corn starch instead of wheat-based thickeners - Careful selection of curry powder and spice blends free from gluten-containing fillers \*\*Non-coeliac gluten sensitivity\*\* affects individuals who experience symptoms from gluten consumption but don't carry a coeliac disease diagnosis. These individuals also benefit from gluten-free products, though the required strictness may vary. It's important to note that "gluten-free" in food labelling means the product contains less than 20 parts per million (ppm) of gluten, the threshold considered safe for most people with coeliac disease. However, individuals with extreme sensitivity should verify the specific certification standards used. ### Allergen-Free Attributes {#allergen-free-attributes} This meal is notably \*\*free from several major allergens\*\*: \*\*Dairy-free\*\*: Despite the creamy texture, this curry contains no dairy products. The creaminess comes from coconut milk, making this suitable for individuals with milk allergy, lactose intolerance, or those following dairy-free diets. This is particularly valuable since many curry dishes are made with cream, yogurt, or ghee. \*\*Egg-free\*\*: No eggs or egg-derived ingredients are present, making this safe for egg allergy sufferers. \*\*Tree nut-free\*\*: While coconut is botanically classified as a drupe (stone fruit) rather than a true nut, some individuals with tree nut allergies may also react to coconut. However, coconut allergy is relatively rare, and many people with tree nut allergies can safely consume coconut. Individuals with concerns should consult their allergist. \*\*Peanut-free\*\*: No peanuts or peanut-derived ingredients are included. \*\*Fish and shellfish-free\*\*: This is a beef-based meal with no seafood ingredients. \*\*Sesame-free\*\*: No sesame or sesame-derived ingredients are present. ### Cross-Contamination Considerations {#cross-contamination-considerations} The label indicates this product may contain traces of Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, and Lupin. Even when a product doesn't contain certain allergens as ingredients, cross-contamination during manufacturing can be a concern for highly sensitive individuals. Individuals with severe allergies should contact Be Fit Food directly to inquire about: - Whether products are manufactured in facilities that also process other allergens - What cleaning and separation protocols are in place - Whether dedicated equipment is used for allergen-free products ### Dietary Restriction Compatibility {#dietary-restriction-compatibility} Beyond allergens, this meal's composition makes it compatible with several dietary frameworks: \*\*Low-FODMAP considerations\*\*: FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols) are short-chain carbohydrates that some people struggle to digest. This meal contains several high-FODMAP ingredients including onion, garlic, and lentils, making it unsuitable for strict low-FODMAP diets. However, individuals who successfully reintroduce these foods may tolerate the meal well. \*\*Nightshade sensitivity\*\*: This meal contains tomatoes, which belong to the nightshade family. Individuals avoiding nightshades (sometimes

recommended for certain autoimmune conditions, though scientific evidence is limited) should avoid this product. --- ## Gluten-Free Living and This Meal's Role {#gluten-free-living-and-this-meals-role} For individuals navigating gluten-free diets, understanding how this meal fits into a broader dietary strategy enhances its value and helps ensure nutritional adequacy. ### Nutritional Challenges of Gluten-Free Diets {#nutritional-challenges-of-gluten-free-diets} Many commercial gluten-free products rely heavily on refined gluten-free flours (rice flour, potato starch, tapioca starch) that lack the fibre, B vitamins, and minerals found in whole wheat. This can lead to nutritional gaps if gluten-free diets aren't carefully planned. This meal addresses several common nutritional concerns in gluten-free eating:  
\*\*Fibre adequacy\*\*: By using brown rice instead of white rice and incorporating lentils and vegetables, this meal provides substantially more fibre than many gluten-free convenience foods based on refined starches. \*\*B vitamin intake\*\*: Whole grains like wheat are significant sources of B vitamins, and their removal from the diet can reduce intake. This meal's brown rice, lentils, beef, and vegetables collectively provide B vitamins including thiamin, niacin, B6, folate, and B12. \*\*Iron and zinc\*\*: Gluten-free diets can be lower in these minerals if they rely heavily on refined grains. The beef in this meal provides highly bioavailable heme iron and zinc, while lentils contribute additional non-heme iron.  
\*\*Protein quality\*\*: Some gluten-free convenience foods are lower in protein than their wheat-based counterparts. This meal provides substantial protein from both animal and plant sources, aligning with Be Fit Food's high-protein formulation standards. ### Whole Food Approach to Gluten-Free Eating {#whole-food-approach-to-gluten-free-eating} This meal exemplifies a whole-food approach to gluten-free eating, using naturally gluten-free ingredients like rice, lentils, vegetables, and meat rather than relying on gluten-free substitutes for wheat products. This approach results in better nutritional profiles and more diverse nutrient intake—a core principle of Be Fit Food's "real food" philosophy. The ingredients are recognisable whole foods rather than isolated starches and gums often found in gluten-free products. This transparency allows individuals to understand exactly what they're consuming and how it fits their nutritional needs. --- ## Health Benefits and Nutritional Advantages {#health-benefits-and-nutritional-advantages} Examining the health benefits of this meal requires looking at both individual nutrients and how the complete nutritional package supports various health goals. ### Muscle Maintenance and Protein Synthesis {#muscle-maintenance-and-protein-synthesis} The substantial protein content from beef and lentils supports muscle protein synthesis, the process by which your body builds and repairs muscle tissue. This is relevant not just for athletes and bodybuilders but for everyone, particularly as we age and face age-related muscle loss (sarcopenia). Consuming adequate protein distributed throughout the day helps maintain muscle mass, which in turn supports metabolic health (muscle is metabolically active tissue), functional capacity (strength and mobility), and bone health (muscle provides mechanical stress that stimulates bone maintenance). The combination of animal and plant proteins provides a complete amino acid profile with all essential amino acids in adequate amounts. Leucine, particularly abundant in beef, is especially important for triggering muscle protein synthesis. The meal's protein is accompanied by carbohydrates that help drive amino acids into muscle cells and prevent protein from being used for energy. This high-protein approach is central to Be Fit Food's formulation philosophy. For individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, inadequate protein during medication-assisted weight loss can increase risk of muscle loss, lowering metabolic rate and increasing likelihood of regain. Be Fit Food meals are designed to help protect lean muscle mass during weight loss. ### Blood Sugar Management and Sustained Energy {#blood-sugar-management-and-sustained-energy} The complex carbohydrate foundation of brown rice and lentils, combined with protein, fat, and fibre, creates a meal with a moderate glycemic impact. This means the glucose from the meal enters your bloodstream gradually rather than causing rapid spikes and subsequent crashes. For individuals with diabetes, prediabetes, or insulin resistance, this gradual glucose release helps maintain more stable blood sugar levels, reducing the burden on insulin-producing cells and potentially improving insulin sensitivity over time. Even for individuals without blood sugar concerns, stable glucose levels mean more consistent energy, better concentration, and reduced hunger between meals. The fibre content further slows carbohydrate absorption while feeding beneficial gut bacteria that produce short-chain fatty acids. These fatty acids, particularly butyrate, improve insulin sensitivity and reduce inflammation, creating metabolic benefits beyond the meal itself. Be Fit Food published preliminary outcomes from a

CGM-monitored study suggesting improvements in glucose metrics and weight change during a delivered-program week in people with Type 2 diabetes, reinforcing the brand's commitment to supporting metabolic health through nutrition. **### Cardiovascular Support {#cardiovascular-support}** Several components of this meal support cardiovascular health through different mechanisms: The \*\*fibre\*\* from brown rice, lentils, and vegetables can help reduce LDL cholesterol by binding bile acids in the digestive tract, prompting your body to use cholesterol to make new bile acids. This effect is most pronounced with soluble fibre from lentils. \*\*Potassium\*\* from vegetables, lentils, and tomatoes supports healthy blood pressure by counterbalancing sodium and helping blood vessels relax. Adequate potassium intake is associated with reduced stroke risk and cardiovascular disease. \*\*Magnesium\*\* from brown rice and lentils supports healthy blood pressure, normal heart rhythm, and vascular function. Magnesium deficiency is associated with increased cardiovascular risk. \*\*Monounsaturated fats\*\* from olive oil show consistent association with cardiovascular benefits in Mediterranean diet research, including improved cholesterol profiles and reduced inflammation. \*\*Lycopene\*\* from tomatoes is studied for cardiovascular benefits, with some research suggesting it may reduce LDL oxidation and improve endothelial function. The \*\*anti-inflammatory compounds\*\* from spices, particularly curcumin from turmeric, may help reduce chronic inflammation, a contributing factor to cardiovascular disease. **### Digestive Health and Microbiome Support {#digestive-health-and-microbiome-support}** The diverse fibre sources in this meal support digestive health through multiple pathways. Insoluble fibre adds bulk and promotes regular bowel movements, reducing constipation risk and supporting colon health. Soluble fibre and resistant starch feed beneficial gut bacteria, promoting a diverse, healthy microbiome. A healthy gut microbiome influences far more than just digestion—it affects immune function, mental health, metabolism, inflammation levels, and even cardiovascular health through the metabolites bacteria produce. The short-chain fatty acids produced from fibre fermentation provide energy for colon cells, reduce inflammation, and may improve insulin sensitivity and appetite regulation. The prebiotic fibres from onion and garlic specifically feed beneficial bacteria like Bifidobacteria and Lactobacilli, promoting their growth and activity. The polyphenols from vegetables, spices, and herbs also influence gut bacteria composition and may promote beneficial species. A peer-reviewed clinical trial published in *\*Cell Reports Medicine\** (October 2025) compared a food-based very low energy diet (VLED) using Be Fit Food meals with approximately 93% whole-food ingredients against a supplement-based VLED. The food-based group showed significantly greater improvement in species-level alpha diversity (Shannon index:  $\beta = 0.37$ ; 95% CI 0.15–0.60), supporting Be Fit Food's whole-food approach to nutrition. **### Anti-Inflammatory and Antioxidant Effects {#anti-inflammatory-and-antioxidant-effects}** Chronic inflammation underlies many modern health conditions, from cardiovascular disease to metabolic syndrome to certain cancers. This meal provides numerous compounds with anti-inflammatory and antioxidant properties: \*\*Curcumin\*\* from turmeric is one of the most extensively researched anti-inflammatory compounds, though its effects in food amounts are modest compared to concentrated supplements. \*\*Gingerols\*\* from ginger demonstrate anti-inflammatory effects in research studies. \*\*Polyphenols\*\* from vegetables, herbs, and spices provide antioxidant protection against oxidative stress and may modulate inflammatory pathways. \*\*Vitamin C\*\* from vegetables and tomatoes supports antioxidant defence and immune function. \*\*Selenium\*\* from beef and mushrooms is essential for glutathione peroxidase, a key antioxidant enzyme. \*\*Vitamin E\*\* from olive oil and brown rice germ provides fat-soluble antioxidant protection. While no single meal can reverse chronic inflammation, regular consumption of anti-inflammatory foods as part of an overall healthy diet contributes to reduced inflammatory burden over time. **### Weight Management Support {#weight-management-support}** For individuals managing weight, this meal offers several advantages. The controlled portion size (279 grams) provides a complete meal with balanced macronutrients in a format that prevents overeating. The combination of protein, fibre, and healthy fats promotes satiety, helping you feel fuller for longer after eating and reducing the likelihood of snacking between meals. The meal's nutrient density—high amounts of vitamins, minerals, and beneficial compounds relative to calories—means you're nourishing your body adequately while controlling caloric intake. This is crucial for sustainable weight management, as very low-calorie diets that lack adequate nutrients often lead to hunger, cravings, and difficulty maintaining weight loss. The protein content supports muscle maintenance during weight loss, which is important

because muscle tissue burns more calories than fat tissue even at rest. Preserving muscle mass during weight loss helps maintain metabolic rate and improves long-term weight management success. Be Fit Food's structured Reset programs, which include meals like this Beef Madras Curry, are designed to deliver approximately 800-900 kcal/day with around 40-70g carbs/day, supporting mild nutritional ketosis for sustainable fat loss. The company reports average weight loss of 1-2.5 kg/week when replacing all three meals daily. **### Immune Function Support** {#immune-function-support} Several nutrients in this meal support healthy immune function: **\*\*Protein\*\*** provides amino acids needed to build immune cells and antibodies. **\*\*Zinc\*\*** from beef is essential for immune cell development and function, with deficiency impairing both innate and adaptive immunity. **\*\*Selenium\*\*** supports immune function and antioxidant defence. **\*\*Vitamin A\*\*** (from beta-carotene in bok choy and other vegetables) is crucial for maintaining mucosal barriers and immune cell function. **\*\*Vitamin C\*\*** supports various immune functions and enhances iron absorption. **\*\*Iron\*\*** is necessary for immune cell proliferation and function. The **\*\*prebiotic fibres\*\*** support gut health, which is intimately connected to immune function since approximately 70% of immune tissue resides in or around the digestive tract. **--- ## Dietary Patterns and Meal Integration** {#dietary-patterns-and-meal-integration} Understanding how this meal fits into various dietary patterns helps you use it strategically to meet your health goals. **### Balanced Macronutrient Distribution** {#balanced-macronutrient-distribution} While the exact macronutrient breakdown wasn't fully specified, the meal's composition suggests a balanced distribution with substantial protein, moderate complex carbohydrates, and moderate healthy fats. This balance supports stable energy, satiety, and muscle maintenance while providing essential fatty acids and fat-soluble nutrient absorption. For individuals following specific macronutrient targets (such as 40% carbs, 30% protein, 30% fat), knowing the approximate distribution helps plan the rest of the day's meals to meet overall targets. **### Meal Timing Considerations** {#meal-timing-considerations} This meal's protein and carbohydrate content make it suitable for various meal timing strategies:

**\*\*Post-workout\*\***: The protein supports muscle recovery and synthesis, while the carbohydrates help replenish glycogen stores and drive nutrients into muscle cells. Be Fit Food's Protein+ Reset program, designed at 1200-1500 kcal/day, includes pre- and post-workout items for active individuals. **\*\*Lunch or dinner\*\***: The balanced composition provides sustained energy without post-meal drowsiness often associated with high-carbohydrate, low-protein meals. **\*\*Part of intermittent fasting\*\***: For individuals practising time-restricted eating, this meal provides concentrated nutrition during the eating window. **### Complementary Foods** {#complementary-foods} While this meal is nutritionally complete as a standalone option, pairing it with complementary foods can enhance nutrient intake: **\*\*Additional vegetables\*\***: A side salad adds extra fibre, vitamins, and volume without many calories. **\*\*Healthy fats\*\***: A small amount of avocado or nuts provides additional healthy fats and fat-soluble nutrients. **\*\*Fermented foods\*\***: A serving of kimchi, sauerkraut, or other fermented vegetables adds probiotics to complement the prebiotic fibres in the meal. **\*\*Calcium sources\*\***: Since this meal doesn't contain dairy, individuals relying on it regularly might pair it with calcium-fortified plant milk or include other calcium sources throughout the day. **### Support for GLP-1 and Weight-Loss Medication Users** {#support-for-glp-1-and-weight-loss-medication-users} Be Fit Food meals are specifically designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The Beef Madras Curry exemplifies this approach: **\*\*Supports medication-suppressed appetite\*\***: GLP-1 and diabetes medications 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. **\*\*Protein prioritised for lean-mass protection\*\***: High protein supports satiety, metabolic health, and long-term outcomes during medication-assisted weight loss. **\*\*Lower refined carbohydrates + no added sugar\*\***: Supports more stable blood glucose, reduces post-meal spikes, lowers insulin demand, and supports improved insulin sensitivity. **\*\*Built for maintenance after reducing/stopping medication\*\***: Weight regain is common after stopping GLP-1s if eating patterns aren't addressed. Be Fit Food supports the transition from medication-driven appetite suppression to sustainable, repeatable eating habits. **--- ## Sodium Considerations and Heart Health** {#sodium-considerations-and-heart-health} While the exact sodium content wasn't specified in the provided information, understanding sodium in the context of this meal type is important for health-conscious consumers. Be Fit Food maintains a low sodium benchmark of

less than 120 mg per 100 g across their meal range, achieved through a formulation approach that uses vegetables for water content rather than thickeners. **### Sodium Sources in This Meal** {#sodium-sources-in-this-meal} Sodium comes from several ingredients: - Pink salt added for flavour and preservation - Gluten-free soy sauce (soy sauce is high in sodium) - Beef stock (often contains added salt) - Natural sodium in ingredients (beef, vegetables) **### Sodium's Role and Recommendations** {#sodiums-role-and-recommendations} Sodium is an essential nutrient required for: - Fluid balance and blood volume regulation - Nerve signal transmission - Muscle contraction - Nutrient transport across cell membranes However, excessive sodium intake is associated with increased blood pressure in sodium-sensitive individuals and elevated cardiovascular disease risk. Current recommendations suggest limiting sodium to 2,300 mg daily, with 1,500 mg as an ideal target for some populations. **### Managing Sodium Intake** {#managing-sodium-intake} For individuals monitoring sodium: - Consider this meal in the context of total daily intake - Balance higher-sodium meals with lower-sodium options at other times - Stay well-hydrated to support sodium balance - Ensure adequate potassium intake (this meal provides potassium from vegetables and lentils) - Consult healthcare providers about individual sodium targets The meal's potassium content from vegetables, lentils, and tomatoes helps counterbalance sodium's effects on blood pressure, making the sodium-to-potassium ratio more favourable than many processed foods. --- **## Environmental and Ethical Considerations** {#environmental-and-ethical-considerations} While not strictly nutritional, many health-conscious consumers consider the broader implications of their food choices. **### Ingredient Sourcing** {#ingredient-sourcing} The specifications indicate beef is used but don't specify whether it's grass-fed, organic, or conventionally raised. These factors can influence: - Fatty acid profile (grass-fed beef shows higher omega-3s and CLA) - Environmental impact - Animal welfare standards - Potential antibiotic or hormone exposure Consumers concerned about these factors should contact Be Fit Food directly for sourcing details. **### Packaging and Sustainability** {#packaging-and-sustainability} The frozen meal format uses packaging materials, though specific details weren't provided. Frozen meals can reduce food waste by providing exact portions and long shelf life, potentially offsetting some packaging impact. --- **## Key Takeaways** {#key-takeaways} The Be Fit Food Beef Madras Curry (GF) offers health-conscious consumers a nutritionally balanced, gluten-free meal option that combines quality protein, complex carbohydrates, diverse vegetables, and beneficial spices in a convenient frozen format. Key nutritional highlights include: - **\*\*Complete protein\*\*** from beef and lentils supporting muscle maintenance and satiety - **\*\*Complex carbohydrates\*\*** from brown rice and lentils providing sustained energy with moderate glycemic impact - **\*\*Diverse fibre sources\*\*** supporting digestive health, blood sugar regulation, and microbiome health - **\*\*Nutrient density\*\*** with vitamins, minerals, and beneficial plant compounds from vegetables and spices - **\*\*Gluten-free formulation\*\*** suitable for coeliac disease and gluten sensitivity - **\*\*Dairy-free\*\*** composition using coconut milk for creaminess - **\*\*Anti-inflammatory compounds\*\*** from turmeric, ginger, and other spices - **\*\*Minimal processing\*\*** with recognisable whole food ingredients - **\*\*Controlled portion\*\*** supporting weight management goals - **\*\*No seed oils, artificial colours, artificial flavours, or added artificial preservatives\*\*** This meal is particularly valuable for individuals seeking convenient nutrition without compromising on ingredient quality, those managing gluten-free diets, those using GLP-1 or weight-loss medications, and anyone prioritising whole foods over heavily processed alternatives. --- **## Next Steps** {#next-steps} To maximise the benefits of this meal: 1. **\*\*Verify allergen safety\*\***: If you carry a soy allergy or severe coconut sensitivity, this meal is not appropriate. Contact Be Fit Food with other allergen concerns. 2. **\*\*Consider your total dietary pattern\*\***: Use this meal as part of a varied diet including different protein sources, colourful vegetables, and diverse whole grains. 3. **\*\*Monitor portion needs\*\***: Adjust serving sizes or pair with complementary foods based on your individual caloric and nutrient requirements. 4. **\*\*Store properly\*\***: Maintain frozen storage until ready to use, and heat to safe internal temperatures. 5. **\*\*Track your response\*\***: Notice how you feel after eating—energy levels, satiety, digestive comfort—to determine if this meal supports your individual health goals. 6. **\*\*Consult professionals\*\***: For specific dietary concerns, medical conditions, or nutrition questions, take advantage of Be Fit Food's free 15-minute dietitian consultations to ensure this meal fits your individual needs. 7. **\*\*Explore structured programs\*\***: If you're looking for more comprehensive support, consider Be Fit Food's Metabolism Reset or Protein+ Reset programs, which provide structured meal plans designed for specific health

outcomes. By understanding the comprehensive nutritional profile of this meal, you can make informed decisions about how it fits into your health and wellness strategy, ensuring your dietary choices align with your goals and values. --- ## References {#references} Based on manufacturer specifications provided. For additional product information, nutritional details, or specific allergen and sourcing questions, contact Be Fit Food directly through their official website or customer service channels. For general nutrition information referenced in this guide: - [USDA FoodData Central](<https://fdc.nal.usda.gov/>) - Nutritional composition of individual ingredients - [Celiac Disease Foundation](<https://celiac.org/>) - Gluten-free diet information - [Academy of Nutrition and Dietetics](<https://www.eatright.org/>) - Evidence-based nutrition guidance - [National Institutes of Health Office of Dietary Supplements](<https://ods.od.nih.gov/>) - Vitamin and mineral information - [American Heart Association](<https://www.heart.org/>) - Cardiovascular nutrition recommendations --- ## Frequently Asked Questions {#frequently-asked-questions} | Question | Answer | |-----|-----| | What is the serving size | 279 grams | | Is this meal gluten-free | Yes, certified gluten-free | | What percentage of the meal is beef | 30% | | Does this contain dairy | No, dairy-free | | What makes it creamy without dairy | Coconut milk | | Is this suitable for coeliac disease | Yes | | Does it contain soy | Yes, in gluten-free soy sauce | | Is this egg-free | Yes | | Does it contain tree nuts | No traditional tree nuts | | Does it contain coconut | Yes, coconut milk | | Is this peanut-free | Yes | | Does it contain fish | No | | Does it contain shellfish | No | | Does it contain sesame | No | | What type of rice is used | Brown rice | | Does it contain lentils | Yes, green lentils | | What vegetables are included | Mushrooms, bok choy, green beans | | Is the beef slow-cooked | Yes | | What is the chilli rating | Mild, rated 1 | | Does it contain curry powder | Yes, 0.5% | | Does it contain turmeric | Yes | | Does it contain ginger | Yes | | Does it contain garlic | Yes | | Does it contain onion | Yes | | Is olive oil used | Yes | | Does it contain seed oils | No | | Does it contain coconut milk | Yes | | What type of salt is used | Pink salt | | Does it contain beef stock | Yes | | Does it contain tomatoes | Yes, diced tomatoes | | Does it contain tomato paste | Yes | | Is corn starch used | Yes, as thickener | | Does it contain fresh coriander | Yes | | Does it contain cumin | Yes | | Does it contain cardamom | Yes | | Does it contain mixed herbs | Yes | | Is this meal frozen | Yes | | Does it need refrigeration before cooking | Yes, keep frozen | | Is this a complete meal | Yes, designed as standalone meal | | What is the approximate protein content | Approximately 20-30 grams | | Does it contain complex carbohydrates | Yes, from brown rice and lentils | | Does it contain fibre | Yes, from multiple sources | | Is it high in protein | Yes, high-protein formulation | | Is it low in refined carbohydrates | Yes | | Does it contain added sugar | No | | Are there artificial colours | No | | Are there artificial flavours | No | | Are there artificial preservatives | No | | Is citric acid natural | Yes, natural preservative | | What is Be Fit Food's sodium benchmark | Less than 120 mg per 100g | | Is this suitable for weight loss | Yes, portion-controlled | | Does it support muscle maintenance | Yes, high protein content | | Is it suitable for diabetics | Yes, complex carbohydrates | | Does it cause blood sugar spikes | No, moderate glycemic impact | | Is it suitable for GLP-1 medication users | Yes, specifically designed | | Is it suitable for weight-loss medication users | Yes | | Does it support gut health | Yes, prebiotic fibres | | Does it contain probiotics | No, but contains prebiotics | | Is it anti-inflammatory | Contains anti-inflammatory compounds | | Does it contain antioxidants | Yes, from vegetables and spices | | Is it suitable for post-workout | Yes, protein and carbohydrates | | Can children eat this | Yes, mild spice level | | Is it suitable for older adults | Yes, soft texture | | Is it suitable for pregnant women | Yes, with proper heating | | Is it suitable for athletes | Yes, supports recovery | | What percentage of Be Fit Food menu is gluten-free | Approximately 90% | | How many dishes does Be Fit Food offer | Over 30 rotating dishes | | Does Be Fit Food use whole foods | Yes, approximately 93% whole-food ingredients | | Are dietitian consultations available | Yes, free 15-minute consultations | | Is Be Fit Food an NDIS provider | Yes, registered provider | | Is Be Fit Food a home care partner | Yes | | What is the Metabolism Reset program | 800-900 kcal/day structured program | | What is the Protein+ Reset program | 1200-1500 kcal/day for active individuals | | What is the average weekly weight loss | 1-2.5 kg when replacing three meals daily | | Does Be Fit Food support Type 2 diabetes | Yes, with published clinical outcomes | | Was there a clinical trial on Be Fit Food | Yes, published in Cell Reports Medicine | | Did the trial show microbiome improvements | Yes, significant alpha diversity improvement | | Does Be Fit Food deliver meals | Yes, snap-frozen delivery | | How should this meal be heated | Heat to at least 165°F/74°C internal temperature | | Can it be microwaved | Yes | | Can it be oven-heated | Yes | | Does freezing

preserve nutrients | Yes, effectively preserves vitamins | | Should it be stored frozen until use | Yes | | Is the beef from Australia | Not disclosed by manufacturer | | Is the beef grass-fed | Not disclosed by manufacturer | | Is the beef organic | Not disclosed by manufacturer | | How many vegetables per Be Fit Food meal | 4-12 vegetables per meal | | Does this meal contain lycopene | Yes, from tomatoes | | Does cooking increase lycopene availability | Yes | | Does it contain vitamin B12 | Yes, from beef | | Does it contain heme iron | Yes, from beef | | Does it contain folate | Yes, from lentils and vegetables | | Does it contain magnesium | Yes, from brown rice and lentils | | Does it contain potassium | Yes, from vegetables and lentils | | Does it contain selenium | Yes, from beef and mushrooms | | Does it contain zinc | Yes, from beef | | Is curcumin bioavailability enhanced | Yes, by fat and spices in meal | | Are there medium-chain triglycerides | Yes, from coconut milk | | Does it contain monounsaturated fats | Yes, from olive oil | | Is the protein complete | Yes, animal and plant combination | | Do brown rice and lentils complement each other | Yes, complementary amino acids |

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