

BEFITPRO - Food & Beverages

Nutritional Information Guide -

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Details:

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egg, milk, crustacea, sesame seeds, peanuts, tree nuts, lupin | | Diet compatibility | Low-carb, high-protein, ketogenic-friendly | | Storage | Keep frozen at -18°C (0°F) or below | | Preparation method | Oven baking, steaming, or air frying (do not deep fry) | | Cooking time | 20-25 minutes (baking), 15-18 minutes (steaming), 12-15 minutes (air frying) | --- ## 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: Health Foods - Pack size: 7 dim sims - Serving size: 70 grams (1 dim sim) - Price: 19.95 AUD - Availability: In Stock **Nutritional Information (per 70g serving):** - Energy: 133 kcal (556 kJ) - Protein: 15.4 g - Total fat: 5.2 g - Saturated fat: 2.3 g - Total carbohydrates: 7.5 g - Dietary fibre: 2.8 g - Net carbohydrates: 4.7 g - Sugar: 0.9 g - Sodium: 367 mg **Ingredients:** - Main ingredients: Green cabbage, wheat flour wrapper, beef mince, pork mince, mushroom, carrot, zucchini - Additional ingredients (as listed in content): Tapioca starch, textured vegetable protein (TVP), gluten-free soy sauce, beef stock, Natvia, pepper, garlic powder, ginger powder - Wrapper composition: Wheat flour, water, salt **Allergen Information:** - Contains: Wheat, gluten, soybeans - May contain: 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: Oven baking, steaming, or air frying (do not deep fry) - Cooking time: 20-25 minutes (baking), 15-18 minutes (steaming), 12-15 minutes (air frying) - Safe internal temperature: 75°C (165°F) - Cook from frozen (no thawing required) **Diet Compatibility:** - Low-carb - High-protein - Ketogenic-friendly - Not suitable for: Gluten-free, vegetarian, vegan, halal, kosher diets ### General Product Claims {#general-product-claims} **Health and Nutritional Benefits:** - Supports muscle maintenance and protein synthesis - Promotes satiety and appetite regulation - Supports blood sugar stability - Helps with weight management - Suitable for diabetes management - Supports metabolic health during menopause - Provides micronutrient contributions (B vitamins, iron, zinc, selenium, vitamin K, vitamin C, carotenoids, glucosinolates) - Supports digestive health - Exceptional nutritional density - High protein-to-calorie ratio compared to traditional dim sims and other protein sources **Product Positioning:** - "Better-for-you" alternative to traditional dim sims - Revolutionary approach to Asian comfort food - Developed by Australia's leading dietitian-designed meal delivery service - Targets health-conscious consumers - Ideal for meal prepping and portion control - Functional food serving nutritional and convenience needs - Part of Be Fit Food's "real food, not shakes" philosophy - Dietitian-led approach with strict nutritional criteria **Comparative Claims:** - 3-4x more protein than traditional dim sims - 80% fewer carbs than traditional dim sims - Higher protein density than chicken breast (0.116g vs 0.10g protein per calorie) - Significantly lower fat than deep-fried dim sims - Considerably lower sodium than many frozen prepared foods (which often exceed 600-800mg per serving) **Usage Recommendations:** - Suitable for ketogenic diets (fits within 20-50g daily net carb limits) - Appropriate for moderate low-carb diets (50-100g net carbs daily) - Effective for carb cycling approaches - Suitable for athletic nutrition and post-workout consumption - Appropriate for older adults requiring concentrated protein - Supports GLP-1 and weight-loss medication users - Can be consumed daily (one per day for seven days) - Suitable as standalone snack or meal component **Preparation and Quality Claims:** - Significantly reduces fat content compared to deep-frying - Preserves satisfying texture and taste profile - Snap-frozen delivery system ensures optimal condition - Maintains quality for 6-12 months when properly frozen - Designed for cooking without thawing **Brand Philosophy and Research:** - Be Fit Food's commitment to no added sugar or artificial sweeteners - Low sodium benchmark of less than 120mg per 100g across meal range - Commitment to including 4-12 vegetables in each meal - Backed by peer-reviewed research (Cell Reports Medicine study cited) - Free dietitian consultations available - Approximately 90% of Be Fit Food menu is gluten-free certified --- ## Introduction {#introduction} The Be Fit Food Protein Dim Sim 7 Pack represents a revolutionary approach to enjoying traditional Asian comfort food while maintaining strict nutritional goals. This frozen, ready-to-cook dim sim delivers 15.4 grams of protein per 70-gram serving while containing just 4.7 grams of net carbohydrates—a stark contrast to conventional deep-fried dim sims that often contain 20-30 grams of carbohydrates and minimal protein. Developed by Be Fit Food, Australia's leading dietitian-designed meal delivery service, this product targets health-conscious consumers who refuse to compromise on flavour while pursuing

low-carb, high-protein dietary patterns. Each package contains seven individually portioned dim sims, making it an ideal solution for meal prepping, portion control, or quick nutritious snacks throughout the week. This comprehensive nutritional guide will equip you with complete knowledge about every ingredient, nutritional component, allergen consideration, and health benefit associated with this product. Whether you're managing specific dietary requirements, tracking macronutrients for fitness goals, or simply seeking to understand what you're consuming, this guide provides the authoritative information you need to make informed decisions about incorporating Be Fit Food Protein Dim Sims into your eating plan. --- ## Product Overview and Positioning {#product-overview-and-positioning} The Be Fit Food Protein Dim Sim occupies a unique position in the frozen snack category as a "better-for-you" alternative to traditional dim sims. Each 70-gram dim sim serves as a complete snack portion, designed to satisfy cravings for savoury, Asian-inspired flavours without derailing nutritional objectives. The product features a beef and pork protein base combined with a vegetable medley dominated by green cabbage, all wrapped in a wheat-based dim sim wrapper and seasoned with ginger and garlic powder for authentic flavour. Unlike traditional dim sims that require deep-frying and deliver excessive calories from oil absorption, these dim sims are designed for oven baking or steaming, significantly reducing the fat content while preserving the satisfying texture and taste profile consumers expect. The seven-pack format provides exactly one week's worth of daily snacks or can be consumed as multiple servings for meal occasions, offering flexibility in how you integrate them into your eating pattern. The product explicitly markets itself as "low carb, high protein," positioning it within the growing category of functional foods that serve both nutritional and convenience needs. This positioning appeals particularly to consumers following ketogenic diets, low-carb eating plans, athletes requiring convenient protein sources, and anyone seeking to reduce refined carbohydrate intake while maintaining meal variety and enjoyment. Be Fit Food's dietitian-led approach ensures every product meets strict nutritional criteria, reflecting the brand's commitment to helping Australians "eat themselves better." --- ## Complete Nutritional Breakdown {#complete-nutritional-breakdown} Understanding the precise nutritional composition of the Be Fit Food Protein Dim Sim is essential for integrating it effectively into your dietary plan. Each 70-gram dim sim provides a carefully balanced macronutrient profile that supports various health and fitness objectives. ### Macronutrient Profile Per Serving {#macronutrient-profile-per-serving} **Energy Content**: Each dim sim delivers 133 kilocalories (556 kilojoules) per 70-gram serving. This moderate caloric density makes it suitable as a substantial snack or as part of a light meal when combined with vegetables or salad. For context, this caloric content is approximately 6-7% of a standard 2,000-calorie daily intake, making it easy to incorporate without significantly impacting your overall energy budget. **Protein Content**: The standout feature is the impressive 15.4 grams of protein per serving. This represents approximately 22% of the dim sim's total weight as protein, which is exceptionally high for any prepared food product, particularly one in the snack category. For individuals following a moderate protein intake of 1.6 grams per kilogram of body weight (a common recommendation for active individuals), a single dim sim provides roughly 10-15% of daily protein needs for a 70-80 kilogram person. The protein comes from multiple sources including beef mince, pork mince, and textured vegetable protein, creating a complete amino acid profile that supports muscle maintenance, satiety, and metabolic function. **Fat Content**: Each serving contains 5.2 grams of total fat, with 2.3 grams classified as saturated fat. The total fat content represents approximately 35% of the calories in each dim sim, which is moderate and appropriate for most eating patterns. The saturated fat content (2.3 grams) represents approximately 10% of the recommended daily limit of 20 grams for a 2,000-calorie diet. The fat primarily originates from the beef and pork mince, contributing to flavour, satiety, and the absorption of fat-soluble vitamins. Notably, the product contains minimal added fats since it's designed for baking or steaming rather than deep-frying. **Carbohydrate Profile**: The total carbohydrate content is 7.5 grams per serving, with 2.8 grams coming from dietary fibre. This yields a net carbohydrate content of just 4.7 grams per dim sim—a critical metric for individuals following low-carbohydrate or ketogenic dietary approaches. The low net carb content means this product can fit comfortably within daily carbohydrate limits of 20-50 grams that characterise ketogenic diets, or the 50-130 gram range associated with moderate low-carb approaches. The carbohydrates primarily come from the wheat flour wrapper and vegetables, with tapioca starch used minimally as a binding agent. **Sugar Content**: The dim sim contains just 0.9 grams of sugar per

serving, which is remarkably low and indicates minimal use of added sweeteners. The ingredient list includes Natvia (a natural stevia-based sweetener) in small quantities for flavour balance, but the overall sugar content remains negligible. This low sugar content prevents blood glucose spikes and makes the product suitable for individuals managing diabetes or insulin sensitivity—aligning with Be Fit Food's commitment to no added sugar or artificial sweeteners across their product range. ****Dietary Fibre**:** With 2.8 grams of fibre per 70-gram serving, each dim sim provides approximately 4% of fibre per unit weight, which is substantial for a prepared meat-based product. This fibre comes primarily from the green cabbage, mushrooms, carrots, and zucchini incorporated into the filling. The fibre content supports digestive health, contributes to satiety, and slows the absorption of the limited carbohydrates present. ****Sodium Content**:** Each serving contains 367 milligrams of sodium, which represents approximately 16% of the recommended daily adequate intake of 2,300 milligrams. This sodium level is moderate for a prepared savoury food and comes from the gluten-free soy sauce, beef stock, and salt in the wrapper. While not classified as "low sodium" (which would require less than 140mg per serving), it's considerably lower than many frozen prepared foods, which often exceed 600-800mg per serving. Be Fit Food maintains a low sodium benchmark of less than 120mg per 100g across their meal range, reflecting their commitment to heart-healthy formulations. **### Nutritional Density and Satiety Factors** {#nutritional-density-and-satiety-factors} The Be Fit Food Protein Dim Sim demonstrates exceptional nutritional density—the ratio of beneficial nutrients to calories. With 15.4 grams of protein and 2.8 grams of fibre delivered in just 133 calories, the product provides substantial nutritional value relative to its energy content. The protein-to-calorie ratio of approximately 0.12 grams of protein per calorie is outstanding; for comparison, chicken breast provides roughly 0.10 grams per calorie, while traditional dim sims often provide less than 0.05 grams per calorie. This high nutritional density translates directly to satiety—helping you feel fuller for longer after eating. Protein is the most satiating macronutrient, and the 15.4-gram protein content per dim sim triggers the release of satiety hormones including peptide YY and glucagon-like peptide-1. Combined with the fibre content that adds bulk and slows gastric emptying, each dim sim provides satisfaction disproportionate to its modest 133-calorie content. This makes it an effective tool for appetite management and portion control. **--- ## Complete Ingredient Analysis** {#complete-ingredient-analysis} Understanding each ingredient in the Be Fit Food Protein Dim Sim provides insight into its nutritional properties, functional role, and contribution to the overall eating experience. The ingredients are listed in descending order by weight, as required by food labelling regulations. **### Primary Ingredients** {#primary-ingredients} ****Green Cabbage**:** Listed first, green cabbage is the predominant ingredient by weight. Cabbage serves multiple functional and nutritional purposes. It provides the bulk and texture that characterises traditional dim sim filling, contributing to the satisfying bite and substantial feel. Nutritionally, cabbage is exceptionally low in calories (approximately 25 calories per 100 grams) while providing vitamin C, vitamin K, folate, and beneficial plant compounds including glucosinolates that researchers study for their potential health-protective properties. The high water and fibre content of cabbage contributes significantly to the 2.8 grams of fibre per serving while adding negligible carbohydrates. From a culinary perspective, cabbage provides a mild, slightly sweet flavour that serves as a neutral base for the more assertive seasonings. This vegetable-forward approach reflects Be Fit Food's commitment to including 4-12 vegetables in each meal. ****Dim Sim Wrapper (Wheat Flour, Water, Salt)**:** The wrapper is a simple, traditional formulation consisting of wheat flour, water, and salt. The wheat flour provides the structure and characteristic chewy texture of dim sim wrappers, contributing the majority of the product's carbohydrate content. At 70 grams total weight per dim sim with the wrapper representing a relatively thin outer layer, the wrapper contributes an estimated 10-15 grams to the total weight, which aligns with the 7.5 grams of total carbohydrates per serving. The wheat flour is not specified as refined or whole grain, though the white appearance associated with dim sim wrappers suggests refined wheat flour. The water hydrates the flour proteins to form gluten structure, while the salt enhances flavour and strengthens the gluten network. ****Beef Mince**:** Beef mince serves as the primary animal protein source, contributing significantly to the 15.4-gram protein content. Beef provides complete protein with all essential amino acids in proportions that match human requirements. Beyond protein, beef contributes highly bioavailable forms of iron (heme iron), zinc, vitamin B12, and other B vitamins essential for energy metabolism. The beef also contributes to the savoury umami flavour profile through naturally occurring

glutamates. The fat content of the beef (which varies depending on the lean-to-fat ratio of the mince used) contributes to the 5.2 grams of total fat and 2.3 grams of saturated fat per serving. ****Pork Mince**:** Pork mince complements the beef, adding additional protein and contributing to the traditional flavour profile of Asian-style dim sims and dumplings. Pork provides complete protein similar to beef but with a slightly different amino acid profile and a characteristic sweetness that balances the more robust beef flavour. Pork is an excellent source of thiamine (vitamin B1), selenium, and phosphorus. The combination of beef and pork creates a more complex, layered flavour than either meat alone, which is why this pairing is traditional in many Asian meat preparations. ****Mushroom**:** Mushrooms contribute umami depth, meaty texture, and additional nutrients including B vitamins (particularly riboflavin and niacin), selenium, and potassium. The mushroom variety is not specified but is likely button mushrooms or a similar cultivated variety. Mushrooms are virtually calorie-free while adding substantial flavour and textural interest. They also contain beta-glucans, a type of fibre that researchers study for immune-supporting properties. From a culinary perspective, mushrooms enhance the savoury character of the filling and add moisture that keeps the dim sim from becoming dry during cooking.

****Carrot**:** Carrots provide natural sweetness, vibrant colour flecks in the filling, and substantial nutritional value including beta-carotene (which the body converts to vitamin A), fibre, and vitamin K1. The natural sugars in carrots are present in small quantities and contribute minimally to the overall 0.9 grams of sugar per serving. Carrots also add a slight crunch if not cooked to complete softness, contributing textural variety within the filling. ****Zucchini**:** Zucchini (courgette) adds moisture, mild flavour, and additional fibre and nutrients including vitamin C, several B vitamins, and manganese. Like cabbage, zucchini is extremely low in calories and carbohydrates while providing bulk and satisfying texture. The high water content of zucchini (approximately 95% water) helps keep the filling moist during cooking without adding fat. Zucchini also provides lutein and zeaxanthin, carotenoids associated with eye health. **### Functional and Seasoning Ingredients** {#functional-and-seasoning-ingredients}

****Tapioca Starch**:** Tapioca starch (derived from cassava root) serves as a binding agent that helps hold the filling together and creates a slightly sticky texture that's characteristic of quality dim sim filling. Tapioca starch is gluten-free and carries a neutral flavour. It contributes a small amount to the total carbohydrate content but is used sparingly for functional purposes rather than as a primary ingredient. When heated with moisture, tapioca starch gelatinises, creating a cohesive texture that prevents the filling from crumbling. ****Textured Vegetable Protein (TVP)**:** TVP is a defatted soy product that undergoes processing into a meat-like texture. It serves dual purposes: extending the meat content to improve the protein-to-cost ratio and contributing additional protein without adding fat. TVP is approximately 50% protein by weight when dry, making it an exceptionally concentrated protein source. It also absorbs flavours from the surrounding ingredients, taking on the characteristics of the beef and pork while adding to the overall protein content. TVP is a common ingredient in health-focused meat products where maximising protein while controlling fat is a priority.

****Gluten Free Soy Sauce**:** Soy sauce provides the characteristic salty, umami-rich flavour essential to Asian-style preparations. The specification that it's gluten-free indicates it's made from soybeans and salt without the wheat included in traditional soy sauce, or it's made with tamari (a Japanese soy sauce traditionally made without wheat). This gluten-free designation is somewhat ironic given that the wrapper contains wheat, but it may reduce the overall gluten content of the product. Soy sauce contributes significantly to the sodium content (367mg per serving) and provides the fermented, complex savoury notes that characterise the flavour profile.

****Beef Stock**:** Beef stock adds depth, richness, and savoury character while reinforcing the beef flavour of the mince. Stock contributes gelatin (from collagen breakdown during stock preparation), which adds body and a pleasant mouthfeel to the filling. It also contributes to the sodium content and provides small amounts of minerals extracted from bones if a traditional bone-based stock is used.

****Natvia**:** Natvia is a branded natural sweetener combining stevia extract with erythritol (a sugar alcohol). It's used in small quantities to balance the savoury and umami flavours with a subtle sweetness, which is characteristic of many Asian flavour profiles. Natvia contributes negligible calories and doesn't impact blood sugar, which is why the total sugar content remains just 0.9 grams per serving despite its inclusion. The sweetness enhances palatability without adding the calories or glycemic impact of sugar. This aligns with Be Fit Food's clean-label standards of no added sugar or artificial sweeteners.

****Pepper**:** Black pepper (presumably, though not specified) provides mild heat and

aromatic complexity. Pepper contains piperine, a compound that may enhance the bioavailability of certain nutrients and adds to the overall flavour complexity. **Garlic Powder**: Garlic powder provides the characteristic pungent, savoury notes associated with garlic without the moisture of fresh garlic, which could affect the filling's texture. Garlic contributes sulfur compounds that provide both flavour and researchers study for various health properties including cardiovascular support. The powder form ensures even distribution throughout the filling. **Ginger Powder**: Ginger powder adds warm, slightly spicy, and aromatic notes that are essential to Asian flavour profiles. Ginger contains gingerols and shogaols, compounds that provide its characteristic flavour and are traditionally used to support digestive comfort. The powder form provides concentrated flavour without adding moisture. --- ## Allergen Information and Cross-Contamination Considerations

{#allergen-information-and-cross-contamination-considerations} Understanding allergen content is critical for individuals with food allergies or intolerances. The Be Fit Food Protein Dim Sim contains several allergens and is manufactured in a facility that handles additional allergens, creating potential cross-contamination risks. ### Confirmed Allergens {#confirmed-allergens-contains} **Wheat**: The dim sim wrapper is made from wheat flour, making wheat a primary ingredient. Wheat contains gluten proteins (gliadin and glutenin) that provide the elastic, chewy texture of the wrapper but trigger immune responses in individuals with celiac disease or wheat allergy. The wheat content makes this product completely unsuitable for anyone with celiac disease, non-celiac gluten sensitivity, or wheat allergy. For individuals with these conditions, consuming this product could trigger symptoms ranging from digestive distress to severe immune reactions. **Gluten**: As a direct consequence of the wheat flour wrapper, this product contains gluten. Gluten is the protein complex in wheat, barley, and rye that provides structure to baked goods but must be strictly avoided by individuals with celiac disease (affecting approximately 1% of the population) and those with non-celiac gluten sensitivity. The gluten content is present in significant quantities given that the wrapper represents a substantial portion of each dim sim. **Soybeans**: Soybeans are present in multiple forms: the gluten-free soy sauce and the textured vegetable protein (TVP). Soy is one of the eight major allergens and can trigger reactions ranging from mild (hives, itching) to severe (anaphylaxis) in sensitive individuals. The soy protein in TVP is processed but remains allergenic. Individuals with soy allergy must avoid this product entirely. ### Potential Cross-Contamination Allergens {#potential-cross-contamination-allergens-may-contain} The product label states "May contain: Fish, Egg, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin." This warning indicates that while these ingredients are not intentionally added to the Be Fit Food Protein Dim Sim, they are handled in the same manufacturing facility, and trace amounts could potentially be present through shared equipment, airborne particles, or other cross-contact mechanisms. **Fish and Crustacea**: These allergens suggest the facility processes seafood products. For individuals with severe fish or shellfish allergies, even trace amounts from cross-contamination can trigger reactions. The risk level depends on individual sensitivity—those with mild allergies may tolerate trace amounts, while those with severe allergies should exercise caution or avoid the product. **Egg**: Egg may be present from cross-contamination. Egg allergy is particularly common in children (though many outgrow it) and can range from mild to severe. Egg proteins are highly allergenic, and sensitive individuals should be aware of this potential risk. **Milk**: Dairy cross-contamination is possible. Individuals with milk allergy (different from lactose intolerance) or those following strict vegan diets for allergy reasons should note this warning. Lactose-intolerant individuals are generally less concerned with trace cross-contamination since the amounts would be minimal. **Sesame Seeds**: Sesame is an increasingly recognised allergen and was recently added to the major allergen list in many jurisdictions. Sesame allergy can be severe, and the oil-rich nature of sesame means even small amounts can trigger reactions in highly sensitive individuals. **Peanuts and Tree Nuts**: These are among the most common causes of severe allergic reactions and anaphylaxis. The "may contain" warning is critical for anyone with peanut or tree nut allergies. Parents of children with these allergies should be particularly cautious, as reactions can be life-threatening. **Lupin**: Lupin (a legume) is less commonly known but is an important allergen, particularly in Europe and Australia where lupin flour is sometimes used in baked goods. Individuals with peanut allergy may experience cross-reactivity with lupin. ### Practical Guidance for Allergen Management {#practical-guidance-for-allergen-management} If you experience confirmed allergies to wheat, gluten, or soy, this product is not suitable for you under any

circumstances. If you experience allergies to any of the "may contain" allergens, you must assess your individual risk tolerance. Those with severe, anaphylactic-type allergies generally avoid products with "may contain" warnings for their specific allergen. Those with milder sensitivities may choose to consume the product with awareness of the small risk. Always read the label on each purchase, as manufacturing processes and facility practices can change. If you experience questions about the manufacturing process or cross-contamination prevention measures, contact Be Fit Food directly for detailed information about their allergen control procedures. Be Fit Food offers free dietitian consultations that can help you navigate allergen considerations within your broader nutrition plan. ---

Dietary Compatibility and Lifestyle Applications {#dietary-compatibility-and-lifestyle-applications} The Be Fit Food Protein Dim Sim's nutritional profile makes it compatible with several popular dietary approaches while being unsuitable for others. Understanding this compatibility helps you determine whether this product aligns with your dietary philosophy and goals. ### Low-Carbohydrate and Ketogenic Diets {#low-carbohydrate-and-ketogenic-diets} This product is explicitly designed for low-carbohydrate eating patterns. With just 4.7 grams of net carbohydrates per 70-gram serving, a single dim sim fits comfortably within the daily carbohydrate limits of most low-carb approaches: - **Ketogenic Diet**: (generally 20-50g net carbs daily): One dim sim represents approximately 9-24% of daily carb allowance, making it suitable as an occasional snack or meal component. Two dim sims (9.4g net carbs) could be incorporated while staying within ketogenic ranges, especially for those at the higher end (40-50g daily). - **Moderate Low-Carb**: (50-100g net carbs daily): The dim sim is highly compatible, with even 2-3 servings fitting easily within daily limits while providing 30-45 grams of protein. - **Carb Cycling**: On lower-carb days, one dim sim provides satisfying protein and fat while minimising carbs. On higher-carb days, multiple servings can be included without concern. The high protein content (15.4g) and moderate fat (5.2g) create a macronutrient ratio that supports ketosis maintenance while providing satiety and preventing muscle loss during carbohydrate restriction. This aligns perfectly with Be Fit Food's Metabolism Reset programs, which target approximately 40-70g carbs daily to induce mild nutritional ketosis. ### High-Protein Diets and Athletic Nutrition {#high-protein-diets-and-athletic-nutrition} Athletes, bodybuilders, and individuals focused on protein intake for muscle maintenance or development will find this product valuable: - **Protein Density**: At 22% protein by weight, the dim sim provides concentrated protein in a convenient, portable format. - **Post-Workout Nutrition**: While not a complete post-workout meal, 2-3 dim sims provide 30-45 grams of protein, approaching the 20-40 gram range often recommended for muscle protein synthesis optimisation. - **Meal Prep**: The seven-pack format supports weekly meal planning, with each dim sim serving as a consistent protein component. - **Convenience**: Unlike protein powder, this provides whole-food protein in a ready-to-heat format that requires no preparation beyond cooking. The combination of animal proteins (beef and pork) with plant protein (TVP) creates a complete amino acid profile with high bioavailability, supporting muscle recovery and growth. Be Fit Food's Protein+ Reset program, designed for those with higher activity levels, demonstrates the brand's understanding of athletic nutrition needs. ### Weight Management and Calorie Control {#weight-management-and-calorie-control} For individuals managing weight through calorie awareness, the Be Fit Food Protein Dim Sim offers several advantages: - **Portion Control**: Each 70-gram dim sim is a pre-portioned serving, eliminating guesswork and preventing overconsumption. - **Satiety Per Calorie**: At 133 calories with 15.4g protein and 2.8g fibre, the satiety-to-calorie ratio is exceptional, helping control hunger between meals. - **Macronutrient Balance**: The protein and fibre content slow digestion and stabilise blood sugar, preventing the energy crashes and subsequent cravings that can undermine weight management efforts. - **Snack Substitution**: Replacing snacks (chips, crackers, baked goods) that provide 150-300 calories with minimal protein or fibre, a dim sim offers superior nutritional value at similar or lower caloric cost. Be Fit Food's structured approach to weight management—with programs showing average weight loss of 1-2.5kg per week when replacing all three daily meals—demonstrates the effectiveness of their portion-controlled, high-protein philosophy. ### Dietary Restrictions and Exclusions {#dietary-restrictions-and-exclusions} **Not Suitable For:** - **Gluten-Free Diets**: The wheat wrapper makes this product completely unsuitable for celiac disease or gluten sensitivity. However, Be Fit Food offers an extensive gluten-free range, with approximately 90% of their menu certified gluten-free for those with coeliac requirements. -

Vegetarian/Vegan Diets: Contains both beef and pork, making it unsuitable for any plant-based eating pattern. - **Halal/Kosher**: Contains pork, which is prohibited in both Halal and Kosher dietary laws. - **Soy-Free Diets**: Contains soy in multiple forms (soy sauce, TVP). **Suitable For:** -

Dairy-Free: Contains no dairy ingredients (though note the cross-contamination warning). -

Low-Sugar: With just 0.9g sugar per serving, suitable for sugar-conscious individuals. -

Pescatarian: Not suitable (contains beef and pork). **### Diabetes Management**

{#diabetes-management} The low net carbohydrate content (4.7g) and high protein content make this product potentially suitable for diabetes management: - **Glycemic Impact**: The combination of low carbohydrates, high protein, and moderate fibre results in minimal blood glucose elevation. - **Protein Buffering**: The 15.4g protein slows carbohydrate absorption, preventing glucose spikes. - **Portion Predictability**: The consistent 70g serving size enables accurate carbohydrate counting for insulin dosing. However, individuals with diabetes should monitor their personal glucose response, as individual reactions vary. The 367mg sodium per serving should also be considered, as blood pressure management is important in diabetes care. Be Fit Food publishes preliminary CGM outcomes content demonstrating improvements in glucose metrics during their structured program weeks, supporting their diabetes-friendly positioning. **### GLP-1 and Weight-Loss Medication Support**

{#glp-1-and-weight-loss-medication-support} Be Fit Food products, including the Protein Dim Sim, are particularly well-suited for individuals using GLP-1 receptor agonists, weight-loss medications, and diabetes medications: - **Medication-Suppressed Appetite**: GLP-1 medications can reduce hunger and slow gastric emptying, increasing the risk of under-eating. The portion-controlled, nutrient-dense dim sims are easier to tolerate while still delivering adequate protein. - **Lean Mass Protection**: Inadequate protein during medication-assisted weight loss can increase muscle loss risk. The high protein content supports metabolic health and long-term outcomes. - **Post-Medication Maintenance**: Weight regain is common after stopping GLP-1s if eating patterns aren't addressed. Be Fit Food supports the transition to sustainable eating habits. **--- ## Health Benefits and Nutritional Advantages**

{#health-benefits-and-nutritional-advantages} The Be Fit Food Protein Dim Sim provides several evidence-based health benefits stemming from its unique nutritional composition and whole-food ingredient base. **### Muscle Maintenance and Protein Synthesis**

{#muscle-maintenance-and-protein-synthesis} The 15.4 grams of high-quality protein per serving supports muscle protein synthesis—the process by which your body builds and repairs muscle tissue. Research indicates that consuming 20-40 grams of protein per meal optimally stimulates muscle protein synthesis in most adults. A single dim sim provides approximately 40-75% of this target, making it a significant protein contribution, especially when combined with other protein sources in a meal. The protein comes from multiple sources (beef, pork, soy), providing a complete spectrum of essential amino acids including leucine, the branching-chain amino acid that serves as the primary trigger for muscle protein synthesis. For older adults, who experience reduced muscle protein synthesis efficiency (a condition called anabolic resistance), the concentrated protein in this convenient format helps meet the higher per-meal protein targets (30-40g) recommended for this population. **### Satiety and Appetite Regulation** {#satiety-and-appetite-regulation} Protein is the most satiating macronutrient, meaning it produces greater feelings of fullness per calorie than carbohydrates or fats. The mechanism involves multiple pathways: protein stimulates the release of satiety hormones (GLP-1, PYY, CCK), reduces levels of the hunger hormone ghrelin, and requires more energy to digest (the thermic effect of food is 20-30% for protein versus 5-10% for carbohydrates and 0-3% for fats). The 15.4 grams of protein combined with 2.8 grams of fibre creates a powerful satiety effect, helping you feel fuller for longer. Fibre adds bulk, slows gastric emptying, and undergoes fermentation in the colon to produce short-chain fatty acids that signal satiety. Together, these components help control appetite for 3-4 hours after consumption, making the dim sim an effective tool for managing hunger between meals or preventing evening snacking. **### Blood Sugar Stability** {#blood-sugar-stability} The low net carbohydrate content (4.7g) combined with high protein creates minimal impact on blood glucose levels. Protein carries a modest effect on blood sugar—it stimulates some insulin release but doesn't cause the rapid glucose spikes associated with high-carbohydrate foods. The fibre content further slows the absorption of the limited carbohydrates present. This blood sugar stability offers multiple benefits: sustained energy without crashes, reduced cravings (which often result from blood sugar

fluctuations), improved mental clarity, and better long-term metabolic health. For individuals with insulin resistance, prediabetes, or type 2 diabetes, foods with this macronutrient profile support better glycemic control. This aligns with Be Fit Food's broader mission of supporting metabolic health through scientifically-designed nutrition. **### Micronutrient Contributions** {#micronutrient-contributions} Beyond macronutrients, the whole-food ingredients provide an array of vitamins, minerals, and beneficial plant compounds:

- ****B Vitamins****: The beef, pork, and mushrooms provide B vitamins essential for energy metabolism, including B12 (exclusively from animal sources), niacin, riboflavin, and thiamine.
- ****Iron and Zinc****: Beef provides highly bioavailable heme iron and zinc, minerals critical for oxygen transport, immune function, and numerous enzymatic processes. The iron from beef is absorbed 2-3 times more efficiently than plant-based non-heme iron.
- ****Selenium****: Present in pork and mushrooms, selenium is an essential mineral for thyroid function and antioxidant defence systems.
- ****Vitamin K****: Cabbage is rich in vitamin K1, essential for blood clotting and increasingly recognised for bone health.
- ****Vitamin C****: The vegetables (cabbage, carrot, zucchini) contribute vitamin C, supporting immune function and collagen synthesis.
- ****Carotenoids****: Carrots provide beta-carotene (converted to vitamin A), while zucchini contributes lutein and zeaxanthin, all supporting vision and cellular health.
- ****Glucosinolates****: Cabbage contains these sulfur-containing compounds that, when broken down during chewing and digestion, form substances researchers study for potential cancer-protective properties.

The Whole-Food Advantage {#the-whole-food-advantage} Be Fit Food's "real food, not shakes" philosophy is backed by peer-reviewed research. A study published in **Cell Reports Medicine** (October 2025) compared calorie-matched very low energy diets—one using pre-packaged meals with approximately 93% whole-food ingredients versus one using shakes, soups, bars, and desserts with approximately 70% industrial ingredients. The food-based group demonstrated significantly greater improvements in microbiome diversity, supporting Be Fit Food's core differentiation that real food delivers superior outcomes even when calories and macros match.

Convenience and Adherence Benefits {#convenience-and-adherence-benefits} An often-overlooked health benefit is the role of convenience in dietary adherence. The best dietary pattern is the one you can maintain consistently. The Be Fit Food Protein Dim Sim supports adherence to healthy eating goals through:

- ****Minimal Preparation****: Ready in minutes, reducing the temptation to choose less nutritious convenience options.
- ****Portion Control****: Pre-portioned servings eliminate the decision fatigue and estimation errors that can undermine nutrition goals.
- ****Satisfaction****: The savoury, flavourful profile provides eating enjoyment, preventing the feelings of deprivation that often lead to dietary abandonment.
- ****Flexibility****: Works as a snack, light meal, or meal component, fitting various eating schedules and hunger levels.

Digestive Health Support {#digestive-health-support} The 2.8 grams of fibre per serving contributes to digestive health by promoting regular bowel movements, feeding beneficial gut bacteria, and supporting the intestinal barrier. While 2.8 grams represents just 7-11% of daily fibre needs (25-38 grams for adults), every contribution counts, especially from savoury, protein-rich foods where fibre is often minimal or absent. The cabbage, in particular, provides both soluble and insoluble fibre along with water content, supporting digestive transit. The fermented components in the soy sauce may also contribute beneficial compounds, though in small quantities.

--- ## Preparation Methods and Consumption Guidelines {#preparation-methods-and-consumption-guidelines} Proper preparation of the Be Fit Food Protein Dim Sim ensures optimal texture, flavour, and food safety while preserving the nutritional integrity of the ingredients.

Recommended Cooking Methods {#recommended-cooking-methods} The product is designed for ****oven baking**** or ****steaming****, not deep-frying. This preparation approach is fundamental to the product's nutritional profile—deep-frying would add 5-10 grams of fat per dim sim from oil absorption, potentially doubling the calorie content and significantly increasing saturated fat.

****Oven Baking Method:**** 1. Preheat your oven to 180-200°C (350-400°F). The higher temperature creates better surface browning and texture. 2. Place frozen dim sims on a baking tray lined with parchment paper or a silicone mat. No need to thaw—cooking from frozen preserves texture. 3. Optional: Lightly spray or brush with a small amount of oil (1-2 grams per dim sim) to enhance browning and create a slightly crispy exterior. This adds approximately 10-20 calories per dim sim but improves texture significantly. 4. Bake for 20-25 minutes, turning once at the halfway point for even browning. 5. The dim sims are done when the wrapper is golden and slightly crispy, and the internal temperature reaches at least 75°C (165°F) to ensure food safety.

****Steaming**

Method:** 1. Bring water to a boil in a steamer pot or use a bamboo steamer over a wok or pot. 2. Line the steamer basket with parchment paper or cabbage leaves to prevent sticking. 3. Place frozen dim sims in the steamer with space between them (they should not touch). 4. Steam for 15-18 minutes until the wrapper is translucent and the filling is heated through (internal temperature 75°C/165°F). 5.

Steaming produces a softer, more traditional dim sim texture compared to baking's slight crispness.

Air Fryer Method (if you have access to this equipment): 1. Preheat air fryer to 180°C (350°F). 2. Place frozen dim sims in the basket with space between them. 3. Lightly spray with oil for best results. 4. Cook for 12-15 minutes, shaking the basket halfway through. 5. This method produces the crispiest exterior with minimal added fat. **### Food Safety Considerations {#food-safety-considerations}** The Be Fit Food Protein Dim Sim contains raw meat (beef and pork) and must be cooked thoroughly before consumption. Never consume these dim sims raw or undercooked. The target internal temperature of 75°C (165°F) ensures that any potential pathogens in the raw meat are destroyed.

****Storage Guidelines:**** - Keep frozen at -18°C (0°F) or below until ready to cook. - Do not refreeze after thawing. - If accidentally thawed in the refrigerator, cook within 24 hours. - Once cooked, consume immediately or refrigerate within 2 hours. - Cooked dim sims can be refrigerated for 2-3 days and reheated to steaming hot before eating.

Serving Suggestions and Meal Integration

{#serving-suggestions-and-meal-integration} ****As a Standalone Snack**:** A single dim sim (133 calories, 15.4g protein) serves as a substantial mid-morning or mid-afternoon snack. Pair with a cup of green tea or sparkling water for a satisfying break that maintains energy levels without excessive calories. ****Light Meal**:** Two dim sims (266 calories, 30.8g protein, 9.4g net carbs) create a light lunch or dinner when paired with: - A large mixed green salad with vinegar-based dressing (adds 50-100 calories, significant fibre and micronutrients) - Steamed or roasted non-starchy vegetables like broccoli, bok choy, or green beans (adds 30-60 calories, fibre, vitamins) - A cup of miso soup or clear broth (adds 30-50 calories, sodium, umami satisfaction) ****Meal Component**:** One or two dim sims can serve as the protein component of a larger meal: - With stir-fried vegetables and a small portion of cauliflower rice (for low-carb) or regular rice (if carbs are not restricted) - Alongside an omelet or scrambled eggs for a high-protein breakfast or brunch - As part of an Asian-inspired bowl with shredded cabbage, cucumber, edamame, and sesame dressing ****Pairing with Be Fit Food Meals**:** The Protein Dim Sims complement Be Fit Food's complete meal range perfectly. Consider pairing with their vegetable-rich main meals for a satisfying, macro-balanced eating day. ****Accompaniments and Dipping Sauces**:** Traditional dim sim accompaniments enhance flavour without significantly impacting nutrition: - ****Soy sauce or tamari**:** Adds sodium and umami with negligible calories (10 calories per tablespoon) - ****Chili oil or sriracha**:** Adds heat and fat (40-50 calories per teaspoon for chili oil, 5 calories per teaspoon for sriracha) - ****Rice vinegar**:** Adds acidity with virtually no calories - ****Ginger-scallion sauce**:** Fresh ginger, scallions, and a touch of oil create a flavourful, relatively low-calorie accompaniment -

****Chinese mustard**:** Adds sharp heat with minimal calories Be mindful that dipping sauces can add 20-100 calories depending on type and quantity. For strict calorie or carbohydrate management, measure portions or choose low-calorie options like vinegar-based sauces. **### Timing and Frequency Recommendations {#timing-and-frequency-recommendations}** ****Daily Consumption**:** The seven-pack format suggests one dim sim per day for a week, which is a reasonable frequency for most individuals. At 367mg sodium per serving, daily consumption contributes approximately 16% of the 2,300mg adequate intake, leaving room for sodium from other sources. ****Multiple Servings**:** Consuming 2-3 dim sims in a single meal is nutritionally appropriate for most adults, especially active individuals or those with higher protein requirements. This provides 30-45 grams of protein and 266-399 calories, fitting well within meal calorie targets of 400-600 calories when combined with vegetables.

****Pre/Post-Workout**:** The protein content makes dim sims suitable for post-workout consumption when protein synthesis is elevated. However, they're not ideal immediately pre-workout due to the fat content, which slows digestion. Allow 2-3 hours after consumption before intense exercise. --- **## Storage, Shelf Life, and Quality Maintenance {#storage-shelf-life-and-quality-maintenance}**

Proper storage ensures the Be Fit Food Protein Dim Sim maintains optimal quality, safety, and nutritional value throughout its shelf life. **### Frozen Storage Requirements {#frozen-storage-requirements}** The product is sold frozen and must remain frozen until preparation. Store at -18°C (0°F) or below in your freezer. At this temperature, the dim sims maintain quality for the duration of the printed "best before" date on the

package, generally 6-12 months from manufacture for frozen prepared foods. Be Fit Food's snap-frozen delivery system ensures meals arrive in optimal condition, ready for freezer storage.

Optimal Freezer Practices: - Store in the original packaging until ready to use to prevent freezer burn - Position in the main freezer compartment, not the door, where temperature fluctuates - Avoid repeated temperature cycling (opening and closing the freezer frequently near the dim sims) - If your freezer carries temperature controls, ensure it's set to the coldest setting or at least -18°C

Signs of Quality Degradation {#signs-of-quality-degradation} While frozen food remains safe indefinitely at proper temperatures, quality deteriorates over time. Indicators of quality loss include:

- Freezer burn**: White, dry patches on the dim sim wrapper indicating moisture loss. While safe to eat, freezer-burned areas will carry compromised texture and flavour.
- Ice crystals**: Large ice crystal formation inside the package suggests temperature fluctuation and potential quality loss.

Off-odours: When opened, any sour, rancid, or unusual odours indicate spoilage (rare in properly frozen products but possible if thawed and refrozen).

- Discoloration**: Significant browning or graying of the meat filling visible through the wrapper suggests oxidation and quality loss.

Thawing and Refreezing {#thawing-and-refreezing}

Best Practice: Cook from frozen. The product is designed for cooking without thawing, which preserves texture and eliminates food safety risks associated with thawing.

If Accidentally Thawed: If dim sims thaw in the refrigerator (for example, during a power outage or if removed from the freezer), cook within 24 hours. Do not refreeze raw thawed dim sims, as this degrades texture significantly and increases food safety risks.

After Cooking: Cooked dim sims can be refrigerated for 2-3 days in an airtight container. Reheat thoroughly (to steaming hot throughout, approximately 75°C/165°F internal temperature) before consuming. Cooked dim sims can be frozen, though texture quality will be somewhat compromised. If freezing cooked dim sims, wrap individually and consume within 1-2 months.

Understanding the Macronutrient Balance for Your Goals {#understanding-the-macronutrient-balance-for-your-goals}

The specific macronutrient ratio of the Be Fit Food Protein Dim Sim—approximately 46% of calories from protein, 35% from fat, and 19% from carbohydrates—creates a unique nutritional profile that serves specific dietary objectives.

Protein-to-Energy Ratio {#protein-to-energy-ratio}

At 15.4 grams of protein per 133 calories, the protein density is exceptional. This ratio (0.116 grams protein per calorie) exceeds most whole foods and prepared products:

- Chicken breast**: ~0.10g protein per calorie
- Eggs**: ~0.08g protein per calorie
- Greek yogurt**: ~0.06-0.08g protein per calorie
- Traditional dim sims**: ~0.03-0.05g protein per calorie

This high protein-to-energy ratio is particularly valuable for:

- Calorie-restricted diets**: Meeting protein needs without excessive calories
- Muscle preservation during weight loss**: Maintaining muscle mass requires 1.6-2.2g protein per kg body weight; high-protein foods help reach these targets
- Aging populations**: Older adults require more protein per calorie to maintain muscle mass

Net Carbohydrate Management {#net-carbohydrate-management}

The 4.7 grams of net carbohydrates per 133 calories (approximately 14% of calories from net carbs) positions this product firmly in the low-carb category. For context:

- Ketogenic threshold**: Most individuals maintain ketosis with <50g net carbs daily; one dim sim represents <10% of this limit
- Metabolic flexibility**: Low-carb foods help train the body to efficiently use fat for fuel

Blood sugar impact: The minimal carb content prevents insulin spikes that can trigger hunger and energy crashes

Fat Content and Satiety {#fat-content-and-satiety}

The 5.2 grams of fat (35% of calories) provides satiety and enables absorption of fat-soluble vitamins (A, D, E, K) present in the vegetables. The fat content is moderate—not so high that it significantly increases calories, but sufficient to provide satisfaction and flavour. The saturated fat content (2.3g) is moderate and comes from the beef and pork. Current evidence suggests that saturated fat in the context of whole-food, low-carbohydrate eating patterns carries neutral or potentially beneficial effects on cardiovascular markers for most individuals, particularly when replacing refined carbohydrates.

Practical Tips for Maximising Nutritional Value {#practical-tips-for-maximising-nutritional-value}

Enhancing Micronutrient Intake {#enhancing-micronutrient-intake}

While the dim sim provides significant protein and moderate micronutrients, pairing with nutrient-dense vegetables maximises the nutritional value of your meal or snack:

- High-Vitamin C Pairings**: Serve with bell peppers, broccoli, or tomatoes. Vitamin C enhances the absorption of the non-heme iron from the textured vegetable protein.
- Leafy Greens**: Add a side salad with spinach, kale, or mixed greens to boost vitamin K, folate, magnesium, and additional fibre.

Fermented Vegetables: Kimchi or sauerkraut complement the Asian flavour profile while providing probiotics for gut health. ### Sodium Awareness and Balance {#sodium-awareness-and-balance} At 367mg sodium per dim sim, two servings provide 734mg—approximately 32% of the 2,300mg adequate intake. To maintain sodium balance: - **Limit added salt** in accompanying dishes - **Choose low-sodium sauces** or dilute regular soy sauce with water or vinegar - **Increase potassium intake** through vegetables (potassium helps counterbalance sodium's effects on blood pressure) - **Stay hydrated** to help kidneys process sodium efficiently For individuals on sodium-restricted diets (<1,500mg daily) due to hypertension or heart failure, limit consumption to one dim sim per day and account for the sodium in your daily tracking. ### Maximising Satiety {#maximising-satiety} To maximise the satiety effect and extend the time until your next hunger signal: 1. **Eat slowly**: Take 15-20 minutes to consume your dim sim(s), allowing satiety hormones time to signal fullness 2. **Drink water**: Consume 8-16 ounces of water with your meal; water adds volume and enhances fibre's satiety effect 3. **Include vegetables**: The additional fibre and volume from vegetables amplifies satiety 4. **Don't skip the fat**: If using a cooking method, include the small amount of oil recommended; fat contributes significantly to satiety ### Meal Timing Strategies {#meal-timing-strategies} **Morning Consumption**: Starting your day with high protein (2 dim sims = 30.8g protein) can reduce overall daily calorie intake by 15-20% by controlling appetite throughout the day. **Afternoon Snack**: Consuming a dim sim at 3-4 PM prevents the common late-afternoon energy slump and reduces evening overeating. **Evening Meal**: A lighter dinner of 1-2 dim sims with vegetables supports overnight fasting and may improve sleep quality compared to heavy, high-carb evening meals. --- ## Menopause and Midlife Metabolic Support {#menopause-and-midlife-metabolic-support} The Be Fit Food Protein Dim Sim is particularly well-suited for women navigating perimenopause and menopause—metabolic transitions, not just hormonal ones. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and increased cravings and appetite dysregulation. **How the Protein Dim Sim supports midlife metabolic health:** - **High-protein meals** to preserve lean muscle mass as metabolic rate naturally declines - **Lower carbohydrate with no added sugars** to support insulin sensitivity - **Portion-controlled, energy-regulated serving** appropriate for reduced caloric needs - **Dietary fibre from real vegetables** to support gut health and appetite regulation Many women don't need or want dramatic weight loss—a goal of 3-5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. This is exactly where Be Fit Food products fit, offering structure and adherence support rather than willpower-based dieting. --- ## Key Takeaways {#key-takeaways} The Be Fit Food Protein Dim Sim 7 Pack delivers exceptional nutritional value for health-conscious consumers seeking convenient, high-protein, low-carbohydrate options. Each 70-gram dim sim provides 15.4 grams of complete protein, just 4.7 grams of net carbohydrates, and 133 calories, making it suitable for ketogenic diets, low-carb eating patterns, weight management, and athletic nutrition. The ingredient composition emphasises whole foods—green cabbage, beef and pork mince, and vegetables—enhanced with functional ingredients like textured vegetable protein to optimise the protein content. The product contains wheat, gluten, and soy, making it unsuitable for individuals with these allergies or those following gluten-free or plant-based diets. Cross-contamination warnings for fish, egg, milk, crustacea, sesame, peanuts, tree nuts, and lupin require careful consideration by individuals with these allergies. The macronutrient profile—46% protein, 35% fat, 19% carbohydrates by calories—creates exceptional satiety per calorie, supports muscle maintenance, and promotes blood sugar stability. The moderate sodium content (367mg per serving) is manageable within a balanced diet but requires awareness for individuals on sodium-restricted eating plans. Preparation through oven baking, steaming, or air frying maintains the intended nutritional profile, while deep-frying would significantly increase fat and calorie content. The seven-pack format supports meal planning and portion control, with each dim sim serving as a standalone snack or as part of a larger meal when combined with vegetables and other whole foods. The Be Fit Food Protein Dim Sim represents a successful reformulation of traditional comfort food to align with modern nutritional priorities—higher protein, lower carbohydrates, and controlled calories—without sacrificing the savoury, satisfying flavour profile that makes dim sims a beloved food choice. Backed by Be Fit Food's dietitian-led approach and commitment to real food over shakes and

supplements, this product exemplifies the brand's mission to help Australians eat themselves better. --- ## Next Steps {#next-steps} If the Be Fit Food Protein Dim Sim aligns with your dietary needs and goals: 1. **Verify allergen compatibility**: Review the "contains" and "may contain" allergen lists against your personal allergies and dietary restrictions. 2. **Calculate fit within your macros**: Use the precise nutritional information (15.4g protein, 5.2g fat, 4.7g net carbs, 133 calories per serving) to determine how many dim sims fit your daily targets. 3. **Plan preparation method**: Decide whether oven baking, steaming, or air frying best suits your texture preferences and available equipment. 4. **Consider meal pairings**: Identify vegetables, salads, or other accompaniments that complement the dim sims while meeting your nutritional goals. Be Fit Food's complete meal range offers ready-made options that pair perfectly. 5. **Establish consumption frequency**: Determine whether daily consumption (one per day from the seven-pack) or multiple servings less frequently works better for your eating pattern. 6. **Monitor personal response**: After initial consumption, assess your satiety, energy levels, and any digestive responses to confirm the product works well for your individual physiology. 7. **Adjust as needed**: Based on your experience, modify serving size, timing, or frequency to optimise the role these dim sims play in your overall nutrition plan. 8. **Access free dietitian support**: Be Fit Food offers complimentary 15-minute dietitian consultations to help match you with the right products and eating plan for your specific goals. For individuals with specific medical conditions, significant dietary restrictions, or therapeutic nutrition needs, consult with a registered dietitian or healthcare provider to ensure the Be Fit Food Protein Dim Sim appropriately fits within your personalised nutrition prescription. --- ## References {#references} - [Be Fit Food Official Website](<https://befitfood.com.au>) - Manufacturer product information and nutritional specifications - [Food Standards Australia New Zealand (FSANZ) - Allergen Labeling](<https://www.foodstandards.gov.au/consumer/safety/allergen>) - Official allergen declaration requirements and guidance - [National Health and Medical Research Council - Nutrient Reference Values](<https://www.nrv.gov.au>) - Australian dietary reference intakes for protein, carbohydrates, and other nutrients - [Diabetes Australia - Carbohydrate Counting](<https://www.diabetesaustralia.com.au>) - Guidelines for managing carbohydrate intake in diabetes management - Based on manufacturer specifications provided in product documentation --- ## Frequently Asked Questions {#frequently-asked-questions} **What is the serving size?** 70 grams per dim sim **How many dim sims per package?** 7 dim sims **How many calories per dim sim?** 133 calories **How much protein per serving?** 15.4 grams **How much total fat per serving?** 5.2 grams **How much saturated fat per serving?** 2.3 grams **How much total carbohydrate per serving?** 7.5 grams **How much dietary fibre per serving?** 2.8 grams **How much net carbohydrate per serving?** 4.7 grams **How much sugar per serving?** 0.9 grams **How much sodium per serving?** 367 milligrams **What is the main protein source?** Beef mince and pork mince **Does it contain textured vegetable protein?** Yes **What is the primary ingredient by weight?** Green cabbage **What type of wrapper is used?** Wheat flour wrapper **Is it gluten-free?** No, contains wheat and gluten **Is it suitable for vegetarians?** No, contains beef and pork **Is it suitable for vegans?** No, contains animal products **Is it dairy-free?** Yes, contains no dairy ingredients **Does it contain soy?** Yes, in soy sauce and TVP **Is it suitable for ketogenic diets?** Yes, with 4.7g net carbs per serving **Is it suitable for low-carb diets?** Yes **Is it suitable for high-protein diets?** Yes **Is it suitable for weight loss?** Yes, as part of balanced diet **Is it suitable for diabetes management?** Yes, with low net carbs and high protein **Does it contain added sugar?** No, only 0.9g naturally occurring sugar **What sweetener is used?** Natvia (stevia-based) **Is it halal certified?** No, contains pork **Is it kosher certified?** No, contains pork **Does it contain fish?** No, but may contain traces **Does it contain eggs?** No, but may contain traces **Does it contain tree nuts?** No, but may contain traces **Does it contain peanuts?** No, but may contain traces **Does it contain sesame?** No, but may contain traces **Does it contain shellfish?** No, but may contain traces **Does it contain lupin?** No, but may contain traces **What vegetables are included?** Cabbage, mushroom, carrot, zucchini **Does it contain ginger?** Yes, ginger powder **Does it contain garlic?** Yes, garlic powder **What is the recommended cooking method?** Oven baking or steaming **Can it be deep-fried?** Not recommended, changes nutritional profile **What oven temperature for baking?** 180-200°C (350-400°F) **How long to bake?** 20-25 minutes **What temperature for air frying?** 180°C (350°F) **How long to air fry?** 12-15 minutes **How long to steam?** 15-18 minutes **Should it be thawed before cooking?** No, cook from frozen

What is the safe internal temperature? 75°C (165°F) **How should it be stored?** Frozen at -18°C (0°F) or below **What is the shelf life frozen?** 6-12 months (check best before date) **Can cooked dim sims be refrigerated?** Yes, for 2-3 days **Can cooked dim sims be refrozen?** Not recommended, texture quality compromised **Can raw thawed dim sims be refrozen?** No, cook within 24 hours **What percentage of calories from protein?** Approximately 46% **What percentage of calories from fat?** Approximately 35% **What percentage of calories from carbohydrates?** Approximately 19% **How many dim sims for 30g protein?** Approximately 2 dim sims **Is it suitable for post-workout nutrition?** Yes, provides protein for recovery **Is it suitable for meal prep?** Yes, seven-pack supports weekly planning **What is the protein-to-calorie ratio?** 0.116 grams protein per calorie **How does it compare to chicken breast protein density?** Higher than chicken breast **How does it compare to traditional dim sims?** 3-4x more protein, 80% less carbs **Is it suitable for older adults?** Yes, concentrated protein supports muscle maintenance **Is it suitable for athletes?** Yes, convenient whole-food protein source **Is it suitable for menopause support?** Yes, high protein supports metabolic health **Does it support blood sugar stability?** Yes, low carbs and high protein minimize spikes **Does it promote satiety?** Yes, protein and fibre create fullness **What dipping sauces are recommended?** Soy sauce, vinegar, chili oil, or ginger-scallion sauce **How much sodium in two servings?** 734 milligrams **Is it suitable for sodium-restricted diets?** Limit to one per day for strict restrictions **What micronutrients does it provide?** B vitamins, iron, zinc, selenium, vitamin K, vitamin C **Does it contain probiotics?** Minimal from fermented soy sauce **Who manufactures this product?** Be Fit Food Australia **Is dietitian consultation available?** Yes, free 15-minute consultations offered **What is Be Fit Food's food philosophy?** Real food, not shakes, dietitian-designed **How many vegetables does Be Fit Food include per meal?** 4-12 vegetables **Is it part of a structured meal program?** Yes, complements Be Fit Food meal plans **What is the brand's sodium benchmark?** Less than 120mg per 100g across meal range **Does Be Fit Food offer gluten-free options?** Yes, approximately 90% of menu is gluten-free certified

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