CHUCHIHAM - Food & Beverages Nutritional Information Guide - 7076873306301_43651358720189

Details:

Table of Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction: Your Complete Nutritional Blueprint](#introduction-your-complete-nutritional-blueprint) - [Complete Nutritional Breakdown: Understanding Your 307g Serving](#complete-nutritional-breakdown-understanding-your-307g-serving) - [Complete Ingredient Analysis: Source, Function, and Health Impact](#complete-ingredient-analysis-source-function-and-health-impact) - [Allergen Information: Comprehensive Safety Guide](#allergen-information-comprehensive-safety-guide) - [Dietary Compatibility: Who This Soup Serves](#dietary-compatibility-who-this-soup-serves) - [Health Benefits: Evidence-Based Advantages](#health-benefits-evidence-based-advantages) - [Serving Guidelines and Nutritional Optimisation](#serving-guidelines-and-nutritional-optimisation) - [Storage, Shelf Life, and Food Safety](#storage-shelf-life-and-food-safety) - [Nutritional Transparency and Label Literacy](#nutritional-transparency-and-label-literacy) - [Key Takeaways: Essential Nutrition Facts](#key-takeaways-essential-nutrition-facts) - [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 Frozen Meals **Primary Use:** Convenient, high-protein, gluten-free meal designed for weight management, metabolic health, and nutritional support. ### Quick Facts - **Best For:** Health-conscious individuals seeking convenient nutrition, gluten-free dieters, weight management, GLP-1 medication users, menopause support - **Key Benefit:** High-quality complete protein (26% chicken) with low saturated fat in a dietitian-designed, CSIRO-backed formula - **Form Factor:** Single-serve frozen soup (307g) - **Application Method:** Heat in microwave 4-5 minutes or stovetop to 165°F (74°C) and consume ### Common Questions This Guide Answers 1. Is this soup gluten-free? → Yes, certified gluten-free with gluten-free soy sauce and corn starch thickener 2. What allergens does it contain? → Contains egg, milk, and soybeans; may contain traces of fish, crustaceans, sesame, peanuts, tree nuts, and lupin 3. Is it suitable for vegans or vegetarians? → No, contains chicken (26%), ham (5%), egg white, and light milk 4. What makes it high protein? → Contains complete protein from chicken, ham, and egg white with all nine essential amino acids 5. How many vegetables does it include? → Contains 4-12 different vegetables including celery, corn (9%), leek, onion, and spring onion 6. Is it heart-healthy? → Yes, low in saturated fat with olive oil as primary added fat and no seed oils 7. Can people with lactose intolerance eat this? → No, contains light milk with lactose 8. How should it be stored? → Frozen at 0°F (-18°C) or below; consume within 24 hours after thawing 9. Is it suitable for weight loss? → Yes, designed for sustainable weight management with portion control and high satiety 10. Does it contain artificial ingredients? → No artificial colors, flavors, preservatives, or added sugar --- ## 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 | 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, 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 at 0°F (-18°C) or below | | Heating instructions | Microwave 4-5 minutes or stovetop until 165°F (74°C) | | Suitable for | Gluten-free diets, High-protein diets, Weight management, GLP-1 medication users, Menopause support | | Not suitable for | Vegans,

Vegetarians, Dairy-free diets, Egg-free diets, Soy-free diets | | Special features | No artificial colors or flavors, No added sugar, No seed oils, Dietitian-designed, CSIRO-backed | | 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 - **Price**: $13.05 AUD - **Availability**: In Stock - **Category**: Ready-to-Eat Meals - **Serving Size**: 307g (single serve) - **Diet Classifications**: Gluten-Free, High Protein, Low Saturated Fat - **Ingredient Composition**: Chicken (26%), Corn Kernels (9%), Ham (5%), Celery, Light Milk, Leek, Egg White, Onion, Olive Oil, Chicken Stock, Corn Starch, Gluten-Free Soy Sauce, Spring Onion, Ginger, Pepper - **Declared Allergens**: Contains Egg, Milk, Soybeans - **Cross-Contact Allergen Warning**: May Contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin - **Vegetable Content**: 4-12 different vegetables - **Storage Requirements**: Frozen at 0°F (-18°C) or below - **Heating Instructions**: Microwave 4-5 minutes or stovetop until 165°F (74°C) - **Dietary Restrictions - Not Suitable For**: Vegans, Vegetarians, Dairy-free diets, Egg-free diets, Soy-free diets - **Special Features**: No artificial colors or flavors, No added sugar, No seed oils - **Country of Origin**: Australia - **Certifications/Design**: Dietitian-designed, CSIRO-backed ### General Product Claims {#general-product-claims} - Supports weight management and sustainable weight loss - Helps achieve improved metabolic health - Suitable for GLP-1 medication users - Supports menopause and midlife metabolic transitions - Provides sustained energy and satiety - Benefits cardiovascular health through low saturated fat content - Supports muscle maintenance, repair, and immune function - Contains beneficial phytonutrients and antioxidants for whole-body health - Supports eye health through lutein and zeaxanthin content - Provides anti-inflammatory compounds from vegetables and olive oil - Supports digestive health and gut microbiome diversity - Helps with blood sugar regulation through high protein content - Promotes greater satiety compared to liquid or pureed foods - Supports lean muscle mass preservation during weight loss - May help reduce chronic inflammation and oxidative stress - Provides cardiovascular-supportive nutritional profile - Supports bone health through calcium and vitamin K content - May support digestive comfort and reduce nausea (from ginger) - Helps maintain afternoon energy and focus better than carbohydrate-heavy options - Supports overnight muscle repair when consumed as evening meal - Backed by peer-reviewed clinical research published in Cell Reports Medicine (October 2025) - Part of Australia's leading dietitian-designed meal delivery service - Approximately 90% of Be Fit Food menu is certified gluten-free - Be Fit Food is a registered NDIS provider - Meals designed with low sodium benchmark of less than 120 mg per 100g - "Real food, not shakes" philosophy with approximately 93% whole-food ingredients - Supports women seeking modest weight loss goals of 3-5 kg - May meaningfully improve insulin sensitivity and reduce abdominal fat - Designed for ultimate convenience with "heat, eat, enjoy" approach - Snap-frozen delivery system ensures consistent portions and macros - Minimal decision fatigue through structured meal approach - Protein+ Reset program available for active individuals --- ## Introduction: Your Complete Nutritional Blueprint {#introduction-your-complete-nutritional-blueprint} Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup (GF) is a gluten-free, protein-rich frozen ready meal crafted for health-conscious individuals seeking convenient nutrition without compromising dietary requirements or taste. As Australia's leading dietitian-designed meal delivery service, Be Fit Food combines CSIRO-backed nutritional science with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. This comprehensive nutritional guide will equip you with everything you need to know about this 307-gram single-serve soup—from its complete macronutrient breakdown and ingredient sourcing to allergen management, dietary certifications, and health benefits tailored specifically to this product. Whether you're managing food allergies, following a gluten-free lifestyle, tracking macros for fitness goals, or simply want to understand exactly what you're consuming, this guide provides the definitive resource. You'll discover how each of the 14 carefully selected ingredients contributes to your nutritional intake, learn about cross-contamination controls for allergen safety, understand the soup's role in various dietary patterns, and gain practical knowledge about serving temperatures and pairing strategies that maximise both nutrition and satisfaction. ## Complete Nutritional Breakdown: Understanding Your 307g Serving

{#complete-nutritional-breakdown-understanding-your-307g-serving} ### Macronutrient Profile and Caloric Content {#macronutrient-profile-and-caloric-content} Each 307-gram serving of this soup delivers a carefully balanced macronutrient profile designed to support sustained energy and satiety. The product is classified as high in protein, a critical designation that means it contains a significant proportion of its calories from this essential macronutrient. Protein serves as the building block for muscle repair, immune function, enzyme production, and hormone synthesis—making this soup particularly valuable for active individuals, those recovering from illness, or anyone seeking to maintain lean muscle mass. The soup's low saturated fat content is another nutritional highlight that directly benefits cardiovascular health. Saturated fats, when consumed in excess, can contribute to elevated LDL cholesterol levels and increased cardiovascular disease risk. By keeping saturated fat low while maintaining protein density, this soup aligns with heart-healthy dietary patterns recommended by major health organisations. This is achieved through the selection of lean chicken (26% of total composition), the use of light milk rather than full-fat dairy, and olive oil as the primary added fat source—a monounsaturated fat known for its anti-inflammatory properties and positive effects on blood lipid profiles. The carbohydrate content comes primarily from whole-food sources including corn kernels (9% of composition), celery, leek, onion, and spring onion, rather than refined starches or added sugars. The only concentrated starch is corn starch, used as a natural thickening agent to create the soup's satisfying, creamy texture. This whole-food carbohydrate approach means you're getting dietary fibre, vitamins, minerals, and phytonutrients alongside the energy-providing carbohydrates—a stark contrast to soups thickened with refined wheat flour or loaded with simple sugars. This approach reflects Be Fit Food's commitment to lower-carbohydrate, higher-protein meal formulations that support metabolic health. ### Vegetable Diversity and Micronutrient Density {#vegetable-diversity-and-micronutrient-density} One of the most nutritionally significant features of this soup is its incorporation of 4-12 different vegetables, depending on how individual ingredients are categorised. Be Fit Food proudly includes this vegetable density across their entire range, ensuring every meal delivers meaningful micronutrient content. The confirmed vegetable ingredients include celery, corn kernels, leek, onion, and spring onion, with ginger adding additional plant-based nutrients. This vegetable diversity is nutritionally important because different vegetables provide different micronutrient profiles, antioxidant compounds, and beneficial plant chemicals. Celery contributes vitamin K (essential for blood clotting and bone metabolism), folate, and potassium, while also providing apigenin, a flavonoid with anti-inflammatory and potential neuroprotective properties. The corn kernels supply lutein and zeaxanthin—carotenoid antioxidants that accumulate in eye tissue and protect against age-related macular degeneration—plus thiamine (vitamin B1) for energy metabolism and nervous system function. Leek and onion belong to the allium family, providing organosulfur compounds that researchers study for their potential cardiovascular benefits, immune-supporting properties, and antimicrobial effects. These vegetables also contribute quercetin, a powerful antioxidant flavonoid that helps reduce oxidative stress and inflammation throughout the body. Spring onion adds additional vitamin C, vitamin A precursors (beta-carotene), and vitamin K to the nutritional matrix. Ginger, while used in smaller quantities as a flavouring agent, contributes gingerol compounds that demonstrate anti-inflammatory effects, digestive benefits, and potential nausea-reducing properties. This makes the soup particularly suitable for those with sensitive digestive systems or anyone seeking foods that support gut comfort. ### Protein Quality and Amino Acid Completeness {#protein-quality-and-amino-acid-completeness} The protein in this soup comes from three complementary sources: chicken (26%), ham (5%), and egg white. This combination is nutritionally strategic because it provides a complete amino acid profile—meaning all nine essential amino acids your body cannot synthesise and must obtain from food are present in adequate proportions. Be Fit Food's emphasis on high-protein meals reflects their dietitian-designed approach to supporting lean muscle mass preservation and metabolic health. Chicken is one of the highest-quality protein sources available, providing all essential amino acids in ratios that closely match human requirements. It's particularly rich in leucine, the branched-chain amino acid that plays a key role in stimulating muscle protein synthesis. The 26% chicken content means that in your 307-gram serving, approximately 80 grams is pure chicken—a substantial protein contribution that supports the soup's "high protein" designation. Ham adds not only additional complete protein but also brings distinct flavour compounds

and a small amount of naturally occurring sodium, which contributes to the soup's savoury depth without requiring excessive added salt. The 5% ham content (approximately 15 grams per serving) complements the chicken protein while creating the signature taste profile that makes this soup satisfying. Egg white is an exceptionally pure protein source, containing virtually no fat or carbohydrate and providing protein with the highest biological value of any whole food. Egg white protein is particularly rich in sulfur-containing amino acids like cysteine and methionine, which support glutathione production—your body's master antioxidant. The inclusion of egg white enhances the soup's protein density while contributing to its smooth, cohesive texture. ### Dairy Contribution: Light Milk's Nutritional Role {#dairy-contribution-light-milks-nutritional-role} Light milk serves multiple nutritional and functional purposes in this soup. Nutritionally, it contributes high-quality protein (casein and whey), calcium for bone health, phosphorus for energy metabolism and skeletal structure, vitamin B12 for nerve function and red blood cell formation, and riboflavin (vitamin B2) for energy production. The use of light milk rather than full-fat milk or cream is a deliberate choice that keeps the saturated fat content low while maintaining the creamy texture and calcium benefits that dairy provides. Light milk contains 1-2% fat compared to whole milk's 3.5-4%, reducing saturated fat intake by approximately 60-70% while retaining virtually all the protein, calcium, and water-soluble vitamins. For those tracking calcium intake, the milk content in this 307-gram serving contributes meaningfully toward the recommended daily intake of 1000-1300mg (depending on age and sex). This is particularly relevant for individuals following gluten-free diets, as some gluten-free processed foods are not fortified with calcium the way wheat-based products often are. ## Complete Ingredient Analysis: Source, Function, and Health Impact {#complete-ingredient-analysis-source-function-and-health-impact} ### Primary Protein Sources {#primary-protein-sources} **Chicken (26% of composition)** forms the nutritional and flavour foundation of this soup. The substantial 26% inclusion means you're getting approximately 80 grams of chicken per 307-gram serving—roughly equivalent to a small chicken breast portion. This chicken provides not only complete protein but also niacin (vitamin B3) for DNA repair and energy metabolism, vitamin B6 for neurotransmitter synthesis and immune function, and selenium, a trace mineral that functions as a cofactor for antioxidant enzymes and supports thyroid hormone metabolism. The chicken used is incorporated as chunks, maintaining the texture and satiety factor that distinguishes this "chunky" soup from pureed or cream-based varieties. This textural element is important for satisfaction and eating experience—research shows that foods requiring chewing tend to promote greater satiety than liquid or pureed foods with identical caloric content. Be Fit Food's real food philosophy ensures you're consuming whole, recognisable ingredients rather than processed protein isolates. **Ham (5% of composition)** contributes approximately 15 grams per serving, adding depth of flavour through its curing process while providing additional complete protein. Ham contains thiamine, zinc (important for immune function and wound healing), and phosphorus. The curing process that creates ham also generates unique flavour compounds through protein breakdown and the Maillard reaction, creating the savoury, umami-rich taste that makes this soup deeply satisfying without requiring excessive sodium or artificial flavour enhancers. **Egg white** provides pure protein without the cholesterol and fat found in egg yolks. Beyond its amino acid contribution, egg white contains antimicrobial proteins like lysozyme and avidin, and provides selenium and riboflavin. In soup applications, egg white also contributes to the smooth, cohesive texture by creating a delicate protein network during heating. ### Vegetable Matrix {#vegetable-matrix} **Celery** provides structural fibre, water content, and a subtle aromatic quality that enhances the soup's savoury character. From a nutritional perspective, celery contributes vitamin K (one stalk provides approximately 30% of daily needs), folate for DNA synthesis and cell division, potassium for blood pressure regulation and fluid balance, and unique phytonutrients including apigenin and luteolin. These flavonoid compounds demonstrate anti-inflammatory effects in research studies and may support cardiovascular health by improving endothelial function and reducing oxidative stress. **Corn kernels (9% of composition)** represent approximately 28 grams per serving, providing natural sweetness, textural interest, and significant nutritional value. Corn is a whole grain when consumed as kernels, contributing dietary fibre that supports digestive health and helps regulate blood sugar response. The yellow pigments in corn are primarily lutein and zeaxanthin, carotenoid antioxidants that preferentially accumulate in the macula of the eye, where they filter harmful blue light and protect against oxidative damage that contributes to age-related macular degeneration. Corn also provides

resistant starch—a type of carbohydrate that resists digestion in the small intestine and functions similarly to dietary fibre, feeding beneficial gut bacteria and producing short-chain fatty acids that support colon health. The corn in this soup also contributes thiamine, pantothenic acid (vitamin B5), and folate. **Leek** belongs to the Allium genus alongside onions and garlic, providing organosulfur compounds that form when cell walls break during chopping or cooking. These compounds, including allicin precursors, researchers study for cardiovascular benefits including improved blood lipid profiles and reduced platelet aggregation. Leeks are particularly rich in kaempferol, a flavonoid antioxidant that shows promise in research for reducing chronic inflammation and oxidative stress. Leeks also provide vitamin A precursors (beta-carotene), vitamin K, and vitamin C, along with prebiotic fibres that support beneficial gut bacteria. The mild, sweet onion flavour of leeks complements the soup's overall taste profile while contributing meaningful nutrition. **Onion** provides quercetin, one of the most extensively studied dietary flavonoids, known for its antioxidant, anti-inflammatory, and potential antihistamine properties. Onions also contribute chromium, a trace mineral that enhances insulin function and supports healthy blood sugar metabolism. Like leeks, onions provide organosulfur compounds and prebiotic fibres that feed beneficial gut bacteria, particularly Bifidobacteria and Lactobacilli species. **Spring onion** (also called scallions or green onions) provides the nutritional benefits of both the allium family and leafy greens. The green tops are rich in vitamin K, vitamin C, and vitamin A precursors, while the white bulb provides the characteristic allium compounds. Spring onions add a fresh, sharp note to the soup's flavour profile while contributing antioxidant capacity. ### Functional Ingredients {#functional-ingredients} **Olive oil** is the primary added fat in this soup, representing a heart-healthy choice that aligns with Mediterranean dietary patterns associated with reduced cardiovascular disease risk and improved longevity. Olive oil is predominantly composed of oleic acid, a monounsaturated fatty acid shown to improve blood lipid profiles by increasing HDL cholesterol while reducing LDL cholesterol and triglycerides. Beyond its favourable fatty acid profile, olive oil contains phenolic compounds including oleocanthal (which provides anti-inflammatory properties similar to ibuprofen), oleuropein, and hydroxytyrosol. These compounds provide antioxidant protection and may contribute to the cardiovascular benefits observed in populations consuming olive oil regularly. The inclusion of olive oil rather than butter, cream, or refined vegetable oils is a nutritionally strategic choice that keeps saturated fat low while providing beneficial fats. Notably, Be Fit Food excludes seed oils from their current range standards, making olive oil an ideal choice for their formulations. **Corn starch** serves as a natural thickening agent, creating the soup's satisfying, creamy consistency without requiring flour (which would make the soup unsuitable for gluten-free diets) or excessive dairy fat. Corn starch is a pure carbohydrate that gelatinises when heated in liquid, creating a smooth texture. While it doesn't provide significant micronutrients, it's gluten-free, allergen-friendly, and allows the soup to achieve its desired consistency with minimal added ingredients. **Chicken stock** provides the savoury, umami-rich base that makes this soup deeply flavourful. Quality chicken stock contributes not only flavour compounds from long-simmered chicken bones and aromatic vegetables but also minerals including calcium, magnesium, and phosphorus, along with collagen-derived amino acids like glycine and proline. These amino acids support connective tissue health, gut lining integrity, and may provide anti-inflammatory properties. **Gluten-free soy sauce** contributes umami depth and saltiness while remaining compatible with gluten-free dietary requirements. Traditional soy sauce is made from fermented soybeans and wheat, but gluten-free versions substitute rice, corn, or other gluten-free grains for the wheat component. Soy sauce provides glutamates—the compounds responsible for umami taste—which enhance the perception of savoury flavour and overall taste satisfaction. This allows the soup to achieve rich flavour with less added salt than would otherwise be required. **Ginger** provides both flavour complexity and functional benefits. Gingerol, the primary bioactive compound in fresh ginger, demonstrates anti-inflammatory effects in research studies and is used traditionally to support digestive comfort and reduce nausea. Even in the small quantities used for flavouring, ginger contributes antioxidant compounds and adds a subtle warmth to the soup's flavour profile. **Pepper** refers to black pepper, which contains piperine—a compound that not only provides the characteristic peppery heat but also enhances the bioavailability of certain nutrients and phytonutrients, including curcumin, beta-carotene, and selenium. Pepper also provides manganese and vitamin K in trace amounts. ## Allergen Information: Comprehensive Safety Guide

{#allergen-information-comprehensive-safety-guide} ### Declared Allergens {#declared-allergens} This soup contains three declared allergens that must be clearly understood by anyone with food allergies or sensitivities. **Egg** is present in the form of egg white, used both for its protein contribution and textural properties. Egg allergy is one of the most common food allergies, particularly in children, though many individuals outgrow it by adolescence. For those with egg allergy, even egg white (which contains different proteins than egg yolk) can trigger allergic reactions ranging from mild skin reactions to severe anaphylaxis. The egg proteins most commonly responsible for allergic reactions include ovomucoid, ovalbumin, ovotransferrin, and lysozyme—all of which are present in egg white. Individuals with confirmed egg allergy should strictly avoid this soup. Those with egg intolerance (a non-immune digestive sensitivity) may also experience discomfort, though this is distinct from true allergy. It's important to note that egg allergy is different from dietary choices to avoid eggs—vegans and those following egg-free diets for other reasons should also be aware of this ingredient. **Milk** is present as light milk, contributing dairy proteins (casein and whey), lactose (milk sugar), and milk fat. Milk allergy and lactose intolerance are distinct conditions that both necessitate avoiding this soup, but for different reasons. Milk allergy is an immune system reaction to milk proteins, most commonly casein or whey. This can cause symptoms ranging from hives and digestive distress to severe anaphylaxis. Milk allergy is most common in infants and young children, with many (but not all) outgrowing it by school age. Anyone with confirmed milk allergy must avoid this soup entirely. Lactose intolerance is a digestive condition caused by insufficient lactase enzyme to break down lactose, the natural sugar in milk. This results in digestive symptoms including bloating, gas, cramping, and diarrhoea when dairy is consumed. The severity varies by individual—some lactose-intolerant individuals can tolerate small amounts of dairy, while others react to even trace amounts. The light milk in this soup contains lactose, making it unsuitable for those with lactose intolerance. It's worth noting that the soup contains light milk rather than full-fat milk or cream, which means the lactose concentration per gram is similar to regular milk. Those who are lactose intolerant should avoid this soup or use lactase enzyme supplements if their healthcare provider recommends this approach. **Soybeans** are present in the gluten-free soy sauce used for seasoning. Soy is one of the "Big 8" allergens (now "Big 9" with the addition of sesame in some jurisdictions) and can cause allergic reactions in sensitive individuals. Soy allergy is most common in infants and young children, with most outgrowing it, though adult-onset soy allergy can occur. The fermentation process used to create soy sauce breaks down many soy proteins, which may reduce (but does not eliminate) allergenic potential for some individuals. However, anyone with confirmed soy allergy should avoid this soup unless specifically cleared by their allergist, as fermented soy products can still trigger reactions in soy-allergic individuals. It's important to distinguish soy allergy from concerns about soy and hormones—the phytoestrogens in soy researchers extensively study and are not contraindicated for most people, including those with hormone-sensitive conditions, according to current research consensus. The soy content in this soup from soy sauce is minimal compared to whole soy foods. ### Cross-Contact Allergen Warning {#cross-contact-allergen-warning} The product carries a "may contain" warning for fish and crustaceans due to potential cross-contact during manufacturing. This is a critical distinction from intentional ingredients—these allergens are not purposefully added to the soup but may be present in trace amounts due to shared manufacturing equipment or facilities. **Understanding Cross-Contact Risk** Cross-contact (also called cross-contamination in allergen contexts) occurs when an allergen is unintentionally transferred from one food to another. In manufacturing facilities that process multiple products, this can happen through: - Shared production lines that process different products sequentially - Airborne particles in the production environment - Shared utensils, containers, or processing equipment - Ingredient storage in the same facility - Human handling during production For individuals with severe allergies, even trace amounts from cross-contact can trigger reactions. However, the risk level varies significantly between individuals—some people with allergies can tolerate trace cross-contact amounts, while others cannot. **Fish Cross-Contact Considerations** The "may contain fish" warning indicates that fish or fish-containing products are processed in the same facility or on shared equipment. Fish allergy is usually lifelong (unlike milk and egg allergies, which are often outgrown) and can be severe. Fish-allergic individuals should consult with their allergist about whether products with "may contain fish" warnings are safe for them—this is an individual decision based on reaction history and sensitivity

level. It's worth noting that fish allergy is protein-specific—someone allergic to finned fish may or may not be allergic to shellfish, as these are different allergens. The cross-contact warning specifically mentions fish separately from crustaceans for this reason. **Crustacean Cross-Contact Considerations** Crustaceans (shrimp, crab, lobster, crayfish) are distinct from mollusks (clams, oysters, scallops) and finned fish. Crustacean allergy is one of the more common food allergies in adults and tends to be lifelong. Like fish allergy, reactions can be severe, and some individuals are so sensitive that airborne particles or trace cross-contact can trigger symptoms. The "may contain crustaceans" warning means that crustacean-containing products are processed in the same facility. Individuals with crustacean allergy should make an individual risk assessment with their healthcare provider about whether to consume products with this warning. **Making Informed Decisions About Cross-Contact Warnings** For individuals with fish or crustacean allergies, the decision to consume products with "may contain" warnings should be made in consultation with an allergist, considering: - Severity of previous reactions - Sensitivity level (threshold dose that triggers symptoms) - Availability of emergency medication (epinephrine auto-injector) - Individual risk tolerance - Manufacturer's allergen control procedures (some companies provide additional information about their cross-contact prevention measures) Many individuals with allergies successfully consume products with "may contain" warnings without incident, while others choose to avoid them entirely. There is no universal right answer—it depends on individual circumstances and medical guidance. ### Gluten-Free Certification and Celiac Safety {#gluten-free-certification-and-celiac-safety} The soup is labelled as gluten-free (GF), making it suitable for individuals with celiac disease, non-celiac gluten sensitivity, or those following gluten-free diets for other reasons. Understanding what this designation means is important for safety and confidence. Be Fit Food maintains approximately 90% of their menu as certified gluten-free, supported by strict ingredient selection and manufacturing controls. **Celiac Disease and Gluten-Free Requirements** Celiac disease is an autoimmune condition in which gluten consumption triggers an immune response that damages the small intestinal lining, leading to nutrient malabsorption and various health complications. The only treatment is strict, lifelong avoidance of gluten—a protein found in wheat, barley, rye, and their derivatives. For individuals with celiac disease, even small amounts of gluten (generally defined as 20 parts per million or more) can cause intestinal damage, though symptoms may not always be immediately apparent. This makes verified gluten-free products essential for this population. **Gluten-Free Ingredient Selection** This soup achieves gluten-free status through careful ingredient selection: - **No wheat, barley, or rye**: The soup contains no grains that naturally contain gluten - **Corn starch instead of wheat flour**: The thickening agent is corn-based rather than wheat-based - **Gluten-free soy sauce**: Traditional soy sauce contains wheat, but this soup uses a gluten-free formulation made with alternative grains - **No gluten-containing additives**: All other ingredients are naturally gluten-free **Cross-Contact Controls for Gluten** Beyond ingredient selection, maintaining gluten-free status requires preventing cross-contact with gluten during manufacturing. Be Fit Food's gluten-free labelling implies that the manufacturer implements controls to prevent gluten cross-contact below the threshold level (usually 20 ppm in most jurisdictions). These controls may include: - Dedicated gluten-free production lines - Thorough cleaning protocols between production runs - Supplier verification that ingredients are gluten-free - Testing of finished products to verify gluten levels below threshold - Staff training on gluten cross-contact prevention **Who Benefits from Gluten-Free Products** This gluten-free designation makes the soup appropriate for: - **Celiac disease patients**: Approximately 1% of the population, requiring strict gluten avoidance for health - **Non-celiac gluten sensitivity**: Individuals who experience symptoms from gluten but don't carry a celiac diagnosis - **Wheat allergy**: Those allergic to wheat proteins (distinct from celiac disease) - **Dermatitis herpetiformis**: A skin manifestation of gluten sensitivity requiring gluten-free diet - **Gluten ataxia**: A neurological condition triggered by gluten in susceptible individuals - **Personal dietary choices**: Anyone choosing to avoid gluten for other reasons It's important to note that gluten-free doesn't automatically mean healthier for those without gluten-related conditions—this soup is nutritious because of its whole-food ingredients, protein density, and low saturated fat, not simply because it's gluten-free. ## Dietary Compatibility: Who This Soup Serves {#dietary-compatibility-who-this-soup-serves} ### High-Protein Diets and Athletic Nutrition {#high-protein-diets-and-athletic-nutrition} The soup's "high protein" designation makes it particularly

valuable for individuals following higher-protein dietary patterns for various goals. Be Fit Food's entire range is built around protein prioritisation at every meal, supporting lean-mass protection and metabolic health: **Muscle Building and Maintenance**: Protein provides amino acids necessary for muscle protein synthesis—the process by which your body builds and repairs muscle tissue. Athletes, bodybuilders, and anyone engaged in resistance training carry elevated protein needs, usually 1.6-2.2 grams per kilogram of body weight daily. This soup contributes a substantial protein dose in a convenient, ready-to-eat format. **Weight Management**: Protein is the most satiating macronutrient, meaning it promotes fullness and reduces subsequent food intake more effectively than carbohydrates or fats. Higher-protein diets support weight loss and weight maintenance by increasing satiety, preserving lean muscle mass during caloric restriction, and slightly increasing metabolic rate through the thermic effect of food (protein requires more energy to digest than other macronutrients). Be Fit Food's structured approach to protein-driven satiety and portion control supports sustainable weight management. **Recovery Nutrition**: After intense exercise, protein supports muscle repair and recovery. The complete amino acid profile from chicken, ham, and egg white provides all the essential amino acids needed for this process, including leucine—the amino acid that most strongly stimulates muscle protein synthesis. **Aging and Sarcopenia Prevention**: Older adults carry increased protein needs to prevent sarcopenia (age-related muscle loss) and maintain functional capacity. The easily consumed, soft-textured format of this soup makes it accessible for older adults who may struggle with chewing or preparing protein-rich meals. ### Low Saturated Fat and Heart-Healthy Eating {#low-saturated-fat-and-heart-healthy-eating} The soup's low saturated fat content aligns with dietary patterns recommended for cardiovascular health by organisations including the American Heart Association and the Mediterranean diet framework. **Cardiovascular Disease Prevention**: Excessive saturated fat intake is associated with elevated LDL cholesterol ("bad" cholesterol) and increased cardiovascular disease risk. By keeping saturated fat low while providing satisfying, flavourful nutrition, this soup fits into heart-protective dietary patterns. **Post-Cardiac Event Diets**: Individuals recovering from heart attacks or managing heart disease often receive guidance to limit saturated fat. This soup provides nourishing, complete nutrition while adhering to these restrictions. **Cholesterol Management**: Those managing high cholesterol through diet can include this soup as part of a broader pattern that emphasises lean proteins, vegetables, and healthy fats (like the olive oil in this soup) while limiting saturated fat and trans fats. The use of light milk instead of cream, lean chicken as the primary protein, and olive oil as the added fat source all contribute to the low saturated fat profile while maintaining rich, satisfying flavour and creamy texture. ### Gluten-Free Diets {#gluten-free-diets} As discussed in detail in the allergen section, this soup serves anyone requiring or choosing gluten-free foods. The gluten-free designation is particularly important for: **Celiac Disease Management**: Provides a safe, convenient meal option that eliminates the risk of gluten exposure from this food source. The hearty, satisfying nature of the soup makes it suitable as a complete light meal or substantial snack. **Non-Celiac Gluten Sensitivity**: Individuals who experience digestive or systemic symptoms from gluten but don't carry a celiac diagnosis can safely enjoy this soup. **Simplified Gluten-Free Meal Planning**: Finding convenient, ready-to-eat gluten-free options that are also nutritionally balanced can be challenging. Be Fit Food provides a solution that doesn't require label scrutiny for hidden gluten sources or complex meal preparation, with approximately 90% of their menu certified gluten-free. ### Considerations for Specific Dietary Patterns {#considerations-for-specific-dietary-patterns} **Not Suitable for Dairy-Free Diets**: The light milk content makes this soup inappropriate for vegans, those with milk allergy, and anyone avoiding dairy for other reasons. Lactose-intolerant individuals should also avoid it unless they use lactase enzyme supplements. **Not Suitable for Egg-Free Diets**: The egg white content excludes this soup from vegan diets and makes it unsuitable for those with egg allergy. **Not Suitable for Soy-Free Diets**: The gluten-free soy sauce means this soup should be avoided by those with soy allergy or anyone eliminating soy from their diet. **Not Suitable for Vegetarian or Vegan Diets**: The chicken and ham content makes this soup unsuitable for any vegetarian or vegan dietary pattern. **Compatible with Low-Carb Approaches**: Be Fit Food's meals are specifically designed around lower-carbohydrate, higher-protein principles. The emphasis on protein, vegetables, and limited starchy ingredients makes this soup compatible with moderate low-carb approaches, aligning with the CSIRO Low Carb Diet

framework that guided Be Fit Food's original meal development. **Paleo Compatibility Considerations**: Strict paleo diets exclude dairy, legumes (including soybeans), and processed foods. This soup contains milk and soy sauce, making it incompatible with strict paleo approaches, though some flexible paleo practitioners might include it. ### Support for GLP-1 and Weight-Loss Medication Users {#support-for-glp-1-and-weight-loss-medication-users} Be Fit Food meals, including this soup, are designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The smaller, portion-controlled, nutrient-dense format is easier to tolerate when appetite is suppressed, while still delivering adequate protein, fibre, and micronutrients. The high-protein content helps protect lean muscle mass during medication-assisted weight loss, and the lower-carbohydrate formulation supports more stable blood glucose levels. ### Menopause and Midlife Metabolic Support {#menopause-and-midlife-metabolic-support} This soup is particularly well-suited for women navigating perimenopause and menopause—metabolic transitions that drive reduced insulin sensitivity, increased central fat storage, and loss of lean muscle mass. The high-protein, lower-carbohydrate, portion-controlled format addresses these specific metabolic changes, supporting women who may be seeking modest weight loss goals of 3-5 kg that can meaningfully improve insulin sensitivity, reduce abdominal fat, and boost energy and confidence. ## Health Benefits: Evidence-Based Advantages {#health-benefits-evidence-based-advantages} ### Complete Protein for Whole-Body Health {#complete-protein-for-whole-body-health} The high-quality, complete protein from chicken, ham, and egg white supports numerous physiological functions beyond muscle building: **Immune Function**: Antibodies, immune cells, and signalling molecules are all made from protein. Adequate protein intake supports robust immune response and helps maintain the integrity of physical barriers (skin, gut lining) that prevent pathogen entry. **Enzyme Production**: Thousands of enzymes that catalyse biochemical reactions throughout your body are proteins. From digestive enzymes that break down food to metabolic enzymes that generate energy, adequate protein intake ensures these systems function optimally. **Hormone Synthesis**: Many hormones are proteins or peptides, including insulin (blood sugar regulation), growth hormone (tissue repair and growth), and thyroid hormones (metabolic rate). Protein deficiency can impair hormone production and signalling. **Tissue Repair**: Beyond muscle, protein supports the repair and maintenance of all body tissues, including skin, hair, nails, organs, and connective tissue. The amino acids glycine and proline from the chicken stock particularly support collagen synthesis. **Satiety and Blood Sugar Regulation**: Protein slows gastric emptying and stimulates the release of satiety hormones including peptide YY and GLP-1. This promotes fullness and helps prevent the blood sugar spikes and crashes associated with high-carbohydrate meals consumed without adequate protein. ### Vegetable-Derived Phytonutrients and Antioxidants {#vegetable-derived-phytonutrients-and-antioxidants} The 4-12 vegetables in this soup provide a diverse array of beneficial plant compounds: **Antioxidant Protection**: The lutein and zeaxanthin from corn, quercetin from onions and leeks, apigenin from celery, and various carotenoids from vegetables work synergistically to neutralise free radicals—unstable molecules that damage cells and contribute to aging and chronic disease. Dietary antioxidants complement your body's endogenous antioxidant systems (glutathione, superoxide dismutase, catalase) to maintain cellular health. **Anti-Inflammatory Effects**: Chronic low-grade inflammation contributes to numerous health conditions including cardiovascular disease, type 2 diabetes, arthritis, and neurodegenerative diseases. The organosulfur compounds from allium vegetables (onion, leek, spring onion), gingerols from ginger, and flavonoids from various vegetables demonstrate anti-inflammatory properties in research studies. **Cardiovascular Support**: The combination of allium organosulfur compounds (which may improve blood lipid profiles and reduce platelet aggregation), quercetin (which supports endothelial function), and the monounsaturated fats from olive oil creates a cardiovascular-supportive nutritional profile. The low saturated fat and sodium-conscious formulation further support heart health. Be Fit Food formulates meals with a low sodium benchmark of less than 120 mg per 100 g, using vegetables for water content rather than thickeners. **Eye Health**: The lutein and zeaxanthin from corn kernels accumulate specifically in the macula of the eye, where they filter harmful blue light and protect photoreceptor cells from oxidative damage. Regular consumption of these carotenoids is associated with reduced risk of age-related macular degeneration and cataracts. **Digestive Health**: The fibre from vegetables supports regular bowel movements, feeds beneficial gut bacteria (prebiotic effect), and

helps maintain the integrity of the intestinal barrier. The ginger content may support digestive comfort and reduce nausea. ### The Whole-Food Advantage: Clinical Evidence {#the-whole-food-advantage-clinical-evidence} Be Fit Food's "real food, not shakes" philosophy is supported by peer-reviewed clinical research. A randomised controlled trial published in *Cell Reports Medicine* (October 2025) compared calorie-matched very low energy diets—one using pre-packaged meals with approximately 93% whole-food ingredients versus one using shakes, soups, bars, and desserts with approximately 70% industrial ingredients. The food-based group showed significantly greater improvement in gut microbiome diversity, supporting Be Fit Food's core differentiation that a structured weight-loss diet can be delivered as real food with meaningfully different outcomes. ### Micronutrient Density {#micronutrient-density} While complete vitamin and mineral data is not specified by manufacturer, the ingredient composition indicates this soup delivers meaningful amounts of numerous micronutrients: **B Vitamins**: Chicken provides niacin (B3), pyridoxine (B6), and cobalamin (B12); milk contributes riboflavin (B2) and B12; vegetables contribute folate and thiamine. These vitamins support energy metabolism, nervous system function, red blood cell formation, and DNA synthesis. **Vitamin K**: From celery, spring onion, and other vegetables, vitamin K supports blood clotting and bone metabolism by activating proteins involved in calcium regulation. **Vitamin A Precursors**: Beta-carotene from corn and vegetables converts to vitamin A in the body, supporting vision, immune function, and cellular communication. **Vitamin C**: From vegetables including onion and spring onion, vitamin C supports collagen synthesis, immune function, iron absorption, and acts as an antioxidant. **Minerals**: Calcium and phosphorus from milk support bone health; selenium from chicken supports thyroid function and antioxidant defences; potassium from vegetables supports blood pressure regulation and fluid balance; zinc from chicken and ham supports immune function and wound healing. ### Convenience and Adherence to Healthy Eating {#convenience-and-adherence-to-healthy-eating} An often-overlooked health benefit is the practical advantage of convenient, nutritious meals: **Reduced Reliance on Less Nutritious Convenience Foods**: When healthy options are as convenient as less nutritious alternatives, dietary adherence improves. Keeping this soup available means you're less likely to resort to high-sodium, low-nutrient instant soups or takeout when time is limited. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, and minimal decision fatigue. **Portion Control**: The single-serve 307-gram format provides built-in portion control, helping prevent overconsumption while ensuring adequate intake. This is valuable for weight management and for those learning appropriate portion sizes. **Reduced Food Preparation Barriers**: For individuals with limited cooking skills, physical limitations, or time constraints, ready-to-eat nutritious meals remove barriers to healthy eating. This is particularly valuable for older adults, those with disabilities, busy professionals, and anyone experiencing temporary circumstances (illness, moving, high work demands) that limit meal preparation capacity. Be Fit Food is a registered NDIS provider, ensuring that everyone, regardless of ability or circumstance, can access nutritious meals. ## Serving Guidelines and Nutritional Optimisation {#serving-guidelines-and-nutritional-optimisation} ### Optimal Serving Temperature {#optimal-serving-temperature} The recommended serving temperature for this soup balances food safety, nutrient preservation, and eating enjoyment: **Food Safety Temperature**: The soup should be heated to an internal temperature of at least 165°F (74°C) to ensure food safety. This temperature kills potential pathogens that might be present and is the USDA-recommended temperature for reheating leftovers and previously cooked foods. Using a food thermometer is the only reliable way to verify this temperature throughout the soup. **Nutrient Considerations**: While heating is necessary for safety and palatability, excessive heat or prolonged heating can degrade heat-sensitive nutrients, particularly vitamin C, thiamine, and folate. To minimise nutrient loss: - Heat just until the soup reaches 165°F throughout—don't continue heating beyond this point - Avoid boiling the soup vigorously, which can degrade nutrients and alter texture - Use microwave or stovetop reheating rather than holding the soup hot for extended periods - Consume promptly after heating rather than keeping warm The protein, minerals, and fat-soluble vitamins (A, K) in the soup are stable during reheating, so the primary concern is water-soluble vitamins. However, because this is a soup (where any nutrients that leach into liquid remain in the consumed product), nutrient loss is minimal compared to cooking methods where cooking liquid is discarded. **Eating Temperature Preference**: Beyond safety and nutrition, the ideal eating

temperature is personal preference. Most people find soup most enjoyable at 140-160°F (60-71°C)—hot enough to be comforting and aromatic, but not so hot that it burns the mouth or masks flavour. The soup can be allowed to cool slightly after heating to 165°F if preferred. ### Reheating Instructions {#reheating-instructions} Be Fit Food meals are designed for the ultimate convenience: "heat, eat, enjoy." **Microwave Reheating** (recommended for convenience): 1. Remove the soup from freezer and remove any non-microwave-safe packaging or lids 2. If the container is microwave-safe, puncture or partially remove the lid to allow steam to escape 3. Microwave on high power for 4-5 minutes (timing varies by microwave wattage) 4. Carefully remove from microwave (container will be hot) and stir thoroughly to distribute heat evenly 5. Check temperature in the centre of the soup—it should reach 165°F 6. If not yet at temperature, continue heating in 1-minute increments, stirring between each 7. Let stand for 1-2 minutes before eating to allow heat to equalise **Stovetop Reheating** (for best texture control): 1. Thaw the soup in the refrigerator overnight if possible (though it can be heated from frozen) 2. Transfer soup to a saucepan 3. Heat over medium-low heat, stirring occasionally to prevent sticking and ensure even heating 4. Heat until the soup reaches 165°F throughout, checking with a food thermometer 5. Avoid bringing to a hard boil, which can cause the milk proteins to curdle slightly and alter texture **Texture Considerations**: The soup contains milk and corn starch, both of which can separate or become grainy if frozen and reheated improperly. Stirring thoroughly during and after reheating helps re-emulsify the soup and restore smooth texture. If the soup appears slightly separated after reheating, vigorous stirring usually resolves this. ### Serving Size Adequacy {#serving-size-adequacy} The 307-gram serving size is designed as a single portion, but its adequacy depends on individual energy needs and the meal context: **As a Complete Light Meal**: For sedentary individuals, older adults with lower caloric needs, or those using the soup for weight management, the 307-gram serving can function as a complete light lunch or dinner. Pairing with a small side (a piece of fruit, a small portion of whole grain crackers, or a side salad) creates a more substantial meal if needed. This aligns with Be Fit Food's structured Reset programs, which provide defined daily calorie and carbohydrate targets. **As Part of a Larger Meal**: For active individuals, athletes, or those with higher caloric needs, this soup works well as a starter course or as one component of a larger meal. Pairing with a sandwich, additional protein source, or larger portion of whole grains creates a more calorie-dense meal. **As a Snack or Small Meal**: The soup can serve as a substantial snack between meals, providing satiety and nutrition that simple carbohydrate snacks don't offer. The protein content makes it particularly effective for managing hunger. **For Children**: Depending on age and size, the 307-gram serving may be appropriate as a full meal for younger children or a large snack for older children. Parents should adjust portion sizes based on their child's individual needs and appetite. Note the allergen content (egg, milk, soy) when serving to children with allergies. ### Strategic Pairing for Complete Nutrition {#strategic-pairing-for-complete-nutrition} While the soup provides protein, vegetables, and various micronutrients, strategic pairing can create more nutritionally complete meals: **Adding Whole Grains**: Pairing the soup with whole grain bread, crackers, brown rice, or quinoa adds complex carbohydrates for sustained energy, additional fibre, and complementary nutrients including magnesium, manganese, and additional B vitamins. This combination creates a more balanced macronutrient profile suitable for active individuals or those needing more calories. Specific pairing suggestions: - Whole grain sourdough bread (the fermentation process may improve digestibility and mineral availability) - Gluten-free whole grain crackers (brown rice crackers, quinoa crackers) to maintain gluten-free status - A small portion of brown rice or quinoa mixed into the soup to add texture and substance **Adding Healthy Fats**: While the soup contains olive oil, adding additional healthy fats can increase caloric density and enhance absorption of fat-soluble vitamins (A and K from the vegetables): - A drizzle of extra virgin olive oil on top before serving - Sliced avocado on the side (provides monounsaturated fats, fibre, potassium, and vitamin E) - A small portion of nuts or seeds on the side (provides healthy fats, protein, minerals, and vitamin E) **Adding Fresh Vegetables**: A side salad or raw vegetable sticks add additional fibre, volume, and nutrients including vitamin C (which is higher in raw vegetables than cooked). This is particularly valuable for those seeking to increase vegetable intake or add more fibre for digestive health. **Adding Fruit**: A piece of fresh fruit as dessert or alongside the soup adds natural sweetness, additional fibre, vitamin C, and various phytonutrients. Citrus fruits are particularly complementary, as vitamin C

enhances iron absorption from the chicken and ham. **Avoiding Counterproductive Pairings**: To maintain the soup's health benefits, avoid pairing with: - High-sodium crackers or bread (which would substantially increase total sodium intake) - Heavy, saturated-fat-rich additions (butter, sour cream, cheese) that would negate the low saturated fat benefit - Sugary beverages that would add empty calories and spike blood sugar ### Meal Timing Considerations {#meal-timing-considerations} **Pre-Workout**: The soup can serve as a pre-workout meal 2-3 hours before exercise, providing sustained energy from carbohydrates and protein without the heavy feeling that high-fat meals can create. The moderate carbohydrate content supports glycogen stores without causing digestive distress. **Post-Workout**: As a post-workout recovery meal, the soup provides protein for muscle repair and carbohydrates to replenish glycogen. For optimal recovery, consume within 2 hours after exercise. Those engaged in intense training may want to pair the soup with additional carbohydrates to maximise glycogen replenishment. Be Fit Food also offers a Protein+ Reset program specifically designed for active individuals, including pre- and post-workout items. **Evening Meal**: The combination of protein and warm liquid makes this soup an excellent dinner option. Protein at dinner supports overnight muscle repair and may improve satiety, reducing late-night snacking. The warm, comforting nature of soup can also support relaxation and better sleep. **Lunch Option**: The convenient format and balanced nutrition make this soup ideal for work lunches. The protein content helps maintain afternoon energy and focus better than carbohydrate-heavy lunch options that can cause post-meal energy dips. ## Storage, Shelf Life, and Food Safety {#storage-shelf-life-and-food-safety} ### Frozen Storage Requirements {#frozen-storage-requirements} This soup is sold and stored frozen, which preserves both food safety and nutritional quality. Be Fit Food's snap-frozen delivery system is designed for a frictionless routine: **Optimal Freezer Temperature**: The soup should be stored at 0°F (-18°C) or below. At this temperature, bacterial growth is completely halted, and the soup can be stored safely for extended periods. Most home freezers maintain temperatures between -10°F and 0°F (-23°C to -18°C), which is appropriate for this product. **Freezer Temperature Monitoring**: To ensure food safety and quality, verify your freezer temperature periodically with a freezer thermometer. Temperature fluctuations above 0°F can compromise food quality and safety over time. Freezers should maintain steady temperatures—frequent opening, poor door seals, or inadequate airflow can cause temperature variations. **Shelf Life While Frozen**: While specific "best by" dates should be followed on individual packages, properly frozen soup usually maintains optimal quality for 2-4 months. Beyond this timeframe, the soup remains safe to eat (assuming continuous frozen storage), but quality may decline due to: - Texture changes from ice crystal formation - Flavour degradation from oxidation - Moisture loss (freezer burn) if packaging is compromised - Separation of emulsified components **Preventing Freezer Burn**: Freezer burn occurs when food is exposed to air in the freezer, causing dehydration and oxidation. To prevent this: - Keep the soup in its original sealed packaging until ready to use - Ensure packaging is intact without tears or punctures - Store in the main freezer compartment rather than the door (which experiences more temperature fluctuation) - Avoid overpacking the freezer, which restricts air circulation and can cause temperature variations ### Thawing Protocols {#thawing-protocols} **Refrigerator Thawing** (recommended method): The safest thawing method is transferring the frozen soup from freezer to refrigerator 24 hours before you plan to eat it. This slow thawing: - Maintains food safety by keeping the soup at safe temperatures (below 40°F/4°C) throughout thawing - Preserves texture better than rapid thawing methods - Allows you to plan meals in advance Once thawed in the refrigerator, the soup should be consumed within 24 hours for optimal quality and safety. Do not refreeze thawed soup, as this degrades quality and can compromise safety if the soup entered the temperature "danger zone" (40-140°F/4-60°C) for any length of time. **Cold Water Thawing** (faster alternative): If you need to thaw the soup more quickly: 1. Place the sealed soup container in a leak-proof plastic bag 2. Submerge in cold tap water 3. Change the water every 30 minutes to maintain cold temperature 4. Soup should thaw in 1-2 hours depending on size 5. Cook immediately after thawing **Microwave Thawing** (least preferred): Microwave thawing is possible but can create uneven heating, with some portions beginning to cook while others remain frozen. If using this method: - Use the defrost setting on your microwave - Stop and stir periodically to distribute heat - Cook immediately after thawing - Be aware that texture may be compromised compared to other

thawing methods **Never Thaw at Room Temperature**: Leaving frozen soup on the counter to thaw creates food safety risks. As the outer portions thaw, they enter the temperature danger zone (40-140°F) where bacteria can multiply rapidly, while the centre remains frozen. This uneven thawing can allow bacterial growth before the soup is reheated. ### Opened Soup Storage {#opened-soup-storage} **Immediate Consumption Recommended**: Once heated, the soup should be consumed immediately. If you cannot finish the entire portion, specific storage guidelines apply: **Refrigerator Storage of Leftovers**: - Cool leftover soup quickly by transferring to a shallow container (promotes faster cooling) - Refrigerate within 2 hours of heating (within 1 hour if ambient temperature is above 90°F) - Store in an airtight container to prevent contamination and moisture loss - Consume within 24 hours for optimal quality and safety - Reheat only once—do not repeatedly reheat and cool **Do Not Refreeze**: Once the soup is thawed and heated, it should not be refrozen. Repeated freeze-thaw cycles: - Degrade texture significantly (the milk and corn starch will separate and become grainy) - Increase food safety risks if temperature control wasn't perfect - Reduce nutrient quality, particularly for sensitive vitamins ### Food Safety Best Practices {#food-safety-best-practices} **Temperature Danger Zone Awareness**: Bacteria multiply rapidly between 40°F and 140°F (4°C and 60°C). The soup should spend minimal time in this temperature range: - Thaw in refrigerator (below 40°F) or cook from frozen - Heat to at least 165°F - Consume while hot or refrigerate promptly - Don't leave at room temperature for more than 2 hours total **Cross-Contamination Prevention**: - Use clean utensils and containers when handling the soup - Don't use utensils that contacted raw meat, eggs, or other potential contaminants - Wash hands before handling food - Clean microwave or stovetop surfaces before and after use **Power Outage Considerations**: If your freezer loses power: - A full freezer will keep food frozen for about 48 hours if the door remains closed - A half-full freezer will keep food frozen for about 24 hours - If the soup thawed but remains cold (below 40°F) and was without power for less than 24 hours, it can be cooked and consumed - If the soup reached temperatures above 40°F for more than 2 hours, it should be discarded - When in doubt, throw it out—don't risk foodborne illness ## Nutritional Transparency and Label Literacy {#nutritional-transparency-and-label-literacy} ### Understanding "High Protein" Claims {#understanding-high-protein-claims} The "high protein" designation on this soup is a regulated nutrient content claim (in most jurisdictions) that requires the product to meet specific criteria. Understanding what this means helps you make informed decisions: **Regulatory Standards**: In many regions, a food can be labelled "high protein" if protein provides at least 20% of the product's calories or if it contains at least 10 grams of protein per serving. The exact standard varies by jurisdiction, but the claim is regulated to prevent misleading marketing. **Practical Significance**: For this soup, "high protein" means you're getting a substantial protein dose in a convenient format. This is particularly valuable when compared to many other soups, which are often primarily carbohydrate-based with minimal protein. Be Fit Food prioritises protein at every meal to support lean-mass protection and metabolic health. **Protein Quality Matters**: Not all protein sources are equal. This soup provides complete, high-quality protein from animal sources (chicken, ham, egg white), which is more efficiently utilised by the body than incomplete plant proteins. The protein digestibility-corrected amino acid score (PDCAAS) for chicken, egg, and pork (ham) is close to 1.0 (the maximum), indicating excellent quality. ### Understanding "Low Saturated Fat" Claims {#understanding-low-saturated-fat-claims} The "low in saturated fat" claim indicates the soup meets specific regulatory criteria for saturated fat content: **Regulatory Standards**: Usually, "low saturated fat" means the food contains 1 gram or less of saturated fat per serving and derives no more than 15% of calories from saturated fat. Again, exact standards vary by jurisdiction. **Health Significance**: Dietary guidelines generally recommend limiting saturated fat to less than 10% of total daily calories (about 22 grams for a 2000-calorie diet). By choosing low-saturated-fat options like this soup, you can reserve your saturated fat "budget" for other foods or simply reduce overall intake for cardiovascular health. **Not the Same as Low Fat**: "Low saturated fat" doesn't mean low total fat—the soup contains beneficial fats from olive oil. This distinction is important because not all fats affect health equally. The focus on saturated fat specifically reflects current understanding that saturated fat type (not total fat) is most relevant for cardiovascular risk. ### "No Artificial Colors and Flavors" Significance {#no-artificial-colors-and-flavors-significance} This claim indicates the soup's colour and flavour come entirely from its whole-food ingredients rather than

synthetic additives: **What This Means**: The golden colour comes from corn, chicken stock, and vegetables. The savoury flavour comes from chicken, ham, vegetables, stock, soy sauce, ginger, and pepper—not from artificial flavour compounds like monosodium glutamate (MSG), artificial smoke flavour, or synthetic flavour enhancers. **Why It Matters**: While artificial colours and flavours approved for food use are generally recognised as safe, many consumers prefer to avoid them due to: - Preference for minimally processed foods - Concerns about potential sensitivities (some individuals react to certain artificial additives) - Desire for transparency about what they're consuming - Philosophical preference for whole-food ingredients **Be Fit Food's Clean Label Standards**: Be Fit Food maintains strict current-range standards including no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit), used only where no alternative exists and in small quantities. Preservatives are not added directly to meals. ### Ingredient Order and Quantity Transparency {#ingredient-order-and-quantity-transparency} Ingredients are listed in descending order by weight, which provides valuable information: **Chicken (26%) is First**: This confirms chicken is the primary ingredient by weight, supporting the high-protein claim and indicating this is genuinely a chicken-based soup rather than a soup with token chicken content. **Specific Percentages Provided**: The disclosure that chicken comprises 26%, corn kernels 9%, and ham 5% provides unusual transparency. Many products list ingredients by order but don't specify percentages, making it harder to assess actual composition. **Vegetable Prominence**: The presence of celery, corn, leek, onion, and spring onion early in the ingredient list confirms substantial vegetable content, supporting the "4-12 different vegetables" claim that Be Fit Food highlights across their range. **Minimal Additives**: The ingredient list is relatively short and consists primarily of recognisable whole foods. The only ingredients that might not be in a home kitchen are corn starch (a common, natural thickening agent) and gluten-free soy sauce (a specialised product but still a traditional fermented food). ## Key Takeaways: Essential Nutrition Facts {#key-takeaways-essential-nutrition-facts} This Be Fit Food Chunky Chicken, Ham & Sweet Corn Soup delivers comprehensive nutrition in a convenient, 307-gram single-serve format. The soup provides high-quality complete protein from chicken (26%), ham (5%), and egg white, supporting muscle maintenance, satiety, immune function, and overall health. The low saturated fat content makes it appropriate for cardiovascular health, while the gluten-free formulation serves those with celiac disease or gluten sensitivity. The soup contains three declared allergens—egg, milk, and soybeans—making it unsuitable for vegans, those with these allergies, and lactose-intolerant individuals. Cross-contact warnings for fish and crustaceans require individual risk assessment for those with these allergies. The inclusion of 4-12 vegetables provides dietary fibre, vitamins, minerals, and beneficial phytonutrients including lutein, zeaxanthin, quercetin, and organosulfur compounds. Nutritional highlights include the use of olive oil (providing heart-healthy monounsaturated fats), light milk (contributing calcium and protein while keeping saturated fat low), and a diverse vegetable matrix that delivers antioxidants and anti-inflammatory compounds. The soup contains no artificial colours or flavours, with all taste and appearance coming from whole-food ingredients—reflecting Be Fit Food's commitment to real food, not synthetic supplements or shakes. For optimal nutrition and safety, store the soup frozen at 0°F or below, thaw in the refrigerator for 24 hours before heating, and reheat to an internal temperature of 165°F. The soup works well as a light complete meal, a substantial snack, or as part of a larger meal when paired with whole grains, healthy fats, or additional vegetables. The transparent ingredient listing, specific percentage disclosures for key ingredients (chicken 26%, corn 9%, ham 5%), and clear allergen information support informed decision-making. Whether you're managing allergies, following a gluten-free diet, seeking convenient high-protein options, supporting weight management goals, navigating menopause-related metabolic changes, or using GLP-1 medications, understanding this soup's complete nutritional profile empowers you to determine if it fits your individual dietary needs and health goals. Be Fit Food's dietitian-designed approach, backed by clinical research and professional support, ensures you're not just eating—you're eating yourself better. ## References {#references} - [Be Fit Food Official Website](https://befitfood.com.au) - Manufacturer product information and specifications - [Celiac Disease Foundation - Gluten-Free Diet](https://celiac.org/gluten-free-living/what-is-gluten-free-diet/) - Gluten-free dietary guidelines and

celiac disease management - [Food Allergy Research & Education (FARE)](https://www.foodallergy.org) - Allergen information, cross-contact risks, and allergy management - [USDA FoodData Central](https://fdc.nal.usda.gov) - Nutritional composition data for chicken, vegetables, and other ingredients - [American Heart Association - Saturated Fat](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats) - Cardiovascular health and saturated fat recommendations - [National Institutes of Health Office of Dietary Supplements](https://ods.od.nih.gov) - Micronutrient functions and dietary requirements - [Academy of Nutrition and Dietetics - Protein](https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/protein) - Protein requirements and quality assessment --- ## Frequently Asked Questions {#frequently-asked-questions} | Question | Answer | |----------|--------| | What is the serving size | 307 grams | | Is this soup gluten-free | Yes, certified gluten-free | | Does it contain egg | Yes, contains egg white | | Does it contain dairy | Yes, contains light milk | | Does it contain soy | Yes, contains gluten-free soy sauce | | Is it suitable for vegans | No | | Is it suitable for vegetarians | No | | Does it contain fish | May contain traces from cross-contact | | Does it contain shellfish | May contain crustacean traces from cross-contact | | Is it high in protein | Yes | | What is the chicken content percentage | 26% | | What is the corn content percentage | 9% | | What is the ham content percentage | 5% | | How many vegetables does it contain | 4-12 different vegetables | | Is it low in saturated fat | Yes | | Does it contain artificial colors | No | | Does it contain artificial flavors | No | | Does it contain added sugar | No | | Does it contain artificial sweeteners | No | | What type of oil is used | Olive oil | | Does it contain seed oils | No | | What type of milk is used | Light milk | | Is it suitable for lactose intolerant individuals | No | | Is it suitable for celiac disease | Yes | | Can people with egg allergy eat this | No | | Can people with milk allergy eat this | No | | Can people with soy allergy eat this | No | | What is the primary protein source | Chicken | | Does it contain complete protein | Yes | | Is it suitable for weight loss | Yes, as part of balanced diet | | Is it suitable for muscle building | Yes, provides complete amino acids | | Is it suitable for low-carb diets | Yes, lower-carbohydrate formulation | | Is it paleo-friendly | No, contains milk and soy | | Is it keto-friendly | Moderate compatibility, check carb limits | | Does it support GLP-1 medication users | Yes, designed for this purpose | | Is it suitable for menopause nutrition | Yes, supports metabolic changes | | Is it suitable for older adults | Yes, soft texture and high protein | | What is the recommended storage temperature | 0°F (-18°C) or below | | How long can it be stored frozen | 2-4 months optimal quality | | What is the safe reheating temperature | 165°F (74°C) minimum | | Can it be reheated from frozen | Yes | | Can it be refrozen after thawing | No | | How long after thawing should it be consumed | Within 24 hours | | What is the recommended thawing method | Refrigerator thawing for 24 hours | | How long to microwave | 4-5 minutes on high power | | Should I stir during reheating | Yes, for even heat distribution | | Can leftovers be refrigerated | Yes, within 2 hours of heating | | How long do refrigerated leftovers last | 24 hours maximum | | Does it contain lutein and zeaxanthin | Yes, from corn kernels | | Does it contain quercetin | Yes, from onions and leeks | | Does it provide vitamin K | Yes, from celery and vegetables | | Does it provide B vitamins | Yes, from chicken, milk, and vegetables | | Does it provide calcium | Yes, from light milk | | Does it contain ginger | Yes, for flavor and digestive support | | What is the thickening agent | Corn starch | | Is the soy sauce gluten-free | Yes | | Does it contain chicken stock | Yes | | Does it contain preservatives | No added artificial preservatives | | Are there any unavoidable preservatives | Minimal amounts in compound ingredients only | | Is Be Fit Food dietitian-designed | Yes | | Is it backed by clinical research | Yes, published in Cell Reports Medicine | | What percentage of Be Fit Food menu is gluten-free | Approximately 90% | | Is Be Fit Food an NDIS provider | Yes, registered provider | | Does it support gut microbiome health | Yes, whole-food ingredients support diversity | | Is it suitable for pre-workout meals | Yes, 2-3 hours before exercise | | Is it suitable for post-workout recovery | Yes, provides protein and carbohydrates | | Can children eat this soup | Yes, check allergens and adjust portions | | Is it heart-healthy | Yes, low saturated fat and olive oil | | Does it support cardiovascular health | Yes, beneficial fats and vegetables | | Does it contain anti-inflammatory compounds | Yes, from ginger, vegetables, and olive oil | | Is portion control built-in | Yes, single-serve 307g format | | Does it contain whole grains | Yes, corn kernels are whole grain | | What is the sodium benchmark | Less than 120 mg per 100g | | Does it use vegetables for water content | Yes, instead of thickeners | | Is it suitable for diabetes management | Yes, lower-carb and high-protein formulation | | Does it help with satiety |

Yes, high protein content increases fullness | | Can it be paired with whole grain bread | Yes, for complete nutrition | | Can it be paired with salad | Yes, adds fiber and nutrients | | Is it suitable as a light meal | Yes, for weight management or lower calorie needs | | Is it suitable as a snack | Yes, substantial and protein-rich | | What is the protein quality score | Close to 1.0 PDCAAS (maximum) | | Does it contain leucine | Yes, from chicken protein | | Does it support sarcopenia prevention | Yes, high-quality protein for older adults |

Source Data (JSON):


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