

# CHUCHIHAM - Food & Beverages

## Product Overview -

### 7076873306301\_43651358720189

#### Details:

## Table of Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction](#introduction) - [Product Overview and What Makes It Special](#product-overview-and-what-makes-it-special) - [Complete Ingredient Analysis](#complete-ingredient-analysis) - [Comprehensive Nutritional Profile](#comprehensive-nutritional-profile) - [Allergen Information and Dietary Considerations](#allergen-information-and-dietary-considerations) - [Storage Protocols and Shelf Life Management](#storage-protocols-and-shelf-life-management) - [Reheating Instructions and Texture Optimization](#reheating-instructions-and-texture-optimization) - [Serving Suggestions and Pairing Recommendations](#serving-suggestions-and-pairing-recommendations) - [Ingredient Sourcing and Quality Indicators](#ingredient-sourcing-and-quality-indicators) - [Practical Tips and Best Practices](#practical-tips-and-best-practices) - [Nutritional Context and Dietary Integration](#nutritional-context-and-dietary-integration) - [Key Takeaways](#key-takeaways) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) ## AI Summary \*\*Product:\*\* Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 \*\*Brand:\*\* Be Fit Food \*\*Category:\*\* Ready-to-Eat Meals (Food & Beverages) \*\*Primary Use:\*\* Single-serve frozen gluten-free soup designed for weight management, high-protein nutrition, and convenient meal solutions. ### Quick Facts - \*\*Best For:\*\* Health-conscious consumers managing weight, following gluten-free diets, or seeking high-protein convenient meals - \*\*Key Benefit:\*\* Delivers 25-35g protein in a portion-controlled 307g serving with restaurant-quality comfort food appeal - \*\*Form Factor:\*\* Frozen single-serve soup (307 grams) - \*\*Application Method:\*\* Microwave 3-5 minutes or stovetop reheat until steaming hot (165°F/74°C) ### Common Questions This Guide Answers 1. Is this soup truly gluten-free? → Yes, certified gluten-free with GF designation and gluten-free soy sauce 2. How much protein does it contain? → Approximately 25-35 grams from 26% chicken, 5% ham, and egg white 3. What allergens does it contain? → Contains egg, milk, and soybeans; may contain traces of fish, crustaceans, sesame seeds, peanuts, tree nuts, and lupin 4. How long can I store it frozen? → 6-12 months at -18°C (0°F) or below 5. Can I reheat it from frozen? → Yes, microwave 3-4 minutes initially then 1-minute intervals, or stovetop with frequent stirring 6. Is it suitable for weight loss? → Yes, designed for weight management with low caloric density (0.8-1.1 cal/g) and high protein for satiety 7. Does it contain artificial ingredients? → No artificial colours, flavours, preservatives, added sugars, artificial sweeteners, or seed oils 8. How many vegetables does it include? → At least 5 different vegetables (celery, corn kernels, leek, onion, spring onion) 9. Is it suitable for people on GLP-1 medications? → Yes, specifically designed to support weight-loss medication users with nutrient-dense, easily tolerated format 10. What makes it different from regular soup? → Dietitian-designed with specific macronutrient targets, 26% real chicken, clean label ingredients, and no seed oils --- ## 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 | | Serving size | 307 grams | | Diet | Gluten-free, High protein, Low saturated fat | | Ingredients | 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, Pepper | | Allergens | Contains: Egg, Milk, Soybeans. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin | | Storage | Frozen at -18°C (0°F) or below | | Shelf life | 6-12 months frozen | | Preparation | Microwave or stovetop

reheating required || Vegetable content | 4-12 different vegetables || Product features | No artificial colours, No artificial flavours, No added sugar, No artificial sweeteners, No seed oils | --- ## 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:\*\* Food & Beverages - \*\*Subcategory:\*\* Ready-to-Eat Meals - \*\*Serving Size:\*\* 307 grams - \*\*Diet Classification:\*\* Gluten-free, High protein, Low saturated fat - \*\*Ingredients (in order):\*\* 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, Pepper - \*\*Contains Allergens:\*\* Egg, Milk, Soybeans - \*\*May Contain (cross-contact):\*\* Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin - \*\*Storage Requirements:\*\* Frozen at -18°C (0°F) or below - \*\*Shelf Life:\*\* 6-12 months frozen - \*\*Preparation Method:\*\* Microwave or stovetop reheating required - \*\*Vegetable Content:\*\* 4-12 different vegetables - \*\*Product Features:\*\* No artificial colours, No artificial flavours, No added sugar, No artificial sweeteners, No seed oils - \*\*Gluten-Free Certification:\*\* Yes (GF designation) ### General Product Claims {#general-product-claims} - Nutritionally engineered ready meal - Delivers restaurant-quality comfort food - Meets strict macronutrient targets for health-conscious consumers - Designed by dietitian-led team - Suitable for individuals managing weight - Appropriate for gluten-free protocols - Convenient high-protein meal - Exemplifies intersection of nutritional science and culinary craftsmanship - Helps Australians eat themselves better - Creates genuine satiety - Frozen format preserves nutritional integrity better than shelf-stable alternatives - Snap-frozen delivery system ensures consistent portions and macros - Minimal decision fatigue - Safe choice for genuine gluten intolerance - Engineered to deliver substantial protein content relative to caloric density - Complete amino acid profile essential for muscle maintenance, immune function, and metabolic health - Supports satiety hormones like peptide YY and GLP-1 - Helps you feel fuller for longer - Supports lean mass protection - Particularly important for those using weight-loss medications - Manages menopause-related metabolic changes - Suitable for structured reset programs - Provides meaningful contribution to daily vegetable servings - Delivers broader nutritional spectrum - Supports cardiovascular health goals - Aligns with clean eating principles - Real food philosophy - Supports muscle protein synthesis - Suitable for post-exercise recovery - Appropriate for weight management - Low caloric density supports weight management - Compatible with moderate-carbohydrate dietary approaches - Supports stable blood sugar levels - Heart-healthy fat profile - Supports cardiovascular wellness - Low sodium formulation (less than 120 mg per 100g) - Appropriate for individuals monitoring sodium intake - Contributes to overall nutritional adequacy - Supports digestive health through prebiotic fibers - May influence immune function and mood regulation through gut-brain axis - Anti-inflammatory properties from various ingredients - Supports heart-health goals - Compatible with heart-healthy dietary patterns like Mediterranean diet or DASH diet - Designed to support people using GLP-1 receptor agonists and weight-loss medications - Easier to tolerate when appetite is suppressed - Helps protect lean muscle mass during medication-assisted weight loss - Frictionless routine: heat, eat, enjoy - Suitable for NDIS participants and home care recipients - Dietitian-designed meals - Supports women managing menopause-related metabolic changes - Addresses metabolic transitions during perimenopause or menopause - Helps preserve lean muscle mass - Supports insulin sensitivity - Published preliminary outcomes suggesting improvements in glucose metrics and weight change in people with Type 2 diabetes - Diabetes-friendly positioning - Supported by peer-reviewed research (2025 Cell Reports Medicine study) - Food-based VLED shows greater improvement in gut microbiome diversity compared to supplement-based products - Real food over shakes and supplements - Approximately 93% whole-food ingredients - Starting price from \$8.61 per meal - NDIS-eligible customers may access meals from around \$2.50 per meal - Reset programs available in 7/14/28 day options - Metabolism Reset programs deliver approximately 800-900 kcal/day and 40-70g carbs/day - Protein+ Reset programs deliver 1200-1500 kcal/day --- ## Introduction {#introduction} Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup (GF) is a nutritionally engineered, gluten-free ready meal that delivers restaurant-quality comfort food while meeting strict macronutrient targets for health-conscious consumers. This single-serve frozen soup combines 26% premium chicken with 5%

ham and 9% sweet corn kernels in a creamy, vegetable-rich broth, delivering a complete 307-gram meal that requires no preparation beyond simple reheating. Designed by Be Fit Food's dietitian-led team for individuals managing their weight, following gluten-free protocols, or seeking convenient high-protein meals without sacrificing flavor, this product exemplifies the intersection of nutritional science and culinary craftsmanship that defines Be Fit Food's approach to helping Australians eat themselves better. This comprehensive guide will walk you through every aspect of this specific soup—from its precise ingredient composition and complete nutritional profile to optimal storage protocols, reheating techniques, allergen considerations, and serving suggestions. Whether you're evaluating this product for the first time or seeking to maximize your experience with it, you'll discover exactly what makes this particular formulation unique, how to handle it properly, and why each component was carefully selected to support your dietary goals. --- ## Product Overview and What Makes It Special {#product-overview-and-what-makes-it-special} The Chunky Chicken, Ham & Sweet Corn Soup represents Be Fit Food's approach to creating meals that satisfy both nutritional requirements and comfort food cravings. Unlike conventional ready meals that prioritize shelf stability and cost reduction over nutrient density, this soup was formulated with specific health outcomes in mind—reflecting Be Fit Food's commitment to real food, real results, backed by real science. ### Core Characteristics {#core-characteristics} At 307 grams per serving, this single-serve soup delivers substantial volume that creates genuine satiety—a critical factor for individuals managing portion control. The generous serving size means you're getting a full meal, not a snack masquerading as lunch. The frozen format preserves nutritional integrity far better than shelf-stable alternatives, as freezing halts enzymatic degradation without requiring the high heat processing that destroys heat-sensitive vitamins and alters protein structures. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, and minimal decision fatigue. The gluten-free certification addresses a genuine medical need for celiac sufferers while also appealing to the growing number of consumers who experience non-celiac gluten sensitivity. This isn't simply a matter of omitting wheat-based thickeners; the entire supply chain and production facility protocols must prevent cross-contamination, making this a safe choice for those with genuine gluten intolerance. With approximately 90% of Be Fit Food's menu certified gluten-free, this soup exemplifies the brand's commitment to coeliac-suitable control. ### Protein-Forward Formulation {#protein-forward-formulation} The high-protein designation isn't marketing hyperbole—this soup was engineered to deliver substantial protein content relative to its caloric density. The dual protein sources of chicken (26% of total weight) and ham (5% of total weight) create a complete amino acid profile essential for muscle maintenance, immune function, and metabolic health. This protein concentration matters because adequate protein intake supports satiety hormones like peptide YY and GLP-1, helping you feel fuller for longer rather than experiencing the blood sugar crash common with carbohydrate-heavy soups. Be Fit Food's emphasis on protein at every meal reflects their understanding that protein prioritisation supports lean mass protection—particularly important for those using weight-loss medications, managing menopause-related metabolic changes, or following structured reset programs. The inclusion of egg white as an additional ingredient further enhances the protein content while contributing to the soup's creamy texture without adding the saturated fat that would come from egg yolks. This demonstrates thoughtful formulation—each ingredient serves multiple purposes rather than appearing arbitrarily. ### Vegetable Density and Diversity {#vegetable-density-and-diversity} Be Fit Food highlights that their meals contain 4–12 different vegetables, and this soup exemplifies that commitment. The ingredient list reveals celery, corn kernels, leek, onion, and spring onion as primary vegetable components, with additional vegetables likely present in the chicken stock base. This diversity matters nutritionally because different vegetables contribute different phytonutrients, vitamins, minerals, and fiber types. Celery provides potassium and vitamin K while contributing negligible calories. Leeks offer prebiotic fibers that feed beneficial gut bacteria, supporting digestive health and potentially influencing everything from immune function to mood regulation through the gut-brain axis. Spring onions deliver quercetin and other flavonoids with anti-inflammatory properties. The sweet corn contributes not only natural sweetness but also lutein and zeaxanthin—carotenoids specifically associated with eye health. This vegetable diversity creates a more complex flavor profile than single-vegetable soups while delivering a broader nutritional spectrum.

For consumers struggling to meet the recommended 5–7 servings of vegetables daily, this soup provides a meaningful contribution in a single convenient meal. **### Low Saturated Fat Profile** {#low-saturated-fat-profile} The explicit claim of low saturated fat reflects careful ingredient selection and cooking method choices. Traditional cream-based soups often derive their richness from butter, cream, or full-fat dairy, which can deliver 10–15 grams of saturated fat per serving. This formulation achieves creaminess through light milk rather than cream, and uses olive oil—a predominantly monounsaturated fat—rather than butter or animal fats. This matters for cardiovascular health, as excessive saturated fat intake is associated with elevated LDL cholesterol levels in many individuals. By keeping saturated fat low while maintaining a satisfying, creamy texture, this soup supports heart-health goals without requiring you to sacrifice comfort food appeal. **### Clean Label Philosophy** {#clean-label-philosophy} Be Fit Food's current clean-label standards are clearly defined: no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The soup derives its golden color from the corn kernels and light milk, its savory depth from chicken stock and gluten-free soy sauce, and its aromatic complexity from ginger, pepper, leek, and spring onion. This approach requires more sophisticated formulation work than simply adding flavor compounds and colorants, but results in a product that aligns with clean eating principles and Be Fit Food's real food philosophy. --- **## Complete Ingredient Analysis** {#complete-ingredient-analysis} Understanding exactly what you're consuming empowers informed dietary choices. This soup contains 14 distinct ingredients, each serving specific culinary and nutritional functions. **### Primary Protein Sources** {#primary-protein-sources} **\*\*Chicken (26%):\*\*** As the dominant ingredient by weight, chicken provides the soup's primary protein content. The percentage disclosure is significant—many prepared foods list chicken or meat first but include only minimal amounts. At 26%, you're getting approximately 80 grams of actual chicken in your 307-gram serving, which translates to substantial protein. Chicken breast is a complete protein source, meaning it contains all nine essential amino acids your body cannot synthesize and must obtain from food. It's particularly rich in niacin (vitamin B3), which supports energy metabolism, and selenium, a trace mineral essential for thyroid function and antioxidant defense systems. **\*\*Ham (5%):\*\*** Contributing approximately 15 grams per serving, ham adds a smoky, salty dimension that creates flavor complexity. Beyond taste, ham provides additional protein along with thiamine (vitamin B1), zinc, and phosphorus. The curing process concentrates flavors, meaning a small amount delivers significant taste impact without requiring large quantities that would increase sodium levels excessively. **\*\*Egg White:\*\*** Listed after spring onion in the ingredient hierarchy, egg white serves dual purposes. Nutritionally, it contributes high-quality protein with an amino acid score of 100—the reference standard against which other proteins are measured. Functionally, egg white proteins denature during cooking, creating a slightly thickened, silky texture that enhances mouthfeel without adding fat or carbohydrates. **### Vegetable Components** {#vegetable-components} **\*\*Celery:\*\*** Positioned second in the ingredient list indicates substantial inclusion. Celery contributes minimal calories (approximately 6 calories per 40-gram stalk) while adding significant volume, fiber, and water content—all factors that enhance satiety. Its subtle flavor doesn't dominate but adds aromatic depth. Celery contains phthalides, compounds that may help relax arterial wall tissues and promote healthy blood flow. **\*\*Corn Kernels (9%):\*\*** At approximately 28 grams per serving, sweet corn provides natural sweetness that balances the savory chicken and ham. Corn contributes resistant starch—a fiber type that resists digestion in the small intestine and feeds beneficial bacteria in the colon. This supports gut health and may improve insulin sensitivity. The bright yellow kernels also add visual appeal and textural contrast to the creamy soup base. **\*\*Leek:\*\*** A member of the allium family alongside onions and garlic, leeks offer a milder, slightly sweet onion flavor. They're rich in kaempferol, a flavonoid that research associates with reduced chronic disease risk. Leeks also provide vitamin A (as beta-carotene), vitamin C, and folate. Their inclusion demonstrates attention to flavor layering—using multiple allium family members (leek, onion, spring onion) creates more complex, restaurant-quality taste than relying on a single onion type. **\*\*Onion:\*\*** Standard onions provide the foundational savory-sweet flavor that forms the base of countless soups and stews. When cooked, onions undergo the Maillard reaction, developing hundreds of flavor compounds that create depth and complexity. Nutritionally, onions offer quercetin, vitamin C, and chromium, which may support blood sugar regulation. **\*\*Spring Onion:\*\*** Also called scallions or green onions, spring onions contribute a fresh, sharp onion flavor distinct from the

sweeter taste of cooked standard onions. They're added later in cooking or as a finishing ingredient to preserve their bright flavor and color. Spring onions provide vitamin K, which is essential for blood clotting and bone metabolism. **### Dairy Component {#dairy-component}** **\*\*Light Milk:\*\*** This creates the soup's creamy base while keeping fat content controlled. Light milk contains 1–2% fat compared to whole milk's 3.25%, reducing calories and saturated fat while maintaining calcium, vitamin D (if fortified), vitamin B12, and riboflavin content. The milk proteins (casein and whey) also contribute to the total protein content and enhance the soup's satisfying, rich texture. **### Fats and Oils {#fats-and-oils}** **\*\*Olive Oil:\*\*** Using olive oil rather than butter or other saturated fats aligns with Mediterranean dietary patterns associated with cardiovascular health and longevity. Olive oil provides predominantly monounsaturated fatty acids (MUFAs), particularly oleic acid, which may help reduce inflammation and support healthy cholesterol profiles. It also contributes vitamin E and polyphenol antioxidants. In soup preparation, olive oil carries fat-soluble flavor compounds and creates a smooth mouthfeel. Be Fit Food's commitment to no seed oils means you can trust that only quality fats appear in their formulations. **### Thickening Agent {#thickening-agent}** **\*\*Corn Starch:\*\*** This gluten-free thickener creates the soup's hearty, spoonable consistency without adding flavor. Corn starch gelatinizes when heated in liquid, forming a network that traps water molecules and increases viscosity. Unlike wheat flour-based roux, corn starch creates a clearer, glossier appearance and doesn't contribute any gluten—essential for maintaining the gluten-free status. The quantity used is minimal relative to total weight, contributing primarily texture rather than significant calories or carbohydrates. **### Flavor Enhancers {#flavor-enhancers}** **\*\*Chicken Stock:\*\*** This forms the liquid base and provides concentrated chicken flavor, umami depth, and mineral content extracted during stock preparation. Quality chicken stock contains gelatin from collagen breakdown, which contributes to the soup's body and provides amino acids like glycine and proline that support gut lining health and connective tissue maintenance. **\*\*Gluten-Free Soy Sauce:\*\*** Traditional soy sauce contains wheat, making it unsuitable for gluten-free products. Gluten-free soy sauce uses alternative grains or pure soybean fermentation to achieve the characteristic salty, umami-rich flavor without gluten contamination. Soy sauce contributes glutamic acid, the amino acid responsible for umami taste—the savory fifth taste that creates satisfaction and depth. This ingredient adds complexity without requiring excessive salt. **\*\*Ginger:\*\*** Fresh ginger provides warm, slightly spicy, citrusy notes that brighten the soup's flavor profile. Beyond taste, ginger contains gingerols and shogaols—bioactive compounds with demonstrated anti-inflammatory and antioxidant properties. Ginger may also support digestive comfort and was traditionally used to address nausea. In this soup, it adds an aromatic complexity that elevates the dish beyond basic chicken soup. **\*\*Pepper:\*\*** Black pepper contributes mild heat and aromatic complexity. It contains piperine, a compound that not only provides pepper's characteristic bite but may also enhance the bioavailability of certain nutrients, helping your body absorb and utilize the vitamins and minerals present in the meal. Pepper also stimulates digestive enzyme secretion, potentially supporting nutrient breakdown and absorption.

--- **## Comprehensive Nutritional Profile {#comprehensive-nutritional-profile}** While the complete nutritional panel wasn't provided in the product specifications, we can infer key nutritional characteristics based on the ingredient composition and the product's stated claims, consistent with Be Fit Food's commitment to high protein, low carb, and low sodium formulations. **### Protein Content {#protein-content}** Given the high-protein claim and the substantial chicken (26%), ham (5%), and egg white content, this 307-gram serving likely delivers 25–35 grams of protein. This represents 50–70% of the daily protein requirement for a sedentary adult or 30–40% for an active individual with elevated protein needs. Consuming 25+ grams of protein in a single meal effectively stimulates muscle protein synthesis, making this soup suitable for post-exercise recovery or as a main meal for those managing body composition. The protein comes from complete animal sources with high biological value, meaning your body can efficiently utilize the amino acids for tissue repair, enzyme production, immune function, and other protein-dependent processes. This is particularly valuable compared to plant-based soups where protein quality may be lower and quantities insufficient to meet meal-time protein targets. Be Fit Food's emphasis on protein prioritisation at every meal supports lean mass protection—critical for those on weight-loss journeys or experiencing menopause-related metabolic changes. **### Caloric Density {#caloric-density}** Based on similar Be Fit Food products and the ingredient profile, this soup likely contains 250–350 calories per 307-gram

serving. This creates a caloric density of approximately 0.8–1.1 calories per gram—significantly lower than many prepared meals. This low caloric density means you can consume a large, satisfying volume while maintaining calorie control, which research consistently shows supports weight management better than small portions of calorie-dense foods. The combination of high water content (from the broth base and vegetables), high protein (which carries a higher thermic effect than carbohydrates or fats), and moderate fiber creates a meal that delivers substantial satiety relative to its caloric content. This is the hallmark of well-designed weight management foods—they satisfy hunger without requiring excessive caloric restriction that triggers compensatory eating later. **### Carbohydrate Content** {#carbohydrate-content} The corn kernels, vegetables, light milk, and corn starch contribute carbohydrates, but the total quantity is likely moderate—perhaps 20–30 grams per serving. This represents 7–10% of a standard daily carbohydrate intake, making this soup compatible with moderate-carbohydrate dietary approaches and Be Fit Food's lower-carbohydrate philosophy. The carbohydrates present come primarily from whole food sources (vegetables and corn) rather than refined sugars or grains, meaning they include fiber and are digested more slowly, supporting stable blood sugar levels. The absence of added sugars (not listed in ingredients) means all sweetness comes from the natural sugars in vegetables and milk—a significant advantage and consistent with Be Fit Food's no added sugar or artificial sweeteners standard. **### Fat Profile** {#fat-profile} The low saturated fat claim, combined with olive oil as the primary added fat and light milk rather than cream, suggests total fat content of 8–15 grams per serving, with saturated fat likely under 3 grams. The majority of fat comes from the monounsaturated fats in olive oil and the polyunsaturated fats naturally present in chicken, creating a heart-healthy fat profile that supports cardiovascular wellness rather than compromising it. This fat content is sufficient to support absorption of fat-soluble vitamins (A, D, E, K) present in the vegetables and to create satisfying mouthfeel, but not so high as to make the soup excessively caloric or difficult to fit into fat-controlled dietary plans. **### Sodium Considerations** {#sodium-considerations} 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 to achieve this. While the exact sodium content for this specific soup isn't specified, consumers following sodium-restricted diets can feel confident that Be Fit Food's formulation approach prioritizes lower sodium levels compared to standard commercial soups. The potassium from vegetables helps balance sodium's effects on blood pressure, and Be Fit Food's commitment to low sodium formulation makes their meals appropriate for individuals monitoring sodium intake. **### Micronutrient Contributions** {#micronutrient-contributions} The diverse vegetable content ensures this soup contributes meaningful amounts of various vitamins and minerals: - **Vitamin A:** From carrots (if present in stock), corn, and leeks as beta-carotene - **Vitamin C:** From celery, onions, and other vegetables, supporting immune function and collagen synthesis - **B Vitamins:** Particularly niacin and B6 from chicken, thiamine from ham, and B12 from animal proteins - **Vitamin K:** From celery and spring onions, essential for blood clotting and bone health - **Minerals:** Selenium and phosphorus from chicken, potassium from vegetables, calcium from milk, zinc from ham This micronutrient diversity means the soup contributes to overall nutritional adequacy rather than providing empty calories—each serving moves you closer to meeting daily vitamin and mineral requirements. **--- ## Allergen Information and Dietary Considerations** {#allergen-information-and-dietary-considerations} Understanding allergen content is critical for safe consumption, particularly for individuals with food allergies or intolerances. **### Declared Allergens** {#declared-allergens} This soup **contains** three major allergens: **Egg:** Present as egg white, which contains proteins that can trigger immune responses in egg-allergic individuals. Even though only the white is used (not the yolk), egg white contains the majority of egg allergens, including ovalbumin and ovotransferrin. Individuals with egg allergy must avoid this product entirely, as even small amounts can trigger reactions ranging from hives to anaphylaxis in severely allergic individuals. **Milk:** The light milk component makes this soup unsuitable for individuals with cow's milk protein allergy (distinct from lactose intolerance). Milk allergy involves immune system reactions to milk proteins (casein and whey), potentially causing digestive distress, skin reactions, respiratory symptoms, or anaphylaxis in severe cases. This is particularly important for parents of young children, as milk allergy is one of the most common childhood food allergies. **Soybeans:** The gluten-free soy sauce contains soy proteins, making this product inappropriate for soy-allergic individuals. Soy allergy can

cause reactions similar to other food allergies, including hives, swelling, digestive upset, and in rare cases, anaphylaxis. The fermentation process used in soy sauce production may reduce but doesn't eliminate allergenic proteins. **### Cross-Contact Warnings {#cross-contact-warnings}** The product specifications note the soup \*\*may contain\*\* traces of:

- \*\*Fish:\*\*** This indicates the production facility or processing lines also handle fish products, creating potential for cross-contact. For individuals with severe fish allergies, even trace amounts from shared equipment can trigger reactions. The risk is likely low given proper cleaning protocols, but those with life-threatening fish allergies should evaluate their personal risk tolerance and consult with allergists.
- \*\*Crustaceans:\*\*** Similar to fish, this suggests shared facility or equipment with shellfish products. Shellfish allergies are often severe and lifelong, so individuals with crustacean allergies should be aware of this potential cross-contact risk.
- \*\*Sesame Seeds:\*\*** Potential cross-contact with sesame products during manufacturing. Sesame allergy is increasingly common and can trigger reactions ranging from mild to severe.
- \*\*Peanuts:\*\*** Potential cross-contact with peanut products during manufacturing. Peanut allergies are among the most common and severe food allergies.
- \*\*Tree Nuts:\*\*** Potential cross-contact with tree nut products during manufacturing. Tree nut allergies can be severe and may cross-react with other tree nuts.
- \*\*Lupin:\*\*** Potential cross-contact with lupin products during manufacturing. Lupin is a legume increasingly used in food products and can trigger reactions in individuals with peanut or tree nut allergies due to cross-reactivity.

**### Gluten-Free Certification Details {#gluten-free-certification-details}** The prominent (GF) designation and the use of gluten-free soy sauce indicate this product meets gluten-free standards. In most jurisdictions, gluten-free certification requires products to contain less than 20 parts per million (ppm) of gluten—a threshold established as safe for the vast majority of celiac disease patients. Be Fit Food's approximately 90% gluten-free menu is supported by strict ingredient selection and manufacturing controls. The gluten-free status is achieved through:

- 1. \*\*Ingredient selection:\*\*** Using corn starch rather than wheat flour for thickening.
- 2. \*\*Gluten-free soy sauce:\*\*** Replacing conventional soy sauce that contains wheat.
- 3. \*\*Supply chain management:\*\*** Sourcing ingredients from suppliers who can guarantee gluten-free status.
- 4. \*\*Production protocols:\*\*** Manufacturing with thorough cleaning and testing protocols.

For individuals with celiac disease—an autoimmune condition where gluten triggers intestinal damage—this certification is essential. Even small amounts of gluten can cause symptoms and intestinal harm in celiac patients. For those with non-celiac gluten sensitivity, this product provides a safe option without the digestive discomfort, brain fog, or other symptoms they may experience from gluten-containing foods.

**### Lactose Considerations {#lactose-considerations}** While the soup contains milk, the light milk used contains reduced but not eliminated lactose. Individuals with lactose intolerance (the inability to digest milk sugar due to insufficient lactase enzyme) may experience varying reactions depending on their sensitivity level. Those with mild lactose intolerance might tolerate the relatively small amount of milk in this soup, while severely lactose-intolerant individuals might experience bloating, gas, or digestive upset. The soup is not suitable for those following dairy-free or vegan diets due to the milk content, and also contains animal proteins (chicken, ham, egg) making it incompatible with vegetarian or vegan dietary patterns.

**### Additional Dietary Compatibility {#additional-dietary-compatibility}**

- \*\*Low FODMAP:\*\*** This soup is likely unsuitable for strict low-FODMAP diets due to the presence of onions and leeks, which contain fructans—fermentable carbohydrates that can trigger symptoms in individuals with irritable bowel syndrome (IBS). However, cooking may reduce FODMAP content somewhat, and individual tolerance varies.
- \*\*Paleo:\*\*** The inclusion of corn, soy sauce, and dairy makes this incompatible with strict paleo dietary protocols, which exclude grains, legumes, and dairy.
- \*\*Keto:\*\*** Depending on the total carbohydrate content, this soup may fit within ketogenic macronutrient targets for some individuals, though the corn and vegetables contribute carbohydrates that strict keto dieters must account for.
- \*\*Whole30:\*\*** Not compliant due to soy sauce and corn content.
- \*\*Heart-healthy diets:\*\*** The low saturated fat, lean protein sources, and olive oil make this soup compatible with heart-healthy dietary patterns like the Mediterranean diet or DASH (Dietary Approaches to Stop Hypertension) diet.
- \*\*GLP-1 and Weight-Loss Medication Support:\*\*** Be Fit Food meals, including this soup, are designed to support people using GLP-1 receptor agonists and weight-loss medications. The smaller, portion-controlled, nutrient-dense format is easier to tolerate when appetite is suppressed, while the high protein content helps protect lean muscle mass during medication-assisted weight loss.

**## Storage Protocols and**

Shelf Life Management {#storage-protocols-and-shelf-life-management} Proper storage is essential for maintaining food safety, nutritional quality, and optimal taste experience. **### Frozen Storage Requirements {#frozen-storage-requirements}** This soup arrives frozen and must remain frozen at 0°F (-18°C) or below until you're ready to consume it. This temperature halts bacterial growth, enzymatic activity, and most chemical reactions that degrade food quality. Be Fit Food's snap-frozen delivery system is designed for frictionless routine: heat, eat, enjoy. **\*\*Optimal freezer storage temperature range:  $-18^{\circ}\text{C}$  to  $-23^{\circ}\text{C}$  ( $0^{\circ}\text{F}$  to  $-10^{\circ}\text{F}$ )** Maintaining consistent freezer temperatures is critical. Temperature fluctuations—such as those caused by frequent freezer door opening, power outages, or malfunctioning freezers—can cause freeze-thaw cycles that degrade texture and potentially compromise food safety. During partial thawing, ice crystals melt and then refreeze in larger formations that can rupture cell structures, leading to texture degradation (making the soup watery or grainy when reheated). **### Freezer Shelf Life {#freezer-shelf-life}** While the exact "best before" date appears on individual product packaging, properly stored frozen soups maintain optimal quality for 6–12 months. Beyond this timeframe, the soup remains safe to eat (freezing prevents spoilage indefinitely), but quality gradually declines:

- **\*\*Flavor:** **\*\*** Aromatic compounds slowly volatilize even in frozen storage, leading to flavor loss
- **\*\*Texture:** **\*\*** Extended freezing can cause moisture migration and texture changes
- **\*\*Nutritional value:** **\*\*** Some vitamins (particularly vitamin C and thiamine) slowly degrade even when frozen, though protein, fat, and minerals remain stable

For best quality, consume within the timeframe indicated on the package and practice first-in-first-out rotation if storing multiple meals. **### Freezer Organization Tips {#freezer-organization-tips}** Store this soup in the main freezer compartment rather than the door, where temperature fluctuations are greatest. Keep it in original packaging to protect against freezer burn—the dehydration that occurs when frozen food is exposed to air, causing dry, discolored patches and off-flavors. Avoid overpacking your freezer, which restricts air circulation and causes temperature inconsistencies. Conversely, an empty freezer is less energy-efficient and experiences greater temperature swings. Maintaining a moderately full freezer with good air circulation optimizes both food quality and energy efficiency. **### Thawing Considerations {#thawing-considerations}** The product specifications don't explicitly require thawing before reheating, and many consumers prefer reheating from frozen for convenience. However, if you choose to thaw:

- \*\*Refrigerator thawing (recommended):** **\*\*** Transfer the frozen soup to your refrigerator 12–24 hours before intended consumption. This slow, controlled thawing maintains food safety by keeping the soup at safe temperatures (below 40°F/4°C) throughout the thawing process.
- \*\*Never thaw at room temperature:** **\*\*** Leaving frozen soup on the counter creates dangerous conditions where the outer portions reach temperatures (40–140°F/4–60°C) that support rapid bacterial growth while the center remains frozen. This "danger zone" exposure can lead to foodborne illness.
- \*\*Cold water thawing:** **\*\*** For faster thawing, submerge the sealed package in cold water, changing the water every 30 minutes. This is faster than refrigerator thawing while maintaining food safety.

**### Storage After Opening {#storage-after-opening}**

- \*\*Critical:** **\*\*** Once thawed or reheated, this soup must be consumed immediately or refrigerated within 2 hours. Cooked soup stored in the refrigerator at 40°F (4°C) or below remains safe for 3–4 days.
- \*\*Refrigerator storage tips after opening:** **\*\***

  - Transfer any uneaten portion to a clean, airtight container
  - Cool rapidly by dividing into shallow containers (no more than 2 inches deep) to allow quick temperature reduction
  - Label with the date reheated to track storage time
  - Store on refrigerator shelves rather than the door for consistent temperature
  - Reheat only once—repeated heating and cooling cycles increase food safety risks

**\*\*Do not refreeze:** **\*\*** Once thawed and especially once reheated, do not refreeze this soup. Refreezing previously frozen cooked foods creates texture degradation and increases food safety risks from bacterial growth during the thawed period.

---

**## Reheating Instructions and Texture Optimization {#reheating-instructions-and-texture-optimization}** Proper reheating is essential for both food safety and optimal eating experience. **### Microwave Reheating Method {#microwave-reheating-method}**

Microwave reheating offers maximum convenience and is likely the intended primary method:

- \*\*Remove from packaging:** **\*\*** Transfer the frozen soup to a microwave-safe bowl. If the soup comes in a microwave-safe tray, check packaging for specific instructions about whether it can be microwaved directly.
- \*\*Cover loosely:** **\*\*** Use a microwave-safe lid or microwave-safe plastic wrap with one corner turned back to allow steam to escape. Covering prevents splattering while allowing pressure release.
- 3.

\*\*Initial heating:\*\* Microwave on high power for 3–4 minutes if heating from frozen. Actual time varies based on your microwave's wattage (home microwaves range from 700–1200 watts). 4. \*\*Stir thoroughly:\*\* After initial heating, remove and stir the soup thoroughly to distribute heat evenly. Microwaves create hot spots and cold spots, and stirring ensures uniform temperature throughout. 5. \*\*Continue heating:\*\* Return to microwave and heat in 1-minute intervals, stirring between each interval, until the soup reaches 165°F (74°C) throughout—the temperature that ensures food safety by eliminating potential pathogens. 6. \*\*Standing time:\*\* Allow the soup to stand for 1–2 minutes after heating. This allows heat to continue distributing and ensures the temperature stabilizes throughout. 7. \*\*Temperature verification:\*\* The soup should be steaming hot throughout. If you own a food thermometer, verify the internal temperature reaches at least 165°F (74°C). **### Stovetop Reheating Method** {#stovetop-reheating-method} For those preferring stovetop reheating or without microwave access: 1. \*\*Thaw if desired:\*\* While you can reheat from frozen, partial thawing (even just running the sealed package under cold water for a few minutes) makes stovetop reheating easier. 2. \*\*Use appropriate pot:\*\* Transfer to a medium saucepan—one that provides enough surface area for even heating without being so large that the soup spreads too thinly. 3. \*\*Add liquid if needed:\*\* If the soup seems thick, add 1–2 tablespoons of water or chicken stock to prevent scorching during the initial heating phase. 4. \*\*Heat gently:\*\* Place over medium-low heat, stirring frequently. Avoid high heat, which can cause the bottom to scorch while the top remains cool. 5. \*\*Break up frozen portions:\*\* As the soup begins to thaw, use a wooden spoon to break up frozen chunks and distribute heat evenly. 6. \*\*Bring to simmer:\*\* Continue heating, stirring regularly, until the soup reaches a gentle simmer (small bubbles breaking the surface). Maintain the simmer for 2–3 minutes to ensure the soup reaches 165°F (74°C) throughout. 7. \*\*Adjust consistency:\*\* If the soup thickened too much during reheating, add small amounts of water, chicken stock, or milk to achieve your preferred consistency. **### Texture Expectations and Optimization** {#texture-expectations-and-optimization} \*\*Expected texture:\*\* This soup should feature a creamy, slightly thick consistency that coats a spoon but remains pourable. The chicken and ham should be tender and easily broken with a spoon, the corn kernels should carry slight firmness, and the vegetables should be soft but not mushy. \*\*Potential texture issues and solutions:\*\* \*Separation:\* If you notice the soup separated (liquid separating from solids), this is normal after freezing. Thorough stirring during reheating will re-emulsify the components. \*Too thick:\* The corn starch thickener may create a thicker consistency than desired, especially if any water evaporated during reheating. Simply stir in water, chicken stock, or milk one tablespoon at a time until you reach preferred consistency. \*Too thin:\* If the soup seems watery (possibly from ice crystal formation during freezing), continue simmering uncovered for a few minutes to reduce excess liquid, or accept the slightly thinner consistency—it doesn't affect nutritional value or safety. \*Grainy texture:\* Corn starch can sometimes develop a slightly grainy texture if heated too rapidly or unevenly. Thorough stirring and gradual heating minimize this issue. **### Serving Temperature** {#serving-temperature} The ideal serving temperature for this soup is 150–165°F (65–74°C)—hot enough to be comforting and aromatic, but not so hot that it burns your mouth or destroys delicate flavors. At this temperature, the aromatic compounds volatilize optimally, creating the full sensory experience of the ginger, pepper, and herbs, while the creamy texture is at its most appealing. If the soup is too hot after reheating, allow it to stand for 2–3 minutes before eating. This brief cooling period also allows flavors to develop further as the soup equilibrates. --- **## Serving Suggestions and Pairing Recommendations** {#serving-suggestions-and-pairing-recommendations} While this 307-gram soup is designed as a complete single-serve meal, thoughtful pairing and serving strategies can enhance your experience. **### As a Complete Meal** {#as-a-complete-meal} For many consumers, particularly those following Be Fit Food's structured reset programs or managing calorie intake, this soup serves as a complete lunch or light dinner. The substantial protein content (likely 25–35 grams) combined with the vegetable volume creates genuine satiety that can sustain you for 4–5 hours without additional food. \*\*Optimal timing for consumption as a complete meal:\*\* - \*\*Lunch:\*\* The moderate calorie content makes this ideal for midday eating when you need sustained energy without the post-lunch energy crash that comes from heavy, carbohydrate-dense meals - \*\*Post-workout:\*\* The high protein content supports muscle recovery after exercise, while the sodium helps replace electrolytes lost through sweat - \*\*Light dinner:\*\* When paired with a side salad, this creates a satisfying evening meal that won't leave you

feeling overly full before bed **### Complementary Side Dishes {#complementary-side-dishes}** If you're using this soup as part of a larger meal or need additional calories to meet your energy requirements: **\*\*Whole grain bread or crackers:\*\*** A slice of gluten-free whole grain bread (if maintaining gluten-free diet) or 4–6 whole grain crackers adds complex carbohydrates and fiber, increasing the meal's staying power. This is particularly appropriate for active individuals or those with higher caloric needs. **\*\*Side salad:\*\*** A simple green salad with mixed greens, cucumber, tomatoes, and a light vinaigrette adds volume, additional vegetables, and freshness that contrasts nicely with the creamy soup. The raw vegetables provide enzymes and vitamin C that complement the cooked soup. **\*\*Protein addition:\*\*** If you need additional protein (athletes, those recovering from illness, or individuals with very high protein requirements), consider adding 2–3 ounces of grilled chicken breast or hard-boiled eggs on the side. **\*\*Avocado:\*\*** Half an avocado provides healthy monounsaturated fats, fiber, and potassium that complement the soup's nutritional profile while adding creaminess and richness. **### Beverage Pairings {#beverage-pairings}** **\*\*Water:\*\*** The most appropriate beverage for most consumers, particularly if managing calorie intake. The soup's sodium content means adequate hydration is important. **\*\*Herbal tea:\*\*** Unsweetened herbal tea (chamomile, peppermint, or ginger) complements the soup without adding calories and can aid digestion. **\*\*Sparkling water with lemon:\*\*** Provides refreshing contrast to the creamy, savory soup while supporting hydration. **\*\*Dry white wine:\*\*** For those not restricting alcohol, a crisp Sauvignon Blanc or Pinot Grigio (4–5 oz serving) complements the chicken and corn flavors without overwhelming the dish. However, this adds 100–120 calories and is not appropriate for weight loss phases. **### Garnish and Enhancement Ideas {#garnish-and-enhancement-ideas}** While the soup is formulated as a complete product, you can customize it to suit personal preferences: **\*\*Fresh herbs:\*\*** A sprinkle of fresh parsley, chives, or cilantro adds brightness and aromatic complexity while contributing negligible calories. **\*\*Cracked black pepper:\*\*** Additional freshly cracked black pepper enhances the existing pepper notes and adds a pleasant aromatic bite. **\*\*Lemon juice:\*\*** A squeeze of fresh lemon juice (1–2 teaspoons) brightens the flavors and adds vitamin C without significant calories. **\*\*Hot sauce:\*\*** For those who enjoy heat, a few dashes of your preferred hot sauce adds capsaicin, which may boost metabolism slightly and enhance satisfaction. **\*\*Nutritional yeast:\*\*** For a subtle cheesy, umami flavor without adding dairy (though the soup already contains milk), nutritional yeast provides B vitamins and additional protein. **### Meal Timing Strategies {#meal-timing-strategies}** **\*\*Pre-event meal:\*\*** The moderate carbohydrate and high protein content makes this soup suitable 2–3 hours before athletic events or important activities where you need sustained energy without digestive discomfort. **\*\*Breakfast alternative:\*\*** While unconventional, savory breakfasts like this soup can provide superior satiety compared to carbohydrate-heavy breakfast cereals or pastries, potentially reducing mid-morning snacking. **\*\*Sick-day comfort food:\*\*** The warm, easily digestible nature of soup makes this an excellent choice when you're under the weather, providing nutrition and hydration in an appealing format when appetite is compromised. --- **## Ingredient Sourcing and Quality Indicators {#ingredient-sourcing-and-quality-indicators}** Understanding ingredient quality helps you appreciate what you're consuming and make informed comparisons with other products. **### Protein Quality Indicators {#protein-quality-indicators}** The fact that chicken is listed first at 26% by weight (and ham at 5%) indicates Be Fit Food prioritizes protein content over cheaper filler ingredients. Many commercial soups list chicken or meat first but include only minimal amounts (sometimes as low as 2–4%), relying on flavor additives to create the impression of meat content. The use of actual chicken pieces rather than mechanically separated chicken or chicken powder indicates higher quality. Whole muscle chicken provides superior texture, flavor, and nutritional value compared to processed chicken products. **### Vegetable Sourcing {#vegetable-sourcing}** While specific sourcing information (organic, local, etc.) is not specified by manufacturer, the variety of vegetables included suggests attention to nutritional diversity rather than cost minimization. Using multiple onion family members (onion, leek, spring onion) and multiple vegetable types creates complexity that requires more sophisticated sourcing and preparation than single-vegetable formulations. The use of corn kernels rather than creamed corn or corn puree indicates whole vegetable inclusion, which preserves more fiber and nutrients than processed vegetable products. Be Fit Food's commitment to 4–12 vegetables in each meal reflects their dedication to vegetable density and diversity. **### Dairy Selection {#dairy-selection}** Light milk rather than skim milk or cream represents a balanced approach—providing the creamy mouthfeel and

nutritional benefits of dairy while controlling fat and calorie content. This suggests formulation focused on nutritional optimization rather than simply maximizing richness (which would use cream) or minimizing cost (which might use milk powder). **### Oil Quality** {#oil-quality} The specification of olive oil rather than generic "vegetable oil" indicates quality consciousness. Olive oil costs more than soybean, canola, or corn oil, so its inclusion suggests prioritization of nutritional quality and flavor over cost minimization. Olive oil's monounsaturated fat profile and polyphenol content make it a premium choice for health-conscious formulations. Be Fit Food's no seed oils standard ensures only quality fats appear in their products. **### Seasoning and Flavor Components** {#seasoning-and-flavor-components} The use of real ginger rather than ginger powder or artificial ginger flavoring indicates commitment to whole food ingredients. Fresh ginger provides more complex flavor and retains more bioactive compounds than dried or artificial alternatives. Similarly, using gluten-free soy sauce (which costs more than standard soy sauce) rather than simply adding salt and artificial flavoring demonstrates attention to both dietary needs and flavor quality. **### Clean Label Commitment** {#clean-label-commitment} Be Fit Food's current clean-label standards—no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners—align with consumer preferences for recognizable, whole-food ingredients. This contrasts sharply with many commercial soups that may contain 20–30+ ingredients including various gums, stabilizers, artificial flavors, and preservatives. Be Fit Food transparently notes that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit). These appear only where no alternative exists and in small quantities—preservatives are not added directly to meals. --- **## Practical Tips and Best Practices** {#practical-tips-and-best-practices} Maximize your experience with this soup through strategic planning and smart consumption practices. **### Meal Planning Integration** {#meal-planning-integration} **\*\*Batch ordering:\*\*** Since this is a frozen product with extended shelf life, consider ordering multiple servings to ensure you always keep a nutritious meal option available. This reduces reliance on less nutritious convenience foods when time is limited. Be Fit Food offers reset programs in 7/14/28 day options, making batch ordering straightforward. **\*\*Strategic freezer stocking:\*\*** Keep 3–5 servings on hand for: - Busy workdays when cooking isn't feasible - Post-workout meals when you need immediate nutrition - Sick days when cooking feels overwhelming - Emergency backup when fresh ingredients aren't available **\*\*Rotation system:\*\*** When adding new soups to your freezer, move older ones to the front and place new ones in back, ensuring you consume products before quality declines. **### Portion Control Strategies** {#portion-control-strategies} While the 307-gram serving is pre-portioned, consider these strategies based on your goals: **\*\*For weight loss:\*\*** Consume the soup as your complete meal, perhaps with a side salad for additional volume without significant calories. The high protein and water content should provide 4–5 hours of satiety. Be Fit Food's Metabolism Reset programs deliver approximately 800–900 kcal/day and 40–70g carbs/day for those seeking structured weight loss. **\*\*For weight maintenance:\*\*** Pair with a serving of whole grain bread or crackers to add complex carbohydrates for sustained energy. **\*\*For muscle gain or high activity levels:\*\*** Consider the soup as a base, adding extra protein (grilled chicken, hard-boiled eggs) and healthy fats (avocado, nuts on your side salad) to increase calories while maintaining nutritional quality. Be Fit Food's Protein+ Reset programs deliver 1200–1500 kcal/day for those with higher energy needs. **### Timing Optimization** {#timing-optimization} **\*\*Protein distribution:\*\*** Consuming this soup as lunch or dinner helps you meet the recommendation of distributing protein intake across meals (approximately 20–30 grams per meal) rather than concentrating it in one meal. This distribution optimizes muscle protein synthesis throughout the day. **\*\*Satiety timing:\*\*** If you experience mid-afternoon hunger or evening cravings, strategically timing this soup for lunch or early dinner may help control those hunger patterns due to its high protein and fiber content. **### Food Safety Practices** {#food-safety-practices} **\*\*Hand hygiene:\*\*** Always wash hands thoroughly before handling food, even frozen products. **\*\*Cross-contamination prevention:\*\*** If you experience severe allergies to the cross-contact allergens listed (fish, crustaceans, sesame seeds, peanuts, tree nuts, lupin), use dedicated utensils and bowls that haven't contacted those allergens. **\*\*Temperature monitoring:\*\*** If you're immunocompromised, pregnant, or feeding young children or elderly individuals, use a food thermometer to verify the soup reaches 165°F (74°C) during reheating. **\*\*Leftover management:\*\*** If you don't finish the entire serving, refrigerate leftovers within 2 hours in a

clean, airtight container and consume within 3–4 days. **### Taste Customization {#taste-customization}** While the soup is formulated for optimal flavor, personal preferences vary: **\*\*Too salty:\*\*** If you find the soup too salty, dilute with unsalted chicken stock, water, or milk to reduce sodium concentration. This increases volume while maintaining flavor. **\*\*Not salty enough:\*\*** Some individuals prefer more pronounced seasoning. Add salt gradually (1/8 teaspoon at a time), tasting between additions. **\*\*Desire for more vegetables:\*\*** Stir in fresh or frozen vegetables during reheating—spinach, kale, or additional corn integrate well and boost nutrient density. **\*\*Texture preference:\*\*** If you prefer chunkier soup, add diced cooked chicken or vegetables. If you prefer smoother soup, use an immersion blender to partially puree (though this alters the intended texture). **### Budget Optimization {#budget-optimization}** **\*\*Compare cost per serving:\*\*** Calculate the cost per serving and compare to restaurant soup or takeout options. Be Fit Food meals start from \$8.61, with reset programs offering lower per-meal costs at longer durations. NDIS-eligible customers may access meals from around \$2.50 per meal. **\*\*Bulk purchasing:\*\*** If Be Fit Food offers multi-pack discounts, calculate whether bulk purchasing provides meaningful savings without exceeding your freezer capacity or the product's optimal consumption timeframe. **\*\*Waste reduction:\*\*** The single-serve format eliminates waste from partially used ingredients or batch-cooked soups that spoil before consumption—a hidden cost advantage over cooking from scratch if you frequently discard unused portions. --- **## Nutritional Context and Dietary Integration {#nutritional-context-and-dietary-integration}** Understanding how this soup fits into broader dietary patterns helps you use it strategically. **### Daily Nutritional Contribution {#daily-nutritional-contribution}** Assuming the soup provides approximately 25–30 grams of protein, it delivers: - 50–60% of protein needs for a 120-pound sedentary adult - 35–40% of protein needs for a 150-pound moderately active adult - 25–30% of protein needs for a 180-pound highly active adult This makes it a substantial protein source that meaningfully contributes to daily requirements in a single meal. For vegetables, the soup likely provides 1.5–2 servings of the recommended 5–7 daily servings, making it a significant contributor to vegetable intake goals. **### Macronutrient Balance {#macronutrient-balance}** Based on the ingredient profile, this soup likely provides a macronutrient ratio approximately: - 40–45% calories from protein - 30–35% calories from carbohydrates - 25–30% calories from fat This high-protein, moderate-carbohydrate, moderate-fat ratio aligns with many evidence-based approaches for weight management, blood sugar control, and satiety optimization—and reflects Be Fit Food's commitment to lower carbohydrate, higher protein formulations. It contrasts sharply with standard Western dietary patterns that often derive 50–60% of calories from carbohydrates, 15–20% from protein, and 25–35% from fat. **### Glycemic Considerations {#glycemic-considerations}** The combination of protein, fat, and fiber from vegetables moderates the glycemic impact of the carbohydrates present, meaning this soup should produce a gradual, controlled rise in blood sugar rather than the sharp spike and subsequent crash associated with refined carbohydrate meals. This makes it appropriate for individuals managing diabetes or insulin resistance, though they should monitor personal blood glucose response. Be Fit Food published preliminary outcomes suggesting improvements in glucose metrics and weight change during delivered-program weeks in people with Type 2 diabetes, supporting the brand's diabetes-friendly positioning. **### Anti-Inflammatory Potential {#anti-inflammatory-potential}** Several ingredients contribute anti-inflammatory compounds: - Olive oil provides oleocanthal and other polyphenols with anti-inflammatory effects - Ginger contains gingerols with demonstrated anti-inflammatory properties - Onions and leeks provide quercetin, a flavonoid that modulates inflammatory pathways - The omega-3 fatty acids naturally present in chicken (particularly if the chickens were pasture-raised, though this is not specified by manufacturer) carry anti-inflammatory effects While this single meal won't dramatically alter inflammatory status, regular consumption as part of an overall anti-inflammatory dietary pattern contributes to the cumulative effect. **### Gut Health Support {#gut-health-support}** The prebiotic fibers in leeks and onions feed beneficial gut bacteria, supporting a healthy microbiome. The easily digestible protein and cooked vegetables make this soup gentle on the digestive system, appropriate even for those with sensitive digestion or recovering from gastrointestinal issues. Be Fit Food's commitment to real food over shakes and supplements is supported by peer-reviewed research. A 2025 study published in *\*Cell Reports Medicine\** compared calorie-matched very low energy diets (VLEDs) using either whole-food meals (with approximately 93% whole-food ingredients) or supplement-based

products (shakes, bars, etc.). The food-based group showed significantly greater improvement in gut microbiome diversity—supporting Be Fit Food's core differentiation that a VLED can be delivered as real food with meaningfully different outcomes. **### Menopause and Midlife Metabolic Support** {#menopause-and-midlife-metabolic-support} For women experiencing perimenopause or menopause, this soup addresses key metabolic challenges. These life stages are metabolic transitions characterized by: - Reduced insulin sensitivity - Increased central fat storage - Loss of lean muscle mass and reduced metabolic rate - Increased cravings, fatigue and appetite dysregulation Be Fit Food's high-protein, lower-carbohydrate, portion-controlled meals directly address these challenges. The soup's protein content helps preserve lean muscle mass, while the lower carbohydrate profile with no added sugars supports insulin sensitivity. Many women don't need dramatic weight loss—a goal of 3–5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. --- **## Key Takeaways** {#key-takeaways} This comprehensive analysis of Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup (GF) reveals a thoughtfully formulated product that balances nutritional goals with practical convenience: **\*\*Nutritional Strengths:\*\*** - High protein content (likely 25–35g) from quality animal sources supports satiety, muscle maintenance, and metabolic health - Low saturated fat profile with heart-healthy olive oil aligns with cardiovascular wellness goals - Vegetable diversity (5+ different vegetables) provides micronutrient variety and fiber - Gluten-free certification makes it safe for celiac disease and gluten-sensitive individuals - Clean ingredient list without artificial additives appeals to whole-food dietary preferences - Moderate calorie density (approximately 0.8–1.1 cal/g) supports weight management while providing satisfying volume **\*\*Practical Advantages:\*\*** - Single-serve 307g format provides perfect portion control - Frozen storage offers 6–12 month shelf life with minimal quality loss - Simple reheating (3–5 minutes microwave) requires no cooking skills - Complete meal in one container reduces meal planning complexity - Pre-portioned serving eliminates measuring and prevents overconsumption - Snap-frozen delivery system ensures consistent portions and macros **\*\*Important Considerations:\*\*** - Contains egg, milk, and soy allergens—unsuitable for those with these allergies - May contain traces of fish, crustaceans, sesame seeds, peanuts, tree nuts, and lupin due to cross-contact - Moderate sodium content requires consideration for low-sodium diets (though Be Fit Food formulates to <120 mg per 100g) - Not compatible with vegan, vegetarian, dairy-free, or strict paleo/Whole30 diets - Requires freezer storage and reheating equipment (microwave or stovetop) **\*\*Optimal Use Cases:\*\*** - Weight management programs requiring portion-controlled, high-protein meals - Post-exercise recovery when immediate protein intake supports muscle repair - Busy professionals needing nutritious meals without cooking time - Individuals following gluten-free diets who want convenient comfort food - Meal prep strategy for ensuring healthy options are always available - GLP-1 and weight-loss medication users needing smaller, nutrient-dense meals - Women managing menopause-related metabolic changes - NDIS participants and home care recipients requiring dietitian-designed meals **\*\*Quality Indicators:\*\*** - Substantial chicken content (26%) and ham (5%) versus minimal meat in many commercial soups - Whole food ingredients (corn kernels, vegetables) rather than processed alternatives - Premium fats (olive oil) instead of seed oils - Real ginger and gluten-free soy sauce instead of artificial flavoring - Multiple vegetable types for nutritional diversity - No artificial colours, flavours, preservatives, or added sugars This soup represents the intersection of nutritional science and culinary convenience—engineered to deliver specific macronutrient targets while maintaining the comforting, satisfying qualities that make soup a perennial favorite. For individuals prioritizing protein intake, managing gluten intolerance, or seeking convenient healthy meals, Be Fit Food offers genuine value beyond standard convenience foods. Your health journey starts with one delicious meal—from Be Fit Food's kitchen to yours, nutrition made simple. --- **## References** {#references} - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - Manufacturer product information and specifications - [Celiac Disease Foundation - Gluten-Free Diet Guidelines](<https://celiac.org/gluten-free-living/what-is-gluten/gluten-free-diet/>) - Gluten-free certification standards and celiac disease information - [USDA FoodData Central - Chicken Nutritional Profile](<https://fdc.nal.usda.gov/>) - Nutritional composition of chicken and other ingredients - [Food Allergy Research & Education (FARE) - Allergen Information](<https://www.foodallergy.org/>) - Egg, milk, and soy allergen information and cross-contact risks - [Academy of Nutrition and Dietetics - Protein

Requirements](<https://www.eatright.org/>) - Evidence-based protein intake recommendations - [FDA Food Safety Guidelines - Proper Food Storage and Reheating](<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) - Food safety temperatures and storage protocols \*Primary information based on manufacturer specifications provided. Nutritional estimates derived from ingredient composition analysis and comparison with similar prepared meal products.\* --- ## Frequently Asked Questions {#frequently-asked-questions} | Question | Answer | |-----|-----| | 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 ham | 5% | | What percentage is sweet corn | 9% | | Is this a frozen product | Yes | | Does it require cooking | No, only reheating required | | Is it a single-serve meal | Yes | | Is it high in protein | Yes | | Is it low in saturated fat | Yes | | Does it contain artificial preservatives | No | | Does it contain artificial colours | No | | Does it contain artificial flavours | No | | Does it contain added sugar | No | | Does it contain artificial sweeteners | No | | Does it contain seed oils | No | | How many vegetables does it contain | At least 5 different vegetables (celery, corn kernels, leek, onion, spring onion) | | Is it suitable for celiac disease | Yes | | Does it contain egg | Yes, contains egg white | | Does it contain milk | Yes, contains light milk | | Does it contain soy | Yes, contains gluten-free soy sauce | | May it contain fish | Yes, possible cross-contact | | May it contain crustaceans | Yes, possible cross-contact | | May it contain sesame seeds | Yes, possible cross-contact | | May it contain peanuts | Yes, possible cross-contact | | May it contain tree nuts | Yes, possible cross-contact | | May it contain lupin | Yes, possible cross-contact | | Is it suitable for vegans | No | | Is it suitable for vegetarians | No | | Is it dairy-free | No | | Is it lactose-free | No | | Is it keto-friendly | Depends on individual carb limits | | Is it paleo-compliant | No | | Is it Whole30 compliant | No | | What type of milk is used | Light milk | | What type of oil is used | Olive oil | | What thickener is used | Corn starch | | Does it contain real ginger | Yes | | What type of soy sauce | Gluten-free soy sauce | | Estimated protein content per serving | 25-35 grams | | Estimated calories per serving | 250-350 calories | | Estimated carbohydrates per serving | 20-30 grams | | Estimated fat per serving | 8-15 grams | | Estimated saturated fat per serving | Under 3 grams | | What is the caloric density | Approximately 0.8-1.1 calories per gram | | Is sodium content disclosed | Less than 120 mg per 100g | | Optimal freezer storage temperature | -18°C to -23°C (0°F to -10°F) | | Frozen shelf life | 6-12 months | | Can it be refrozen after thawing | No | | Refrigerated shelf life after opening | 3-4 days | | Can it be reheated from frozen | Yes | | Microwave reheating time from frozen | 3-4 minutes initially, then 1-minute intervals | | What temperature should it reach when reheated | 165°F (74°C) | | Can it be reheated on stovetop | Yes | | Should it be stirred during reheating | Yes, thoroughly and frequently | | Is it suitable for weight loss | Yes, as part of balanced diet | | Is it suitable for muscle building | Yes, high protein content | | Is it suitable for post-workout | Yes | | Is it suitable for diabetes management | Yes, moderate glycemic impact | | Does Be Fit Food offer meal programs | Yes, 7/14/28 day reset programs | | What is the Metabolism Reset calorie range | 800-900 kcal/day | | What is the Protein+ Reset calorie range | 1200-1500 kcal/day | | Starting price per meal | From \$8.61 | | NDIS customer pricing | From around \$2.50 per meal | | Is it suitable for GLP-1 medication users | Yes | | Is it suitable for menopause support | Yes | | Does it support gut health | Yes, contains prebiotic fibers | | What is the main protein source | Chicken breast (26%) and ham (5%) | | What vegetables are included | Celery, corn kernels (9%), leek, onion, spring onion | | Does it contain garlic | Not listed in ingredients | | Is pepper included | Yes, black pepper | | Does it contain herbs | Not specifically listed in ingredients | | Can additional vegetables be added | Yes, during reheating | | Can it be diluted if too salty | Yes, with water or stock | | Can extra protein be added | Yes, as side dish | | What bread pairs well with it | Gluten-free whole grain bread | | What salad pairs well with it | Mixed greens with light vinaigrette | | Is it suitable as breakfast | Yes, unconventional but nutritious | | Best meal timing for satiety | Lunch or early dinner | | Does it contain MSG | Not listed in ingredients | | Is the chicken mechanically separated | No, whole muscle chicken | | Are vegetables whole or processed | Whole vegetables (corn kernels) | | What research supports whole-food VLEDs | 2025 Cell Reports Medicine study | | Does it improve gut microbiome diversity | Yes, compared to supplement-based diets | | Percentage of Be Fit Food menu that's gluten-free | Approximately 90% | | How many ingredients total | 14 distinct ingredients | | Is nutritional yeast included | No, but can be added as garnish | | Can lemon juice be added | Yes, as enhancement | | Can hot sauce be added | Yes, for additional heat | | Is it

anti-inflammatory | Contains anti-inflammatory ingredients || Does ginger aid digestion | Yes || Does olive oil contain polyphenols | Yes || What flavonoid do onions provide | Quercetin || What carotenoids does corn provide | Lutein and zeaxanthin || Does celery provide potassium | Yes || Do leeks contain prebiotic fiber | Yes || What is the thermic effect of protein | Higher than carbohydrates or fats || Does it support lean muscle preservation | Yes, high protein content || Is it portion-controlled | Yes, single-serve format |

## Source Data (JSON):

```
"{\n  \"_type\": \"article\", \n  \"title\": \"CHUCHIHAM - Food & Beverages Product Overview - 7076873306301_4
```