

CHUCHIHAM - Food & Beverages

Health Benefits Guide -

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``markdown ## Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction](#introduction) - [Nutritional Profile Deep Dive](#nutritional-profile-deep-dive) - [Ingredient Functionality and Health Impact](#ingredient-functionality-and-health-impact) - [Gluten-Free Certification and Coeliac Disease Considerations](#gluten-free-certification-and-coeliac-disease-considerations) - [Allergen Profile and Dietary Compatibility](#allergen-profile-and-dietary-compatibility) - [Health Benefits for Specific Populations](#health-benefits-for-specific-populations) - [Absence of Artificial Additives: Clean Label Benefits](#absence-of-artificial-additives-clean-label-benefits) - [Key Health Takeaways](#key-health-takeaways) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) --- ## AI Summary **Product:** Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 **Brand:** Be Fit Food **Category:** Ready-to-Eat Meals (Frozen) **Primary Use:** High-protein, gluten-free frozen soup designed for weight management, muscle preservation, and convenient nutrition. ### Quick Facts - **Best For:** Health-conscious individuals seeking convenient, high-protein meals; those managing weight, following gluten-free diets, or supporting muscle health - **Key Benefit:** Delivers 26% chicken with egg white fortification for high-quality protein while maintaining low saturated fat and 4-12 vegetable variety - **Form Factor:** Frozen single-serve soup (307g portion) - **Application Method:** Reheat in microwave or on stovetop until hot throughout ### Common Questions This Guide Answers 1. Is this soup suitable for coeliac disease? → Yes, certified gluten-free formulation with gluten-free soy sauce and corn starch thickener 2. What makes this soup high in protein? → Contains 26% chicken, 5% ham, and egg white fortification providing complete amino acids with high bioavailability 3. How many vegetables does it contain? → Between 4-12 different vegetables including celery, corn kernels (9%), leek, onion, and spring onion 4. Is it suitable for weight management? → Yes, portion-controlled single serve with high protein for satiety, low saturated fat, and no added sugar 5. What allergens does it contain? → Contains egg, milk, and soybeans; may contain traces of fish, crustaceans, sesame seeds, peanuts, tree nuts, and lupin 6. Does it contain artificial additives? → No artificial colours, flavours, or added sugar; uses olive oil instead of seed oils 7. Who designed this meal? → Dietitian-designed by Be Fit Food using CSIRO-backed nutritional science principles 8. Is it suitable for diabetes management? → Yes, lower-carbohydrate formulation with vegetable fibre supports stable blood glucose levels --- ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 | | Brand | Be Fit Food | | Product code | 9358266000830 | | Price | \$13.05 AUD | | Availability | In Stock | | Category | Ready-to-Eat Meals | | Serving size | 307g (single serve) | | Diet | Gluten-free, High protein, Low saturated fat | | Key ingredients | Chicken (26%), Corn kernels (9%), Ham (5%), Celery, Light milk, Leek, Egg white, Onion, Spring onion, Olive oil | | Allergens | Contains: Egg, Milk, Soybeans | | May contain | Fish, Crustacea, Sesame seeds, Peanuts, Tree nuts, Lupin | | Vegetable count | 4-12 different vegetables | | Storage | Frozen | | Heating method | Microwave or stovetop | | Additives | No artificial colours, flavours, or added sugar | | Country | Australia | --- ## 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 - Product name: Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 - Brand: Be Fit Food - Product code: 9358266000830 - Serving size: 307g (single serve) - Gluten-free formulation - Contains: Chicken (26%), Corn kernels (9%), Ham (5%), Celery, Light milk, Leek, Egg

white, Onion, Spring onion, Olive oil - Additional ingredients: Ginger, Pepper, Gluten-free soy sauce, Chicken stock, Corn starch - Declared allergens: Egg, Milk, Soybeans - May contain (cross-contact): Fish, Crustacea, Sesame seeds, Peanuts, Tree nuts, Lupin - Storage: Frozen - Heating method: Microwave or stovetop - No artificial colours - No artificial flavours - No added sugar - Country of origin: Australia - Category: Ready-to-Eat Meals - Price: \$13.05 AUD ### General Product Claims - High protein meal - Low saturated fat - Contains 4-12 different vegetables - Nutritionally engineered formulation - Dietitian-designed meal - CSIRO-backed nutritional science - Supports weight loss goals - Supports metabolic health - Suitable for active individuals and athletes - Supports muscle preservation - Portion-controlled for weight management - Egg white fortification for protein quality - Supports GLP-1 medication users - Supports diabetes management - Suitable for menopause weight management - Vegetable-rich base - Complete amino acid profile - Supports muscle protein synthesis - Anti-inflammatory properties from ingredients - Antioxidant benefits from vegetables - Supports cardiovascular health through olive oil - Prebiotic fiber from leek and onion - Supports gut health - Supports satiety and appetite control - Lower glycemic response - Supports stable blood sugar - Convenient nutrition solution - Snap-frozen delivery system - Reduces decision fatigue - Supports dietary adherence - No seed oils in current meal range - Approximately 90% of menu is gluten-free certified - Average weight loss of 1-2.5kg per week when replacing all three meals daily - Over 30 rotating dishes available - Free dietitian consultations available - Low sodium benchmark of less than 120mg per 100g - Founded by accredited practising dietitian Kate Save - Real food philosophy - Minimal processing approach - Clean label formulation --- ## Introduction {#introduction} Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup (GF) is a nutritionally engineered, gluten-free frozen meal that delivers 26% real chicken, 9% sweet corn kernels, and 5% ham in a creamy, vegetable-rich base. This satisfying soup is designed to provide high protein nutrition (with egg white fortification) while maintaining low saturated fat levels and incorporating 4-12 different vegetables per 307-gram single-serve portion. This comprehensive health benefits guide will explore the complete nutritional profile, examine every ingredient's contribution to your wellbeing, decode the allergen and dietary considerations, and reveal why this particular soup formulation stands out as a health-conscious meal choice that doesn't compromise on taste or satisfaction. Be Fit Food is Australia's leading dietitian-designed meal delivery service, combining CSIRO-backed nutritional science with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. Whether you're managing specific dietary requirements, pursuing fitness goals, or simply seeking convenient nutrition that supports your overall wellness, understanding the science behind this soup's formulation will help you make informed decisions about incorporating it into your eating pattern. This guide delivers an intermediate-level analysis of the nutritional advantages, ingredient functionality, and health implications of every component in this carefully crafted meal. --- ## Nutritional Profile Deep Dive {#nutritional-profile-deep-dive} ### Macronutrient Architecture The 307-gram serving size of this soup represents a carefully calibrated nutritional delivery system. The standout feature is its high protein content, achieved through a strategic combination of animal proteins: 26% chicken provides complete amino acids with high bioavailability, while 5% ham adds depth of flavour alongside additional protein, and egg white fortification boosts the protein density without adding fat or cholesterol-rich yolks. This multi-source protein approach offers several health advantages. First, combining different animal proteins creates a more complete amino acid profile than relying on a single source. Chicken provides excellent leucine content (critical for muscle protein synthesis), while egg whites contribute particularly high levels of branched-chain amino acids (BCAAs) that support muscle recovery and maintenance. The presence of ham, though modest at 5%, adds specific amino acids and enhances the overall protein quality score of the meal. The soup's classification as "low in saturated fat" represents a significant health benefit for cardiovascular wellness. By using chicken (naturally lean when properly trimmed), light milk rather than cream, and olive oil as the primary added fat, the formulation keeps saturated fat minimal while still delivering the creamy mouthfeel consumers expect from a satisfying soup. Olive oil contributes predominantly monounsaturated fats—specifically oleic acid—which research consistently associates with improved cholesterol profiles, reduced inflammation, and better cardiovascular outcomes. The carbohydrate content comes primarily from whole-food sources: corn kernels (9% of the formula), celery, leek, onion, and spring onion. This vegetable-based carbohydrate

approach means the soup delivers dietary fibre, resistant starch, and a lower glycemic response compared to soups thickened primarily with refined starches. The corn starch included serves as a thickening agent but represents a minor proportion compared to the whole corn kernels, which retain their fibre, vitamins, and phytonutrients. This aligns with Be Fit Food's commitment to lower-carbohydrate, higher-protein meal formulations designed to support metabolic health. ###

Micronutrient Density and Vegetable Variety The claim of containing "4-12 different vegetables" isn't just a marketing point—it's a functional nutritional strategy that reflects Be Fit Food's dedication to vegetable density in every meal. Let's examine what each vegetable contributes to the overall health profile: **Celery** appears high on the ingredient list, indicating substantial inclusion. This often-underestimated vegetable provides unique phytonutrients including apigenin and luteolin, both flavonoids with demonstrated anti-inflammatory properties. Celery contributes potassium (supporting healthy blood pressure), vitamin K (essential for bone health and blood clotting), and folate (critical for DNA synthesis and cellular function). The natural sodium in celery also enhances flavour without requiring excessive added salt. **Corn kernels at 9%** deliver more than just sweetness and texture. Sweet corn provides lutein and zeaxanthin, carotenoids that concentrate in the macula of the eye and protect against age-related macular degeneration and cataracts. The corn also contributes B-vitamins (particularly thiamin and folate), vitamin C, and dietary fibre. The resistant starch in corn supports beneficial gut bacteria and may improve insulin sensitivity. **Leek** belongs to the allium family and provides organosulfur compounds that research links to cardiovascular protection and potential cancer-preventive effects. Leeks are particularly rich in vitamin K, vitamin A (as carotenoids), and the flavonoid kaempferol, which demonstrates antioxidant and anti-inflammatory activity in studies. The prebiotic fibres in leeks (inulin and fructooligosaccharides) feed beneficial gut bacteria, supporting digestive health and potentially enhancing immune function. **Onion** contributes quercetin, one of the most studied dietary flavonoids, with demonstrated effects on reducing inflammation, supporting immune function, and potentially protecting against chronic diseases. Onions also provide chromium (which works with insulin to regulate blood sugar), vitamin C, and additional organosulfur compounds that complement those from the leek. **Spring onion** (also called scallions or green onions) adds both the white bulb and green tops, providing a spectrum of nutrients including vitamin K, vitamin C, vitamin A, and folate. The green portions are particularly rich in chlorophyll and additional carotenoids. Spring onions also contribute quercetin and other flavonoids, amplifying the anti-inflammatory profile of the soup. This vegetable diversity creates what nutritionists call "nutritional synergy"—the concept that nutrients from different sources work together more effectively than isolated compounds. The various phytonutrients, antioxidants, and bioactive compounds from multiple vegetables interact to provide greater health benefits than any single vegetable could deliver alone. ###

Protein Quality and Muscle Health Benefits The high-protein designation of this soup deserves particular attention for health-conscious consumers. Protein requirements increase with age (to combat sarcopenia—age-related muscle loss), during weight loss efforts (to preserve lean mass), for active individuals (to support recovery and adaptation), and for anyone managing metabolic health. Be Fit Food prioritises protein at every meal specifically to support lean mass protection—a cornerstone of their dietitian-designed approach. The chicken at 26% of the formula provides approximately 30-35 grams of protein per 100 grams of chicken, suggesting this 307-gram serving delivers substantial protein—likely in the range of 20-30 grams depending on the exact formulation. This protein comes with high digestibility (over 90%) and a complete amino acid profile with all nine essential amino acids in proportions that match human requirements well. The addition of egg white is particularly strategic from a nutritional perspective. Egg whites are considered the gold standard for protein quality, with a biological value of 100 and a PDCAAS (Protein Digestibility Corrected Amino Acid Score) of 1.0—the highest possible rating. They provide protein without adding fat, making them ideal for boosting protein density while maintaining the soup's low saturated fat profile. Egg whites are particularly rich in leucine, the amino acid that triggers muscle protein synthesis, making this soup especially valuable for post-exercise recovery or for older adults working to maintain muscle mass. The ham component, while only 5%, adds not just flavour complexity but also provides additional protein with a different amino acid timing. Ham is a cured meat, and while this means it should be consumed in moderation as part of an overall diet, the small proportion here balances flavour enhancement with nutritional prudence. For

someone consuming this soup as part of a Be Fit Food meal plan, the high protein content offers several metabolic advantages: increased satiety (protein is the most satiating macronutrient), higher thermic effect of food (your body burns more calories digesting protein), better blood sugar stability (protein slows carbohydrate absorption), and support for lean body mass maintenance during weight management. --- ## Ingredient Functionality and Health Impact

{#ingredient-functionality-and-health-impact} #### Primary Protein Sources: Beyond Basic Nutrition

****Chicken (26%)**** serves as the nutritional cornerstone of this soup. Beyond its protein contribution, chicken provides significant amounts of niacin (vitamin B3), which supports energy metabolism, DNA repair, and healthy skin. It's also rich in vitamin B6, essential for neurotransmitter synthesis, immune function, and haemoglobin formation. The selenium in chicken acts as a cofactor for antioxidant enzymes, protecting cells from oxidative damage and supporting thyroid hormone metabolism. Chicken also provides phosphorus (working with calcium for bone health), zinc (critical for immune function, wound healing, and DNA synthesis), and choline (important for brain health, liver function, and cellular membrane integrity). The fact that chicken leads the ingredient list ensures these nutrients are present in meaningful amounts. ****Ham (5%)**** contributes not just protein but also specific B-vitamins, particularly thiamin (B1) and B12. Vitamin B12 is exclusively found in animal products and is essential for red blood cell formation, neurological function, and DNA synthesis. Even the modest amount of ham in this formulation helps ensure adequate B12 intake, particularly important for older adults who may experience reduced absorption capacity. Ham also provides iron in the heme form, which is absorbed 2-3 times more efficiently than non-heme iron from plant sources. This supports oxygen transport, energy production, and immune function. While processed meats should be consumed in moderation, the 5% inclusion here represents a balanced approach—enough to contribute flavour and specific nutrients without excessive intake. ****Egg white**** fortification demonstrates sophisticated nutritional formulation. Beyond the protein quality already discussed, egg whites provide riboflavin (vitamin B2), essential for energy production and antioxidant function, and selenium, amplifying the selenium content from the chicken. Egg whites are also extremely low in calories relative to their protein content (approximately 17 calories per egg white with 3.6 grams of protein), making them ideal for creating a high-protein, calorie-controlled meal—perfectly aligned with Be Fit Food's portion-controlled approach to weight management. #### Dairy Component: Light Milk Benefits The use of ****light milk**** rather than cream or full-fat milk reflects a health-conscious formulation choice. Light milk (around 1-2% fat) provides the creamy texture and calcium content of dairy while significantly reducing saturated fat and calorie density. The calcium in milk (approximately 120mg per 100ml) supports bone health, muscle contraction, nerve transmission, and blood clotting. The milk also contributes vitamin D (if fortified, as most Australian milk is), which works synergistically with calcium for bone health and also supports immune function, mood regulation, and cellular growth. Light milk provides high-quality protein (casein and whey) that complements the chicken and egg white proteins. Whey protein, in particular, is rapidly digested and rich in leucine, making it excellent for stimulating muscle protein synthesis. Casein digests more slowly, providing sustained amino acid release. The milk also contributes vitamin B12, riboflavin, phosphorus, and potassium. For individuals who struggle to meet calcium requirements through other foods, this soup provides a convenient, savoury source of this critical mineral. The allergen consideration here is important: the soup contains milk, so it's unsuitable for those with dairy allergy or lactose intolerance (though the cooking process may reduce lactose content somewhat). However, for those who tolerate dairy, it provides valuable nutrition. #### Vegetable Matrix: Functional Fibre and Phytonutrients The vegetable combination in this soup creates a powerful nutritional matrix. Beyond the individual benefits of each vegetable discussed earlier, the collective fibre content supports digestive health, promotes beneficial gut bacteria, helps regulate blood sugar, and contributes to satiety. This aligns with Be Fit Food's emphasis on dietary fibre from real vegetables—not "diet product" fibres—to support the gut-brain axis and overall metabolic health. Dietary fibre comes in two forms—soluble and insoluble—and this soup provides both. The celery and corn contribute insoluble fibre, which adds bulk to stool and supports regular bowel movements. The leek and onion provide soluble fibre, which forms a gel in the digestive tract, slowing nutrient absorption (beneficial for blood sugar control) and binding to cholesterol compounds (potentially reducing blood cholesterol levels). The prebiotic fibres in leek and onion deserve special mention. These fibres resist digestion in the upper GI tract and reach the colon

intact, where they're fermented by beneficial bacteria. This fermentation produces short-chain fatty acids (SCFAs) like butyrate, which fuel colon cells, reduce inflammation, and may protect against colon cancer. Prebiotics also support the growth of beneficial Bifidobacteria and Lactobacilli, potentially enhancing immune function and even influencing mood through the gut-brain axis. The phytonutrient diversity from multiple vegetables provides antioxidant protection through complementary mechanisms. Carotenoids from corn neutralise free radicals in lipid-rich environments, while water-soluble flavonoids from onions and leeks work in aqueous environments. Organosulfur compounds from the allium vegetables (leek, onion, spring onion) provide unique protective effects, particularly for cardiovascular health. ### Healthy Fat Source: Olive Oil Advantages **Olive oil** as the primary added fat represents a Mediterranean diet principle applied to a comforting soup. Extra virgin olive oil (though the type isn't specified, any olive oil provides benefits) is predominantly composed of oleic acid, a monounsaturated omega-9 fatty acid. Research consistently shows that replacing saturated fats with monounsaturated fats improves the LDL/HDL cholesterol ratio, reducing cardiovascular disease risk. Oleic acid also demonstrates anti-inflammatory properties, potentially through its effects on inflammatory gene expression. Beyond oleic acid, olive oil contains minor components with major health impacts: vitamin E (a fat-soluble antioxidant protecting cell membranes), vitamin K, and polyphenols like oleocanthal (which carries anti-inflammatory effects similar to ibuprofen) and oleuropein (which may support heart health and carry antimicrobial properties). Using olive oil instead of butter, cream, or other saturated-fat sources keeps this soup's saturated fat content low while still providing the fat-soluble vitamin absorption and satiety that dietary fat enables. Fat is necessary for absorbing vitamins A, D, E, and K, and the vegetables in this soup provide carotenoids (provitamin A) that require fat for absorption. This choice also reflects Be Fit Food's commitment to avoiding seed oils in their current meal range. ### Functional Ingredients: Ginger and Seasonings **Ginger** appears in the ingredient list and contributes far more than just flavour. Gingerols and shogaols, the bioactive compounds in ginger, demonstrate powerful anti-inflammatory and antioxidant effects. Research supports ginger's benefits for reducing nausea, alleviating muscle pain and soreness (particularly relevant for active individuals), supporting digestive function, and potentially reducing markers of inflammation. Even in the small amounts used in soup, ginger provides meaningful benefits. Its warming, spicy notes also enhance satisfaction without adding calories, potentially helping with portion control and meal enjoyment. **Pepper** (likely black pepper) contains piperine, a compound that enhances the bioavailability of numerous nutrients and phytonutrients. Piperine increases absorption of curcumin (from turmeric, if present), beta-carotene, selenium, and B-vitamins. Black pepper also carries its own antioxidant and anti-inflammatory properties. **Gluten-free soy sauce** provides umami depth, the savoury fifth taste that enhances satisfaction and flavour complexity. Traditional soy sauce contains gluten from wheat, but gluten-free versions use alternative grains or pure soybeans. Fermented soy products provide small amounts of vitamin K2 (important for bone and cardiovascular health) and may contain beneficial compounds from the fermentation process. The sodium in soy sauce does require consideration for those monitoring salt intake, but the amount in a single serving of soup, when part of an otherwise balanced diet, fits within most dietary guidelines. **Chicken stock** concentrates the nutrients from chicken bones and connective tissue, potentially providing collagen peptides, gelatin, glucosamine, and chondroitin—compounds that may support joint health. Stock also provides minerals that leach from the bones during cooking, including calcium, magnesium, and phosphorus. ### Thickening Agent: Corn Starch Considerations **Corn starch** serves a functional role as a thickening agent, creating the soup's satisfying consistency. From a nutritional perspective, corn starch is a refined carbohydrate that provides energy but minimal micronutrients. However, in the context of this soup, several factors mitigate concerns: First, the corn starch represents a small proportion of the total formula—the ingredient list shows whole corn kernels at 9% appearing before the corn starch, suggesting the starch is a minor component. Second, the corn starch is consumed alongside protein, fat, and fibre from other ingredients, which dramatically slows its digestion and reduces its glycemic impact. Third, for those following a gluten-free diet, corn starch is a safe alternative to wheat-based thickeners. The soup's overall glycemic load (which considers both the glycemic index and the amount of carbohydrate) remains moderate to low due to the high protein content, fat from olive oil and chicken, and fibre from vegetables—all of which slow carbohydrate absorption and moderate blood sugar response. This

formulation supports Be Fit Food's focus on lower-carbohydrate meals designed to support insulin sensitivity and stable blood glucose. --- ## Gluten-Free Certification and Coeliac Disease Considerations {#gluten-free-certification-and-coeliac-disease-considerations} The "(GF)" designation indicates this soup is formulated without gluten-containing ingredients, making it suitable for those with coeliac disease, non-coeliac gluten sensitivity, or those choosing to avoid gluten for other reasons. Be Fit Food offers an unusually deep low-carb, high-protein, gluten-free range, with approximately 90% of their menu certified gluten-free. ### Understanding Gluten-Free Benefits For individuals with coeliac disease, consuming gluten triggers an autoimmune response that damages the small intestinal lining, impairing nutrient absorption and causing various symptoms. Strict gluten avoidance is the only treatment, making certified gluten-free products essential for this population. The challenge with soups and prepared meals is that gluten hides in unexpected places: thickeners (wheat flour or modified food starch), soy sauce (which usually contains wheat), stock cubes (which often contain wheat), and even cross-contamination during manufacturing. This soup addresses these concerns: - **Corn starch** replaces wheat flour as the thickener - **Gluten-free soy sauce** specifically addresses the usual gluten source in Asian-inspired seasonings - The ingredient list contains no wheat, barley, rye, or derivatives For those with non-coeliac gluten sensitivity, who experience symptoms from gluten without the autoimmune component, gluten-free products like this soup provide symptom relief while delivering complete nutrition. ### Cross-Contamination Considerations The product page notes "May contain (cross-contact): Fish, Crustacea, Sesame seeds, Peanuts, Tree nuts, Lupin" (the text appears cut off but the full allergen list includes these items). This advisory is critical for understanding the manufacturing environment. Cross-contact warnings indicate that while these ingredients aren't intentionally added, the soup is produced in a facility that also handles these allergens, creating a small risk of trace contamination. For coeliac disease, the critical question is whether gluten-containing grains are processed in the same facility. The specific GF certification details would clarify whether the product meets the strict standards (under 20 ppm gluten) required for coeliac safety. Be Fit Food's commitment to strict ingredient selection and manufacturing controls supports informed, coeliac-safe decision-making, with clear disclosure for the remaining approximately 10% of meals that may contain gluten or potential traces. The health benefit of a convenient, frozen, gluten-free soup option cannot be overstated for those with coeliac disease. Meal planning and preparation become significantly more challenging when avoiding gluten, and nutritionally complete, ready-to-heat options reduce the burden of dietary restriction while ensuring adequate nutrition. --- ## Allergen Profile and Dietary Compatibility {#allergen-profile-and-dietary-compatibility} ### Declared Allergens: Egg, Milk, Soybeans **Egg (from egg white)**: For those without egg allergy, the egg white provides exceptional protein quality. However, egg allergy affects approximately 1-2% of children (most outgrow it) and fewer adults. Those with egg allergy must avoid this product entirely. The egg white is integral to the formulation, providing both protein fortification and potentially some emulsifying properties that contribute to texture. **Milk (from light milk)**: The dairy component makes this soup unsuitable for those with milk allergy (different from lactose intolerance). Milk allergy involves an immune response to milk proteins (casein and whey), causing symptoms ranging from mild (hives, digestive upset) to severe (anaphylaxis). For those without allergy, the milk provides valuable calcium, vitamin D, and additional protein as discussed earlier. For lactose-intolerant individuals (who lack sufficient lactase enzyme to digest milk sugar), the situation is more nuanced. Lactose intolerance varies in severity—some people tolerate small amounts of dairy, especially when consumed with other foods. The cooking process may reduce lactose content somewhat, and the milk is diluted within the soup. However, those with severe lactose intolerance may still experience symptoms and should evaluate their individual tolerance. **Soybeans (from gluten-free soy sauce)**: Soy allergy affects approximately 0.3% of the population and is more common in children than adults. The fermented soy in soy sauce may be tolerated differently than whole soybeans or soy protein isolate, as fermentation breaks down some allergenic proteins, but those with diagnosed soy allergy should avoid this product. For those without allergy, the soy component provides potential benefits. Fermented soy products contain isoflavones (phytoestrogens) that research suggests may support bone health, cardiovascular health, and potentially reduce certain cancer risks, though the amounts in the small quantity of soy sauce would be minimal. ### Cross-Contact Allergens: Fish, Crustacea, and Others The "may contain" warning for fish, crustacea (shellfish), sesame seeds,

peanuts, tree nuts, and lupin indicates shared facility production. For most people, this poses no concern. However, for those with severe allergies to any of these ingredients—particularly those with anaphylactic reactions—even trace contamination can be dangerous. Shellfish allergy is one of the more common adult food allergies and tends to be lifelong. Fish allergy is distinct from shellfish allergy (one doesn't mean the other), and both can cause severe reactions in sensitive individuals. Similarly, tree nut and peanut allergies are among the most common causes of food-related anaphylaxis. The health benefit perspective here is about informed choice: the cross-contact warning allows those with severe allergies to make safe decisions, while the nutritional benefits of the soup remain available to the majority of consumers who don't experience these allergies.

Dietary Pattern Compatibility

****Not suitable for**:** Vegans, vegetarians (contains chicken, ham, egg), dairy-free diets, egg-free diets, soy-free diets, those with allergies to any listed ingredients

****Suitable for**:** Gluten-free diets, pescatarians who eat poultry (though note the fish cross-contact warning), those following high-protein diets, those managing weight (portion-controlled, high protein, low saturated fat), those seeking convenient nutrition without artificial additives

****Considerations for specific diets**:**

- ****Low-sodium diets**:** The chicken stock, ham, and soy sauce contribute sodium. While exact amounts aren't provided, those on strict sodium restriction should verify the nutrition facts label. Be Fit Food formulates meals with a low sodium benchmark of less than 120mg per 100g.
- ****Low-carb/keto diets**:** The corn content and corn starch provide carbohydrates; this soup would need to fit within daily carb limits. Be Fit Food's Metabolism Reset programs target approximately 40-70g carbs per day for those seeking mild nutritional ketosis.
- ****Paleo diets**:** Not compatible (contains dairy, soy sauce, and processed ingredients)
- ****Mediterranean diet**:** Aligns well with this pattern (olive oil, vegetables, lean protein, though the processed ham is less ideal)
- ****DASH diet**** (Dietary Approaches to Stop Hypertension): Generally compatible if sodium levels are appropriate

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{#health-benefits-for-specific-populations}

Active Individuals and Athletes

The high protein content makes this soup particularly valuable for those with elevated protein needs. Athletes and active individuals require approximately 1.2-2.0 grams of protein per kilogram of body weight daily (compared to 0.8 g/kg for sedentary adults) to support muscle repair, adaptation to training, and recovery. Be Fit Food's Protein+ Reset program, designed for active individuals at 1200-1500 calories per day, includes meals and snacks plus pre- and post-workout items. Consuming protein throughout the day, including at meals like lunch or dinner where this soup might be served, optimises muscle protein synthesis. The combination of fast-digesting proteins (whey from milk, egg white) and slower-digesting proteins (casein from milk, chicken) provides both immediate and sustained amino acid availability. The soup's vegetable content provides antioxidants that may help combat exercise-induced oxidative stress, while the carbohydrates from corn and vegetables support glycogen replenishment. The sodium from stock and soy sauce helps replace electrolytes lost through sweat, particularly valuable for endurance athletes or those training in hot conditions. The convenience factor cannot be overlooked—a nutritious, protein-rich meal that requires only reheating removes barriers to adequate nutrition during busy training periods. Be Fit Food's snap-frozen delivery system means you can keep several servings on hand for quick, nutritious meals without spoilage concerns.

Weight Management Applications

Several features make this soup valuable for those managing weight, aligning perfectly with Be Fit Food's core mission of helping Australians achieve sustainable weight loss:

- **High protein content**** increases satiety through multiple mechanisms: protein stimulates release of satiety hormones (GLP-1, PYY), reduces ghrelin (the hunger hormone), and carries the highest thermic effect of food (your body burns 20-30% of protein calories during digestion, compared to 5-10% for carbohydrates and 0-3% for fat).
- **Portion control**** is built into the single-serve 307-gram format. Portion control is one of the most challenging aspects of weight management, and pre-portioned meals eliminate the guesswork and tendency to overserve. Be Fit Food's structured approach—with defined calorie and carb ranges—removes decision fatigue and supports dietary adherence.
- **Low saturated fat**** keeps calorie density lower while still providing satisfaction. Fat contains 9 calories per gram compared to 4 calories per gram for protein and carbohydrates, so managing fat intake helps control total calories.
- **High water content**** (as with all soups) increases volume without adding calories. Research shows that eating foods with high water content (like soups, fruits, and vegetables) increases satiety more than drinking water alongside drier foods. The soup's volume fills the stomach, triggering stretch receptors

that signal fullness. **Vegetable fibre** further enhances satiety and slows digestion, leading to more stable blood sugar and sustained energy—avoiding the energy crashes that often trigger snacking or overeating at the next meal. For someone following a Be Fit Food structured meal plan, calculated portions with known nutritional values simplifies adherence and removes decision fatigue around meal planning. The company reports average weight loss of 1-2.5kg per week when replacing all three meals daily with their program meals.

Older Adults and Muscle Preservation Sarcopenia—age-related muscle loss—begins around age 30 and accelerates after age 60. Maintaining muscle mass is critical for older adults because muscle supports mobility, independence, metabolic health, bone density, and overall quality of life. Older adults require more protein than younger adults to achieve the same muscle protein synthesis response—a phenomenon called "anabolic resistance." Current recommendations suggest older adults consume 1.0-1.2 g/kg body weight of protein daily, distributed across meals, with 25-30 grams per meal to maximise muscle protein synthesis. This soup's high protein content, particularly with the leucine-rich egg white and chicken, helps older adults meet these elevated needs in a convenient, easy-to-consume format. Soup's soft texture makes it accessible for those with chewing or swallowing difficulties, a common concern in older populations. The calcium from milk supports bone health, particularly important for older adults at risk of osteoporosis. The vitamin B12 from chicken and ham addresses a nutrient often deficient in older adults due to reduced stomach acid production affecting B12 absorption. The anti-inflammatory compounds from olive oil, ginger, and vegetables may help manage chronic low-grade inflammation ("inflammaging") associated with aging and various age-related diseases.

Busy Professionals and Convenience Nutrition The health benefits of convenient, nutritious meals extend beyond the nutrients themselves to the behavioural and lifestyle impacts. When healthy eating requires extensive meal prep, many people default to less nutritious convenience options or skip meals entirely. Be Fit Food was founded specifically to address this challenge—bridging the gap between nutritional knowledge and practical application. This soup provides:

- **Time savings**: No shopping for multiple ingredients, no chopping, no cooking—just reheat and eat
- **Reduced decision fatigue**: Nutrition is pre-calculated and balanced
- **Consistent nutrition**: Unlike variable homemade meals or restaurant food, each serving delivers the same nutritional profile
- **Reduced food waste**: Single-serve portions mean no leftover ingredients spoiling

These factors support dietary adherence—the most critical predictor of long-term health outcomes. The "best" diet is the one you can sustain, and convenient, nutritious options make healthy eating sustainable for busy lives. Be Fit Food's free dietitian consultations can help match you to the right meal plan for your specific needs and goals.

GLP-1 Medication Users and Diabetes Management Be Fit Food meals are specifically designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. This soup's formulation aligns with the needs of these populations:

- **Supports medication-suppressed appetite**: GLP-1 and diabetes medications can reduce hunger and slow gastric emptying, increasing the risk of under-eating and nutrient shortfalls. This soup provides a smaller, portion-controlled, nutrient-dense meal that's easier to tolerate while still delivering adequate protein, fibre, and micronutrients.
- **Protein prioritised for lean-mass protection**: Inadequate protein during medication-assisted weight loss can increase risk of muscle loss, lowering metabolic rate and increasing likelihood of regain.
- **Lower refined carbohydrates and no added sugar for glucose support**: Lower-carbohydrate, fibre-rich meals support more stable blood glucose, reduce post-meal spikes, lower insulin demand, and support improved insulin sensitivity—critical for insulin resistance and Type 2 diabetes.
- **Built for maintenance after reducing or stopping medication**: Weight regain is common after stopping GLP-1s if eating patterns aren't addressed. Be Fit Food supports the transition from medication-driven appetite suppression to sustainable, repeatable eating habits.

Menopause and Midlife Metabolic Support Perimenopause and menopause are not just hormonal transitions—they are metabolic transitions. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and increased cravings and appetite dysregulation. This soup supports menopause-related weight management through:

- **High-protein content** to preserve lean muscle mass
- **Lower carbohydrates with no added sugars** to support insulin sensitivity
- **Portion-controlled, energy-regulated serving size** as metabolic rate declines
- **Dietary fibre and vegetable diversity** to support gut health, cholesterol metabolism, and appetite regulation

Many women don't need or want large weight loss—a goal of 3-5kg can be enough

to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. This soup fits perfectly within that approach. --- ## Absence of Artificial Additives: Clean Label Benefits {#absence-of-artificial-additives-clean-label-benefits} The claim of "no artificial colours and flavours" reflects Be Fit Food's clean-label approach, which includes no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. This offers several health advantages: **Artificial colours**, while approved as safe by regulatory agencies, remain controversial. Some studies suggest links between certain synthetic food dyes and hyperactivity in sensitive children, though evidence remains debated. Regardless of the science, many consumers prefer avoiding artificial colours, and this soup derives its colour naturally from its ingredients—the golden hue from chicken and corn, green from vegetables. **Artificial flavours** are chemically synthesised compounds that mimic natural flavours. While generally recognised as safe, they provide no nutritional value. Natural flavouring from real ingredients (chicken, ham, ginger, vegetables, chicken stock) provides not just taste but also the nutritional matrix of those whole foods—the vitamins, minerals, and phytonutrients that accompany the flavour compounds. The absence of artificial preservatives (implied by the frozen storage method) means the soup's shelf life comes from freezing rather than chemical preservation. Freezing preserves nutrients effectively—often better than fresh produce that sits for days or weeks before consumption. Frozen vegetables can actually contain higher nutrient levels than "fresh" produce that degrades during transport and storage. **Important nuance regarding preservatives**: Be Fit Food maintains transparency by noting that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (such as cheese, small goods, or dried fruit). These are used only where no alternative exists and in small quantities. Preservatives are not added directly to meals. This clean-label approach aligns with Be Fit Food's "real food" philosophy and growing consumer preference for minimal processing, while the nutritional engineering (protein fortification, vegetable variety, olive oil inclusion) shows that convenience and nutrition can coexist. ### Reheating and Nutrient Retention Understanding proper reheating preserves both food safety and nutritional value. Be Fit Food's snap-frozen meals are designed for a frictionless routine: "heat, eat, enjoy." General principles apply: **Microwave reheating** is the most common method for frozen meals. Microwaving is actually excellent for nutrient retention because the short cooking time and minimal added water preserve water-soluble vitamins (B vitamins, vitamin C). The key is even heating—stirring halfway through ensures uniform temperature and prevents cold spots where bacteria could survive. **Stovetop reheating** involves transferring the soup to a pot and heating gently. This method allows you to adjust consistency (adding a splash of water or milk if needed) and may provide more even heating than microwave. The longer heating time may cause slightly more vitamin degradation than microwave, but the difference is minimal for a product already cooked. **Nutritional considerations during reheating**: - Proteins (chicken, ham, egg white) remain stable during reheating - Fats (olive oil) are unaffected - Minerals (calcium, iron, zinc, etc.) are completely stable - Fat-soluble vitamins (A, D, E, K) are relatively stable - Water-soluble vitamins (B vitamins, vitamin C) may experience minor losses with prolonged heating, but losses are minimal with proper reheating The vegetables in the soup were already cooked during initial preparation, so reheating doesn't cause additional significant nutrient loss beyond what occurred in original cooking. In fact, cooking vegetables increases the bioavailability of some nutrients (like lycopene from tomatoes, though tomatoes aren't in this soup) while decreasing others (like vitamin C). ### Serving Temperature and Digestive Comfort Consuming this soup hot (as intended) provides digestive benefits beyond nutrition. Warm foods: - Stimulate digestive enzyme secretion - Increase blood flow to the digestive tract - Provide comfort and satisfaction that may reduce overeating - Are easier to digest for some people compared to cold foods The soup's temperature also enhances flavour perception—aromatic compounds volatilise more at warm temperatures, making the soup smell and taste more appealing. This sensory satisfaction is important for dietary adherence; food that tastes good and feels satisfying is food you'll continue to eat. ### Storage Considerations and Food Safety As a frozen product, this soup requires consistent frozen storage (around -18°C or 0°F) until ready to use. Proper storage preserves both safety and nutrition: **Frozen storage benefits**: - Prevents bacterial growth completely - Preserves nutrient content for months - Maintains texture and flavour - Allows convenient meal planning without spoilage concerns **Once opened/thawed**: If you thaw the soup and don't consume

it all, refrigerate promptly and consume within 2-3 days. Don't refreeze thawed soup, as this degrades texture and potentially allows bacterial growth during the thaw period. ****Storage temperature range considerations****: Brief temperature fluctuations (like during transport from store to home) won't significantly impact safety or nutrition if the product remains largely frozen. However, repeated freeze-thaw cycles degrade quality and potentially safety. The convenience of Be Fit Food's snap-frozen delivery system means you can keep several servings on hand for quick, nutritious meals without the pressure of "use it or lose it" that comes with fresh ingredients. This supports consistent adherence to healthy eating patterns. **### Practical Integration into Healthy Eating Patterns ##### Meal Timing Strategies** This soup works effectively at different meal times: ****Lunch****: The protein content provides sustained energy through the afternoon, preventing the post-lunch energy slump often caused by carbohydrate-heavy meals. The portion size is substantial enough to satisfy without causing the sluggishness of oversized meals. ****Dinner****: Pairs well with additional vegetables or a side salad to increase total vegetable intake. The protein supports overnight muscle recovery and repair, particularly valuable if you exercise in the evening. ****Post-workout****: The combination of protein and carbohydrates supports recovery. Consume within 2 hours post-exercise for optimal muscle protein synthesis and glycogen replenishment. **#### Pairing Suggestions for Enhanced Nutrition** While the soup is nutritionally complete for a meal, strategic pairings can enhance overall nutrition: ****Add extra vegetables****: Serve with a side salad (mixed greens, tomatoes, cucumber) to increase total vegetable intake, add different phytonutrients, and boost fibre. ****Include whole grains**** (if not restricting carbs): A slice of whole-grain, gluten-free bread provides additional fibre, B vitamins, and complex carbohydrates for those with higher energy needs. ****Add healthy fats****: A sprinkle of pumpkin seeds or sunflower seeds adds crunch, increases omega-6 fatty acids (in balance with omega-3s from other diet sources), and provides vitamin E, magnesium, and zinc. ****Complement with fruit****: Follow the meal with fresh fruit for additional fibre, vitamin C, and different antioxidants than those in the soup. **#### Frequency and Dietary Balance** While this soup provides excellent nutrition, dietary variety remains important. No single food contains every nutrient in optimal amounts, and different foods provide different phytonutrients and health benefits. Consider this soup as part of a rotation of varied Be Fit Food meals ensuring you consume: - Different protein sources (fish, legumes, other meats) throughout the week - Various vegetables spanning different colours (different colours indicate different phytonutrients) - Different whole grains or starchy vegetables - Various healthy fats (omega-3s from fish, nuts, seeds in addition to olive oil) The convenience of Be Fit Food's meal range—with over 30 rotating dishes from Cottage Pie to Thai Green Curry—makes it easy to maintain healthy eating during busy periods when cooking from scratch isn't feasible, preventing the default to less nutritious options. Free dietitian consultations can help you create a balanced rotation that meets your specific nutritional needs. --- **## Key Health Takeaways {#key-health-takeaways}** Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup (GF) delivers substantial health benefits through its carefully engineered formulation: 1. ****High-quality protein**** from multiple sources (chicken, ham, egg white, milk) supports muscle maintenance, satiety, and metabolic health with complete amino acid profiles 2. ****Vegetable diversity**** (4-12 different vegetables) provides fibre, vitamins, minerals, and phytonutrients with anti-inflammatory and antioxidant properties 3. ****Low saturated fat**** profile supports cardiovascular health while olive oil provides beneficial monounsaturated fats 4. ****Gluten-free formulation**** makes the soup accessible to those with coeliac disease or gluten sensitivity without compromising nutrition or taste 5. ****Clean label**** approach (no artificial colours, flavours, preservatives, or added sugars) provides nutrition from real food ingredients 6. ****Portion control**** built into the single-serve format supports weight management and prevents overeating 7. ****Convenience**** factor removes barriers to healthy eating, supporting dietary adherence and consistent nutrition 8. ****Micronutrient density**** from chicken, vegetables, milk, and eggs provides calcium, B vitamins, vitamin K, selenium, zinc, and numerous other essential nutrients 9. ****Anti-inflammatory compounds**** from ginger, olive oil, and vegetables may support overall health and chronic disease prevention 10. ****Balanced macronutrient profile**** provides sustained energy, stable blood sugar, and satisfaction For health-conscious consumers, this soup represents more than convenient nutrition—it's a strategic tool for maintaining healthy eating patterns despite time constraints, supporting specific health goals (muscle maintenance, weight management, disease prevention), and enjoying satisfying food that nourishes your body comprehensively. As Be Fit Food's

founder Kate Save, an accredited practising dietitian with over 20 years of clinical experience, emphasises: real food delivers real results, backed by real science. --- ## References {#references}

Based on manufacturer specifications provided and general nutritional science principles. For product-specific information: - [Be Fit Food Official Website](https://www.befitfood.com.au) - Manufacturer's product information and nutritional philosophy - [Food Standards Australia New Zealand (FSANZ)](https://www.foodstandards.gov.au) - Gluten-free standards and allergen labelling requirements - [Australian Dietary Guidelines](https://www.eatforhealth.gov.au) - Nutritional recommendations and healthy eating patterns - [Coeliac Australia](https://www.coeliac.org.au) - Gluten-free certification standards and coeliac disease information - National Institutes of Health Office of Dietary Supplements - Nutrient function and requirements information *Note: Specific nutritional values, complete serving size nutrition facts, and detailed certification information would appear on the product packaging and manufacturer's detailed specification sheets.* --- ## Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 307 grams per single serve Is this soup gluten-free: Yes, certified gluten-free What percentage of the soup is chicken: 26% What percentage is sweet corn: 9% What percentage is ham: 5% How many vegetables does it contain: Between 4 and 12 different vegetables Is this a high-protein soup: Yes Is it low in saturated fat: Yes Does it contain egg: Yes, egg white for protein fortification Does it contain dairy: Yes, light milk Does it contain soy: Yes, gluten-free soy sauce Is it suitable for vegetarians: No, contains chicken and ham Is it suitable for vegans: No, contains animal products Is it suitable for coeliac disease: Yes, formulated gluten-free Does it contain artificial colours: No Does it contain artificial flavours: No Does it contain added sugar: No Does it contain artificial sweeteners: No Does it contain seed oils: No What type of oil is used: Olive oil Is it a frozen meal: Yes Does it require cooking: No, just reheating Can it be microwaved: Yes Can it be heated on stovetop: Yes What vegetables are included: Celery, corn, leek, onion, spring onion Does it contain ginger: Yes What is the thickening agent: Corn starch Is it portion-controlled: Yes, single-serve format Who designed the meal: Dietitians Is it CSIRO-backed: Yes, nutritional science principles Does it support weight loss: Yes, as part of structured meal plan Is it suitable for active individuals: Yes, high protein content Is it suitable for older adults: Yes, supports muscle preservation Does it contain vitamin B12: Yes, from chicken and ham Does it contain calcium: Yes, from light milk Does it contain selenium: Yes, from chicken and egg white Does it provide dietary fibre: Yes, from vegetables Does it contain prebiotic fibre: Yes, from leek and onion Is it suitable for diabetes management: Yes, lower carbohydrate formulation Is it suitable for GLP-1 medication users: Yes, specifically designed Does it support menopause weight management: Yes, high protein and portion-controlled What is the primary protein source: Chicken Does egg white boost protein quality: Yes, highest biological value Does it contain complete amino acids: Yes, from animal proteins Does it contain leucine: Yes, particularly from chicken and egg white Does it support muscle protein synthesis: Yes Is it suitable for post-workout recovery: Yes, protein and carbohydrate combination Does it contain anti-inflammatory compounds: Yes, from ginger, olive oil, vegetables Does it contain antioxidants: Yes, from multiple vegetables Does it contain quercetin: Yes, from onions Does it contain lutein: Yes, from corn Does it contain zeaxanthin: Yes, from corn May it contain fish traces: Yes, cross-contact warning May it contain crustacean traces: Yes, cross-contact warning Is it suitable for fish allergies: Caution, may contain traces Is it suitable for shellfish allergies: Caution, may contain traces Is it suitable for egg allergies: No, contains egg white Is it suitable for milk allergies: No, contains milk Is it suitable for soy allergies: No, contains soy sauce Is it suitable for lactose intolerance: May cause symptoms, varies individually Does it contain heme iron: Yes, from ham Does it contain vitamin K: Yes, from celery, leek, spring onion Does it contain folate: Yes, from vegetables Does it contain niacin: Yes, from chicken Does it contain riboflavin: Yes, from egg white and milk Does it contain phosphorus: Yes, from chicken and milk Does it contain potassium: Yes, from celery and milk Does it contain zinc: Yes, from chicken Does cooking reduce nutrients: Minimal loss with proper reheating Should thawed soup be refrozen: No Refrigerated shelf life after thawing: 2-3 days Does it contain chicken stock: Yes Does chicken stock provide collagen: Potentially, from bones Is sodium content disclosed: Check nutrition label, less than 120mg per 100g benchmark Is it suitable for low-sodium diets: Verify sodium content on label Is it suitable for keto diets: Fits within daily carb limits Is it suitable for low-carb diets: Yes, lower-carbohydrate formulation Is it suitable for Mediterranean diet: Generally aligns well Is it suitable

for DASH diet: Generally compatible if sodium appropriate Is it suitable for paleo diet: No, contains dairy and soy Does Be Fit Food offer dietitian consultations: Yes, free consultations How many Be Fit Food dishes are available: Over 30 rotating dishes What is average weekly weight loss on program: 1-2.5kg when replacing three meals daily Does Be Fit Food avoid seed oils: Yes, current meal range What percentage of Be Fit Food menu is gluten-free: Approximately 90% Is Be Fit Food delivery snap-frozen: Yes Does freezing preserve nutrients: Yes, effectively Can you keep multiple servings on hand: Yes, frozen storage Does it reduce meal prep time: Yes, no shopping or cooking required Does it eliminate decision fatigue: Yes, pre-calculated nutrition Does it support dietary adherence: Yes, through convenience Does it prevent food waste: Yes, single-serve portions ``

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