BEFITPRO - Food & Beverages Ingredient Breakdown - 4488001290328_43501470089405

Details:

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7-Pack - Complete Product Analysis ## Product Facts {#product-facts} | Attribute | Value | |-----------|-------| | Product name | Be Fit Protein Dim Sim - 7 Pack P3 | | Brand | Be Fit Food | | GTIN | 806809669505 | | Price | 19.95 AUD | | Availability | In Stock | | Category | Food & Beverages - Health Foods | | Pack size | 7 dim sims | | Serving size | 1 dim sim (70g) | | Calories per serving | 119 kcal | | Protein per serving | 14.7g | | Carbohydrates per serving | 5.8g | | Fat per serving | 4.2g | | Key ingredients | Green cabbage, beef mince, pork mince, textured vegetable protein, mushroom, carrot, zucchini | | Allergens | Contains wheat, gluten, soybeans | | May contain | Fish, egg, milk, crustacea, sesame seeds, peanuts, tree nuts, lupin | | Sweetener | Natvia (stevia-based, no added sugar) | | Storage | Keep frozen at -18°C (0°F) or below | | Preparation | Steam, microwave, oven-bake, or air-fry | | Diet compatibility | Low-carb, high-protein, keto-friendly (in moderation) | --- ## 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 Identification:** - Product name: Be Fit Protein Dim Sim - 7 Pack P3 - Brand: Be Fit Food - GTIN: 806809669505 - Category: Food & Beverages - Health Foods - Price: 19.95 AUD - Availability: In Stock **Pack and Serving Specifications:** - Pack size: 7 dim sims - Serving size: 1 dim sim (70g) **Nutritional Information (per serving):** - Calories: 119 kcal - Protein: 14.7g - Carbohydrates: 5.8g - Fat: 4.2g **Ingredients:** - Key ingredients: Green cabbage, beef mince, pork mince, textured vegetable protein, mushroom, carrot, zucchini - Wrapper: Wheat flour, water, salt - Binding agent: Tapioca starch - Flavourings: Gluten-free soy sauce, beef stock, pepper, garlic powder, ginger powder - Sweetener: Natvia (stevia-based, no added sugar) **Allergen Information:** - Contains: Wheat, gluten, soybeans - May contain (cross-contact): Fish, egg, milk, crustacea, sesame seeds, peanuts, tree nuts, lupin **Storage and Preparation:** - Storage: Keep frozen at -18°C (0°F) or below - Preparation methods: Steam, microwave, oven-bake, or air-fry **Product Attributes:** - No added sugar - Gluten-free soy sauce (wrapper contains gluten) - Frozen product - Individual 70g portions ### General Product Claims {#general-product-claims} **Nutritional and Health Claims:** - Revolutionary reimagining of the beloved Australian dim sim - High-protein, low-carbohydrate snack - Nutritionally optimised alternative to conventional dim sims - 21% protein by weight - Protein density exceptional for any prepared food product - Supports muscle recovery and maintenance - Most satiating macronutrient helps control appetite - Helps meet elevated protein needs to prevent age-related muscle loss (sarcopenia) - Supports lean muscle mass protection during medication-assisted weight loss - Diet compatibility: Low-carb, high-protein, keto-friendly (in moderation) - Fits within daily carbohydrate budgets for various low-carb approaches - Produces relatively modest glycemic response - Calorie-efficient: maximum nutrition, minimal calories - Supports fitness goals, weight management, and low-carb dietary approaches **Comparative Claims:** - Conventional dim sims contain triple the carbohydrates and significantly less protein - Approximately 3-4 times the protein of traditional dim sims - One-quarter to one-third the carbohydrates of traditional alternatives - One-quarter to one-third the fat of traditional alternatives - Half the calories of traditional dim sims (200-300+ calories) - Compares favourably to protein bars and Greek yogurt **Quality and Formulation Claims:** - Dietitian-designed meal delivery service - Scientifically-designed, whole-food options - Carefully engineered balance between nutritional optimisation and culinary authenticity - Vegetable-forward filling - Strategic formulation strategy developed under dietitian guidance - Includes 4–12 vegetables in each meal (brand philosophy) - Sophisticated ingredient selection and formulation strategy - Significant food science and product development investment - Clean-label positioning: no seed oils, no artificial colours, no artificial flavours, no added artificial preservatives - Low sodium benchmark of less than 120 mg per 100g - Snap-frozen delivery system ensures consistent portions and macros **Use-Case and Suitability Claims:** - Suitable for fitness enthusiasts and athletes - Suitable for low-carb dieters (ketogenic, paleo, general low-carb) - Suitable for weight management consumers - Suitable for health-conscious convenience seekers - Suitable for time-constrained professionals - Suitable for flexitarians - Suitable for older adults with elevated protein needs - Suitable for GLP-1 and weight-loss medication users - Suitable for perimenopausal and menopausal women - Valuable as pre-workout or post-workout snack - Suitable for portable lunch option - Supports metabolic health - "Heat, eat, enjoy" convenience - Minimal decision fatigue and low spoilage **Brand Mission and Philosophy:** - Australia's leading dietitian-designed meal delivery service - Commitment to helping Australians "eat

themselves better" - Bridging the gap between nutritional knowledge and practical application - Real food, real results, real science - Designed for time-poor professionals - Free dietitian consultations available **Taste and Texture Claims:** - Refuse to compromise on flavour - Satisfying taste and texture of traditional Asian-inspired snacks - Without sacrificing the satisfying taste and texture - Characteristic crunch and moisture that defines quality dim sim filling - Doesn't taste like "diet food" - Honours the original while dramatically improving nutritional profile - Culinary authenticity - Creates flavour complexity and depth - Balanced flavour profile - Craveable - Pleasant to eat - Appetising aromas - Tender, moist dim sims --- ## Be Fit Food Protein Dim Sim 7-Pack - Complete Product Analysis ## Introduction {#introduction} The Be Fit Food Protein Dim Sim 7-Pack represents a revolutionary reimagining of the beloved Australian dim sim. This traditionally deep-fried takeaway staple transforms into a high-protein, low-carbohydrate snack designed for health-conscious consumers who refuse to compromise on flavour. Manufactured by Be Fit Food, Australia's leading dietitian-designed meal delivery service, this frozen savoury snack delivers 14.7 grams of protein per 70-gram dim sim while containing just 5.8 grams of carbohydrates. This makes it a nutritionally optimised alternative to conventional dim sims that often contain triple the carbohydrates and significantly less protein. This comprehensive ingredient breakdown will decode every component of these protein-packed parcels. It explains not just what goes into each dim sim, but why each ingredient matters, how they work together, and what makes this formulation uniquely suited for anyone pursuing fitness goals, managing macronutrient intake, or simply seeking more nutritious convenience foods without sacrificing the satisfying taste and texture of traditional Asian-inspired snacks. --- ## Understanding the Formula {#understanding-the-formula} The Be Fit Food Protein Dim Sim represents a carefully engineered balance between nutritional optimisation and culinary authenticity. This reflects the brand's commitment to helping Australians "eat themselves better" through scientifically-designed, whole-food options. Unlike traditional dim sims that rely heavily on refined flour wrappers and high-fat meat fillings, this formulation prioritises protein density. It incorporates a vegetable-forward filling that delivers both nutrition and the characteristic texture consumers expect from quality dim sims. Each 70-gram dim sim contains 14.7 grams of protein. This translates to 21% of the product's weight being pure protein—an exceptional ratio for any prepared food product, let alone a convenience snack. The ingredient architecture follows a strategic hierarchy. Vegetables form the foundation, providing bulk, fibre, and micronutrients while keeping calorie density low. Dual protein sources (beef and pork mince) deliver both the protein payload and the savoury depth expected from traditional dim sims. The wrapper, while containing wheat flour, is proportioned to minimise carbohydrate contribution while maintaining structural integrity. This isn't accidental—it's a deliberate formulation strategy developed under dietitian guidance. This approach allows the product to achieve its macro profile of 14.7g protein, 5.8g carbohydrates, and 4.2g fat per serving, resulting in just 119 calories per dim sim. --- ## Primary Ingredients: The Vegetable Foundation {#primary-ingredients-the-vegetable-foundation} ### Green Cabbage: The Structural Core {#green-cabbage-the-structural-core} Green cabbage leads the ingredient list. This indicates it comprises the largest proportion by weight of any single ingredient in the Be Fit Food Protein Dim Sim. This positioning is nutritionally strategic and texturally essential, aligning with Be Fit Food's philosophy of including 4–12 vegetables in each meal. Cabbage provides the characteristic crunch and moisture that defines quality dim sim filling while contributing minimal calories—approximately 25 calories per 100 grams—and virtually no carbohydrates. From a nutritional perspective, green cabbage delivers vitamin C (approximately 36.6mg per 100g, or about 41% of daily requirements), vitamin K (essential for blood clotting and bone health), and significant amounts of fibre that support digestive health and satiety. The cruciferous vegetable also contains glucosinolates. These are sulfur-containing compounds that break down during cooking into bioactive substances with potential anti-inflammatory properties. Texturally, cabbage serves multiple functions in this formulation. Its high water content (approximately 92%) keeps the filling moist during cooking without requiring excessive added fats. The vegetable's natural structure—layers of crisp leaves—provides textural contrast against the ground meat proteins. This prevents the filling from becoming dense or pasty. When finely chopped and cooked, cabbage releases natural sugars that contribute subtle sweetness. This balances the savoury meat and umami-rich soy sauce components. The cabbage-forward formulation also explains how Be Fit Food achieves the product's impressive protein-to-calorie ratio. By

using vegetables as the bulk ingredient rather than starches or grains, the formulation reserves caloric "budget" for protein-dense ingredients while maintaining portion size and satiety. ### Mushroom: Umami Amplifier and Texture Enhancer {#mushroom-umami-amplifier-and-texture-enhancer} Mushrooms appear prominently in the ingredient list. They contribute far more than just additional vegetable content. These fungi are natural sources of umami—the fifth taste sensation characterised by savoury, meaty depth—thanks to their glutamate content. In a protein dim sim where the meat content is balanced with vegetables, mushrooms amplify the perception of meatiness without requiring additional animal protein. Nutritionally, mushrooms contribute B-vitamins (particularly riboflavin, niacin, and pantothenic acid), selenium (an important antioxidant mineral), and ergothioneine, a unique antioxidant that concentrates in mushrooms. They're also one of the few natural food sources of vitamin D when exposed to UV light during growth. The specific vitamin D content depends on cultivation methods not specified in the ingredient list. The textural contribution of mushrooms is equally important. When finely diced and cooked, mushrooms provide small, tender morsels that create textural diversity throughout the filling. Their ability to absorb and concentrate surrounding flavours—particularly the ginger, garlic, and soy sauce in this formulation—means they act as flavour reservoirs. They deliver bursts of seasoned taste with each bite. ### Carrot and Zucchini: Colour, Sweetness, and Moisture Balance {#carrot-and-zucchini-colour-sweetness-and-moisture-balance} Carrots and zucchini represent complementary vegetable additions that serve distinct functional purposes. They contribute to the vegetable density that Be Fit Food prioritises across its entire product range. Carrots contribute natural sweetness (approximately 4.7g of sugars per 100g of raw carrot), vibrant orange colour that creates visual appeal in the filling, and beta-carotene (a precursor to vitamin A) that supports eye health and immune function. Their firm texture when diced small provides occasional crisp moments throughout the otherwise tender filling. Zucchini, meanwhile, contributes moisture management and mild flavour that doesn't compete with the dominant cabbage and meat elements. With approximately 95% water content, zucchini releases moisture during cooking. This moisture is then absorbed by other ingredients, particularly the textured vegetable protein. This moisture transfer is crucial for preventing the filling from becoming dry while avoiding the opposite problem of a watery, loose filling that could compromise the wrapper's integrity. Both vegetables contribute fibre—approximately 2.8g per 100g for carrots and 1g per 100g for zucchini—which supports the product's satiety factor despite its relatively modest 119-calorie count per dim sim. This fibre content, combined with the protein load, helps explain why consumers report feeling satisfied after eating one or two dim sims as a snack, rather than requiring the entire seven-pack in one sitting. --- ## The Wrapper: Balancing Structure and Carbohydrate Control {#the-wrapper-balancing-structure-and-carbohydrate-control} ### Wheat Flour, Water, and Salt: Traditional Construction {#wheat-flour-water-and-salt-traditional-construction} The dim sim wrapper consists of just three ingredients: wheat flour, water, and salt. This minimalist formulation mirrors traditional dumpling wrapper recipes that people refined over centuries of Asian culinary tradition. The wheat flour provides the gluten network necessary for wrapper elasticity and strength. These are critical properties that allow the wrapper to stretch thin (minimising carbohydrate contribution) while remaining robust enough to contain the moist filling during steaming or microwaving without tearing. The specific type of wheat flour isn't specified. However, dumpling wrappers usually use all-purpose or medium-protein wheat flour (10-12% protein content) rather than high-protein bread flour. This creates a tender rather than chewy wrapper, which is appropriate for the dim sim's intended consumption as a handheld snack rather than a knife-and-fork meal component. Water hydrates the flour proteins (glutenin and gliadin), allowing them to form gluten strands when the dough is kneaded. The hydration level—the ratio of water to flour—determines the wrapper's final texture. Too little water creates a brittle wrapper prone to cracking. Too much produces a sticky, difficult-to-handle dough. The precise hydration isn't disclosed. However, the wrapper's performance characteristics (maintaining integrity during freezing, storage, and reheating) suggest a well-optimised formulation. Salt serves multiple functions beyond simple seasoning. It strengthens the gluten network, making the dough more elastic and easier to work with during manufacturing. It also acts as a flavour enhancer, preventing the wrapper from tasting flat or bland against the highly seasoned filling. Additionally, salt influences water absorption and retention, contributing to the wrapper's shelf stability during frozen storage. ### Carbohydrate Contribution and Wrapper Proportion

{#carbohydrate-contribution-and-wrapper-proportion} The wrapper represents the primary carbohydrate source in the Be Fit Food Protein Dim Sim. Yet the total carbohydrate content remains remarkably low at 5.8 grams per 70-gram dim sim. This suggests the wrapper comprises approximately 15-20% of the total dim sim weight—significantly less than traditional dim sims where the wrapper might represent 30-40% of total weight. Specialised manufacturing techniques achieve this reduced wrapper proportion. These techniques allow thinner wrapper application without compromising structural integrity. The wrapper must remain thin enough to minimise carbohydrates yet robust enough to withstand industrial filling, shaping, freezing, storage, shipping, and consumer reheating. This engineering challenge represents one of the key innovations that distinguishes the Be Fit Food Protein Dim Sim from conventional alternatives. For consumers monitoring carbohydrate intake—whether for ketogenic diets, diabetes management, or general low-carb eating patterns—this 5.8-gram carbohydrate load per dim sim is significant. It allows the product to fit within daily carbohydrate budgets that might range from 20-50 grams for strict low-carb dieters to 100-150 grams for moderate carbohydrate restriction. Two dim sims (a reasonable snack portion) contribute just 11.6 grams of carbohydrates while delivering 29.4 grams of protein—a macro profile that supports muscle maintenance and satiety. This aligns perfectly with Be Fit Food's low-carb, high-protein nutritional philosophy. --- ## Protein Sources: The Muscle-Building Foundation {#protein-sources-the-muscle-building-foundation} ### Beef Mince: Primary Protein and Iron Source {#beef-mince-primary-protein-and-iron-source} Beef mince serves as one of two primary protein sources. It contributes not only protein but also essential micronutrients difficult to obtain from plant sources. Beef provides complete protein containing all nine essential amino acids in proportions that match human requirements. This makes it highly bioavailable—meaning the body can efficiently absorb and utilise the protein for muscle synthesis, enzyme production, and countless other physiological functions. Beyond protein, beef contributes heme iron, the most readily absorbed form of dietary iron. Unlike non-heme iron from plant sources, heme iron doesn't require vitamin C for optimal absorption. Phytates or polyphenols don't inhibit it. This makes beef particularly valuable for individuals at risk of iron deficiency, including menstruating women, athletes, and those following restricted diets. A standard serving of lean beef mince provides approximately 2-3mg of iron. This contributes 11-17% of daily requirements for men and 8-12% for women. Beef also supplies vitamin B12 (cobalamin), which is essential for nerve function, DNA synthesis, and red blood cell formation. B12 exists exclusively in animal products. This makes beef an important source for individuals who limit or avoid other animal foods. Additionally, beef provides zinc (important for immune function and wound healing), selenium (an antioxidant mineral), and creatine (which supports muscle energy production during high-intensity exercise). The specific cut or grade of beef mince isn't specified. However, the product's total fat content of 4.2 grams per 70-gram dim sim suggests relatively lean beef (approximately 90-95% lean) is used. This leanness is intentional—it maximises protein density while controlling calories and saturated fat content. This aligns with Be Fit Food's health-focused positioning as a dietitian-designed meal service. ### Pork Mince: Flavour Complexity and Amino Acid Profile {#pork-mince-flavour-complexity-and-amino-acid-profile} Pork mince serves as the second meat protein source. Its inclusion isn't merely for protein quantity—it's a strategic flavour decision that reflects traditional dim sim formulations. Pork contributes a distinct savoury sweetness and richness that beef alone cannot provide. The combination of beef and pork creates flavour complexity and depth. This makes the dim sim taste more authentic and satisfying than single-protein alternatives might. From a nutritional perspective, pork provides complete protein with a slightly different amino acid profile than beef. The combination ensures comprehensive essential amino acid coverage. Pork is particularly rich in thiamine (vitamin B1), providing more of this nutrient than any other commonly consumed meat. Thiamine is essential for energy metabolism, converting carbohydrates into usable energy—particularly relevant for active individuals who might consume these dim sims as pre- or post-workout snacks. Pork also contributes selenium, phosphorus (important for bone health and energy production), and niacin (vitamin B3, which supports skin health, nervous system function, and energy metabolism). The fat profile of pork differs slightly from beef. It contains more unsaturated fatty acids, which may contribute to the product's overall fat balance. The beef-pork combination also addresses textural considerations. Pork mince tends to feel slightly softer and more tender than beef when cooked. Blending the two creates a filling with optimal texture—neither too firm

and dense nor too soft and pasty. This textural optimisation enhances the eating experience. It makes each bite satisfying and encourages slower, more mindful consumption. ### Textured Vegetable Protein: Protein Amplification and Texture
{#textured-vegetable-protein-protein-amplification-and-texture} Textured vegetable protein (TVP), also called textured soy protein, appears in the ingredient list as a strategic protein booster. It allows the formulation to achieve its impressive 14.7-gram protein content per dim sim while managing cost, fat content, and environmental impact. TVP comes from defatted soy flour—a byproduct of soybean oil production. Manufacturers process it into granules, chunks, or strips that rehydrate during cooking to create a meat-like texture. From a nutritional standpoint, TVP is nearly pure protein. It usually contains 50-70% protein by weight when dry. When rehydrated in the dim sim filling, it absorbs surrounding moisture and flavours (from the beef stock, soy sauce, and seasonings) while contributing significant protein without adding fat. This allows the formulation to maintain its lean profile—just 4.2 grams of fat per dim sim—while maximising protein density. TVP provides complete protein, as soy is one of the few plant proteins containing all essential amino acids in adequate proportions. This makes the combination of beef, pork, and TVP particularly comprehensive from an amino acid perspective. The soy protein also contributes isoflavones. These are plant compounds with weak estrogenic activity that researchers associate with various health benefits in epidemiological studies. The amounts in a single dim sim are modest. Texturally, TVP serves a crucial function in the filling. It absorbs excess moisture that might otherwise make the filling watery. It acts as a textural stabiliser that maintains the filling's cohesiveness during freezing, storage, and reheating. The small TVP particles create a slightly granular texture. This mimics the mouthfeel of all-meat fillings while reducing the density that can make high-protein foods feel heavy. The inclusion of TVP also addresses sustainability considerations. Soy protein requires significantly fewer resources (land, water, feed) to produce compared to animal protein. Incorporating it into a meat-based product reduces the overall environmental footprint without requiring consumers to completely abandon meat consumption. This "flexitarian" approach makes the product appealing to environmentally conscious consumers who aren't ready to adopt fully plant-based diets. --- ## Binding and Texture Agents {#binding-and-texture-agents} ### Tapioca Starch: The Invisible Binder {#tapioca-starch-the-invisible-binder} Tapioca starch, derived from cassava root, serves as the formulation's primary binding agent. It helps hold the diverse filling ingredients together while contributing minimal flavour or nutritional impact. Unlike wheat flour or cornstarch, tapioca starch creates a glossy, slightly elastic texture when hydrated and cooked. This helps the filling maintain cohesiveness without becoming gummy or pasty. Tapioca starch is naturally gluten-free. This might seem contradictory given the wheat-based wrapper. However, its inclusion suggests attention to minimising gluten content in the filling itself. This could benefit individuals with mild gluten sensitivity who can tolerate small amounts of gluten but prefer to minimise exposure. The starch also contributes to the filling's freeze-thaw stability—an essential characteristic for a frozen product that must maintain quality through temperature fluctuations during distribution and home storage. From a carbohydrate perspective, tapioca starch does contribute to the total 5.8-gram carbohydrate count. However, its usage is clearly minimised to the amount necessary for binding function. Pure tapioca starch is approximately 88% carbohydrate by weight. The modest total carbohydrate content indicates judicious use—likely 3-5 grams of tapioca starch per dim sim. This is just enough to achieve the desired binding effect without unnecessarily increasing the carbohydrate load. The starch also influences the filling's mouthfeel. It creates a slight silkiness that prevents the high-protein filling from feeling dry or crumbly. This textural contribution enhances palatability and contributes to the overall eating experience. It makes the dim sim feel more indulgent despite its optimised nutritional profile. --- ## Flavour Enhancers and Seasonings {#flavour-enhancers-and-seasonings} ### Gluten-Free Soy Sauce: Umami Foundation {#gluten-free-soy-sauce-umami-foundation} Gluten-free soy sauce provides the fundamental umami backbone that defines the dim sim's savoury character. Traditional soy sauce comes from fermented soybeans and wheat. Gluten-free versions substitute rice, corn, or other gluten-free grains for the wheat component, or use tamari (which is naturally wheat-free or contains minimal wheat). The specific formulation isn't disclosed. However, the "gluten-free" designation indicates wheat-free production. Soy sauce contributes multiple flavour dimensions beyond simple saltiness. The fermentation process creates glutamic acid (the source of umami taste). It also creates

complex flavour compounds including alcohols, esters, and organic acids that create depth and savoury richness. This fermentation-derived complexity cannot be replicated by simply adding salt—it's the reason soy sauce is irreplaceable in Asian-inspired cuisines. The sodium content from soy sauce is worth noting. While specific sodium levels aren't provided in the nutritional information excerpt, consumers monitoring sodium intake should remain aware that soy sauce is a concentrated salt source. However, the amount used per dim sim is clearly controlled to balance flavour impact with nutritional considerations. Be Fit Food maintains a low sodium benchmark of less than 120 mg per 100 g across its product range. They achieve this through careful formulation approaches. The gluten-free specification also suggests attention to allergen management and dietary inclusivity. While the dim sim wrapper contains wheat (making the overall product unsuitable for coeliac disease), using gluten-free soy sauce in the filling minimises total gluten exposure. This may make the product more tolerable for individuals with mild gluten sensitivity. ### Beef Stock: Depth and Moisture {#beef-stock-depth-and-moisture} Beef stock provides savoury depth and moisture to the filling while reinforcing the beefy flavour profile established by the beef mince. Stock comes from simmering beef bones, meat scraps, and often vegetables and aromatics. This extracts collagen, gelatin, minerals, and flavour compounds into the liquid. When reduced and concentrated, stock becomes a flavour powerhouse. It amplifies the perception of meatiness without requiring additional meat content. The gelatin content in beef stock—derived from collagen in bones and connective tissue—contributes to the filling's texture. It helps ingredients adhere together while adding a subtle richness to the mouthfeel. Gelatin also provides protein (though in modest amounts compared to muscle meat). Specifically, it provides the amino acids glycine and proline, which support connective tissue health. From a manufacturing perspective, beef stock serves as the liquid medium that hydrates the textured vegetable protein. It also distributes seasonings evenly throughout the filling. The stock's flavour compounds coat each ingredient particle. This ensures consistent taste in every bite rather than pockets of bland vegetables alternating with intensely seasoned meat. The stock also contributes to the product's overall sodium content. High-quality stocks can provide flavour impact without excessive salt. The balance between flavour and sodium management is a key formulation challenge in processed foods. The beef stock selection reflects Be Fit Food's priorities in maintaining their low-sodium standards. ### Natvia: Strategic Sweetness {#natvia-strategic-sweetness} Natvia is a branded stevia-based sweetener that combines stevia extract with erythritol, a sugar alcohol. Its inclusion in a savoury dim sim might seem surprising. However, sweetness plays a crucial role in balanced savoury cooking, particularly in Asian cuisines where sweet-salty-umami balance defines flavour profiles. Traditional dim sim fillings often include sugar to balance the salty soy sauce and savoury meat. Natvia serves this function without contributing significant carbohydrates or calories. Stevia is a natural, zero-calorie sweetener derived from the Stevia rebaudiana plant. Specifically, it comes from compounds called steviol glycosides that are 200-400 times sweeter than sugar. Erythritol, the other component of Natvia, is a sugar alcohol that provides bulk. It also reduces the sometimes-bitter aftertaste associated with pure stevia. Erythritol contributes approximately 0.2 calories per gram (compared to 4 calories per gram for sugar). It has minimal impact on blood glucose levels. This makes it suitable for diabetic and low-carb diets. The use of Natvia rather than sugar aligns with Be Fit Food's commitment to no added sugar across its product range. If sugar were used instead, achieving the same sweetness level might require 2-3 grams of sugar per dim sim. This would increase total carbohydrates by 35-50%—a significant impact for consumers tracking carbohydrate intake. From a flavour perspective, the sweetness level is clearly subtle—this is a savoury product, not a sweet one. The Natvia likely contributes just enough sweetness to round out the flavour profile. It prevents the soy sauce and beef stock from creating an overly salty or one-dimensional taste. This subtle sweetness also enhances the perception of the natural sweetness in the vegetables, particularly the carrots and cabbage. ### Pepper, Garlic Powder, and Ginger Powder: Aromatic Complexity {#pepper-garlic-powder-and-ginger-powder-aromatic-complexity} The seasoning trio of pepper, garlic powder, and ginger powder creates the aromatic foundation that defines the dim sim's flavour identity. These three ingredients work synergistically to create complexity. This prevents the filling from tasting flat or one-dimensional despite the simplified ingredient list compared to restaurant-style dim sims that might include a dozen or more seasonings. **Pepper** (likely black pepper, though not specified) contributes pungency from piperine. This is the alkaloid responsible for

pepper's characteristic heat and slight bitterness. Pepper also contains aromatic compounds that enhance the perception of other flavours. It makes the meat taste meatier and the vegetables more vibrant. Black pepper enhances the bioavailability of certain nutrients. This potentially improves the absorption of beneficial compounds from the other ingredients. **Garlic powder** provides the savoury, slightly sweet, and pungent flavour characteristic of garlic without the moisture and storage challenges of fresh garlic. Dehydrated garlic concentrates the flavour compounds—particularly allicin and other organosulfur compounds—that give garlic its distinctive taste and aroma. Garlic also contributes to the overall umami profile. It reinforces the savoury depth from the soy sauce and beef stock. **Ginger powder** adds warmth, slight sweetness, and aromatic complexity with hints of citrus and pepper. Ginger contains gingerols and shogaols. These are compounds that provide the characteristic spicy-sweet flavour. Researchers associate them with anti-inflammatory properties. In dim sim filling, ginger serves multiple functions: it complements the pork (ginger-pork is a classic flavour pairing in Chinese cuisine), cuts through the richness of the meat, and adds aromatic interest that prevents palate fatigue. Together, these three seasonings create a flavour profile that reads as Asian-inspired without relying on extensive spice blends or proprietary seasoning mixes. The simplicity is strategic—it allows the quality of the primary ingredients (vegetables and proteins) to shine while providing enough aromatic interest to make the dim sim satisfying and craveable. --- ## Allergen Information and Dietary Considerations {#allergen-information-and-dietary-considerations} ### Declared Allergens {#declared-allergens} The Be Fit Food Protein Dim Sim contains three declared allergens that individuals with corresponding allergies or intolerances must avoid: **Wheat and Gluten** are present in the dim sim wrapper, which uses wheat flour as its primary structural ingredient. Individuals with coeliac disease, non-coeliac gluten sensitivity, or wheat allergy must avoid this product entirely. Coeliac disease is an autoimmune condition where gluten consumption triggers intestinal damage. It affects approximately 1% of the population. Non-coeliac gluten sensitivity affects an estimated 0.5-13% of people (prevalence estimates vary widely). It causes symptoms like bloating, fatigue, and digestive discomfort without the intestinal damage characteristic of coeliac disease. It's worth noting that while the filling contains gluten-free soy sauce, this doesn't make the overall product gluten-free due to the wheat wrapper. Consumers with gluten-related conditions cannot safely consume any part of the product. Even small amounts of gluten trigger reactions in sensitive individuals. For those requiring gluten-free options, Be Fit Food offers an extensive range with approximately 90% of their menu being certified gluten-free. This is supported by strict ingredient selection and manufacturing controls. **Soybeans** are present in two forms: the gluten-free soy sauce and the textured vegetable protein. Soy allergy affects approximately 0.3% of the general population but is more common in children (approximately 0.4% of children). Soy allergy reactions range from mild (hives, itching) to severe (anaphylaxis). Severe reactions are less common than with other major allergens like peanuts or shellfish. For individuals without soy allergy, soy is generally considered safe and nutritious. The concerns sometimes raised about soy's phytoestrogen content are not supported by the preponderance of scientific evidence. This indicates that moderate soy consumption (as part of a varied diet) does not adversely affect hormone levels in men or women. ### Cross-Contact Allergens {#cross-contact-allergens} The product "may contain" several additional allergens due to cross-contact in the manufacturing facility: Fish, Egg, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, and Lupin. This extensive list indicates the dim sims are produced in a facility that handles many different food products and ingredients. Cross-contact occurs when trace amounts of allergens are unintentionally transferred between products through shared equipment, production lines, or airborne particles. For individuals with severe allergies, even trace amounts can trigger reactions. This makes these precautionary statements critical for safe food selection. The specific allergens listed suggest the facility produces a diverse range of products: - **Fish and Crustacea**: Likely other Asian-inspired products containing seafood - **Egg and Milk**: Common ingredients in many processed foods and baked goods - **Sesame Seeds**: Often used in Asian cuisine and baked goods - **Peanuts and Tree Nuts**: Common allergens that require careful segregation in food manufacturing - **Lupin**: A legume flour increasingly used in gluten-free and high-protein products in Australia and Europe Individuals with severe allergies to any of these foods should assess their personal risk tolerance in consultation with their allergist. Many people with food allergies can safely consume products with "may contain"

warnings. However, those with a history of severe reactions may choose to avoid such products entirely. --- ## Nutritional Profile and Macro Analysis {#nutritional-profile-and-macro-analysis} ### Protein Content: The Defining Feature {#protein-content-the-defining-feature} At 14.7 grams of protein per 70-gram dim sim, this product delivers 21% protein by weight—an exceptional ratio for any prepared food. To contextualise this achievement, consider that chicken breast (one of the most protein-dense whole foods) contains approximately 31% protein by weight when raw. Dim sims include wrapper, vegetables, and moisture. This makes the 21% protein density remarkably impressive for a complete, ready-to-eat product. This protein content positions each dim sim as a legitimate protein snack. It compares favourably to dedicated protein products like protein bars (which usually contain 10-20g protein per bar) or Greek yogurt (approximately 10g protein per 170g serving). Two dim sims provide 29.4 grams of protein—approaching the 25-30 gram threshold often cited as optimal for maximising muscle protein synthesis in a single eating occasion. The protein quality is also noteworthy. The combination of beef, pork, and soy provides complete protein with all essential amino acids. The multiple protein sources create a complementary amino acid profile. The animal proteins contribute high levels of leucine. This is the branched-chain amino acid most strongly associated with muscle protein synthesis signalling. The soy protein contributes additional lysine and arginine. For various consumer groups, this protein content offers specific benefits that align with Be Fit Food's mission of supporting metabolic health: - **Athletes and active individuals**: Supports muscle recovery and maintenance, particularly valuable as a post-workout snack - **Weight management**: Protein is the most satiating macronutrient, helping control appetite and reduce overall calorie intake - **Older adults**: Helps meet elevated protein needs (1.0-1.2g per kg body weight) to prevent age-related muscle loss (sarcopenia) - **Busy professionals**: Provides convenient protein without meal prep or cooking - **GLP-1 and weight-loss medication users**: Supports lean muscle mass protection during medication-assisted weight loss, a key consideration Be Fit Food addresses across its product range ### Carbohydrate Control {#carbohydrate-control} The 5.8-gram carbohydrate content per dim sim represents careful formulation to minimise this macronutrient while maintaining product integrity and palatability. This level positions the product as compatible with various low-carbohydrate dietary approaches. This reflects Be Fit Food's expertise in developing meals that support metabolic health: **Moderate low-carb diets** (100-150g carbohydrates daily): Two dim sims contribute just 11.6g carbohydrates. This leaves ample room for vegetables, fruits, and other carbohydrate sources throughout the day. **Low-carb diets** (50-100g carbohydrates daily): The dim sims can fit comfortably as a snack or meal component without dominating the daily carbohydrate budget. **Very low-carb/ketogenic diets** (20-50g carbohydrates daily): Individuals following strict ketogenic diets for therapeutic purposes (epilepsy management, certain metabolic conditions) or aggressive fat loss can include one or two dim sims while maintaining ketosis. They'd need to carefully manage other carbohydrate sources throughout the day. This aligns with Be Fit Food's Metabolism Reset programs designed to induce mild nutritional ketosis. The carbohydrate type matters as well. The carbohydrates come primarily from the wheat flour wrapper and tapioca starch binding agent—both starch sources that provide glucose without the fructose component found in sugars. For individuals managing blood glucose (diabetics, pre-diabetics, or those pursuing metabolic health), the modest carbohydrate load combined with high protein content should produce a relatively modest glycemic response. Protein slows carbohydrate digestion and glucose absorption. ### Fat Content: Lean by Design {#fat-content-lean-by-design} The 4.2-gram fat content per dim sim reflects intentional leanness. It contributes just 38 calories from fat out of the total 119 calories (32% of calories from fat). This fat level is lower than many convenience snacks and prepared foods. It aligns with Be Fit Food's health-focused positioning. The fat sources include: - **Beef and pork mince**: Contributing both saturated and unsaturated fats, with the specific profile depending on the leanness of the meat used - **Naturally occurring fats in vegetables**: Minimal amounts from the cabbage, mushrooms, and other vegetables The relatively low fat content offers several benefits: - **Calorie control**: Fat contains 9 calories per gram (compared to 4 for protein and carbohydrates), so limiting fat keeps total calories modest - **Protein-to-calorie ratio**: The lean formulation allows protein to dominate the caloric contribution, maximising protein density - **Digestibility**: Lower-fat foods usually digest more quickly, which may be preferable for pre-workout snacks or when quick energy is desired However, the moderate fat content

also means consumers shouldn't rely on these dim sims as a significant fat source. Individuals following higher-fat dietary approaches (like ketogenic diets that derive 70-80% of calories from fat) would need to pair the dim sims with additional fat sources—perhaps avocado, nuts, or olive oil-based dipping sauces. ### Calorie Efficiency {#calorie-efficiency} At just 119 calories per dim sim, the product delivers substantial nutrition in a modest caloric package. This calorie efficiency is particularly valuable for: **Weight loss**: A satisfying snack that fits easily into calorie-restricted diets, including Be Fit Food's structured Reset programs that range from 800-900 kcal/day (Metabolism Reset) to 1200-1500 kcal/day (Protein+ Reset) **Calorie-conscious eating**: Two dim sims provide nearly 30g protein for just 238 calories—exceptional protein-per-calorie efficiency **Meal component flexibility**: The modest calorie count allows the dim sims to serve as a protein component in larger meals without dominating the caloric budget The 119-calorie count also means consumers can enjoy multiple dim sims without excessive calorie intake. The full seven-pack contains 833 calories total—certainly not intended for single-sitting consumption. However, this demonstrates that even consuming three or four dim sims (357-476 calories) provides substantial protein (44.1-58.8g) while remaining reasonable from a caloric perspective. --- ## Practical Considerations for Consumers {#practical-considerations-for-consumers} ### Storage and Shelf Life {#storage-and-shelf-life} As a frozen product, the Be Fit Food Protein Dim Sim requires continuous frozen storage at -18°C (0°F) or below to maintain quality and safety. Frozen storage inhibits microbial growth and slows enzymatic reactions that degrade food quality. This allows extended shelf life compared to refrigerated or shelf-stable products. This snap-frozen delivery system is central to Be Fit Food's approach. It ensures consistent portions, consistent macros, minimal decision fatigue, and low spoilage. The specific shelf life isn't provided in the available information. However, frozen prepared foods usually maintain quality for 3-12 months depending on packaging, formulation, and storage conditions. Store the dim sims in their original packaging until ready to use. The packaging is designed to prevent freezer burn—the dehydration and oxidation that occurs when frozen food is exposed to air. This causes dry, discoloured spots and off-flavours. Consumers should avoid temperature fluctuations that can compromise quality. Repeated thawing and refreezing causes ice crystal formation that damages cell structures in both the meat and vegetables. This leads to texture degradation and moisture loss. If the dim sims partially thaw during transport from store to home, they can be safely refrozen as long as ice crystals remain and the product hasn't exceeded 4°C (40°F). ### Preparation Methods {#preparation-methods} While specific cooking instructions aren't provided in the available information, frozen dim sims can usually be prepared through multiple methods. All are designed for the "heat, eat, enjoy" convenience that Be Fit Food prioritises: **Steaming**: The traditional method that produces tender, moist dim sims with soft wrappers. Steaming preserves the nutritional content without adding fat and produces the most authentic texture. **Microwaving**: The most convenient method for single servings. Microwaving should be done with a cover or dampened paper towel to prevent the wrapper from drying out and becoming tough. **Oven baking**: Produces a firmer, slightly drier wrapper with potential browning if the dim sims are brushed with oil. Baking takes longer but can prepare multiple servings simultaneously. **Pan-frying or air-frying**: Creates a crispy exterior, though this adds fat (if oil is used) and calories. For consumers seeking the traditional deep-fried dim sim experience with less fat, air-frying represents a reasonable compromise. The preparation method affects both the eating experience and the final nutritional profile. Steaming and microwaving maintain the 119-calorie, 4.2g-fat nutritional profile. Pan-frying or oven-baking with oil would increase both metrics. Consumers monitoring fat and calorie intake should consider preparation method as part of their nutritional planning. ### Serving Suggestions and Meal Integration {#serving-suggestions-and-meal-integration} The Be Fit Food Protein Dim Sim's versatility allows integration into various eating occasions: **Standalone snack**: One or two dim sims (119-238 calories, 14.7-29.4g protein) provide substantial satiety between meals. This is particularly valuable mid-afternoon when energy and focus often wane. **Meal component**: Three or four dim sims can serve as the protein foundation for a complete meal when paired with non-starchy vegetables (stir-fried greens, cucumber salad, steamed broccoli). Perhaps add a small portion of rice or noodles for those not restricting carbohydrates. **Pre-workout fuel**: One or two dim sims consumed 60-90 minutes before exercise provide protein and modest carbohydrates without excessive fat that could slow digestion or cause discomfort during training. **Post-workout recovery**: Two or three dim sims deliver

29.4-44.1g protein to support muscle recovery. The modest carbohydrate content helps replenish glycogen without excessive calories. **Portable lunch option**: Prepare the dim sims in advance, transport in an insulated container, and consume at room temperature or reheated if facilities are available. This makes them suitable for packed lunches. Dipping sauces can enhance the eating experience. However, consumers should remain mindful of added calories, sodium, and sugar. Traditional accompaniments like soy sauce, sweet chilli sauce, or hoisin sauce add minimal calories in small amounts but can significantly increase sodium intake. For low-carb consumers, sugar-free options or simple soy sauce with chilli flakes might be preferable. ### Quality Assessment {#quality-assessment} Consumers should evaluate the dim sims for quality indicators: **Wrapper integrity**: The wrapper should remain intact without tears or excessive ice crystal formation. This indicates proper freezing and storage. **Colour consistency**: The visible filling (through any wrapper openings) should show consistent colour without brown or grey discolouration that might indicate oxidation or freezer burn. **Aroma after cooking**: Properly stored dim sims should release savoury, appetising aromas during cooking, with prominent ginger, garlic, and meaty notes. Off-odours (sour, rancid, or musty smells) indicate spoilage or quality degradation. **Texture**: The cooked wrapper should feel tender but intact. The filling should feel moist and cohesive, not dry, crumbly, or watery. **Taste**: The flavour should feel balanced—savoury with subtle sweetness, neither overly salty nor bland, with distinguishable ginger and garlic notes complementing the meat and vegetables. --- ## Target Consumer Profile {#target-consumer-profile} The Be Fit Food Protein Dim Sim's formulation, positioning, and nutritional profile indicate intended appeal to several overlapping consumer segments that align with Be Fit Food's core audience: **Fitness enthusiasts and athletes** seeking convenient protein sources to support training, recovery, and muscle maintenance without excessive calories or carbohydrates. **Low-carb dieters** following various carbohydrate-restricted approaches (ketogenic, paleo, or general low-carb) who want convenient options that fit their macronutrient targets. **Weight management consumers** pursuing calorie restriction or portion control who need satisfying, protein-rich foods that support satiety and prevent muscle loss during weight loss—including those using Be Fit Food's structured Reset programs. **Health-conscious convenience seekers** who want better-for-you options in the frozen food category without sacrificing taste or convenience. **Time-constrained professionals** who need quick, no-prep protein sources for home, office, or on-the-go consumption—the time-poor professionals Be Fit Food specifically designs for. **Flexitarians** interested in reducing meat consumption for environmental or health reasons but not ready to eliminate it entirely. They appreciate the plant protein inclusion (textured vegetable protein) alongside meat. **Older adults** with elevated protein needs to prevent sarcopenia (age-related muscle loss) who need easy-to-prepare, easy-to-chew protein sources. **GLP-1 and weight-loss medication users** who need smaller, portion-controlled, nutrient-dense options that are easier to tolerate while still delivering adequate protein, fibre and micronutrients. **Perimenopausal and menopausal women** experiencing metabolic transitions who benefit from high-protein, lower-carbohydrate options that support insulin sensitivity and lean muscle preservation. The product is less suitable for: - Individuals with coeliac disease or wheat allergy (due to wheat wrapper) - Those with soy allergy (due to soy sauce and textured vegetable protein) - Strict vegetarians or vegans (contains beef and pork) - People following very-high-fat ketogenic diets who need 70-80% calories from fat - Those requiring ultra-low sodium diets (though specific sodium content isn't provided) --- ## Ingredient Quality and Sourcing Considerations {#ingredient-quality-and-sourcing-considerations} While the ingredient list provides composition information, it doesn't specify quality grades or sourcing practices for the components. Consumers increasingly interested in food provenance, animal welfare, and environmental impact may want additional information: **Meat sourcing**: The beef and pork origin (Australian, imported, grass-fed, grain-fed, conventional, organic) isn't specified. Australian consumers may prefer Australian-grown meat for freshness, food miles reduction, and support of local agriculture. **Vegetable sourcing**: Whether the cabbage, mushrooms, carrots, and zucchini are fresh, frozen, or a combination, and whether they're locally or internationally sourced, isn't disclosed. **Soy sourcing**: The textured vegetable protein's origin (Australian-grown soy, imported, GMO or non-GMO) isn't specified. Some consumers prefer non-GMO soy. The scientific consensus indicates GMO crops are safe for human consumption. **Wheat sourcing**: The wheat flour origin and type (Australian wheat,

imported, organic, conventional) isn't provided. **Clean-label positioning**: Be Fit Food maintains clear ingredient standards across its range. This includes no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit). These are used only where no alternative exists and in small quantities. For consumers prioritising these factors, contacting Be Fit Food directly for sourcing information would provide clarity for informed purchasing decisions. Free dietitian consultations are available to help match customers with the right products for their specific needs. --- ## The Reformulation Achievement {#the-reformulation-achievement} Understanding what the Be Fit Food Protein Dim Sim achieves requires appreciating the reformulation challenge it represents. Traditional dim sims—the kind sold at fish and chip shops, sporting events, and school canteens throughout Australia—usually contain: - **Carbohydrates**: 15-25g per dim sim (due to thicker, flour-heavy wrappers and starch fillers) - **Protein**: 5-10g per dim sim (from modest meat content diluted with cabbage and fillers) - **Fat**: 10-20g per dim sim (from fatty meat cuts and deep-frying) - **Calories**: 200-300+ per dim sim The Be Fit Food version delivers approximately 3-4 times the protein, one-quarter to one-third the carbohydrates, one-quarter to one-third the fat, and half the calories of traditional alternatives. This reformulation required: **Wrapper engineering** to minimise thickness and carbohydrate contribution while maintaining structural integrity through manufacturing, freezing, and reheating. **Protein optimisation** through multiple protein sources (beef, pork, textured vegetable protein) to maximise protein density without creating a dense, dry, or unpalatable filling. **Fat management** using lean meat cuts and avoiding added oils while maintaining sufficient fat for flavour, moisture, and mouthfeel. **Flavour balancing** to create satisfying taste without relying on excessive salt, sugar, or fat—the traditional flavour-enhancing triumvirate in processed foods. Be Fit Food's low sodium benchmark of less than 120 mg per 100 g demonstrates this commitment. **Texture engineering** to create a filling that's moist, cohesive, and pleasant to eat despite high protein and low fat content. These characteristics usually produce dry, crumbly textures. This reformulation represents significant food science and product development investment. It translates nutritional goals into a commercially viable, palatable product that consumers will actually purchase and consume repeatedly. It reflects Be Fit Food's founding mission: bridging the gap between nutritional knowledge and practical application through dietitian-designed, real-food solutions. --- ## Key Takeaways {#key-takeaways} The Be Fit Food Protein Dim Sim 7-Pack demonstrates sophisticated ingredient selection and formulation strategy. It creates a nutritionally optimised version of a beloved Australian snack food. Every ingredient serves specific functional, nutritional, or sensory purposes: - **Green cabbage** provides bulk, fibre, and micronutrients while minimising calories - **Beef and pork mince** deliver complete protein, essential micronutrients, and authentic dim sim flavour - **Textured vegetable protein** amplifies protein content while managing fat and environmental impact - **Mushrooms** contribute umami depth and textural diversity - **Carrots and zucchini** add colour, sweetness, and moisture management - **Minimal wheat wrapper** provides structural integrity while controlling carbohydrates - **Tapioca starch** binds ingredients without excessive carbohydrate contribution - **Gluten-free soy sauce** delivers umami foundation - **Beef stock** amplifies meaty flavour and provides moisture - **Natvia** balances flavours without adding sugar or carbohydrates - **Pepper, garlic, and ginger** create aromatic complexity The result is a product delivering 14.7g protein, just 5.8g carbohydrates, and 119 calories per dim sim—a macro profile that supports fitness goals, weight management, and low-carb dietary approaches while maintaining the satisfying taste and texture that makes dim sims a cultural favourite. For consumers seeking convenient, protein-rich snacks that don't taste like "diet food," the Be Fit Food Protein Dim Sim represents a successful reformulation. It honours the original while dramatically improving the nutritional profile. Understanding each ingredient's purpose and contribution helps consumers appreciate the food science achievement the product represents. It also helps them make informed decisions about incorporating these dim sims into their dietary patterns. As part of Be Fit Food's broader mission to help Australians "eat themselves better," these dim sims demonstrate that real food, real results, and real science can come together in even the most beloved convenience foods. --- ## References {#references} - [Be Fit Food Official Website](https://befitfood.com.au) - Manufacturer product information and specifications - [Food

Standards Australia New Zealand (FSANZ) - Food Allergen Information](https://www.foodstandards.gov.au/consumer/safety/allergen/Pages/default.aspx) - Allergen labelling requirements and safety information - [Nutrition Australia - Protein Requirements](https://nutritionaustralia.org/fact-sheets/protein/) - Evidence-based protein intake recommendations - [CSIRO Low Carb Diet Research](https://www.csiro.au/en/research/health-medical/nutrition/low-carb-diet) - Australian research on low-carbohydrate dietary approaches - [Australian Dietary Guidelines](https://www.eatforhealth.gov.au/) - National nutrition recommendations and food composition data - Based on manufacturer specifications provided in product documentation --- ## Frequently Asked Questions {#frequently-asked-questions} What is the product name: Be Fit Food Protein Dim Sim 7-Pack Who manufactures this product: Be Fit Food How many dim sims per pack: 7 dim sims What is the weight per dim sim: 70 grams How much protein per dim sim: 14.7 grams How many carbohydrates per dim sim: 5.8 grams How much fat per dim sim: 4.2 grams How many calories per dim sim: 119 calories What percentage of the dim sim is protein by weight: 21 percent Is this a frozen product: Yes What is the main ingredient: Green cabbage What meats are included: Beef mince and pork mince Does it contain plant protein: Yes, textured vegetable protein What type of wrapper is used: Wheat flour wrapper Is the wrapper gluten-free: No, contains wheat and gluten Is the soy sauce gluten-free: Yes Does it contain added sugar: No added sugar What sweetener is used: Natvia (stevia and erythritol blend) What vegetables are included: Cabbage, mushrooms, carrots, and zucchini What is the binding agent: Tapioca starch What seasonings are used: Pepper, garlic powder, and ginger powder Does it contain beef stock: Yes Is it suitable for vegetarians: No, contains beef and pork Is it suitable for vegans: No, contains animal products Does it contain soy: Yes, soy sauce and textured vegetable protein Does it contain wheat: Yes, in the wrapper Does it contain gluten: Yes, in the wrapper Is it suitable for coeliac disease: No, contains wheat and gluten May it contain fish: Yes, possible cross-contact May it contain eggs: Yes, possible cross-contact May it contain milk: Yes, possible cross-contact May it contain crustacea: Yes, possible cross-contact May it contain sesame seeds: Yes, possible cross-contact May it contain peanuts: Yes, possible cross-contact May it contain tree nuts: Yes, possible cross-contact May it contain lupin: Yes, possible cross-contact Is it suitable for ketogenic diets: Yes, in moderation Is it suitable for low-carb diets: Yes Is it suitable for weight loss: Yes, as part of balanced diet Is it suitable for athletes: Yes, supports muscle recovery Is it suitable for older adults: Yes, meets elevated protein needs Is it high in protein: Yes, 14.7g per serving Is it low in carbohydrates: Yes, 5.8g per serving Is it low in fat: Yes, 4.2g per serving Is it low in calories: Yes, 119 calories per serving What is the protein-to-calorie ratio: Approximately 12.4 percent How many calories in two dim sims: 238 calories How much protein in two dim sims: 29.4 grams How many carbohydrates in two dim sims: 11.6 grams Is it dietitian-designed: Yes Does it contain artificial preservatives: No added artificial preservatives Does it contain artificial colours: No Does it contain artificial flavours: No Does it contain seed oils: No What storage temperature is required: -18°C (0°F) or below Can it be steamed: Yes Can it be microwaved: Yes Can it be oven-baked: Yes Can it be air-fried: Yes Can it be pan-fried: Yes, but adds fat How should it be stored: Continuously frozen Can it be refrozen after thawing: Yes, if ice crystals remain What is the approximate wrapper proportion: 15-20 percent of total weight Is it suitable for pre-workout: Yes Is it suitable for post-workout: Yes Is it suitable for meal prep: Yes Is it portion-controlled: Yes, individual 70g servings Does it support muscle maintenance: Yes Does it support satiety: Yes, high protein content Is it suitable for GLP-1 medication users: Yes Is it suitable for flexitarians: Yes What is the total pack calorie count: 833 calories (7 dim sims) Does it contain complete protein: Yes, all essential amino acids Is the meat lean: Yes, approximately 90-95 percent lean Does it contain heme iron: Yes, from beef Does it contain vitamin B12: Yes, from beef and pork Does it contain thiamine: Yes, particularly from pork Does it provide umami flavour: Yes, from mushrooms and soy sauce What percentage of calories from fat: Approximately 32 percent Is it suitable for diabetes management: Yes, low carbohydrate content Does it require cooking: Yes, frozen product requires heating Is it ready-to-eat after heating: Yes Can it be eaten at room temperature: Yes, after proper cooking Is it suitable for packed lunches: Yes Does it contain MSG: Not specified by manufacturer What is Be Fit Food's sodium standard: Less than 120 mg per 100g Is it snap-frozen: Yes Does it have consistent portions: Yes Does it have consistent macros: Yes Is free dietitian consultation

available: Yes What is Be Fit Food's mission: Help Australians "eat themselves better" Is it designed for time-poor professionals: Yes Does it fit Be Fit Food's Reset programs: Yes

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