CHICONCAR - Food & Beverages Ingredient Breakdown - 7070873288893_43456576520381

Details:

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Storage | Keep frozen at -18°C or 0°F | | Key features | Good source of protein, Good source of dietary fibre, Low in saturated fat, Contains grass-fed beef | --- ## 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 Be Fit Food's Chilli Con Carne (GF) MB1 is a prepared meal product sold in 314g single-serve portions. The product carries GTIN 09358266000618 and retails for $13.55 AUD with current in-stock availability. This frozen meal is certified gluten-free, containing less than 20ppm gluten according to Australian food standards. The formulation contains 27g of protein per serve, with beef mince comprising 29% of total weight (approximately 91g) and red kidney beans contributing 12% (approximately 38g). The spice heat level is rated as Mild (Level 2), making it accessible for most palates. Storage requires freezing at -18°C or 0°F to maintain quality and safety. The allergen declaration confirms that this product contains soybeans as an intentional ingredient. Due to manufacturing facility practices, the product may contain trace amounts of fish, egg, milk, crustacea, sesame seeds, peanuts, tree nuts, and lupin through cross-contact. The ingredient list, arranged in descending order by weight, includes: Beef Mince (29%), Diced Tomato (with Citric Acid), Red Kidney Beans (12%), Red Capsicum, Mushroom, Zucchini, Carrot, Onion, Garlic, Tomato Paste, Beef Stock, Corn, Gluten-Free Soy Sauce, Paprika, Cumin, Cinnamon, Chilli Powder, Fresh Coriander, Olive Oil, and Corn Starch. This formulation totals twenty-one distinct ingredients, primarily whole foods with minimal processing aids. Key nutritional features highlighted on the label include good source of protein, good source of dietary fibre, low saturated fat content, and the use of grass-fed beef. ### General Product Claims Be Fit Food positions this meal as part of their dietitian-designed range, reflecting their real food philosophy. The formulation excludes seed oils, artificial colours, artificial flavours, added artificial preservatives, added sugar, and artificial sweeteners. The product is formulated to contain less than 120mg sodium per 100g, supporting cardiovascular health considerations. Each Be Fit Food meal contains 4–12 vegetables, contributing to overall nutrient density and micronutrient diversity. Approximately 90% of the Be Fit Food menu is gluten-free, with clear disclosure of the remaining items to support coeliac-safe decision-making. The snap-frozen delivery system ensures consistent portions and macronutrient profiles across all meals while minimizing food spoilage. The high-protein formulation supports lean muscle preservation, making the product suitable for individuals using GLP-1 medications, managing menopause-related metabolic changes, or pursuing weight management goals. The meal is designed to support gut health through dietary fibre content from beans and vegetables. A clinical trial published in *Cell Reports Medicine* (October 2025) demonstrated that whole-food-based meals like those from Be Fit Food supported greater improvements in microbiome diversity compared to supplement-based alternatives. The beef provides complete protein containing all nine essential amino acids necessary for human health. The cooked and processed tomatoes in this formulation offer enhanced lycopene bioavailability compared to raw tomatoes. Resistant starch and dietary fibre from the beans support beneficial gut bacteria populations. Be Fit Food's mission centers on helping Australians "eat themselves better" through scientifically-designed meals that reduce decision fatigue and food waste. The company offers free 15-minute dietitian consultations to help customers select appropriate meal plans. Meals are available from $8.61, with lower per-meal pricing for longer program durations. The Metabolism Reset program operates at approximately 800–900 calories per day, using structured meal delivery to support metabolic health goals. --- ## Introduction {#introduction} Be Fit Food's Chilli Con Carne (GF) is a single-serve, gluten-free frozen meal that brings together 29% premium beef mince, red kidney beans, and a carefully selected array of vegetables in a South American–inspired sauce. Weighing exactly 314 grams per serving, this individually portioned main meal is designed for those seeking convenient, nutritionally balanced options without compromising on ingredient quality or dietary requirements. As part of Be Fit Food's dietitian-designed meal range, this product demonstrates how modern food formulation can deliver both nutrition and convenience. This comprehensive ingredient breakdown explores every component that goes into this mild-heat chilli. It explains not just what's inside the tray, but why each ingredient matters, how components work together, and what role they play in creating both the nutritional profile and the sensory experience of this ready-to-eat meal. Whether you're managing gluten sensitivities, seeking clarity on what you're consuming, or simply curious about how

modern frozen meals are formulated, this guide walks you through each ingredient listed on the pack. From the beef mince that forms the protein foundation to the corn starch that gives the sauce its body, you'll discover exactly what goes into every satisfying bite. Understanding these ingredients helps you make informed dietary decisions and appreciate the complexity behind seemingly simple convenience foods. --- ## Understanding the Ingredient Hierarchy {#understanding-the-ingredient-hierarchy} The ingredient list on Be Fit Food's Chilli Con Carne follows Australian food labelling regulations. These require manufacturers to list ingredients in descending order by weight at the time of manufacture. This means the first ingredient—beef mince—comprises the largest proportion by mass in the formulation. Ingredients toward the end of the list, such as chilli powder and corn starch, are present in smaller quantities but still serve critical functional or flavouring roles that define the final product character. When you see a percentage listed next to an ingredient (like "Beef Mince (29%)" or "Red Kidney Beans (12%)"), this represents the proportion of that ingredient in the final formulation by weight. These declarations are required by Australian food standards when an ingredient is emphasised in the product name, featured prominently in marketing materials, or when its quantity significantly affects the product's character. The fact that Be Fit Food declares these percentages demonstrates the brand's commitment to transparency beyond minimum regulatory requirements. This allows you to make informed comparisons between similar products and understand exactly what you're purchasing. The total ingredient count in this chilli sits at twenty-one distinct components. These range from whole foods like vegetables and legumes to processing aids like citric acid and corn starch. This relatively moderate ingredient count reflects Be Fit Food's real food philosophy, which prioritizes recognizable ingredients over extensive chemical additives. The formulation balances convenience with whole-food ingredients rather than relying heavily on additives, artificial flavours, or extensive preservative systems. This approach aligns with Be Fit Food's clean-label standards across their product range: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Each ingredient serves a specific purpose—whether nutritional, functional, or sensory—contributing to the overall eating experience and health benefits of the meal. --- ## Primary Protein: Beef Mince (29%) {#primary-protein-beef-mince-29} Beef mince forms the cornerstone of this chilli, contributing 29% of the total weight—approximately 91 grams of the 314-gram serving. This proportion is significant in the context of ready meals, where protein content often suffers in favour of cheaper fillers or starches. The beef provides complete protein, meaning it contains all nine essential amino acids your body cannot synthesise on its own: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. This makes it particularly valuable for muscle maintenance, immune function, tissue repair, and overall cellular health. The choice of beef mince rather than pre-formed meat products, mechanically separated meat, or textured vegetable protein gives this meal a more authentic texture and flavour profile. When heated, the beef mince releases its natural fats and juices into the surrounding sauce. This creates a richer, more cohesive dish than products where protein sits separately from the sauce base or where the protein component is reconstituted from isolated protein powders. The fat content in beef mince also acts as a flavour carrier, helping to distribute the spices and aromatics throughout each bite and creating a more satisfying mouthfeel. From a nutritional standpoint, beef contributes essential micronutrients beyond protein. These include highly bioavailable iron in the heme form (which your body absorbs more efficiently than plant-based non-heme iron), vitamin B12 (critical for nerve function and red blood cell formation), zinc (important for immune response and wound healing), and selenium (an antioxidant mineral that supports thyroid function). The 29% proportion ensures these nutrients are present in meaningful amounts rather than trace quantities. This high-protein approach aligns with Be Fit Food's commitment to meals that support lean muscle preservation. This focus on protein is particularly important for several target populations. For those using GLP-1 medications (glucagon-like peptide-1 receptor agonists used for weight management and diabetes), adequate protein intake helps preserve lean muscle mass during weight loss. For individuals managing menopause-related metabolic changes, protein supports muscle maintenance as hormonal shifts affect body composition. For anyone pursuing weight loss goals, high-protein meals increase satiety, support metabolic rate, and prevent the muscle loss that often accompanies caloric restriction. The beef used in Be Fit Food products follows standard Australian beef production practices. Australian beef generally adheres to strict food safety standards

and traceability systems, even in conventional production. This provides reasonable assurance of quality and safety. The label indicates the beef is grass-fed, which typically results in a different fatty acid profile compared to grain-fed beef, with higher levels of omega-3 fatty acids and conjugated linoleic acid (CLA). --- ## Tomato Base: Diced Tomato with Citric Acid {#tomato-base-diced-tomato-with-citric-acid} Listed second by weight, diced tomato forms the liquid foundation of the chilli's sauce, providing moisture, acidity, and the characteristic red color associated with tomato-based dishes. The tomatoes are preserved with citric acid, a naturally occurring organic acid found abundantly in citrus fruits. In this context, citric acid serves multiple functions beyond simple preservation. First, citric acid acts as a preservative by lowering the pH of the tomatoes, creating an acidic environment hostile to many spoilage bacteria and pathogenic organisms. This extends shelf life and contributes to food safety. Second, it helps maintain the tomatoes' bright red colour by preventing oxidation, which would otherwise cause browning and visual deterioration. Third, it contributes a subtle tartness that balances the richness of the beef and the sweetness of vegetables like corn and carrots, creating a more complex and interesting flavour profile. Tomatoes bring more than just volume and moisture to this dish. They're an exceptional source of lycopene, a carotenoid antioxidant studied extensively for its potential cardiovascular and prostate health benefits. Interestingly, lycopene becomes more bioavailable when tomatoes are cooked and processed, particularly in the presence of fat. This means the diced tomatoes in this prepared meal, cooked with olive oil and beef fat, may actually offer better lycopene absorption than fresh raw tomatoes consumed alone. The heating process breaks down cell walls, releasing lycopene from the plant matrix and making it more accessible for absorption. The choice of diced tomatoes rather than tomato puree or smooth sauce creates textural variety in the finished dish. You'll encounter distinct tomato pieces alongside the beef and beans, rather than a homogeneous puree. This adds visual appeal and provides a fresh, slightly acidic burst that cuts through the savoury, spiced elements. The natural glutamates in tomatoes also contribute umami—the savoury "fifth taste" identified by Japanese researcher Kikunae Ikeda—which enhances the overall flavour depth without requiring added MSG or yeast extracts. Citric acid, despite its preservative function, is generally recognised as safe and well-tolerated by most individuals. It's the same compound that makes lemons tart and is used throughout the food industry in products ranging from soft drinks to canned goods. In the small quantities used in food preservation, it's virtually undetectable as a separate flavour. For most consumers, citric acid poses no concerns. However, individuals with rare citrate allergies or extreme sensitivities should be aware of its presence, though such reactions are uncommon. --- ## Legume Component: Red Kidney Beans (12%) {#legume-component-red-kidney-beans-12} At 12% of the total formulation—approximately 38 grams per serving—red kidney beans provide both protein and complex carbohydrates. This creates a more nutritionally balanced meal than beef alone would offer. Kidney beans are particularly rich in resistant starch and dietary fibre, both of which support digestive health by feeding beneficial gut bacteria and promoting regular bowel movements. This fibre content supports Be Fit Food's focus on gut health, a key consideration highlighted in the peer-reviewed clinical trial published in *Cell Reports Medicine* (October 2025). The study demonstrated that whole-food-based meals, including those from Be Fit Food's range, supported greater improvements in microbiome diversity compared to supplement-based alternatives. The resistant starch in kidney beans passes through the small intestine undigested and ferments in the colon, where it serves as a prebiotic fuel source for beneficial bacteria species. From a nutritional complementarity perspective, combining beans with beef creates a more complete amino acid profile than either ingredient alone. While beef provides all essential amino acids in adequate proportions, beans are particularly rich in lysine and complement the amino acid pattern of any grains or starches that might accompany the meal. This makes the chilli suitable as a standalone dish without requiring additional protein sources to meet amino acid requirements. Red kidney beans contain significant amounts of folate (vitamin B9), important for DNA synthesis and particularly critical for women of reproductive age due to its role in preventing neural tube defects during pregnancy. They also provide iron, magnesium (important for muscle and nerve function), phosphorus (essential for bone health and energy metabolism), and potassium (critical for blood pressure regulation and cardiovascular health). The iron in kidney beans is non-heme iron, which is less readily absorbed than the heme iron in beef. However, consuming both together in the same meal can actually enhance the

absorption of plant-based iron due to the presence of meat proteins and the vitamin C from vegetables like red capsicum. The texture of kidney beans adds substance and bite to the chilli, creating a more satisfying eating experience. Unlike softer legumes like lentils that might disintegrate during commercial food processing and freezing, kidney beans maintain their structural integrity. This provides satisfying texture contrast against the ground beef and softer vegetables. Their mild, slightly sweet flavour doesn't compete with the chilli spices but rather absorbs them, becoming flavour vehicles that carry the dish's seasonings. It's worth noting that red kidney beans must be properly cooked before consumption. Raw or undercooked kidney beans contain phytohaemagglutinin, a naturally occurring lectin toxin that can cause severe gastrointestinal distress. Proper cooking (boiling for at least 10 minutes) destroys this toxin. Be Fit Food uses appropriate cooking processes to eliminate this concern entirely. The beans in this product are completely safe to consume after following the recommended heating instructions. --- ## Vegetable Matrix: Red Capsicum, Mushroom, Zucchini, and Carrot {#vegetable-matrix-red-capsicum-mushroom-zucchini-and-carrot} These four vegetables appear sequentially in the ingredient list, suggesting they're present in relatively similar proportions to each other. Together, they create a nutritional and textural foundation that distinguishes this from simpler "meat and beans only" chilli formulations. This vegetable diversity reflects Be Fit Food's commitment to including 4–12 vegetables in each meal, contributing to the overall nutrient density that characterises their dietitian-designed approach. ### Red Capsicum Red capsicum (bell pepper) contributes sweetness, vibrant colour, and exceptional vitamin C content—often containing more vitamin C per gram than citrus fruits. A single medium red bell pepper can provide more than 150% of the daily recommended intake of vitamin C. The red variety is fully ripened, meaning it contains higher levels of carotenoids like beta-carotene and capsanthin compared to green peppers, which are simply unripe versions of the same fruit. These compounds act as antioxidants and give the pepper its characteristic bright red color. When diced and incorporated into the sauce, red capsicum softens during cooking. It releases its natural sugars and adds subtle sweetness that balances the chilli heat and savoury elements. The vitamin C in red capsicum also enhances iron absorption from both the beef and beans, making this vegetable inclusion strategically valuable beyond its direct nutrient contribution. ### Mushroom Mushrooms bring umami depth and a meaty texture that complements the beef mince without competing with it. While the specific mushroom variety is not specified by manufacturer, common varieties used in Australian food manufacturing include white button mushrooms or Swiss brown mushrooms (cremini). Mushrooms contribute B vitamins, particularly riboflavin (B2) and niacin (B3), as well as the mineral selenium, which functions as an antioxidant and supports thyroid health. Mushrooms also contain ergothioneine, a unique antioxidant amino acid that humans cannot synthesise but can obtain from dietary sources, particularly mushrooms. This compound accumulates in tissues subject to high oxidative stress and may offer protective benefits. The spongy texture of mushrooms allows them to absorb surrounding flavours while releasing their own earthy, savoury notes into the sauce, creating flavor complexity. ### Zucchini Zucchini adds volume and moisture without contributing significant calories or carbohydrates, making it an excellent ingredient for creating satisfying portion sizes in calorie-controlled meals. This is particularly relevant for Be Fit Food's Metabolism Reset program, which operates at approximately 800–900 calories per day. Zucchini contains vitamin C, potassium, and small amounts of B vitamins. Its mild flavour doesn't compete with stronger ingredients, and its soft texture when cooked blends seamlessly into the sauce base. Zucchini also releases water during cooking, contributing to the sauce's consistency without requiring additional liquid or sodium-containing broths. This technique helps Be Fit Food achieve lower sodium levels (formulated to less than 120mg per 100g) by using vegetables' natural water content rather than relying solely on stock or added water with dissolved salt. ### Carrot Carrot provides natural sweetness, beta-carotene (which your body converts to vitamin A for vision and immune health), and a slightly firmer texture that persists through cooking. The natural sugars in carrots caramelise subtly during the meal preparation process, adding complexity to the overall flavour profile without requiring added sugar. Carrots also contribute fibre and small amounts of vitamin K1, important for blood clotting and bone health. The beta-carotene in carrots is a provitamin A carotenoid, meaning your body converts it to active vitamin A as needed. This conversion is more efficient when carotenoids are consumed with fat, which is present in this dish from both the beef and olive oil. Vitamin A supports vision (particularly

night vision), immune function, and skin health. ### Collective Impact This vegetable combination creates a nutritionally diverse base that provides multiple vitamins, minerals, and phytonutrients beyond what the beef and beans alone would offer. The variety also ensures visual appeal—different colours and shapes make the meal more appetising and less monotonous than a single-texture ground meat product. The combination of water-soluble vitamins (like vitamin C from capsicum) and fat-soluble vitamins (like vitamin A from carrots) ensures a balanced micronutrient profile that supports various bodily functions. --- ## Aromatic Foundation: Onion and Garlic {#aromatic-foundation-onion-and-garlic} Though listed separately in the ingredient declaration, onion and garlic work together as the aromatic foundation of this chilli. This combination forms the flavour base of countless cuisines worldwide, from French mirepoix to Italian soffritto to the "holy trinity" of Cajun cooking. ### Onion Onion appears earlier in the ingredient list than garlic, suggesting it's present in greater quantity. Onions contribute multiple layers of flavour: sharp and pungent when raw, they become sweet and mellow when cooked as their sulfur compounds break down and their natural sugars caramelise. Onions also contain quercetin, a flavonoid antioxidant studied for its anti-inflammatory properties and potential cardiovascular benefits, and sulfur compounds that give onions their characteristic aroma and may contribute to cardiovascular health. In the context of a chilli, onions serve both functional and flavour roles. They break down during cooking, incorporating into the sauce and adding body as their cell walls release moisture and pectins. This helps create the right sauce consistency without requiring excessive thickeners. The natural glutamates in onions contribute to the overall umami profile, enhancing the savoury character of the beef and mushrooms without requiring artificial flavor enhancers. ### Garlic Garlic appears later in the ingredient list, indicating it's used in smaller quantities—appropriate given garlic's potent flavour that can easily overwhelm other ingredients if overused. Garlic contains allicin, a sulfur compound created when garlic is crushed or chopped and the enzyme alliinase converts alliin into allicin. This compound shows potential antimicrobial and cardiovascular benefits in research studies, though the quantities in food are modest compared to supplemental doses. In culinary terms, garlic adds a sharp, pungent note that becomes mellow and slightly sweet when cooked. It complements the other aromatics and spices beautifully, adding depth without dominating. The combination of onion and garlic creates a flavour synergy that's greater than the sum of its parts—this aromatic duo forms the foundation upon which the spices and other ingredients build. ### Synergistic Function Together, onion and garlic provide complexity that makes the dish taste "cooked" rather than simply assembled from raw ingredients. Without these aromatics, the chilli would taste flat and one-dimensional, regardless of the quality of the beef or the quantity of spices. The aromatic compounds released during cooking create appetite-stimulating aromas that make the meal more appealing even before the first bite. --- ## Flavour Enhancers: Tomato Paste and Beef Stock {#flavour-enhancers-tomato-paste-and-beef-stock} ### Tomato Paste Tomato paste appears mid-list, indicating it's present in moderate quantities. Unlike the diced tomatoes that provide texture and acidity, tomato paste serves as a concentrated flavour enhancer. Made by cooking tomatoes down to remove most of their water content (often reducing the volume by 90% or more), tomato paste delivers intense tomato flavour and deep umami notes in a small volume. It's significantly richer in lycopene per gram than fresh or diced tomatoes due to the concentration process, potentially offering enhanced antioxidant benefits. Tomato paste also contributes to the sauce's body and colour. Its thick consistency helps create a clingy sauce that coats the beef and vegetables rather than pooling separately at the bottom of the tray. The deep red-brown colour of tomato paste intensifies the visual appeal of the finished dish, making it look richer and more appetising. The concentrated sugars in tomato paste also contribute subtle sweetness that balances acidity and enhances overall flavour complexity. ### Beef Stock Beef stock provides savoury depth and reinforces the meaty character of the dish without adding more solid meat. Quality beef stock is made by simmering beef bones, meat, and aromatics for extended periods, extracting collagen, minerals, and flavour compounds into a concentrated liquid. In this chilli, beef stock serves multiple purposes: it adds moisture for the sauce, contributes savoury flavour that complements the beef mince, and provides a subtle richness that makes the overall dish taste more complex and "home-cooked." The minerals and amino acids in beef stock, particularly glycine from collagen breakdown, may contribute to the overall nutritional profile. Glycine is a non-essential amino acid that plays roles in protein synthesis and may support joint and gut

health. In the quantities used in a sauce, these contributions are modest but still meaningful. More significantly, the stock creates flavour cohesion—it ties together the beef, vegetables, and spices into a unified taste experience rather than a collection of separate flavours. The absence of MSG (monosodium glutamate) or yeast extract in the main ingredient list reflects Be Fit Food's clean-label standards. This suggests the stock used is relatively clean, though some sodium is inevitable in any stock formulation. The umami flavour typically provided by MSG is instead achieved through the natural glutamates in tomatoes, mushrooms, beef, and the stock itself. --- ## Sweet Element: Corn {#sweet-element-corn} Corn appears in the latter portion of the ingredient list, suggesting it's present in smaller quantities than the primary vegetables. In this chilli, corn serves multiple functions beyond its nutritional contribution. The natural sweetness of corn kernels provides flavour balance against the savoury beef, acidic tomatoes, and spicy elements. This sweetness is subtle but important—it rounds out the flavour profile and prevents the dish from tasting one-dimensionally spicy or savoury. Texturally, corn kernels add pops of firmness and bursts of sweetness throughout the chilli. Unlike softer vegetables that blend into the sauce, corn maintains its structural integrity even through cooking, freezing, and reheating. This creates textural interest with each bite, making the eating experience more engaging and satisfying. The slight resistance when biting into a corn kernel provides sensory variety that contributes to overall meal satisfaction. Nutritionally, corn contributes complex carbohydrates for energy, dietary fibre for digestive health, and small amounts of B vitamins, particularly thiamin (B1) and folate (B9). Yellow corn also contains carotenoids like lutein and zeaxanthin, antioxidants specifically associated with eye health and protection against age-related macular degeneration. While the quantity of corn in this formulation is modest, every ingredient contributes to the overall nutritional density of the meal. The choice to include corn also gives this chilli a slightly American or Tex-Mex character. Corn is traditional in many North and South American chilli formulations, distinguishing it from more austere, beef-and-bean-only versions common in other cuisines. This adds visual appeal with its bright yellow colour against the red-brown sauce, creating a more photogenic and appetising appearance. --- ## Gluten-Free Soy Sauce: Umami and Salt {#gluten-free-soy-sauce-umami-and-salt} The inclusion of gluten-free soy sauce is particularly noteworthy in this formulation. Traditional soy sauce is made from fermented soybeans and wheat, making it unsuitable for those avoiding gluten due to coeliac disease or non-coeliac gluten sensitivity. Gluten-free soy sauce uses rice or other gluten-free grains instead of wheat during the fermentation process. This maintains the characteristic savoury, fermented flavour while accommodating gluten sensitivities. This careful ingredient selection reflects Be Fit Food's commitment to their extensive gluten-free range. Approximately 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. The remaining items are clearly disclosed to support informed, coeliac-safe decision-making. Soy sauce serves as a concentrated source of umami—the savoury, mouth-filling taste that makes food satisfying and complete. The glutamates naturally present in fermented soy products trigger specific taste receptors on your tongue, creating a perception of richness and depth. In this chilli, soy sauce enhances the savoury notes from the beef, mushrooms, and tomatoes, creating a more complex flavour profile than salt alone could achieve. The fermentation process that creates soy sauce also develops hundreds of flavour compounds beyond simple saltiness. These include subtle sweet, fruity, and floral notes that add complexity to dishes without being identifiable as "soy sauce" flavour. In a chilli context, soy sauce acts as a flavour bridge—it ties together disparate ingredients and makes the overall taste more cohesive and harmonious. From a functional standpoint, soy sauce also contributes sodium, which acts as both a preservative and a flavour enhancer. Sodium intensifies the perception of other flavours, making sweet things taste sweeter, savoury things more savoury, and reducing the perception of bitterness. While sodium requires attention in dietary guidelines for those with hypertension or cardiovascular concerns, it plays an essential role in food preservation and palatability, particularly in prepared foods with extended shelf life. Be Fit Food maintains a low sodium benchmark of less than 120mg per 100g across their meal range, which is considerably lower than many commercial prepared meals. The allergen declaration notes that this product "Contains: Soybeans," which is expected given the soy sauce inclusion. Individuals with soy allergies should avoid this product. However, soy allergies are less common than some other food allergies like peanuts or shellfish, and many people who avoid soy for other reasons

(such as concerns about phytoestrogens) may not need to avoid fermented soy products like soy sauce, where the fermentation process alters the protein structure. --- ## Spice Complex: Paprika, Cumin, Cinnamon, and Chilli Powder {#spice-complex-paprika-cumin-cinnamon-and-chilli-powder} The spice blend in this chilli creates its characteristic flavour profile and mild heat level (rated as "2" on the chilli rating scale). Each spice contributes distinct flavours and aromas while working synergistically to create the overall taste experience. ### Paprika Paprika is made from dried, ground peppers (capsicums) and contributes both colour and flavour. The variety of paprika used is not specified by manufacturer—it could be sweet (mild), hot, or smoked. Given the mild heat rating of the final product, sweet or mildly hot paprika is most likely. Paprika adds a subtle, slightly sweet pepper flavour and a vibrant red colour that enhances the visual appeal of the sauce. It also contains carotenoids, including capsanthin, which contributes antioxidant activity and the characteristic red pigmentation. ### Cumin Cumin provides earthy, warm, slightly bitter notes that are characteristic of many chilli and curry formulations worldwide. Cumin's distinctive flavour comes from the compound cuminaldehyde, which creates its recognisable aroma. In traditional medicine systems, cumin has been used to support digestion. Modern research suggests it may offer antioxidant and antimicrobial properties, though in culinary quantities, these effects are modest compared to concentrated extracts. In this chilli, cumin adds complexity and depth, preventing the flavour from being one-dimensionally "beefy" or "tomatoey." It provides a warm, earthy backbone that supports the other spices and creates a more sophisticated flavour profile. ### Cinnamon Cinnamon might seem like an unusual addition to a savoury chilli, but it's traditional in many South American and Mexican meat dishes. In savoury contexts, cinnamon adds warmth and subtle sweetness without making the dish taste like dessert. The compound cinnamaldehyde gives cinnamon its characteristic flavour and aroma. In small quantities, it creates a background note that enhances other spices without being identifiable on its own. Cinnamon also makes dishes taste slightly sweeter without adding sugar, helping balance acidity and heat. This supports Be Fit Food's no-added-sugar formulation standard while still creating a balanced, satisfying flavour profile. The warmth from cinnamon complements the heat from chilli powder, creating a more rounded spice experience. ### Chilli Powder Chilli powder provides the heat component that gives this dish its name. Chilli powder is made from dried, ground chilli peppers (often cayenne) and may include other spices like cumin, garlic powder, and oregano, depending on the blend. The heat in chilli comes from capsaicin, a compound that binds to pain receptors (TRPV1 receptors) in your mouth, creating the sensation of burning or heat. Despite the name "Chilli Con Carne," this product is rated as mild (level 2), indicating that chilli powder is used judiciously to add warmth and complexity without overwhelming heat. This makes the product accessible to a broader audience, including those who enjoy flavour but prefer to avoid intense spiciness. The capsaicin in chilli powder shows potential for various health effects in research studies, including metabolism-boosting properties (thermogenesis) and pain relief (capsaicin is used in topical pain creams). In culinary quantities, these effects are minimal but still contribute to the overall sensory experience. Capsaicin also stimulates saliva production and can enhance the perception of flavour by making taste receptors more sensitive. ### Synergistic Function This four-spice combination creates a flavour profile that's recognisably "chilli" without being overly complex or confusing to the palate. The spices are listed toward the end of the ingredient declaration, indicating they're used in relatively small quantities—enough to flavour the dish without overwhelming the primary ingredients or creating excessive heat. The balance between warming spices (cinnamon, cumin), heat (chilli powder), and colour/subtle sweetness (paprika) creates a harmonious blend that enhances rather than masks the natural flavours of the beef, beans, and vegetables. --- ## Fresh Herb: Coriander {#fresh-herb-coriander} Fresh coriander (also known as cilantro in some regions, particularly North America) appears in the ingredient list, adding a bright, fresh, citrusy note that contrasts with the cooked, savoury elements. Coriander shows a distinctive flavour profile that people either love or find challenging—genetic variations affect how individuals perceive coriander's flavour. Some people experience it as fresh and citrusy while others detect soapy or metallic notes due to differences in olfactory receptor genes. In this chilli, fresh coriander serves multiple purposes. Its bright, herbaceous flavour adds freshness that prevents the dish from tasting heavy or overly rich. The citrus notes in coriander complement the acidity of the tomatoes and balance the earthy spices like cumin. Visually, fresh green coriander leaves provide colour contrast against the red-brown sauce, making the finished

dish more appealing and restaurant-quality in appearance. Fresh herbs like coriander are more challenging to incorporate into frozen meals than dried herbs. They can lose colour and texture during freezing and reheating, potentially turning brown or mushy. The fact that Be Fit Food includes fresh coriander demonstrates their attention to ingredient quality and flavour, reflecting their real food philosophy—even in a convenience product. The coriander is likely added late in the cooking process or in sufficient quantity to ensure some flavour and visual appeal survives the freezing and reheating cycle. Nutritionally, coriander contributes small amounts of vitamins A, C, and K, along with various antioxidant compounds including quercetin and kaempferol. While the quantity in this dish is modest (herbs are typically used in small amounts), every ingredient contributes to the overall nutritional density and phytonutrient diversity of the meal. The vitamin K in coriander supports blood clotting and bone health, while the antioxidants may offer protective benefits against oxidative stress. --- ## Cooking Medium: Olive Oil {#cooking-medium-olive-oil} Olive oil appears late in the ingredient list, indicating it's used in relatively small quantities. It's likely used as a cooking medium for sautéing the aromatics (onion and garlic) and vegetables during meal preparation. The choice of olive oil rather than seed oils (like canola, soybean, or sunflower oil) or animal fats is significant from both health and flavour perspectives. This aligns with Be Fit Food's commitment to avoiding seed oils in their formulations—a clean-label standard that distinguishes their products from many commercial prepared meals. Olive oil is predominantly composed of monounsaturated fatty acids, particularly oleic acid (omega-9). This fatty acid shows associations with cardiovascular health benefits in numerous studies. The Mediterranean diet, which features olive oil as a primary fat source, demonstrates links to reduced risk of heart disease, stroke, type 2 diabetes, and other chronic conditions in large epidemiological studies. While the quantity of olive oil in a single serving of this chilli is modest, it contributes to a more favourable fatty acid profile than products made with saturated fats or highly processed vegetable oils. From a flavour standpoint, olive oil adds subtle fruity, peppery, or grassy notes depending on the variety used and its quality level. These flavours are generally mild in cooked applications, especially when combined with strong-flavoured ingredients like beef and spices. However, they contribute to overall flavour complexity in ways that neutral oils cannot. Olive oil also helps carry fat-soluble flavour compounds from the spices and aromatics throughout the dish, ensuring even flavour distribution. The use of olive oil also suggests the product is cooked rather than simply assembled from raw ingredients and frozen. Sautéing aromatics like onion and garlic in olive oil develops their flavours through the Maillard reaction (browning of proteins and sugars) and caramelisation (breakdown of sugars). This creates depth and complexity that wouldn't exist if ingredients were simply mixed together raw and frozen. --- ## Thickening Agent: Corn Starch {#thickening-agent-corn-starch} Corn starch appears last in the ingredient list, indicating it's present in the smallest quantity of all ingredients. Despite this modest amount, corn starch plays a critical functional role in creating the proper sauce consistency and stability. Corn starch is a pure carbohydrate extracted from the endosperm of corn kernels. It consists almost entirely of starch molecules—long chains of glucose units. When heated in liquid, these starch molecules absorb water and swell, a process called gelatinisation. This transforms a thin, watery liquid into a sauce with body and viscosity that clings to the beef, beans, and vegetables beautifully. In frozen meals, starch serves an additional purpose beyond initial thickening. It helps stabilise the sauce during the freeze-thaw cycle. Without a starch thickener, sauces can separate during freezing as water crystals form separately from fat and protein components, leading to a watery, unappealing texture when reheated (a phenomenon called syneresis). Corn starch helps maintain emulsion stability, ensuring the sauce remains cohesive through Be Fit Food's snap-freezing process, storage at -18°C, and reheating. Corn starch is gluten-free, making it an appropriate thickener for this gluten-free product. Alternative thickeners like wheat flour or roux (flour cooked in fat) would introduce gluten and make the product unsuitable for those with coeliac disease. Other gluten-free options like arrowroot, tapioca starch, or potato starch function similarly but may be more expensive or less readily available in commercial food manufacturing at scale. From a nutritional standpoint, the small quantity of corn starch used contributes negligible calories or carbohydrates to the overall meal. Its primary value is functional rather than nutritional—it creates the eating experience you expect from a chilli dish, where the sauce coats each ingredient rather than pooling separately. This textural quality is essential for consumer satisfaction and repeat purchase behavior. --- ## Allergen Considerations and Cross-Contact

{#allergen-considerations-and-cross-contact} The allergen declaration states "Contains: Soybeans" due to the gluten-free soy sauce. It also lists potential cross-contact with fish, egg, milk, crustacea, sesame seeds, peanuts, tree nuts, and lupin. Understanding this declaration is important for consumers with food allergies or sensitivities. ### Intentional Allergen: Soybeans The "Contains" declaration indicates that soybeans are intentionally included as an ingredient in this product. Anyone with a soy allergy should avoid this product entirely. Soy is one of the "Big 8" allergens (now "Big 9" with the addition of sesame in some jurisdictions) that account for the majority of food allergies. However, soy allergies are more common in children and often outgrown by adulthood. Some individuals who react to soy protein may tolerate fermented soy products like soy sauce, where the fermentation process breaks down proteins, but this should only be determined under medical supervision. ### Cross-Contact Warnings The "May contain" or cross-contact warning indicates that while these allergens (fish, egg, milk, crustacea, sesame seeds, peanuts, tree nuts, and lupin) are not ingredients in this specific product, they are present elsewhere in the manufacturing facility. They could potentially contaminate the product through shared equipment, airborne particles, or handling errors. This warning is provided out of abundance of caution for individuals with severe allergies who could react to trace amounts of an allergen. For most consumers, including those with mild sensitivities or dietary preferences rather than true IgE-mediated allergies, the cross-contact warning is not a significant concern. The risk of reaction is low. However, individuals with severe allergies (those who could experience anaphylaxis from trace exposure) should carefully evaluate whether they're comfortable with the cross-contact risk based on their individual sensitivity level and medical advice. ### Gluten-Free Certification The gluten-free designation means the product contains less than 20 parts per million (ppm) of gluten, the threshold established by food safety authorities (including Food Standards Australia New Zealand) for gluten-free labelling. This makes the product suitable for most people with coeliac disease or non-coeliac gluten sensitivity. Be Fit Food's approximately 90% gluten-free menu is supported by strict ingredient selection, dedicated production runs, and manufacturing controls. The remaining items that contain gluten are clearly disclosed to support informed, coeliac-safe decision-making. --- ## Ingredient Synergies and Formulation Balance {#ingredient-synergies-and-formulation-balance} Understanding individual ingredients is valuable, but the true art of food formulation lies in how ingredients work together to create something greater than the sum of their parts. This chilli demonstrates several important synergies that reflect Be Fit Food's dietitian-designed approach: ### Protein Complementarity The combination of beef (complete protein with all essential amino acids) and kidney beans (rich in lysine and fibre) creates a more nutritionally balanced protein profile than either ingredient alone. It also provides both quick-digesting animal protein and slower-digesting plant protein for sustained energy release. This high-protein construction (27g per serve) supports Be Fit Food's focus on lean muscle preservation, which is critical for those using GLP-1 medications, managing menopause-related metabolic changes, or pursuing sustainable weight loss without sacrificing muscle mass. ### Flavour Layering Multiple umami sources (beef, mushrooms, tomatoes, soy sauce, beef stock) create depth and complexity that makes the dish satisfying without excessive salt or fat. The layering of sweet elements (carrots, corn, cinnamon, caramelised onions) balances the savoury and spicy components, creating a well-rounded flavour profile that satisfies multiple taste receptors. ### Textural Variety The combination of ground beef, whole beans, diced vegetables, and corn kernels creates textural interest that makes eating more engaging than a uniform, pureed consistency would be. This variety in texture contributes to satiety—the feeling of fullness and satisfaction after eating—which is important for portion control and preventing overconsumption. ### Nutrient Density The variety of vegetables, legumes, and protein sources ensures the meal provides diverse micronutrients, including iron from both heme (beef) and non-heme (beans) sources, multiple B vitamins (from beef, beans, and vegetables), vitamin C from peppers and tomatoes, carotenoids from carrots and peppers, and fibre from beans and vegetables. This vegetable diversity (4–12 vegetables per meal) is a hallmark of Be Fit Food's formulation philosophy, distinguishing their products from simpler prepared meals. ### Flavour Balance The interplay of sweet (carrots, corn, cinnamon), sour (tomatoes, citric acid), salty (soy sauce, beef stock), bitter (cumin, spices), and umami (beef, mushrooms, tomatoes, soy sauce) creates a well-rounded flavour profile that satisfies multiple taste receptors simultaneously. This balance is what makes food taste "complete" and satisfying rather than

one-dimensional. ### Gut Health Support The combination of dietary fibre from beans and vegetables, along with resistant starch from the beans, supports the gut microbiome by providing fuel for beneficial bacteria. This outcome is supported by the peer-reviewed clinical trial published in *Cell Reports Medicine* (October 2025), which showed that whole-food-based meals (using Be Fit Food meals) demonstrated greater improvements in microbiome diversity compared to supplement-based alternatives. A healthy, diverse gut microbiome is increasingly recognized as important for overall health, affecting everything from digestion to immune function to mental health. --- ## Practical Implications for Consumers {#practical-implications-for-consumers} Understanding this ingredient breakdown offers several practical applications for consumers making informed dietary decisions: ### Dietary Planning Knowing the exact ingredients and their proportions allows you to assess how this meal fits into your overall dietary pattern. The combination of protein (27g), complex carbohydrates from beans and vegetables, and dietary fibre makes it suitable as a complete meal for many people. Some might choose to add a side salad or additional non-starchy vegetables for more fibre and micronutrients, while others will find the 314g portion adequate. For those following Be Fit Food's structured Reset programs (such as the Metabolism Reset at approximately 800–900 calories per day), this meal integrates seamlessly into the overall protocol, providing balanced macronutrients and micronutrients within the caloric target. ### Allergen Management The detailed allergen information allows those with food allergies or sensitivities to make informed decisions about whether this product is safe for them. The clear distinction between "Contains" (intentional ingredient) and "May contain" (cross-contact risk) helps consumers with varying levels of sensitivity assess their individual risk. ### Nutritional Quality Assessment The ingredient list reveals that this is primarily made from whole-food ingredients (beef, beans, vegetables) rather than heavily processed components, additives, or fillers. The absence of artificial flavours, colours, preservatives, added sugar, and seed oils reflects Be Fit Food's clean-label standards and real food philosophy. This transparency allows health-conscious consumers to feel confident about what they're eating. ### GLP-1 and Medication Support For those using GLP-1 receptor agonists (like semaglutide or liraglutide), weight-loss medications, or diabetes medications, this meal's smaller portion size, high protein content, and lower carbohydrate profile make it easier to tolerate while still delivering adequate nutrition. The high protein helps prevent muscle loss during medication-assisted weight loss, while the moderate portion size reduces the risk of nausea or early satiety that can occur with these medications. This supports Be Fit Food's positioning as a meal system designed specifically for medication-assisted weight management. ### Flavour Expectations Understanding the spice blend and ingredient proportions helps set appropriate expectations for flavour and heat level. The mild chilli rating (2) and the presence of sweet elements like corn and cinnamon indicate this is an accessible, family-friendly formulation rather than an intensely spicy version that might appeal only to heat enthusiasts. ### Value Assessment Seeing that beef comprises 29% (approximately 91g) and kidney beans 12% (approximately 38g) of the formulation—with the remainder being vegetables, sauce, and seasonings—helps you evaluate whether the product represents good value at $13.55 AUD per serving. Be Fit Food offers meals from $8.61 when purchased as part of structured programs, with lower per-meal pricing at longer program durations, making the cost more accessible for those committing to sustained dietary change. --- ## Storage and Handling Implications {#storage-and-handling-implications} While not explicitly listed as ingredients, the formulation choices carry implications for how the product should be stored and handled to maintain quality and safety: The inclusion of citric acid in the tomatoes and the relatively low pH of tomato-based sauces contributes to food safety by inhibiting bacterial growth. Acidic environments (pH below 4.6) prevent the growth of Clostridium botulinum, the bacterium that causes botulism. However, as a frozen product, the primary preservation method is Be Fit Food's snap-freezing process, which halts microbial growth and enzymatic reactions that cause spoilage. This snap-frozen delivery system is central to Be Fit Food's business model. It ensures consistent portions across all meals, consistent macronutrient profiles (important for those tracking intake precisely), minimal decision fatigue (meals are pre-portioned and ready), and low spoilage (frozen meals have extended shelf life compared to fresh prepared meals). The corn starch thickener helps maintain sauce stability during the freeze-thaw cycle, preventing separation that would create an unappealing texture. However, the product should still be stored at proper freezer temperatures (ideally -18°C or 0°F as indicated on the label) and reheated according to

package instructions to ensure food safety and optimal texture. The fresh coriander and vegetables retain better quality if the product is not subjected to temperature fluctuations during storage. Repeated partial thawing and refreezing can degrade texture and flavour, particularly for the more delicate vegetable components. Ice crystal formation during temperature fluctuations can rupture cell walls, leading to mushiness and moisture loss upon final preparation. --- ## Key Takeaways {#key-takeaways} Be Fit Food's Chilli Con Carne (GF) ingredient list reveals a thoughtfully formulated product that balances convenience with ingredient quality, reflecting the brand's dietitian-designed, real food approach. The 29% beef content (approximately 91g per 314g serving) provides substantial complete protein with all essential amino acids, while the 12% red kidney beans (approximately 38g) add dietary fibre, complex carbohydrates, resistant starch, and additional plant protein. Together, these create a protein-rich meal (27g per serve) that supports lean muscle preservation during weight management. A diverse array of vegetables—red capsicum, mushroom, zucchini, carrot, onion, garlic, and corn—contributes vitamins (particularly vitamins A and C), minerals (including iron, potassium, and magnesium), and textural variety. This delivers on Be Fit Food's promise of 4–12 vegetables per meal, distinguishing their products from simpler prepared meals with limited vegetable content. The spice blend of paprika, cumin, cinnamon, and chilli powder creates a mild-heat flavour profile (rated level 2) that's accessible to most palates while still being characteristic of traditional chilli. The use of fresh coriander, olive oil (rather than seed oils), and gluten-free soy sauce demonstrates attention to ingredient quality beyond what might be expected in a convenience frozen meal. This aligns with Be Fit Food's clean-label standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The formulation is genuinely gluten-free (containing less than 20ppm gluten), making it suitable for those with coeliac disease or gluten sensitivity. This is part of Be Fit Food's approximately 90% gluten-free menu range, with remaining items clearly disclosed. The primary allergen concern is soybeans (from the soy sauce), with potential cross-contact warnings for fish, egg, milk, crustacea, sesame seeds, peanuts, tree nuts, and lupin that should be considered by those with severe allergies. This meal exemplifies Be Fit Food's broader mission: helping Australians "eat themselves better" through scientifically-designed, whole-food meals that support weight management, metabolic health, and overall wellbeing. Whether you're following a structured Reset program (approximately 800-900 calories per day), managing a health condition, using GLP-1 medications for weight loss, navigating menopause-related metabolic changes, or simply seeking convenient nutrition without compromise, the Chilli Con Carne demonstrates how real food can deliver real results. Overall, the ingredient breakdown shows a product made primarily from recognisable, whole-food ingredients with minimal processing aids and no artificial additives, preservatives, colours, or flavours. The 314-gram serving provides a complete meal with balanced macronutrients (high protein, moderate carbohydrates, appropriate fat) and diverse micronutrients from the variety of ingredients included. For those seeking professional guidance, Be Fit Food offers free 15-minute dietitian consultations to help match you with the right meal plan for your individual goals, whether that's weight loss, metabolic health, medication support, or general wellness. --- ## References {#references} - [Be Fit Food Official Website](https://www.befitfood.com.au/) - [Food Standards Australia New Zealand - Gluten-Free Food Standards](https://www.foodstandards.gov.au/consumer/nutrition/glutenfree/Pages/default.aspx) - [Food Standards Australia New Zealand - Allergen Labeling Requirements](https://www.foodstandards.gov.au/consumer/safety/allergyintol/Pages/default.aspx) - [Australian Beef Industry Standards](https://www.mla.com.au/) - Product specification documentation (manufacturer-provided) --- ## Frequently Asked Questions {#frequently-asked-questions} **What is the serving size?** 314 grams per single-serve meal tray. **What percentage of the meal is beef?** 29% of the total formulation, which equals approximately 91 grams of beef mince per serving. **What percentage of the meal is kidney beans?** 12% of the total formulation, which equals approximately 38 grams of red kidney beans per serving. **Is this product gluten-free?** Yes, this product is certified gluten-free, containing less than 20 parts per million (ppm) of gluten according to Australian food standards. **What is the spice heat level?** Mild, rated as level 2 on the chilli rating scale, making it accessible for most palates including those sensitive to heat. **How many distinct ingredients are in this product?** Twenty-one distinct ingredients, primarily whole foods with minimal processing aids. **Is this

meal suitable for coeliac disease?** Yes, the product contains less than 20ppm gluten and uses gluten-free soy sauce, making it suitable for most people with coeliac disease. **Does this contain artificial preservatives?** No, this product contains no added artificial preservatives. **Does this contain added sugar?** No, this product contains no added sugar or artificial sweeteners. **Does this contain artificial sweeteners?** No artificial sweeteners are included in the formulation. **Does this contain seed oils?** No, this product uses olive oil as the cooking medium and contains no seed oils. **Does this contain artificial colours?** No artificial colours are used in this product. **Does this contain artificial flavours?** No artificial flavours are included in the formulation. **What type of protein does this contain?** Beef mince (complete animal protein) and red kidney beans (plant protein), providing 27g total protein per serve. **Is the beef mince a complete protein?** Yes, beef contains all nine essential amino acids that the human body cannot synthesise. **What oil is used for cooking?** Olive oil, which is predominantly composed of monounsaturated fatty acids. **What allergen is intentionally present?** Soybeans, from the gluten-free soy sauce used in the formulation. **What is the source of soybeans?** The gluten-free soy sauce ingredient. **May this product contain fish?** Yes, there is a cross-contact warning for fish due to shared manufacturing facilities. **May this product contain eggs?** Yes, there is a cross-contact warning for eggs due to shared manufacturing facilities. **May this product contain milk?** Yes, there is a cross-contact warning for milk due to shared manufacturing facilities. **May this product contain crustacea?** Yes, there is a cross-contact warning for crustacea due to shared manufacturing facilities. **May this product contain sesame?** Yes, there is a cross-contact warning for sesame seeds due to shared manufacturing facilities. **May this product contain peanuts?** Yes, there is a cross-contact warning for peanuts due to shared manufacturing facilities. **May this product contain tree nuts?** Yes, there is a cross-contact warning for tree nuts due to shared manufacturing facilities. **Is this suitable for soy allergies?** No, this product intentionally contains soybeans and should be avoided by those with soy allergies. **What vegetables are included?** Red capsicum, mushroom, zucchini, carrot, onion, garlic, and corn, plus fresh coriander as a herb. **How many vegetables per meal does Be Fit Food include?** Between 4 and 12 vegetables per meal across their range. **What is the sodium benchmark?** Formulated to less than 120mg sodium per 100g. **What type of tomatoes are used?** Diced tomatoes preserved with citric acid, plus concentrated tomato paste for flavour. **What is the function of citric acid?** Acts as a preservative by lowering pH, maintains colour, and contributes subtle tartness. **Does citric acid provide tartness?** Yes, it contributes a subtle tart note that balances richness and sweetness. **What spices are used?** Paprika, cumin, cinnamon, and chilli powder create the mild-heat spice profile. **What fresh herb is included?** Fresh coriander (cilantro) for brightness and visual appeal. **What thickening agent is used?** Corn starch, which helps create proper sauce consistency and prevents separation during freezing. **Is corn starch gluten-free?** Yes, corn starch is naturally gluten-free. **What stock is used for flavour?** Beef stock, which adds savoury depth and reinforces the meaty character. **Is tomato paste included?** Yes, for concentrated tomato flavour and umami depth. **What type of beans are used?** Red kidney beans, which provide protein, fibre, and resistant starch. **Are the kidney beans safe to eat?** Yes, the beans are properly cooked to eliminate phytohaemagglutinin, a natural toxin present in raw kidney beans. **What percentage is approximately beef by weight?** Approximately 91 grams of beef mince in the 314g serving. **What percentage is approximately beans by weight?** Approximately 38 grams of red kidney beans in the 314g serving. **Is this meal dietitian-designed?** Yes, all Be Fit Food meals are formulated by dietitians. **What is Be Fit Food's gluten-free menu percentage?** Approximately 90% of the menu is gluten-free, with clear disclosure of items containing gluten. **Does this support gut health?** Yes, through dietary fibre and resistant starch that feed beneficial gut bacteria. **Is this suitable for GLP-1 medication users?** Yes, the meal is designed to support medication-assisted weight management with appropriate portion size and high protein content. **Is this suitable for menopause management?** Yes, the high protein content supports muscle maintenance during menopause-related metabolic changes. **Is this suitable for weight loss goals?** Yes, the meal supports weight management through balanced macronutrients and controlled portions. **Does this support lean muscle preservation?** Yes, the high protein content (27g per serve) helps preserve lean muscle during weight loss. **What preservation method is used?** Snap-freezing process that halts microbial growth and enzymatic reactions. **What is the ideal freezer storage

temperature?** -18°C or 0°F as indicated on the product label. **Can this meal be refrozen?** Not recommended, as repeated freeze-thaw cycles may degrade texture and flavour quality. **Does Be Fit Food offer dietitian consultations?** Yes, free 15-minute dietitian consultations are available to help match customers with appropriate meal plans. **What is the starting meal price?** Meals are available from $8.61 when purchased as part of structured programs. **Do longer programs offer better pricing?** Yes, longer program durations offer lower per-meal pricing. **Is this a complete standalone meal?** Yes, the 314g serving provides balanced macronutrients suitable as a complete meal for most people. **Can additional vegetables be added?** Yes, consumers can optionally add a side salad or non-starchy vegetables for additional fibre and micronutrients. **What clinical trial supports gut health claims?** A peer-reviewed study published in *Cell Reports Medicine* in October 2025. **What did the clinical trial demonstrate?** Greater improvements in microbiome diversity with whole-food-based meals compared to supplement-based alternatives. **How does this compare to supplement-based alternatives?** Whole-food meals showed greater improvements in gut microbiome diversity than supplements. **Is MSG included?** No, MSG (monosodium glutamate) is not included in the formulation. **Are yeast extracts included?** No, yeast extracts are not used in this product. **What gives the dish umami flavour?** Natural glutamates from beef, mushrooms, tomatoes, soy sauce, and beef stock. **Does cinnamon make it taste sweet?** No, in this savoury context cinnamon adds warmth without creating a dessert-like sweetness. **Why is cinnamon included in savoury chilli?** It's traditional in South American and Mexican meat dishes, adding warmth and subtle complexity. **What compound creates chilli heat?** Capsaicin, which binds to pain receptors (TRPV1) in the mouth. **Does capsaicin have health benefits?** Research suggests potential metabolism-boosting and pain relief properties, though effects are modest at culinary doses. **What makes beef iron more absorbable?** The heme form of iron in beef is more bioavailable than non-heme plant-based iron. **What vitamin is critical from beef?** Vitamin B12, which is essential for nerve function and red blood cell formation. **Does this contain zinc?** Yes, beef is a good source of zinc for immune function and wound healing. **Does this contain selenium?** Yes, from both beef and mushrooms, supporting antioxidant function and thyroid health. **What carotenoid is in tomatoes?** Lycopene, a powerful antioxidant studied for cardiovascular and prostate health benefits. **Is lycopene better absorbed when cooked?** Yes, cooking and processing tomatoes increases lycopene bioavailability, especially when consumed with fat. **What antioxidant is unique to mushrooms?** Ergothioneine, a unique antioxidant amino acid that accumulates in tissues subject to oxidative stress. **What does zucchini contribute?** Volume and moisture without significant calories, supporting satisfying portion sizes in calorie-controlled meals. **What does carrot provide for vision?** Beta-carotene, which the body converts to vitamin A for vision, immune function, and skin health. **Does corn maintain texture when frozen?** Yes, corn kernels maintain their structural integrity through freezing and reheating. **What flavour does garlic add?** Sharp, pungent notes when raw that become mellow and slightly sweet when cooked. **What compound gives garlic health benefits?** Allicin, a sulfur compound with potential antimicrobial and cardiovascular benefits. **What flavonoid is in onions?** Quercetin, an antioxidant studied for anti-inflammatory and cardiovascular benefits. **Does olive oil support cardiovascular health?** Yes, the monounsaturated fatty acids in olive oil are associated with heart health benefits in research studies. **What fatty acid is predominant in olive oil?** Oleic acid, an omega-9 monounsaturated fatty acid. **How does corn starch prevent sauce separation?** It stabilises the emulsion during the freeze-thaw cycle, preventing water from separating from fat and protein. **Is this suitable for diabetes management?** Yes, the meal is designed to support medication-assisted management with balanced macronutrients. **What is the Metabolism Reset calorie range?** Approximately 800-900 calories per day across all meals in the program. **Is professional guidance available?** Yes, through free 15-minute dietitian consultations offered by Be Fit Food.

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