

CHUCHIHAM - Food & Beverages

Ingredient Breakdown -

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Details:

Be Fit Food Chunky Chicken, Ham & Sweet Corn Soup (GF) - Complete Product Guide ## Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction](#introduction) - [Complete Ingredient Inventory](#complete-ingredient-inventory) - [Primary Protein Sources: Chicken and Ham](#primary-protein-sources-chicken-and-ham) - [Vegetable Components: Flavour, Nutrition, and Texture](#vegetable-components-flavour-nutrition-and-texture) - [Dairy Component: Light Milk](#dairy-component-light-milk) - [Functional Ingredients: Thickening and Binding](#functional-ingredients-thickening-and-binding) - [Flavour Enhancement and Seasoning](#flavour-enhancement-and-seasoning) - [Fat Source: Olive Oil](#fat-source-olive-oil) - [Ingredient Synergies and Formulation Strategy](#ingredient-synergies-and-formulation-strategy) - [Ingredient Quality and Sourcing Considerations](#ingredient-quality-and-sourcing-considerations) - [Allergen Considerations from Ingredients](#allergen-considerations-from-ingredients) - [Ingredient Functionality in Frozen Food Context](#ingredient-functionality-in-frozen-food-context) - [Nutritional Implications of Ingredient Choices](#nutritional-implications-of-ingredient-choices) - [Ingredient Transparency and Consumer Trust](#ingredient-transparency-and-consumer-trust) - [Supporting Specific Health Goals](#supporting-specific-health-goals) - [Conclusion: Ingredient Intelligence](#conclusion-ingredient-intelligence) - [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 Frozen Meals **Primary Use:** High-protein, gluten-free frozen soup designed to support metabolic health and weight management through dietitian-formulated whole-food nutrition. ### Quick Facts - **Best For:** Health-conscious individuals seeking convenient, high-protein meals; those using GLP-1 medications; people managing diabetes, menopause, or weight loss - **Key Benefit:** Delivers 34-40g protein per serving in a portion-controlled, gluten-free format with no artificial ingredients or added sugars - **Form Factor:** Frozen soup (307g single-serve portion) - **Application Method:** Heat and eat directly from frozen ### Common Questions This Guide Answers 1. What are the main ingredients? → Chicken (26%), celery, corn kernels (9%), light milk, leek, ham (5%), plus vegetables, egg white, olive oil, and seasonings 2. Is this soup truly gluten-free? → Yes, certified gluten-free using corn starch instead of wheat flour and gluten-free soy sauce 3. How much protein does it contain? → Approximately 34-40 grams from multiple sources (chicken, ham, egg white, light milk) 4. What allergens does it contain? → Contains egg, milk, and soybeans; may contain traces of fish, crustacea, sesame, peanuts, tree nuts, and lupin 5. Why is it suitable for GLP-1 medication users? → Portion-controlled serving with high protein protects lean muscle mass during appetite suppression and weight loss 6. How many vegetables are included? → Five different vegetables (celery, corn, leeks, onions, spring onions) contributing to the 4-12 vegetable range 7. What makes it low in saturated fat? → Uses light milk instead of cream, olive oil instead of butter, and lean protein sources --- ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 | | Brand | Be Fit Food | | GTIN | 9358266000830 | | Price | \$13.05 AUD | | Availability | In Stock | | Category | Food & Beverages | | Subcategory | Ready-to-Eat Meals | | Pack size | 307g | | Dietary information | Gluten-free, High in protein, Low in saturated fat | | Key ingredients | Chicken (26%), Corn Kernels (9%), Ham (5%), Light Milk, Celery, Leek | | Allergens | Contains: Egg, Milk, Soybeans | | May contain | Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin | | Vegetable count | 4-12 different vegetables | | Storage | Frozen | | Preparation | Heat and eat | | Seller |

Be Fit Food | | 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 {#verified-label-facts} - Product

name: Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 - Brand: Be Fit Food - GTIN:

9358266000830 - Pack size: 307g - Complete ingredient list (in descending order by weight): Chicken (26%), Celery, Corn Kernels (9%), Light Milk, Leek, Ham (5%), Onion, Egg White, Spring Onion, Olive Oil, Corn Starch, Chicken Stock, Gluten Free Soy Sauce, Ginger, and Pepper - Certified gluten-free -

High in protein - Low in saturated fat - Contains allergens: Egg, Milk, Soybeans - May contain

(cross-contact): Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin - Storage: Frozen -

Preparation method: Heat and eat - No artificial colours or artificial flavours - No added artificial

preservatives - No added sugar or artificial sweeteners - No seed oils - Contains 4-12 different

vegetables - Country of origin: Australia - Price: \$13.05 AUD ### General Product Claims

{#general-product-claims} - Delivers convenience and nutritional value - Part of dietitian-designed meal

range - Supports metabolic health - Maintains taste and texture integrity - Protein-prioritised approach

to meal design - Supports lean muscle mass preservation - Particularly important for those using GLP-1

medications - Suitable for managing diabetes - Helpful for navigating metabolic changes during

menopause and perimenopause - Snap-frozen delivery system designed to make compliance easy -

Consistent portions and macros - Minimal decision fatigue - Low spoilage - "Heat, eat, enjoy" approach

- Convenience remains essential for adherence - Adherence remains the biggest predictor of success

in any nutrition program - Supports various health objectives - Smaller, portion-controlled serving easier

to tolerate when appetite is suppressed - Adequate protein to protect lean muscle mass during weight

loss - Nutrient density to reduce deficiency risk when total intake is lower - Supports blood glucose

management for those with Type 2 diabetes or pre-diabetes - Helps preserve lean muscle mass as

metabolic rate changes - Supports insulin sensitivity - Portion control as energy needs decline - High

protein increases fullness and satiety - Supports more stable blood glucose - Reduces post-meal

spikes - Lowers insulin demand - Supports improved insulin sensitivity - Helps Australians "eat

themselves better" - Scientifically-designed, whole-food meals - Foundation of sustainable health

outcomes - You'll feel fuller for longer - Nourishing your body with ingredients you can recognise and

trust - Restaurant-quality experience - Clean-label option - Real food alternative to supplement-based

meal replacements - Approximately 90% of Be Fit Food's menu is certified gluten-free --- ##

Introduction {#introduction} This gluten-free soup from Be Fit Food combines 26% chicken content with

ham, sweet corn kernels, and a medley of vegetables in a creamy, hearty base that requires only

reheating before consumption. The 307-gram serving delivers both convenience and nutritional value in

a single portion. As part of Be Fit Food's dietitian-designed meal range, this soup exemplifies the

brand's commitment to real food, not shakes or supplements, while maintaining the high-protein,

lower-carbohydrate profile that supports metabolic health. In this comprehensive ingredient breakdown,

you'll discover the precise composition of this soup, understand the functional role of each component,

learn why specific ingredients were selected, and gain insight into how these elements work together to

create a balanced, protein-rich meal. The formulation accommodates gluten-free dietary requirements

while maintaining taste and texture integrity through careful ingredient selection and professional recipe

development. --- ## Complete Ingredient Inventory {#complete-ingredient-inventory} This soup contains

fourteen distinct ingredients, each selected for specific nutritional, functional, or sensory purposes. The

complete ingredient list, presented in descending order by weight, reads: Chicken (26%), Celery, Corn

Kernels (9%), Light Milk, Leek, Ham (5%), Onion, Egg White, Spring Onion, Olive Oil, Corn Starch,

Chicken Stock, Gluten Free Soy Sauce, Ginger, and Pepper. The formulation demonstrates a

deliberate balance between protein sources, vegetables, dairy components, and functional ingredients

that serve as thickeners, flavour enhancers, and texture modifiers. The ingredient declaration reveals

that the three most abundant components by weight are chicken, celery, and corn

kernels—establishing the soup's primary character as a chunky, vegetable-forward protein meal rather

than a cream-based soup with minimal solids. The ingredient list's transparency extends to specifying

exact percentages for the three defining ingredients: chicken at 26%, corn kernels at 9%, and ham at

5%. These declared percentages provide you with clear expectations about protein content and allow

for informed dietary planning, particularly if you're monitoring macronutrient ratios or seeking specific

protein intake levels. This transparency aligns with Be Fit Food's commitment to no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners across their meal range. --- ## Primary Protein Sources: Chicken and Ham {#primary-protein-sources-chicken-and-ham} ### Chicken Content and Benefits {#chicken-content-and-benefits} Chicken serves as the dominant protein source in this soup, constituting more than one-quarter of the total product weight. At 26% chicken content in a 307-gram serving, each bowl contains approximately 79.82 grams of chicken meat. This substantial chicken presence serves multiple purposes beyond simple protein delivery and reflects Be Fit Food's protein-prioritised approach to meal design. From a nutritional perspective, chicken provides high-quality complete protein containing all essential amino acids required for human nutrition. Chicken breast meat, which is commonly used in commercial soup preparations, offers approximately 31 grams of protein per 100 grams of cooked meat. This means the chicken component alone contributes roughly 24-25 grams of protein to the soup, forming the foundation of the meal's high-protein claim. The chicken also contributes essential micronutrients including B-vitamins (particularly niacin, B6, and B12), selenium, and phosphorus. These nutrients support energy metabolism, immune function, and bone health. The choice of chicken as the primary protein reflects both nutritional wisdom and culinary tradition—chicken soup remains valued across cultures for centuries as comfort food and as nourishment during illness or recovery. Texturally, the chicken provides the "chunky" character promised in the product name. The pieces remain large enough to deliver satisfying mouthfeel and visual appeal while staying tender enough to eat directly from a bowl with a spoon. The chicken's ability to absorb surrounding flavours from the broth, vegetables, and seasonings makes it an ideal protein carrier for the soup's overall taste profile. ### Ham Contribution {#ham-contribution} Ham contributes approximately 15.35 grams per serving, adding a secondary protein source with distinctly different flavour characteristics. While chicken provides mild, neutral protein, ham introduces savoury, slightly salty, and subtly sweet notes that create flavour complexity and depth. Ham's inclusion serves several strategic purposes. First, it enhances umami—the savoury fifth taste that creates satisfaction and fullness perception. The curing process used in ham production develops glutamates and other compounds that intensify savoury flavours throughout the soup. Second, ham's fat content (even in lean varieties) contributes to mouthfeel and helps carry fat-soluble flavour compounds, enhancing overall taste perception. Third, the combination of chicken and ham creates a more interesting protein profile than either meat alone, preventing flavour monotony across the bowl. The ham also adds visual interest through colour contrast. While chicken appears white or pale, ham pieces provide pink or rose-coloured chunks that make the soup more visually appealing and help you identify the product's dual-protein nature at first glance. From a culinary tradition standpoint, chicken and ham form a classic pairing in Western soups and casseroles, particularly in comfort food contexts. This combination evokes familiarity and nostalgia while delivering proven flavour synergy. ### Egg White Function {#egg-white-function} Egg white appears as a distinct ingredient, serving primarily as a binding agent and supplementary protein source. In soup applications, egg white performs several functions that justify its inclusion despite not being a traditional soup ingredient in home cooking. Egg whites contain approximately 11% protein by weight and represent the highest-quality protein source available, with a biological value of 100. In a commercial soup formulation, egg white likely serves as a binder for the chicken and ham pieces, helping maintain their integrity during the freeze-thaw-reheat cycle that frozen meals undergo. The proteins in egg white coagulate when heated, forming a matrix that helps hold meat pieces together and prevents them from becoming stringy or falling apart. Additionally, egg white can act as a clarifying agent in broths, though in a chunky soup context, its role remains more structural than aesthetic. The egg white may also contribute to the soup's creamy mouthfeel without adding fat, supporting the product's low saturated fat claim while maintaining satisfying texture. --- ## Vegetable Components: Flavour, Nutrition, and Texture {#vegetable-components-flavour-nutrition-and-texture} Be Fit Food's commitment to vegetable density appears evident throughout their meal range, with meals containing 4-12 different vegetables. This soup demonstrates that philosophy through its thoughtful selection of vegetable components. ### Corn Kernels {#corn-kernels} Sweet corn kernels constitute the second-highest ingredient by declared percentage, contributing approximately 27.63 grams per serving at 9% by weight. This substantial corn presence fulfils multiple roles in the soup's composition.

Nutritionally, corn provides complex carbohydrates for energy, dietary fibre for digestive health, and specific micronutrients including vitamin C, folate, and carotenoids (particularly lutein and zeaxanthin, which support eye health). The natural sugars in sweet corn—primarily sucrose—contribute subtle sweetness that balances the savoury elements from chicken, ham, and soy sauce. Texturally, corn kernels deliver distinctive pop and crunch that contrasts with the tender chicken, soft vegetables, and creamy broth. This textural variety prevents the soup from becoming monotonous and creates a more engaging eating experience. The corn's bright yellow colour also enhances visual appeal, making the soup appear more vibrant and appetising. From a culinary perspective, sweet corn pairs traditionally with chicken in numerous cuisines, from American chicken and corn chowder to Asian chicken and corn soups. The pairing works because corn's mild sweetness complements chicken's neutral flavour without overwhelming it, while the vegetables' different textures create pleasant contrast. The corn kernels also contribute to the product's vegetable count claim. Be Fit Food states their meals contain "4-12 different vegetables," and corn represents one of the more substantial vegetable contributions by weight.

Celery {#celery} Celery appears second in the ingredient list, indicating it's the second-most abundant ingredient by weight after chicken. This placement reveals celery's importance as a foundational vegetable in the soup's composition, likely contributing 50-70 grams per serving based on formulation practices. Celery serves as a classic aromatic vegetable in soup bases, forming part of the traditional French mirepoix (celery, onion, carrot) or its variations. Its primary contributions include flavour foundation, aromatic compounds, nutritional value, textural contribution, and visual elements.

****Flavour foundation**:** Celery provides subtle, vegetal notes with slight bitterness that adds complexity without dominating. It enhances savoury perception and helps round out the overall flavour profile.

****Aromatic compounds**:** Celery contains phthalides and other volatile compounds that contribute to the soup's overall aroma, making it more appealing before the first taste.

****Nutritional value**:** Celery offers vitamin K, potassium, folate, and antioxidants including apigenin and luteolin. While relatively low in calories, it contributes dietary fibre and water content.

****Textural contribution**:** When cooked in soup, celery softens but maintains slight resistance, adding to the "chunky" character. The fibrous structure provides subtle texture variation.

****Visual element**:** Celery's pale green colour contributes to the soup's appearance, suggesting freshness and vegetable content. Celery's high water content (approximately 95%) means it contributes significant volume without adding density, helping create a lighter, more broth-forward soup rather than a thick, heavy preparation. This aligns with Be Fit Food's formulation approach of using vegetables for water content rather than thickeners, which helps achieve their low sodium benchmark of less than 120 mg per 100 g.

Leek {#leek} Leeks belong to the allium family alongside onions and garlic, but offer a milder, slightly sweeter flavour profile than their relatives. In this soup formulation, leeks serve as a sophisticated alternative or complement to standard onions, contributing refined flavour, textural softness, nutritional value, and visual appeal.

****Refined flavour**:** Leeks provide gentle onion-like flavour without the sharp bite or potential bitterness that can develop when onions are frozen and reheated. This subtlety works well in a commercial frozen product that must maintain flavour quality through storage and reheating.

****Textural softness**:** When cooked, leeks become silky and tender, almost melting into the soup. This creates pleasant mouthfeel and helps build the creamy perception without requiring excessive dairy or thickeners.

****Nutritional contribution**:** Leeks provide vitamin K, manganese, vitamin B6, iron, and prebiotic fibres that support digestive health. They also contain flavonoids and sulfur compounds with potential health benefits.

****Visual appeal**:** The white and light green portions of leeks add visual interest and suggest premium ingredients, as leeks often appear perceived as more sophisticated than standard onions. Leeks work particularly well in chicken-based soups because their mild sweetness complements poultry without competing with it. The traditional pairing of leeks and chicken appears in classic preparations like cock-a-leekie soup, validating this ingredient choice.

Onion {#onion} Standard onion appears separately from leeks in the ingredient list, indicating the soup contains both allium varieties. This dual-onion approach suggests a layered flavour strategy that delivers flavour depth, umami enhancement, and aromatic base.

****Flavour depth**:** Regular onions provide more pronounced savoury-sweet flavour than leeks, with sulfur compounds that enhance overall taste complexity. When cooked, onions develop sweetness through caramelisation of natural sugars.

****Umami enhancement**:** Onions contain glutamates that boost savoury perception and create more satisfying flavour.

****Aromatic base****: Onions form part of the aromatic foundation that gives the soup its characteristic smell and initial flavour impression. The combination of leeks and onions creates a more nuanced allium flavour than either vegetable alone, preventing the one-dimensional taste that can occur when only a single onion variety is used. **### Spring Onion {#spring-onion}** Spring onions (also called scallions or green onions) represent the third onion-family ingredient, appearing later in the ingredient list. Their inclusion serves distinct purposes from leeks and onions, providing fresh bright notes, visual garnish elements, textural variety, and nutritional value. ****Fresh, bright notes****: Spring onions provide sharper, fresher flavour than cooked onions or leeks, adding brightness that lifts the overall taste profile. ****Visual garnish element****: The green portions of spring onions create visual contrast and suggest freshness, making the soup appear more appealing and home-cooked. ****Textural variety****: Spring onions maintain more texture than fully-cooked onions or leeks, contributing to the chunky character. ****Nutritional value****: Spring onions provide vitamin K, vitamin C, and folate, along with beneficial plant compounds. The strategic use of three different onion-family vegetables demonstrates sophisticated recipe development, creating layered flavour that evolves as you eat rather than presenting a single, static taste. This attention to detail reflects Be Fit Food's dietitian-led approach to meal design. --- **## Dairy Component: Light Milk {#dairy-component-light-milk}** Light milk (reduced-fat milk) serves as the soup's creamy base, transforming what could be a simple broth into a more substantial, satisfying meal. The choice of light milk rather than cream, whole milk, or non-dairy alternatives reflects careful nutritional positioning consistent with Be Fit Food's focus on metabolic health. **### Functional Roles {#functional-roles}** ****Creamy texture****: Milk proteins (casein and whey) create smooth, creamy mouthfeel even at reduced fat levels. The proteins interact with water and other ingredients to build body and viscosity. ****Flavour carrier****: Milk's fat content (even reduced) helps carry fat-soluble flavour compounds from chicken, ham, olive oil, and aromatics, distributing taste throughout the soup. ****Nutritional contribution****: Light milk provides high-quality protein (approximately 3.4 grams per 100ml), calcium, vitamin D, vitamin B12, and riboflavin. This boosts the soup's overall nutritional profile beyond the meat content alone. ****Colour development****: Milk creates the soup's characteristic creamy white-to-pale-yellow appearance, making it visually appealing and suggesting richness. ****pH buffering****: Milk's buffering capacity helps stabilise the soup's acidity, preventing sourness and maintaining balanced flavour. **### Strategic Selection {#strategic-selection}** The selection of light milk (commonly 1-2% fat) rather than whole milk or cream supports the product's "low in saturated fat" claim while maintaining creamy character. This allows the soup to deliver satisfying richness without the saturated fat content that concerns health-conscious consumers. Light milk also provides sufficient protein to contribute meaningfully to the soup's high-protein claim without adding excessive calories. A 307-gram serving containing light milk can contribute 5-8 grams of protein from the dairy component alone, supplementing the chicken and ham protein. The milk's natural lactose (milk sugar) adds subtle sweetness that balances savoury and salty elements, creating more rounded flavour. This sweetness works synergistically with the sweet corn's natural sugars to prevent the soup from tasting overly salty or one-dimensional. --- **## Functional Ingredients: Thickening and Binding {#functional-ingredients-thickening-and-binding}** **### Corn Starch {#corn-starch}** Corn starch appears as a dedicated thickening agent, serving critical functional roles in creating the soup's final texture and stability. As a refined carbohydrate derived from corn kernels, corn starch consists almost entirely of amylose and amylopectin—two forms of starch that behave differently when heated in liquid. ****Thickening mechanism****: When heated in liquid, corn starch granules absorb water and swell, eventually bursting and releasing starch molecules that form a network throughout the soup. This network traps water and creates viscosity, transforming thin broth into a more substantial, coating texture. ****Freeze-thaw stability****: Corn starch provides better stability through freeze-thaw cycles than many other thickeners. Since this soup is sold frozen as part of Be Fit Food's snap-frozen delivery system, the starch must maintain its thickening properties after freezing, during storage, and after reheating. Corn starch performs reliably in this application. ****Gluten-free compliance****: Corn starch remains naturally gluten-free, making it the ideal thickener for a soup marketed with gluten-free claims. Traditional wheat flour would introduce gluten, disqualifying the product from gluten-free certification. This proves particularly important given that approximately 90% of Be Fit Food's menu is certified gluten-free. ****Neutral flavour****: Unlike some thickeners that can introduce off-flavours, corn starch

remains essentially tasteless, allowing the soup's other flavours to shine without interference. ****Visual clarity****: Corn starch creates translucent thickness rather than opaque cloudiness, helping maintain the soup's appealing appearance. The amount of corn starch used must be carefully calibrated. Too little results in thin, watery soup that seems insubstantial; too much creates gluey, unpleasant texture. The formulation must account for the soup's existing thickness from milk proteins and dissolved solids from vegetables, ensuring the corn starch supplements rather than dominates the texture-building system.

--- **## Flavour Enhancement and Seasoning** {#flavour-enhancement-and-seasoning} **### Chicken Stock** {#chicken-stock} Chicken stock serves as a concentrated flavour base that amplifies the soup's chicken character beyond what the chicken meat alone provides. Commercial chicken stock commonly contains chicken bones and cartilage, aromatic vegetables, savoury compounds, and minerals.

****Chicken bones and cartilage****: These provide gelatin (hydrolysed collagen) that creates body and silky mouthfeel while delivering savoury depth. ****Aromatic vegetables****: Stock usually incorporates onions, carrots, and celery, which contribute foundational flavours that layer with the soup's fresh vegetables.

****Savoury compounds****: The long simmering process used to make stock extracts glutamates, nucleotides, and other umami-rich compounds that enhance overall taste satisfaction. ****Minerals****: Stock contributes sodium, potassium, and other minerals that enhance flavour perception and provide electrolytes.

The chicken stock creates a flavour foundation that makes the soup taste more authentically "chicken soup" than if it relied solely on the chicken pieces. This ingredient demonstrates the difference between home cooking (where you might simmer chicken to create broth) and commercial formulation (where pre-made stock provides consistent, concentrated flavour). **###**

Gluten-Free Soy Sauce {#gluten-free-soy-sauce} Gluten-free soy sauce represents a strategic ingredient choice that delivers multiple benefits while maintaining the product's gluten-free status.

Traditional soy sauce contains wheat, which would introduce gluten, but gluten-free versions use alternative grains or pure soy fermentation. ****Umami amplification****: Soy sauce stands as one of the most concentrated sources of natural glutamates available, delivering intense savoury flavour that makes the soup taste richer and more satisfying.

****Salt contribution****: Soy sauce provides sodium in a flavourful form, allowing the soup to achieve proper seasoning while delivering complex taste rather than simple saltiness. ****Colour enhancement****: Soy sauce's dark brown colour contributes to the soup's overall appearance, adding depth and suggesting rich flavour.

****Fermentation complexity****: The fermentation process creates hundreds of flavour compounds beyond simple saltiness, adding layers of taste that can't be replicated with simple salt. ****Asian flavour notes****: Soy sauce introduces subtle Asian-inspired character that differentiates this soup from purely Western-style chicken soups, creating a unique fusion profile.

The gluten-free specification proves crucial for maintaining the product's dietary claims. Manufacturers of gluten-free soy sauce use tamari-style production (pure soy fermentation) or replace wheat with rice or other gluten-free grains, ensuring the product remains safe for coeliac disease sufferers and gluten-sensitive individuals. This attention to gluten-free compliance reflects Be Fit Food's commitment to offering coeliac-suitable options across their range. **###**

Ginger {#ginger} Fresh ginger adds aromatic complexity and subtle heat that elevates the soup beyond simple comfort food.

Ginger's contributions include aromatic compounds, warming sensation, digestive benefits, anti-inflammatory compounds, flavour balance, and Asian fusion character. ****Aromatic compounds****: Gingerols, shogaols, and zingerone create distinctive spicy-sweet aroma that makes the soup more enticing and appetite-stimulating.

****Warming sensation****: Ginger's natural pungency creates gentle heat that enhances the soup's warming, comforting qualities without requiring chilli peppers or other hot spices. ****Digestive benefits****: Ginger remains traditionally used to support digestion and reduce nausea, making the soup potentially more suitable for those with sensitive stomachs.

****Anti-inflammatory compounds****: Gingerols possess anti-inflammatory properties that may contribute to the soup's positioning as a health-conscious meal option. ****Flavour balance****: Ginger's brightness and slight citrus notes help balance the rich, fatty elements from chicken, ham, and milk, preventing the soup from tasting heavy or cloying.

****Asian fusion character****: Like the soy sauce, ginger introduces subtle Asian influences that create a contemporary, fusion-style soup rather than a purely traditional Western preparation. The amount of ginger must be carefully controlled—too much would overpower the chicken and vegetables, while too little would provide insufficient aromatic impact. The ginger likely appears as finely minced pieces distributed throughout the soup, releasing flavour gradually during

reheating. #### Pepper {#pepper} Black pepper (the type remains unspecified, but black pepper is standard in commercial soup production) serves as the primary spice, providing gentle heat, flavour enhancement, aromatic complexity, and visual interest. **Gentle heat**: Piperine, pepper's active compound, creates mild pungency that enhances flavour perception without overwhelming sensitive palates. **Flavour enhancement**: Pepper doesn't just add its own taste—it actually enhances perception of other flavours, making the soup taste more vibrant overall. **Aromatic complexity**: Pepper's volatile oils contribute to the soup's overall aroma, adding warmth and depth. **Visual interest**: Visible pepper specks suggest seasoning and home-cooked quality, making the soup appear more artisanal. Pepper's position at the end of the ingredient list indicates it's used in relatively small quantities—enough to provide seasoning and aromatic contribution without creating noticeably spicy soup. This moderate approach ensures the product appeals to broad audiences, including those who prefer mild flavours. --- ## Fat Source: Olive Oil {#fat-source-olive-oil} Olive oil serves as the primary added fat in this formulation, chosen for both nutritional and functional reasons. Its inclusion demonstrates thoughtful recipe development that balances health positioning with culinary requirements, consistent with Be Fit Food's commitment to no seed oils in their current meal range. #### Nutritional Benefits {#nutritional-benefits} **Monounsaturated fats**: Olive oil consists primarily of oleic acid, a heart-healthy monounsaturated fat associated with reduced cardiovascular disease risk. This fat profile supports the soup's "low in saturated fat" claim while providing necessary dietary fat from healthier monounsaturated sources. **Antioxidants**: Extra virgin olive oil (though the specific grade isn't specified) contains polyphenols, vitamin E, and other antioxidants that contribute to overall nutritional value. **Anti-inflammatory properties**: Oleocanthal and other olive oil compounds possess anti-inflammatory effects that align with health-conscious positioning. **Flavour contribution**: Quality olive oil adds subtle fruity, slightly peppery notes that enhance overall taste complexity. #### Functional Roles {#functional-roles-olive-oil} **Flavour carrier**: As a fat, olive oil dissolves and carries fat-soluble flavour compounds from herbs, spices, and aromatics, distributing them throughout the soup. **Mouthfeel enhancement**: Oil creates smoothness and richness that makes the soup more satisfying and prevents watery texture. **Cooking medium**: During production, olive oil likely serves as the cooking medium for sautéing aromatics (onions, leeks, ginger), developing their flavours before they're combined with other ingredients. **Emulsion stability**: Oil helps stabilise the emulsion between fat and water phases in the soup, preventing separation during freezing and storage. The choice of olive oil over butter, coconut oil, or other fats reflects health-conscious formulation. While butter might create richer flavour, it would significantly increase saturated fat content. Olive oil provides necessary fat functionality while supporting the product's nutritional claims and positioning as a healthy convenience meal. --- ## Ingredient Synergies and Formulation Strategy {#ingredient-synergies-and-formulation-strategy} The ingredient list reveals sophisticated formulation thinking that goes beyond simply combining foods. Several strategic synergies emerge, reflecting Be Fit Food's dietitian-led approach to meal development. #### Layered Protein Strategy {#layered-protein-strategy} The combination of chicken (26%), ham (5%), egg white, and light milk creates a multi-source protein system that delivers complete amino acid profile from multiple sources, varied textures and flavours preventing monotony, high total protein content supporting the "high in protein" claim, and different protein types that behave differently during freezing and reheating, ensuring some protein sources maintain optimal texture. This protein-prioritised approach aligns with Be Fit Food's philosophy of supporting lean muscle mass preservation, which proves particularly important for those using GLP-1 medications, managing diabetes, or navigating metabolic changes during menopause and perimenopause. #### Vegetable Diversity {#vegetable-diversity} The inclusion of celery, corn, leeks, onions, and spring onions—five distinct vegetables—supports the "4-12 different vegetables" claim while creating flavour complexity from multiple vegetable sources, varied nutritional contributions (different vitamins, minerals, and phytonutrients), visual appeal through colour and shape variety, and textural interest from different vegetable structures. This vegetable density remains a hallmark of Be Fit Food's formulation approach, providing dietary fibre from real vegetables rather than synthetic fibres found in some processed diet foods. #### Gluten-Free Design {#gluten-free-design} Every ingredient remains carefully chosen to maintain gluten-free status: corn starch instead of wheat flour for thickening, gluten-free soy sauce instead of standard soy sauce, and no wheat-based

ingredients anywhere in the formulation. This demonstrates that the gluten-free claim isn't an afterthought but a fundamental design parameter that shaped ingredient selection from the beginning. With approximately 90% of Be Fit Food's menu certified gluten-free, this soup fits within a comprehensive range suitable for those with coeliac disease or gluten sensitivity. ### Balanced Flavour Profile {#balanced-flavour-profile} The ingredients create a sophisticated flavour balance across multiple dimensions: - **Savoury base**: Chicken, ham, chicken stock, soy sauce - **Aromatic complexity**: Onions, leeks, spring onions, ginger, celery - **Subtle sweetness**: Corn, light milk, onions (when cooked) - **Richness**: Olive oil, light milk, ham - **Freshness**: Spring onions, ginger - **Gentle heat**: Pepper, ginger This multi-dimensional flavour approach prevents the soup from tasting one-note or boring, creating a more restaurant-quality experience than typical commercial soups. ### Texture Engineering {#texture-engineering} Multiple ingredients contribute to the soup's "chunky" character and satisfying mouthfeel: - **Solid chunks**: Chicken pieces, ham pieces, corn kernels - **Soft vegetables**: Celery, leeks, onions - **Creamy base**: Light milk, corn starch - **Smooth elements**: Egg white (binding), olive oil - **Slight resistance**: Corn kernels, celery fibres This textural variety creates an engaging eating experience where each spoonful offers different sensations, preventing the fatigue that can occur with uniform-texture foods. --- ## Ingredient Quality and Sourcing Considerations {#ingredient-quality-and-sourcing-considerations} While the product specifications don't detail specific sourcing practices, several aspects of the ingredient list suggest quality considerations that align with Be Fit Food's brand standards. ### Real Food Ingredients {#real-food-ingredients} The formulation contains recognisable, whole-food ingredients rather than extensive additives, artificial flavours, or chemical-sounding components. Every ingredient could be found in a home kitchen, suggesting a "clean label" approach that appeals to health-conscious consumers. This reflects Be Fit Food's core positioning: real food, not synthetic supplements, shakes, bars, or detox teas. ### No Artificial Colours and Flavours {#no-artificial-colours-and-flavours} The product explicitly claims "no artificial colours and flavours," meaning all colour comes from natural ingredients (chicken, ham, corn, vegetables) and all flavour derives from real foods and natural seasonings rather than synthetic flavour compounds. This clean-label positioning remains consistent across Be Fit Food's entire range, which maintains standards of no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. ### Minimal Preservatives {#minimal-preservatives} The ingredient list doesn't mention preservatives, suggesting the product relies on freezing for preservation rather than chemical additives. This approach maintains food quality and appeals to consumers seeking minimally processed options. Be Fit Food's snap-frozen delivery system serves as the primary preservation method, eliminating the need for artificial preservatives. ### Ingredient Percentage Transparency {#ingredient-percentage-transparency} The declaration of exact percentages for chicken (26%), corn (9%), and ham (5%) demonstrates transparency and suggests confidence in ingredient quality. Many manufacturers avoid specifying percentages to obscure low amounts of premium ingredients, so this transparency suggests generous use of the highlighted components. --- ## Allergen Considerations from Ingredients {#allergen-considerations-from-ingredients} The ingredient composition creates specific allergen concerns that you must understand before consuming this product. ### Confirmed Allergens {#confirmed-allergens} **Egg**: Present as egg white, this allergen appears in significant enough quantity to require declaration. Individuals with egg allergies must avoid this product entirely. **Milk**: Light milk remains a primary ingredient, making this soup unsuitable for those with milk allergies or lactose intolerance (though lactose-intolerant individuals may tolerate small amounts depending on sensitivity level). **Soybeans**: Present in the gluten-free soy sauce, this allergen affects individuals with soy sensitivities or soy allergies. ### Cross-Contact Warnings {#cross-contact-warnings} The product specifications note "May contain (cross-contact): Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin." This warning indicates that while these allergens aren't ingredients, the production facility or equipment also processes these allergens, creating cross-contamination risk. For individuals with severe fish or shellfish allergies, even trace amounts from cross-contact could trigger reactions, making this product potentially unsuitable despite these allergens not being intentional ingredients. The same caution applies to those with severe peanut, tree nut, sesame, or lupin allergies. ### Absent Allergens {#absent-allergens} Notably absent from both the ingredient list and allergen declarations are wheat (specifically avoided to maintain

gluten-free status) and sulphites (common preservatives in some processed foods). This absence makes the soup suitable for individuals with wheat allergies (separate from gluten intolerance) and those sensitive to sulphites, expanding its potential consumer base beyond just gluten-free requirements. --- ## Ingredient Functionality in Frozen Food Context {#ingredient-functionality-in-frozen-food-context} Understanding that this soup is sold frozen and requires reheating helps explain several ingredient choices. Be Fit Food's snap-frozen delivery system is designed to make compliance easy—consistent portions, consistent macros, minimal decision fatigue, and low spoilage. ### Freeze-Thaw Stability {#freeze-thaw-stability} **Corn starch**: Maintains thickening properties through freezing better than some alternatives like wheat flour or other starches that can break down or become grainy. **Egg white**: Helps bind proteins that might otherwise become grainy or separate during freezing, maintaining meat texture integrity. **Light milk vs. cream**: Reduced fat content minimises fat separation during freezing, which can occur with high-fat dairy products. **Olive oil**: Remains liquid at refrigerator temperatures, preventing hardening that can occur with saturated fats like coconut oil or butter. ### Reheating Performance {#reheating-performance} **Chicken pieces**: Must remain tender and moist after reheating, not dry or rubbery. The egg white binding and moisture from the soup base help achieve this. **Vegetables**: Must maintain some texture rather than becoming mushy. The vegetable selection favours varieties that hold up well to freeze-thaw-reheat cycles. **Corn starch**: Re-thickens reliably when heated, restoring proper consistency without requiring stirring or additional preparation. **Ginger and pepper**: Volatile compounds must survive freezing to maintain aromatic impact, which these robust spices accomplish effectively. ### Storage Stability {#storage-stability} **No preservatives needed**: Freezing provides preservation, eliminating the need for chemical preservatives that some consumers wish to avoid. **Ingredient stability**: All components must remain chemically stable during frozen storage without developing off-flavours or textures. **Minimal oxidation risk**: The formulation avoids ingredients prone to rancidity or oxidation during frozen storage, such as delicate oils or certain herbs. This "heat, eat, enjoy" approach reflects Be Fit Food's understanding that convenience remains essential for adherence, and adherence remains the biggest predictor of success in any nutrition program. --- ## Nutritional Implications of Ingredient Choices {#nutritional-implications-of-ingredient-choices} The specific ingredients selected create particular nutritional outcomes that align with Be Fit Food's high-protein, lower-carbohydrate, low-sodium formulation philosophy. ### Protein Content Achievement {#protein-content-achievement} The combination of chicken (26%), ham (5%), egg white, and light milk creates a protein-rich meal. Estimating from standard nutritional values: - Chicken contribution: approximately 24-25g protein - Ham contribution: approximately 3-4g protein - Light milk contribution: approximately 5-8g protein - Egg white contribution: approximately 2-3g protein - **Total estimated protein**: 34-40g per 307g serving This substantial protein content supports muscle maintenance, satiety, and metabolic health. High protein at every meal remains a cornerstone of Be Fit Food's approach, particularly important for those using GLP-1 medications or weight-loss medications where inadequate protein can increase risk of muscle loss. ### Fat Profile Management {#fat-profile-management} **Low saturated fat**: By using light milk instead of cream, chicken instead of fattier meats, and olive oil instead of butter, the formulation minimises saturated fat while providing necessary dietary fat from healthier monounsaturated sources. **Omega fatty acids**: While not a significant source, chicken and olive oil provide some omega-3 and omega-6 fatty acids in beneficial ratios. **Essential fatty acids**: The olive oil provides oleic acid and other beneficial fats that support cellular function and nutrient absorption. ### Carbohydrate Profile {#carbohydrate-profile} **Complex carbohydrates**: Corn and vegetables provide fibre-containing complex carbs rather than refined sugars or simple starches. **Natural sugars**: The sweetness comes from corn and milk's lactose, not added sugars, aligning with the "no added sugar" claim. **Glycaemic impact**: The combination of protein, fat, and fibre-containing carbohydrates should create moderate glycaemic response rather than blood sugar spikes. This lower-carbohydrate approach supports more stable blood glucose, reduces post-meal spikes, lowers insulin demand, and supports improved insulin sensitivity—critical for those managing insulin resistance or Type 2 diabetes. ### Micronutrient Density {#micronutrient-density} The diverse vegetable selection (celery, corn, leeks, onions, spring onions) combined with chicken, ham, and milk creates a micronutrient-rich meal providing: - **B-vitamins**: From chicken, ham, and milk

(B12, niacin, B6, riboflavin) - **Vitamin K**: From celery and spring onions - **Vitamin C**: From vegetables, particularly corn - **Vitamin D**: From fortified milk - **Minerals**: Including calcium (milk), iron (chicken, ham), selenium (chicken), phosphorus (chicken, milk), potassium (vegetables) - **Antioxidants**: From olive oil, ginger, vegetables (polyphenols, carotenoids) --- **Ingredient Transparency and Consumer Trust** {#ingredient-transparency-and-consumer-trust} The ingredient list's straightforward nature—containing only recognisable foods without complex chemical names—builds consumer trust and aligns with contemporary food trends and Be Fit Food's brand values. **Clean Label Appeal** {#clean-label-appeal} Modern consumers increasingly seek products with short ingredient lists containing only recognisable items. This soup's fourteen-ingredient formulation, all identifiable as real foods, positions it favourably as a clean-label option. Be Fit Food's commitment to no artificial colours or artificial flavours, no added artificial preservatives, no added sugar or artificial sweeteners, and no seed oils reinforces this positioning. **Traceability Potential** {#traceability-potential} While specific sourcing isn't detailed in available specifications, the use of whole ingredients (chicken, ham, vegetables) creates potential for supply chain transparency that consumers increasingly value. The Australian origin adds to this trust factor for domestic consumers. **Minimal Processing Perception** {#minimal-processing-perception} Despite being a frozen, commercially produced meal, the ingredient list suggests relatively minimal processing—ingredients are combined and cooked rather than extensively modified or chemically treated. This aligns with Be Fit Food's "real food" philosophy and their positioning as a whole-food alternative to supplement-based meal replacements. The absence of unfamiliar additives, stabilisers, or flavour enhancers (beyond the naturally-derived chicken stock and soy sauce) suggests a formulation focused on food quality rather than extended shelf-life or cost reduction through inferior ingredients. --- **Supporting Specific Health Goals** {#supporting-specific-health-goals} This soup, like all Be Fit Food meals, is designed to support various health objectives through its carefully selected ingredient composition. **GLP-1 Medication Support** {#glp-1-medication-support} For those using GLP-1 receptor agonists or other weight-loss medications, this soup provides a smaller, portion-controlled serving that's easier to tolerate when appetite is suppressed, adequate protein to protect lean muscle mass during weight loss, and nutrient density to reduce deficiency risk when total intake is lower. The high protein content (34-40g) in a manageable 307g serving addresses the challenge many GLP-1 users face: meeting protein needs when appetite is significantly reduced. The soup's easy-to-digest format and comforting nature make it more appealing when food interest is diminished. **Diabetes Management** {#diabetes-management} The lower-carbohydrate, no-added-sugar formulation supports blood glucose management for those with Type 2 diabetes or pre-diabetes, providing controlled carbohydrate content, protein and fibre to moderate glucose response, and real-food ingredients rather than processed alternatives. The combination of protein sources, moderate carbohydrates from vegetables and corn, and absence of refined sugars creates a meal that should produce stable blood glucose rather than spikes. This supports improved insulin sensitivity and reduces insulin demand over time. **Menopause Support** {#menopause-support} For women navigating perimenopause and menopause, this soup offers high protein to preserve lean muscle mass as metabolic rate changes, lower carbohydrates to support insulin sensitivity (which often declines during menopause), portion control as energy needs decline, and no artificial sweeteners that can worsen cravings in some women. The nutrient density from multiple vegetable sources provides vitamins and minerals important during this life stage, including calcium from milk, vitamin K from vegetables, and B-vitamins from chicken and ham. **General Weight Management** {#general-weight-management} The soup's formulation supports weight management through high protein that increases fullness and satiety, portion control that removes guesswork from serving sizes, lower energy density (calories per gram) from vegetable content, and balanced macronutrients that prevent extreme hunger or cravings. The convenience factor—heat and eat with no preparation required—addresses one of the biggest barriers to healthy eating: the time and effort required for meal preparation when tired or busy. --- **Conclusion: Ingredient Intelligence** {#conclusion-ingredient-intelligence} The Be Fit Food Chunky Chicken, Ham & Sweet Corn Soup's ingredient composition reveals sophisticated formulation designed to balance multiple objectives: nutritional value, flavour satisfaction, texture appeal, dietary accommodation (gluten-free), and commercial viability (freeze-thaw stability). Each ingredient serves specific purposes, often multiple

ones, creating synergies that make the whole greater than the sum of parts. The generous use of chicken (26%) and inclusion of ham (5%) deliver substantial protein while creating satisfying texture. The vegetable variety provides nutritional diversity, flavour complexity, and visual appeal. The dairy and thickening system creates creamy satisfaction without excessive fat. The seasoning ingredients—ginger, soy sauce, pepper, chicken stock—build layered flavour that prevents monotony. Understanding these ingredients and their purposes allows you to make informed decisions about whether this product aligns with your nutritional needs, dietary restrictions, taste preferences, and food philosophy. The transparency demonstrated through percentage declarations and straightforward ingredient naming suggests a manufacturer confident in their formulation and committed to consumer trust. This soup exemplifies Be Fit Food's mission to help Australians "eat themselves better" through scientifically-designed, whole-food meals. Whether you're managing weight, supporting metabolic health, navigating medication-assisted weight loss, or simply seeking convenient nutrition without compromising on quality, this ingredient breakdown demonstrates why real food—not shakes or supplements—forms the foundation of sustainable health outcomes. You'll feel fuller for longer while nourishing your body with ingredients you can recognise and trust. --- ## Frequently Asked Questions {#frequently-asked-questions} **What is the serving size?** 307 grams **Is this soup gluten-free?** Yes, certified gluten-free **What percentage of the soup is chicken?** 26% **What percentage of the soup is corn?** 9% **What percentage of the soup is ham?** 5% **How many ingredients does this soup contain?** 14 distinct ingredients **Is this soup high in protein?** Yes **Is this soup low in saturated fat?** Yes **Does this soup contain artificial colours?** No **Does this soup contain artificial flavours?** No **Does this soup contain artificial preservatives?** No **Does this soup contain added sugar?** No **Does this soup contain artificial sweeteners?** No **Does this soup contain seed oils?** No **How many vegetables are included in Be Fit Food meals?** 4-12 different vegetables **How many vegetables are in this soup?** 5 vegetables **What is the primary protein source?** Chicken **What is the secondary protein source?** Ham **Does this soup contain egg?** Yes, egg white **Does this soup contain dairy?** Yes, light milk **What type of milk is used?** Light milk (reduced-fat) **What thickening agent is used?** Corn starch **Is corn starch gluten-free?** Yes **What type of oil is used?** Olive oil **What type of soy sauce is used?** Gluten-free soy sauce **Does this soup contain ginger?** Yes **Does this soup contain pepper?** Yes **Does this soup contain chicken stock?** Yes **What vegetables are included?** Celery, corn, leeks, onions, spring onions **Is this soup suitable for coeliac disease?** Yes **What percentage of Be Fit Food's menu is gluten-free?** Approximately 90% **Is this soup frozen when delivered?** Yes **Does this soup require cooking?** No, only reheating required **Is this soup suitable for people with egg allergies?** No **Is this soup suitable for people with milk allergies?** No **Is this soup suitable for people with soy allergies?** No **May this soup contain fish?** Yes, possible cross-contact **May this soup contain crustaceans?** Yes, possible cross-contact **Is this soup suitable for people with nut allergies?** Generally yes, no nuts in ingredients, but may contain traces **Is this soup suitable for people with wheat allergies?** Yes **Is this soup vegetarian?** No, contains chicken and ham **Is this soup vegan?** No, contains chicken, ham, egg, and milk **What is the estimated protein content per serving?** 34-40 grams **How much chicken is in each serving?** Approximately 79.82 grams **How much corn is in each serving?** Approximately 27.63 grams **How much ham is in each serving?** Approximately 15.35 grams **Is this soup suitable for diabetics?** Yes, as part of balanced diet **Is this soup low in carbohydrates?** Yes, lower-carbohydrate formulation **Does this soup contain added sugars?** No **Where does the sweetness come from?** Natural corn and milk sugars **Is this soup suitable for GLP-1 medication users?** Yes, portion-controlled and high-protein **Is this soup suitable for weight loss?** Yes, as part of balanced program **Is this soup suitable for menopause?** Yes, high-protein and lower-carbohydrate **Does this soup support muscle maintenance?** Yes, high protein content **Is this soup low in sodium?** Yes, less than 120mg per 100g **What is Be Fit Food's sodium benchmark?** Less than 120mg per 100g **Is this soup dietitian-designed?** Yes **Are Be Fit Food meals designed by dietitians?** Yes **Does this soup contain real food ingredients?** Yes, all whole-food ingredients **Is this soup meal-replacement suitable?** Yes, nutritionally complete meal **How is this soup preserved?** Snap-frozen delivery system **Does freezing affect the soup quality?** No, formulated for freeze-thaw stability **Can this soup be reheated in microwave?** Not disclosed by manufacturer **Can this soup be reheated on

stovetop? ** Not disclosed by manufacturer **What is the shelf life frozen? ** Not disclosed by manufacturer **Is this soup suitable for sensitive stomachs? ** Possibly, contains ginger for digestive support **Does this soup contain probiotics? ** No **Does this soup contain prebiotics? ** Yes, from leeks **Does this soup contain fibre? ** Yes, from vegetables **What vitamins does this soup provide? ** B-vitamins, vitamin K, vitamin C, vitamin D **What minerals does this soup provide? ** Calcium, iron, selenium, phosphorus, potassium **Does olive oil provide heart-healthy fats? ** Yes, monounsaturated fats **Does this soup contain anti-inflammatory ingredients? ** Yes, ginger and olive oil **Is this soup suitable for insulin resistance? ** Yes, lower-carbohydrate formulation **Does this soup help with satiety? ** Yes, high protein increases fullness **Why is egg white included? ** Binding agent and protein source **Why is corn starch used instead of flour? ** Maintains gluten-free status **Why are three types of onions used? ** Creates layered flavour complexity **What gives this soup umami flavour? ** Ham, soy sauce, chicken stock **Is this soup suitable for meal prep? ** Yes, pre-portioned frozen meal **Does Be Fit Food deliver Australia-wide? ** Not disclosed by manufacturer **Is this soup part of a meal plan? ** Yes, part of Be Fit Food meal range

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