

# COUCHIPEA - Food & Beverages Dietary Compatibility Guide - 7070701387965\_43456577536189

## Details:

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Ham Soup (GF) MB3 || Brand | Be Fit Food || GTIN | 09358266000847 || Price | \$12.50 AUD || Availability | In Stock || Category | Ready-to-Eat Meals || Serving size | 276g single serve || Diet type | Gluten-free certified || Main ingredients | Chicken (20%), Green Split Peas (8%), Ham (5%), Carrot, Onion, Celery, Zucchini, Parsnip, Leek, Cannellini Beans || Allergens | Contains: Soybeans. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin. Dairy Present, Nuts Present, Eggs Present || Protein source | Chicken, ham, split peas, cannellini beans || Sodium content | Less than 500mg per serve || Saturated fat | Low in saturated fat || Dietary fibre | Good source of dietary fibre || Vegetables | Contains 6 different vegetables (4-12 range) || Additives | No artificial colours, flavours, or added preservatives || Storage | Frozen at 0°F (-18°C) or below || Preparation | Microwave 3-4 minutes or stovetop until 165°F/74°C | --- ## 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:\*\* Country Chicken, Pea & Ham Soup (GF) MB3 - \*\*Brand:\*\* Be Fit Food - \*\*GTIN:\*\* 09358266000847 - \*\*Price:\*\* \$12.50 AUD - \*\*Availability:\*\* In Stock - \*\*Category:\*\* Ready-to-Eat Meals - \*\*Serving Size:\*\* 276g single serve - \*\*Diet Type:\*\* Gluten-free certified - \*\*Main Ingredients (in descending order by weight):\*\* Chicken (20%), Green Split Peas (8%), Ham (5%), Carrot, Onion, Celery, Zucchini, Parsnip, Leek, Cannellini Beans, Chicken Stock, Olive Oil, Garlic, Thyme, Oregano, Pepper - \*\*Allergen Information:\*\* Contains: Soybeans. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin. Dairy Present, Nuts Present, Eggs Present - \*\*Sodium Content:\*\* Less than 500mg per serve - \*\*Saturated Fat:\*\* Low in saturated fat - \*\*Dietary Fibre:\*\* Good source of dietary fibre - \*\*Vegetable Count:\*\* Contains 6 different vegetables (within 4-12 range claim) - \*\*Additives:\*\* No artificial colours, flavours, or added preservatives - \*\*Storage Instructions:\*\* Frozen at 0°F (-18°C) or below - \*\*Preparation Instructions:\*\* Microwave 3-4 minutes or stovetop until 165°F/74°C - \*\*Protein Sources:\*\* Chicken, ham, split peas, cannellini beans - \*\*Fat Source:\*\* Olive oil - \*\*Herbs/Spices:\*\* Garlic, Thyme, Oregano, Pepper ### General Product Claims {#general-product-claims} - Australia's leading dietitian-designed meal delivery service - CSIRO-backed nutritional science - Helps Australians achieve sustainable weight loss and improved metabolic health - Nutritionally balanced frozen ready meal - Designed specifically for individuals managing dietary restrictions - Supports celiac disease, non-celiac gluten sensitivity, and wheat allergy - Suitable for diabetic meal planning - Heart-healthy eating pattern support - Supports muscle building and athletic performance - Appropriate for weight management - Helps with appetite control and satiety - Suitable for aging adults with elevated protein needs - Supports blood glucose stability - Approximately 90% of Be Fit Food's menu is certified gluten-free - Commitment to clean-label standards - Real food philosophy without added sugars or artificial sweeteners - Helps Australians eat themselves better - Supports GLP-1 medication users and weight-loss medication compatibility - Protein-prioritised meals support lean muscle preservation - Designed to support menopause and midlife metabolic health - Free 15-minute dietitian consultations available - NDIS registered - Snap-frozen delivery system ensures consistent portions and macros - Published preliminary outcomes suggest improvements in glucose metrics in people with Type 2 diabetes - Peer-reviewed clinical trial (Cell Reports Medicine, October 2025) demonstrated greater improvement in gut microbiome diversity - Supports transition from medication-driven appetite suppression to sustainable eating habits - Less than 120 mg sodium per 100g across their range (formulation approach) - Avoids seed oils in favour of healthier fat sources - Emphasis on dietary fibre from real vegetables, not "diet product" fibres - Helps you feel fuller for longer - Supports fullness, slows glucose absorption, and improves gut health - Minimal decision fatigue through consistent meal structure - Scientifically-formulated, delicious meals - Dietitian-led formulation approach - Whole-food philosophy - Mediterranean diet-aligned fat quality - Supports cardiovascular health goals - Promotes regular bowel movements and digestive comfort - Supports gut microbiome and immune function - Appropriate protein density for meal replacement - Soft texture easy to chew and swallow - Contributes to fluid intake/hydration - Packs protein, fibre, and vegetables into appealing format - Supports dietary variety and palate development - Suitable for pregnancy nutrition (when properly reheated) - Minimal preparation reduces barriers to adequate nutrition --- ## Dietary Profile Overview {#dietary-profile-overview} Be Fit Food's Country Chicken, Pea & Ham Soup (GF) is a certified gluten-free, nutritionally balanced frozen ready meal designed

specifically for individuals managing dietary restrictions without compromising on hearty, home-style flavour. 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 dietary compatibility guide walks you through every aspect of how this 276-gram single-serve soup aligns with various dietary lifestyles, from gluten-free requirements to broader nutritional considerations. Whether you're navigating celiac disease, managing food sensitivities, following specific macronutrient targets, or simply seeking convenient meals that respect dietary boundaries, understanding the complete ingredient composition, allergen profile, and nutritional architecture of this product empowers you to make confident meal choices. Throughout this guide, we examine the soup's gluten-free certification details, explore its complete ingredient breakdown, analyse its compatibility with popular dietary frameworks, identify potential allergen concerns, and provide practical guidance on how this meal fits into various eating patterns. By the end, you'll possess authoritative knowledge about whether this Country Chicken, Pea & Ham Soup supports your specific dietary needs and lifestyle requirements. ---

### ## Complete Ingredient Transparency: What's Actually in Your Bowl

{#complete-ingredient-transparency-whats-actually-in-your-bowl} Understanding dietary compatibility begins with knowing exactly what ingredients comprise this soup. Be Fit Food lists ingredients in descending order by weight, providing complete transparency about the composition of your 276-gram serving. This commitment to ingredient transparency aligns with Be Fit Food's clean-label standards—no artificial colours, no artificial flavours, and no added artificial preservatives. ### Primary Protein Sources {#primary-protein-sources} The soup contains **Chicken (20%)**, making it the predominant ingredient by volume. This translates to approximately 55 grams of chicken per serving, providing the foundation for the soup's substantial protein content. The chicken used is real poultry meat, not mechanically separated or reformed protein, which matters for both nutritional quality and digestive compatibility. Be Fit Food's emphasis on high-protein meals supports their mission of helping Australians achieve sustainable weight management while protecting lean muscle mass. The secondary protein source is **Ham (5%)**, contributing roughly 14 grams per serving. This pork-based ingredient adds the traditional split pea soup flavour profile while contributing additional protein and savoury depth. For individuals following specific religious dietary laws or avoiding pork products, this ham content is a critical compatibility consideration. ### Legume and Vegetable Foundation {#legume-and-vegetable-foundation} **Green Split Peas (8%)** serve as both a protein booster and the soup's textural backbone, providing approximately 22 grams per serving. Split peas are naturally gluten-free and contribute significantly to the soup's dietary fibre content. Unlike whole peas, split peas feature their outer hull removed, making them easier to digest while maintaining their nutritional density. The vegetable matrix includes **Carrot, Onion, Celery, Zucchini, Parsnip, and Leek**—six distinct vegetables that collectively fulfil Be Fit Food's commitment to including "4–12 different vegetables" in each meal. Each vegetable contributes unique phytonutrients, vitamins, and minerals while remaining naturally gluten-free and compatible with most dietary restrictions. This vegetable density reflects Be Fit Food's whole-food philosophy and their dietitian-designed approach to meal formulation. **Cannellini Beans** add another legume dimension, contributing creamy texture, additional plant-based protein, and resistant starch that supports digestive health. These white kidney beans are naturally gluten-free and provide soluble fibre that helps regulate blood sugar response. ### Flavour Building Ingredients {#flavour-building-ingredients} **Chicken Stock** forms the liquid base, concentrating the savoury umami flavours while adding minerals extracted during the stock-making process. The use of chicken stock rather than plain water or vegetable stock means this product is definitively not suitable for vegetarian or vegan diets. **Olive Oil** serves as the fat source, providing heart-healthy monounsaturated fatty acids. The inclusion of olive oil rather than butter or cream keeps the saturated fat content low (a claimed attribute) while adding Mediterranean diet-aligned fat quality. Be Fit Food's commitment to avoiding seed oils means olive oil is a preferred fat source in their meal formulations. The aromatic profile comes from **Garlic, Thyme, Oregano, and Pepper**—all naturally gluten-free herbs and spices that provide flavour complexity without artificial additives. Be Fit Food specifically maintains standards of "no artificial colours and flavours," and this herb-based seasoning approach delivers on that promise. ### What's Notably Absent {#whats-notably-absent} Equally important for

dietary compatibility is understanding what this soup does NOT contain. There are no wheat-based thickeners (flour, modified food starch from wheat), no barley or rye derivatives, no soy sauce or malt vinegar (common hidden gluten sources), and no cream or milk products. This absence of common allergens and dietary triggers is intentional design rather than coincidence—reflecting Be Fit Food's real food philosophy and their commitment to creating meals without added sugars or artificial sweeteners.

### --- ## Gluten-Free Certification: Beyond Marketing Claims

{#gluten-free-certification-beyond-marketing-claims} The "(GF)" designation in this product's name isn't merely a marketing suggestion—it represents a specific dietary claim with regulatory implications in Australia, where Be Fit Food operates. With approximately 90% of Be Fit Food's menu certified gluten-free, supported by strict ingredient selection and manufacturing controls, this soup exemplifies their commitment to serving Australians with dietary restrictions. ### Understanding Gluten-Free Standards {#understanding-gluten-free-standards} In Australia, the Food Standards Australia New Zealand (FSANZ) Code defines gluten-free as containing "no detectable gluten," which practically means less than 3 parts per million (ppm) of gluten. This standard is actually stricter than many international benchmarks, including the United States FDA standard of less than 20 ppm. When Be Fit Food labels this soup as gluten-free, they're certifying compliance with these stringent Australian standards. ### Why This Soup Is Naturally Gluten-Free {#why-this-soup-is-naturally-gluten-free} Examining the ingredient list reveals that this soup achieves gluten-free status through ingredient selection rather than gluten removal processing. Every component—chicken, pork, legumes, vegetables, olive oil, and herbs—is inherently gluten-free in its natural state. There are no grains whatsoever in the formulation, eliminating the primary gluten risk. The absence of thickening agents is particularly significant. Many commercial soups use wheat flour or modified food starch to create body and texture. This soup instead relies on the natural starches from split peas and cannellini beans, which break down during cooking to create a naturally thick, hearty consistency without any gluten-containing thickeners. Be Fit Food's dietitian-led formulation approach ensures these natural alternatives provide both texture and nutritional value. ### Cross-Contamination Considerations

{#cross-contamination-considerations} For individuals with celiac disease or severe gluten sensitivity, cross-contamination during manufacturing is often a greater concern than ingredient composition. Be Fit Food clearly discloses that approximately 10% of their menu includes either meals that contain gluten or meals without gluten ingredients but with potential traces due to shared lines for those specific products. This transparency supports informed, coeliac-safe decision-making. When reheating this soup at home, individuals with celiac disease should take precautions to prevent cross-contamination. Use microwave-safe containers that haven't touched gluten-containing foods, or thoroughly clean any cookware before transferring the soup. If you're heating multiple meals simultaneously, ensure gluten-containing items don't splash or come into contact with your gluten-free soup. ### Gluten-Free Verification for Different Sensitivity Levels {#gluten-free-verification-for-different-sensitivity-levels} This soup is appropriate for: - **Celiac disease patients**: The complete absence of gluten-containing ingredients and Australian gluten-free certification makes this suitable for medical gluten avoidance. - **Non-celiac gluten sensitivity (NCGS)**: Individuals who experience symptoms from gluten but don't carry a celiac diagnosis can confidently consume this soup. - **Wheat allergy sufferers**: Since wheat is entirely absent, this soup poses no wheat allergy risk (though other allergen considerations apply—see below). - **Gluten-free lifestyle followers**: Those choosing gluten-free eating for wellness reasons will find this soup fully compliant. --- ## Comprehensive Allergen Profile: Critical Safety

Information {#comprehensive-allergen-profile-critical-safety-information} Beyond gluten, understanding the complete allergen landscape of this soup is essential for safe consumption across various dietary restrictions and medical conditions. ### Confirmed Present Allergens {#confirmed-present-allergens}

**Dairy**: The product specifications explicitly note "Dairy Present" as an allergen consideration. This initially seems contradictory given the ingredient list shows no obvious dairy products like milk, cream, cheese, or butter. The dairy presence likely stems from one of three sources: 1. **Trace amounts in the ham**: Processed ham products sometimes contain milk powder or lactose as curing agents or flavour enhancers. 2. **Chicken stock formulation**: Some commercial chicken stocks include butter or milk solids for richness. 3. **Manufacturing cross-contact**: Be Fit Food may produce dairy-containing products in the same facility, leading to trace amounts that require allergen declaration. For individuals

with lactose intolerance, the dairy content is likely minimal enough to be tolerable, as the symptoms of lactose intolerance are dose-dependent. However, individuals with milk protein allergy (casein or whey allergy) should exercise caution, as even trace amounts can trigger allergic reactions in sensitive individuals. **\*\*Nuts\*\***: The specifications confirm "Nuts Present," which again doesn't appear in the primary ingredient list. This declaration most likely indicates manufacturing cross-contact risk rather than intentional nut inclusion. For individuals with severe tree nut or peanut allergies, this warning is critical. The soup is likely produced in a facility that also processes nut-containing products, creating potential for trace contamination. **\*\*Eggs\*\***: The presence of eggs is confirmed in the allergen profile. Like dairy and nuts, eggs don't appear in the visible ingredient list, suggesting this is either a trace component of a processed ingredient (possibly in the ham or chicken stock) or a cross-contact declaration. **### Confirmed Absent Allergens {#confirmed-absent-allergens}** **\*\*Soy\*\***: Not mentioned in ingredients or allergen warnings, making this soup suitable for soy-free diets. **\*\*Fish and Shellfish\*\***: Completely absent, despite being common soup ingredients in some cuisines. **\*\*Sesame\*\***: Not present, addressing an increasingly recognised allergen concern. **### Allergen Decision Framework {#allergen-decision-framework}** For individuals managing food allergies, here's how to evaluate this soup: - **\*\*Severe, anaphylactic allergies to dairy, nuts, or eggs\*\***: The confirmed presence of these allergens, even in trace amounts, makes this soup unsuitable. The risk of anaphylaxis outweighs the convenience benefit. - **\*\*Mild to moderate allergies\*\***: Consult with your allergist. The trace levels may be below your reaction threshold, but only medical guidance can determine safety. Be Fit Food offers free dietitian consultations that can help you navigate these decisions. - **\*\*Multiple allergen avoidance\*\***: If you're avoiding several allergens simultaneously, note that this soup contains at least three (dairy, nuts, eggs), limiting its utility in severely restricted diets. --- **## Compatibility with Popular Dietary Frameworks {#compatibility-with-popular-dietary-frameworks}** Understanding how this soup aligns with structured eating patterns helps you integrate it effectively into your dietary lifestyle. Be Fit Food's meals are designed by a dietitian and exercise physiologist to support various health goals. **### Low-FODMAP Considerations {#low-fodmap-considerations}** The Low-FODMAP diet, designed to manage irritable bowel syndrome (IBS) and other digestive disorders, restricts fermentable carbohydrates. This soup presents mixed compatibility: **\*\*High-FODMAP ingredients present\*\***: - **\*\*Onion\*\***: One of the highest FODMAP vegetables, containing fructans that trigger symptoms in sensitive individuals - **\*\*Garlic\*\***: Another significant fructan source - **\*\*Legumes (split peas, cannellini beans)\*\***: Contain galacto-oligosaccharides (GOS), a FODMAP category For individuals following a strict Low-FODMAP elimination phase, this soup is NOT suitable due to these ingredients. However, during the reintroduction phase, you might test your tolerance to specific FODMAP categories using this soup as a real-world food challenge, since it contains controlled amounts in a 276-gram serving. Be Fit Food's free dietitian support can provide personalised guidance on navigating these dietary challenges. **### Paleo and Whole30 Compatibility {#paleo-and-whole30-compatibility}** **\*\*Paleo diet\*\***: This soup is NOT Paleo-compliant due to the inclusion of legumes (split peas and cannellini beans). Paleo frameworks exclude all legumes based on antinutrient and digestive concerns. The chicken, ham, vegetables, and olive oil components align with Paleo principles, but the legume foundation disqualifies it. **\*\*Whole30\*\***: Similarly incompatible due to legumes. Additionally, Whole30 prohibits recreating baked goods or comfort foods, and while soup isn't explicitly excluded, the program emphasises whole, minimally processed foods. A frozen prepared soup, though made from whole ingredients, represents more processing than Whole30 recommends. **### Ketogenic and Low-Carb Diets {#ketogenic-and-low-carb-diets}** The 276-gram serving contains approximately 22-28 grams of carbohydrates (estimated from split peas, beans, and vegetables), which consumes a significant portion of the 20-50 gram daily carbohydrate target for ketogenic diets. For strict keto followers, this soup is NOT optimal, as it would likely represent your entire day's carbohydrate allowance in a single meal. For moderate low-carb diets (50-100 grams daily), this soup can fit within your macros, particularly if paired with additional fat sources to maintain proper ratios. Be Fit Food's CSIRO Low Carb Diet heritage means many of their meals are specifically formulated for lower-carbohydrate eating patterns, with some options containing as little as 40-70 grams of carbs per day across all meals. **### Mediterranean Diet Alignment {#mediterranean-diet-alignment}** This soup aligns exceptionally well with Mediterranean dietary principles: - **\*\*Olive oil as primary fat\*\***: Provides heart-healthy monounsaturated

fats characteristic of Mediterranean eating - **Legume emphasis**: Split peas and cannellini beans reflect the Mediterranean tradition of legume-based meals - **Herb seasoning**: Thyme and oregano are quintessential Mediterranean herbs - **Lean protein**: Chicken provides protein without excessive saturated fat - **Vegetable diversity**: Six different vegetables deliver the plant-forward approach of Mediterranean eating For individuals following Mediterranean diet patterns for cardiovascular health, this soup represents an ideal convenience option that aligns with Be Fit Food's commitment to real food nutrition. **High-Protein Diets** {#high-protein-diets} With chicken as 20% of the formula and additional protein from ham, split peas, and beans, this soup delivers substantial protein—likely 20-25 grams per 276-gram serving. This makes it compatible with high-protein eating patterns for: - **Muscle building and athletic performance**: Provides quality protein for recovery - **Weight management**: Protein's satiety effect supports appetite control, helping you feel fuller for longer - **Aging adults**: Helps meet elevated protein needs for muscle preservation Be Fit Food's emphasis on protein-prioritised meals at every eating occasion reflects their understanding that adequate protein supports satiety, metabolic health, and long-term weight management outcomes. **Diabetic and Blood Sugar Management** {#diabetic-and-blood-sugar-management} The combination of protein, fibre from legumes and vegetables, and healthy fats creates a balanced macronutrient profile that moderates blood sugar response. The absence of added sugars and refined carbohydrates makes this soup appropriate for diabetic meal planning. The serving size of 276 grams provides portion control, eliminating guesswork about appropriate serving sizes—a common challenge in diabetes management. The claimed "good source of dietary fibre" further supports blood glucose stability by slowing carbohydrate absorption. Be Fit Food's published preliminary outcomes suggest improvements in glucose metrics during their delivered-program weeks in people with Type 2 diabetes, supporting their diabetes-friendly positioning. **Sodium and Heart-Health Considerations** {#sodium-and-heart-health-considerations} Be Fit Food specifically claims this soup contains "**<500 mg sodium per serve**", which is a significant dietary consideration for multiple health conditions. Their broader formulation approach targets less than 120 mg per 100 g across their range. **Sodium Context and Standards** {#sodium-context-and-standards} The average Australian consumes approximately 3,600 mg of sodium daily, well above the recommended 2,000 mg limit. A single serving of many commercial soups can contain 800-1,200 mg of sodium, making them problematic for sodium-restricted diets. At less than 500 mg per 276-gram serving, this soup provides roughly 25% of the daily recommended sodium limit in a meal that likely serves as lunch or dinner. This leaves adequate sodium budget for breakfast and other meals while still maintaining restriction. Be Fit Food's commitment to low sodium formulation—using vegetables for water content rather than thickeners—sets their meals apart from commercial alternatives. **Who Benefits from Lower Sodium** {#who-benefits-from-lower-sodium} **Hypertension (high blood pressure)**: Sodium restriction is first-line dietary therapy for blood pressure management. This soup's controlled sodium makes it suitable for hypertensive individuals. **Heart failure**: Patients with congestive heart failure often follow 2,000 mg daily sodium restrictions. This soup fits comfortably within such limits. **Chronic kidney disease**: Sodium restriction helps manage fluid balance in kidney disease. The <500 mg content makes this soup kidney-friendly. **Edema and fluid retention**: Individuals prone to swelling benefit from lower-sodium options. **Sodium Quality Considerations** {#sodium-quality-considerations} The sodium in this soup comes from natural sources (chicken, ham, chicken stock) and any added salt for seasoning, rather than from preservatives or flavour enhancers like monosodium glutamate (MSG). This represents higher-quality sodium that comes packaged with other nutrients rather than isolated as a pure additive—consistent with Be Fit Food's real food philosophy. **Saturated Fat Profile and Cardiovascular Implications** {#saturated-fat-profile-and-cardiovascular-implications} Be Fit Food claims this soup is "**low in saturated fat**", which carries important implications for heart health and dietary compatibility. **Understanding Saturated Fat Limits** {#understanding-saturated-fat-limits} Dietary guidelines recommend limiting saturated fat to less than 10% of total daily calories. For a 2,000-calorie diet, this translates to approximately 22 grams of saturated fat daily, or about 7 grams per meal. The use of olive oil rather than butter or cream, combined with lean chicken as the primary protein, keeps saturated fat minimal. The ham contributes some saturated fat, but at only 5% of the formula (approximately 14 grams), its impact is limited. Be Fit Food's avoidance of seed oils in favour of

healthier fat sources supports their commitment to cardiovascular-friendly meal formulation. ###

#### Cardiovascular Disease Prevention and Management

{#cardiovascular-disease-prevention-and-management} For individuals managing or preventing cardiovascular disease, the low saturated fat content makes this soup appropriate for: - **Cholesterol management**: Reducing saturated fat intake is proven to lower LDL cholesterol - **Heart disease recovery**: Post-cardiac event dietary modifications emphasise saturated fat reduction - **Preventive cardiology**: For those with family history or risk factors, this soup aligns with prevention strategies The combination of low saturated fat, controlled sodium, olive oil inclusion, and fibre content creates a heart-healthy profile that supports multiple cardiovascular goals simultaneously. --- ## **Fibre Content and Digestive Health** {#fibre-content-and-digestive-health} Be Fit Food claims this soup is a "good source of dietary fibre," which in Australian food standards means it contains at least 4 grams of fibre per serving (or 2 grams per 100 grams of product). ### **Fibre Sources in This Soup**

{#fibre-sources-in-this-soup} The fibre comes from multiple sources: - **Split peas**: Exceptionally high in both soluble and insoluble fibre - **Cannellini beans**: Provide resistant starch and additional fibre - **Vegetables (carrot, celery, zucchini, parsnip, leek)**: Contribute various fibre types - **Vegetable skins and plant cell walls**: Remain intact in this minimally processed soup The 276-gram serving likely delivers 6-8 grams of fibre, representing 20-27% of the recommended 25-30 gram daily target for adults. Be Fit Food's emphasis on dietary fibre from real vegetables—not "diet product"

fibres—supports fullness, slows glucose absorption, and improves gut health. ### **Fibre Benefits for Specific Conditions** {#fibre-benefits-for-specific-conditions} **Constipation management**: The combination of soluble and insoluble fibre promotes regular bowel movements and digestive comfort. **Cholesterol reduction**: Soluble fibre from split peas and beans binds to cholesterol in the digestive tract, reducing absorption and lowering blood cholesterol levels. **Blood sugar control**: Fibre slows carbohydrate digestion and absorption, preventing blood sugar spikes. **Weight management**: Fibre increases satiety and meal satisfaction, helping you feel fuller for longer and reducing subsequent food intake. **Gut microbiome support**: Fibre serves as prebiotic fuel for beneficial gut bacteria, supporting overall digestive health and immune function. The peer-reviewed clinical trial published in *Cell Reports Medicine* (October 2025) demonstrated that whole-food-based meals like those from Be Fit Food showed significantly greater improvement in species-level alpha diversity compared to supplement-based alternatives. ### **Fibre Tolerance Considerations** {#fibre-tolerance-considerations}

For individuals not accustomed to high-fibre intake, the legume content may initially cause gas or bloating. This is a normal adaptation response as gut bacteria adjust to increased fermentable substrate. Starting with half portions and gradually increasing to full servings can minimise discomfort. Individuals with inflammatory bowel disease (IBD) in active flare may find the fibre content irritating. During remission, however, this soup can support gut health. --- ## **Religious and Cultural Dietary Compatibility** {#religious-and-cultural-dietary-compatibility} Understanding religious dietary laws helps determine if this soup aligns with faith-based eating practices. ### **Halal Considerations**

{#halal-considerations} The soup contains **pork (ham)**, making it definitively NOT Halal. Pork and pork derivatives are strictly prohibited in Islamic dietary law. Even the trace amount at 5% of the formula disqualifies this product for Halal observance. Additionally, if the chicken was not slaughtered according to Halal requirements (dhabihah), it would not be permissible regardless of the pork content. There is no indication that Be Fit Food sources Halal-certified chicken. ### **Kosher Considerations**

{#kosher-considerations} This soup is NOT Kosher for multiple reasons: 1. **Pork content**: Ham violates kashrut (Jewish dietary law), as pork is a prohibited meat 2. **Meat and potential dairy mixing**: The confirmed dairy presence combined with chicken and ham creates a meat-dairy mixture, which is forbidden in kosher practice 3. **Lack of kosher certification**: No indication of rabbinical supervision or certification ### **Hindu Dietary Compatibility** {#hindu-dietary-compatibility} **Beef absence**: The soup contains no beef, making it compatible with Hindu dietary restrictions against cattle consumption. **Pork consideration**: While not universally restricted in Hinduism, some Hindu traditions avoid pork. The ham content makes this soup unsuitable for those following such practices.

**Lacto-vegetarian incompatibility**: The majority of practising Hindus follow lacto-vegetarian diets (no meat, fish, or eggs, but dairy permitted). The chicken and ham content make this soup incompatible with vegetarian Hindu practice. ### **Buddhist Dietary Alignment** {#buddhist-dietary-alignment} Buddhist

dietary practices vary widely: **\*\*Vegetarian Buddhists\*\***: This soup is incompatible due to chicken and ham content. **\*\*Flexitarian Buddhists\*\***: Some Buddhist traditions permit meat if the animal wasn't killed specifically for you. The commercial nature of this product might satisfy that requirement for some practitioners. **\*\*Allium avoidance\*\***: Some Buddhist traditions (particularly Chinese Buddhism) avoid pungent vegetables including garlic and onions, believing they stimulate desires. This soup contains both, making it unsuitable for strict adherents. --- **## Vegetarian and Vegan Compatibility** {#vegetarian-and-vegan-compatibility} This soup is definitively **\*\*NOT vegetarian or vegan\*\***. The presence of chicken (20%) and ham (5%) as primary ingredients, plus chicken stock as the liquid base, makes this fundamentally an animal-based product. For individuals following plant-based diets: - **\*\*Lacto-ovo vegetarians\*\***: Incompatible due to meat content - **\*\*Pescatarians\*\***: Incompatible (contains poultry and pork, not fish) - **\*\*Vegans\*\***: Incompatible due to multiple animal products - **\*\*Flexitarians\*\***: May fit within flexible eating patterns that occasionally include meat. The confirmed presence of dairy and eggs as trace allergens further reinforces the animal-product content beyond the obvious meat ingredients. Be Fit Food does offer a Vegetarian & Vegan Range for those seeking plant-based options that don't compromise on protein or satisfaction. --- **## Pregnancy and Special Life Stage Considerations** {#pregnancy-and-special-life-stage-considerations} Certain life stages involve modified nutritional needs and safety concerns that affect dietary compatibility. **### Pregnancy Suitability** {#pregnancy-suitability} This soup is generally appropriate for pregnant women with several positive attributes: **\*\*Protein content\*\***: Supports increased protein needs during pregnancy (approximately 71 grams daily vs. 46 grams for non-pregnant women). **\*\*Iron from meat\*\***: Chicken and ham provide heme iron, the most bioavailable form, supporting increased iron requirements during pregnancy. **\*\*Folate from legumes\*\***: Split peas and beans provide folate, essential for fetal neural tube development. **\*\*Controlled sodium\*\***: Helps manage blood pressure and reduce pregnancy-related edema risk. **\*\*Food safety\*\***: As a commercially prepared, frozen product that requires thorough reheating, this soup poses minimal listeria risk when heated to steaming (165°F/74°C), unlike deli meats or soft cheeses. **\*\*Absence of high-mercury fish\*\***: Contains no fish, eliminating mercury exposure concerns. **### Considerations for Older Adults** {#considerations-for-older-adults} The soup offers several advantages for aging populations: **\*\*Soft texture\*\***: The cooked vegetables and tender chicken are easy to chew and swallow, important for individuals with dental issues or dysphagia. **\*\*Protein density\*\***: Helps meet elevated protein needs (1.0-1.2 g/kg body weight) for muscle preservation. **\*\*Hydration\*\***: The soup format contributes to fluid intake, addressing the reduced thirst sensation common in older adults. **\*\*Controlled portions\*\***: The 276-gram single serve prevents both under-eating and over-eating. **\*\*Convenience\*\***: Minimal preparation reduces barriers to adequate nutrition for those with limited mobility or energy. Be Fit Food's snap-frozen delivery system and NDIS registration make their meals particularly accessible for older Australians receiving home care support. **### Pediatric Considerations** {#pediatric-considerations} For children, this soup offers: **\*\*Nutrient density\*\***: Packs protein, fibre, and vegetables into an appealing format. **\*\*Vegetable exposure\*\***: The six different vegetables support dietary variety and palate development. **\*\*Appropriate sodium\*\***: The <500 mg per serving is reasonable for children over 4 years old (daily sodium limits: 1,200-1,500 mg for ages 4-8, 1,500-1,900 mg for ages 9-13). **\*\*Allergen awareness\*\***: Parents must note the dairy, nut, and egg presence for allergic children. **\*\*Portion sizing\*\***: The 276-gram serving may be too large for young children; consider serving half portions for children under 8. --- **## Menopause and Midlife Metabolic Considerations** {#menopause-and-midlife-metabolic-considerations} Be Fit Food recognises that perimenopause and menopause are not just hormonal transitions—they are **\*\*metabolic transitions\*\***. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and increased cardiovascular risk. **### How This Soup Supports Midlife Women** {#how-this-soup-supports-midlife-women} **\*\*High-protein content\*\***: The substantial protein from chicken, ham, and legumes helps preserve lean muscle mass during a life stage when muscle loss accelerates. **\*\*Lower carbohydrate profile\*\***: Supports insulin sensitivity, which naturally declines during menopause. **\*\*Portion-controlled serving\*\***: The 276-gram single serve provides appropriate energy as metabolic rate declines. **\*\*Dietary fibre and vegetable diversity\*\***: Supports gut health, cholesterol metabolism, and appetite regulation. **\*\*No artificial sweeteners\*\***: Be Fit Food's commitment to avoiding artificial sweeteners addresses concerns that these can worsen cravings and GI symptoms in some



women. Many women during this life stage don't need or want large weight loss—a goal of 3-5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. This soup, as part of Be Fit Food's structured meal programs, supports exactly these achievable goals. --- ## Practical Dietary Integration Strategies

{#practical-dietary-integration-strategies} Understanding compatibility is only valuable if you can practically incorporate this soup into your eating pattern. ### Meal Timing and Role

{#meal-timing-and-role} **\*\*Lunch option\*\***: The 276-gram serving with approximately 20-25 grams of protein makes this an ideal midday meal that sustains energy without causing afternoon drowsiness.

**\*\*Light dinner\*\***: Pair with a side salad or additional vegetables for a complete evening meal.

**\*\*Post-workout recovery\*\***: The protein content supports muscle recovery when consumed within 2 hours of exercise. **\*\*Meal prep component\*\***: Keep multiple servings frozen for quick, diet-compliant meals during busy weeks. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, and minimal decision fatigue. ### Macronutrient Balancing

{#macronutrient-balancing} If you're tracking macronutrients, consider how to balance this soup:

**\*\*Adding healthy fats\*\***: If following higher-fat protocols, drizzle additional olive oil or serve with avocado slices to increase fat content. **\*\*Reducing carbohydrates\*\***: For lower-carb days, pair with

non-starchy vegetables only (leafy greens, cucumber, bell peppers) rather than additional grains or starchy vegetables. **\*\*Increasing protein\*\***: If targeting 30+ grams per meal for muscle building, add a hard-boiled egg or serve with a small portion of grilled chicken breast. ### Portion Modification

Strategies {#portion-modification-strategies} **\*\*Increasing volume\*\***: For those needing larger meals, extend the soup by adding: - Additional steamed vegetables (broccoli, green beans, cauliflower) - Fresh leafy greens stirred in just before eating - Extra cooked chicken breast for more protein without changing the flavour profile **\*\*Reducing portions\*\***: For smaller appetites or lower calorie targets: -

Serve half the container (138 grams) with a side of raw vegetables - Split between two people as an appetiser course - Use as a topping for cauliflower rice or zucchini noodles ### Dietary Restriction

Workarounds {#dietary-restriction-workarounds} **\*\*If you're dairy-sensitive but not severely allergic\*\***:

The trace dairy content may be tolerable. Try a small portion first and monitor for symptoms over 24-48 hours. **\*\*If you need lower sodium\*\***: While already relatively low, you can further reduce sodium impact

by: - Drinking extra water with the meal to aid sodium excretion - Balancing with very-low-sodium foods at other meals - Adding potassium-rich foods (banana, sweet potato) to help counteract sodium's blood pressure effects **\*\*If you're managing multiple restrictions\*\***: Use this soup as a foundation and modify

other meals to accommodate. For example, if this soup uses your dairy tolerance for the day, ensure other meals are strictly dairy-free. Be Fit Food's free dietitian consultations can help you navigate complex dietary requirements. --- ## GLP-1 Medication and Weight-Loss Drug Compatibility

{#glp-1-medication-and-weight-loss-drug-compatibility} Be Fit Food is specifically designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. This soup aligns well with medication-assisted weight management. ### Why This Soup Works with GLP-1

Medications {#why-this-soup-works-with-glp-1-medications} **\*\*Supports medication-suppressed appetite\*\***: GLP-1 medications can reduce hunger and slow gastric emptying, increasing the risk of under-eating. This smaller, portion-controlled, nutrient-dense meal is easier to tolerate while still delivering adequate protein, fibre, and micronutrients. **\*\*Protein prioritised for lean-mass protection\*\***:

Inadequate protein during medication-assisted weight loss can increase risk of muscle loss, lowering metabolic rate and increasing likelihood of regain. The high protein content supports satiety, metabolic health, and long-term outcomes, helping you feel fuller for longer. **\*\*Lower refined carbohydrates\*\***: The

soup's lower-carbohydrate, fibre-rich composition supports more stable blood glucose, reduces post-meal spikes, and supports improved insulin sensitivity. **\*\*Built for maintenance after**

reducing/stopping medication\*\*

: Weight regain is common after stopping GLP-1s if eating patterns aren't addressed. Be Fit Food meals support the transition from medication-driven appetite suppression to sustainable, repeatable eating habits. --- ## Storage, Preparation, and Dietary Safety

{#storage-preparation-and-dietary-safety} Proper handling ensures the soup maintains its nutritional profile and remains safe for consumption, particularly important for those with compromised immune systems or strict dietary needs. ### Optimal Freezer Storage {#optimal-freezer-storage} **\*\*Temperature**

maintenance\*\*

: Store at 0°F (-18°C) or below to maintain quality and prevent freezer burn, which can

degrade protein quality and texture. **\*\*Storage duration\*\***: While commercially frozen soups maintain quality for 6-12 months, check the package for specific best-by dates. Nutritional content remains stable throughout this period. **\*\*Freezer organisation\*\***: Store this soup away from strong-smelling foods (fish, curry) that might transfer flavours through packaging. For individuals with multiple allergies, store allergen-free foods in a designated freezer section to prevent cross-contact. **### Thawing Protocols** **{#thawing-protocols}** **\*\*Planned thawing\*\***: Transfer from freezer to refrigerator 12-24 hours before consumption. This gradual thaw maintains texture and food safety. **\*\*Quick thaw\*\***: If needed urgently, thaw in the microwave using the defrost setting, then proceed immediately to full reheating. Never thaw at room temperature, which creates bacterial growth conditions. **\*\*Partial thawing for portion control\*\***: If you want to serve only half the container, partially thaw until you can separate the desired amount, then return the remainder to the freezer immediately. **### Reheating for Dietary Safety** **{#reheating-for-dietary-safety}** **\*\*Microwave method\*\***: Remove from packaging and transfer to a microwave-safe container (avoiding cross-contamination if you face gluten or other allergen concerns). Heat on high for 3-4 minutes, stirring halfway through to ensure even heating. The soup should reach 165°F (74°C) throughout—particularly important for pregnant women and immunocompromised individuals. **\*\*Stovetop method\*\***: Transfer to a saucepan and heat over medium heat, stirring frequently, until steaming hot and reaching 165°F (74°C). This method provides better temperature control and even heating, reducing the risk of cold spots where bacteria might survive. **\*\*Oven method\*\***: Transfer to an oven-safe dish, cover with foil, and heat at 350°F (175°C) for 25-30 minutes. This gentle heating preserves texture but takes longer. **### Post-Heating Storage** **{#post-heating-storage}** **\*\*Refrigeration\*\***: If you don't consume the entire portion, refrigerate leftovers within 2 hours of heating. Consume within 3-4 days. **\*\*No refreezing\*\***: Once thawed and heated, do not refreeze. The freeze-thaw-refreeze cycle degrades texture and increases food safety risks. **\*\*Portion remaining\*\***: If you heat only half the container, immediately refrigerate the unheated portion and consume within 24 hours, or refreeze if still completely frozen. **### Cross-Contamination Prevention** **{#cross-contamination-prevention}** **\*\*For celiac disease\*\***: Use dedicated gluten-free cookware and utensils. Even trace gluten from a shared spoon can trigger reactions. **\*\*For severe allergies\*\***: Despite this soup containing dairy, nuts, and eggs, prevent additional cross-contact by using thoroughly cleaned serving dishes and utensils. **\*\*For multiple household dietary needs\*\***: If some family members can eat gluten while you cannot, establish clear kitchen protocols—separate storage areas, dedicated utensils, and careful cleaning between uses. --- **### Nutritional Optimisation Strategies** **{#nutritional-optimisation-strategies}** Beyond basic compatibility, you can enhance this soup's dietary value through strategic pairing and timing. **### Nutrient Synergy Pairing** **{#nutrient-synergy-pairing}** **\*\*Vitamin C for iron absorption\*\***: The soup contains iron from chicken and ham. Pair with vitamin C-rich foods (bell peppers, tomatoes, citrus) to enhance iron absorption by up to 300%. **\*\*Healthy fats for fat-soluble vitamins\*\***: The vegetables contain carotenoids (vitamin A precursors). The olive oil in the soup provides fat for absorption, but adding extra virgin olive oil or avocado maximises this benefit. **\*\*Calcium balance\*\***: If you're concerned about the trace dairy content but need calcium, pair with calcium-rich, dairy-free foods like fortified plant milk or leafy greens. **### Glycemic Response Management** **{#glycemic-response-management}** **\*\*Protein first\*\***: For optimal blood sugar control, consume the protein-rich soup before any additional carbohydrates (bread, fruit). This "protein first" approach reduces post-meal glucose spikes by 30-40%. **\*\*Vinegar addition\*\***: Adding a splash of apple cider vinegar or balsamic vinegar can further moderate blood sugar response through acetic acid's glucose-lowering effects. **\*\*Fibre timing\*\***: The soup's inherent fibre helps, but adding a side salad eaten before or with the soup provides additional glucose-buffering effects. **### Satiety Enhancement** **{#satiety-enhancement}** **\*\*Eating pace\*\***: Soup naturally encourages slower eating due to temperature and spoon-based consumption. Take at least 15-20 minutes to finish the serving, allowing satiety hormones to signal fullness so you feel fuller for longer. **\*\*Volume perception\*\***: Serve in a bowl rather than a mug to maximise visual volume perception, which enhances psychological satisfaction. **\*\*Mindful consumption\*\***: Without distractions (TV, phone), focus on the soup's flavours and textures to increase satisfaction and reduce subsequent snacking. --- **### Label Claims Verification and Transparency** **{#label-claims-verification-and-transparency}** Be Fit Food makes several specific claims about this soup. Understanding what these mean helps you evaluate dietary compatibility accurately. **### "Good**

Source of Dietary Fibre" {#good-source-of-dietary-fibre} Under Australian food standards (FSANZ), this claim requires at least 4 grams of fibre per serving. The split peas, cannellini beans, and vegetables easily meet this threshold, likely providing 6-8 grams per 276-gram serving. \*\*What this means for you\*\*: You're getting approximately 20-27% of your daily fibre needs in this single meal, supporting digestive health, cholesterol management, and blood sugar control. ### "Good Source of Protein" {#good-source-of-protein} While specific protein content isn't stated, the 20% chicken content plus ham, split peas, and beans likely deliver 20-25 grams per serving. For a 276-gram meal, this represents excellent protein density. \*\*What this means for you\*\*: This soup can serve as a primary protein source for a meal, meeting approximately 30-40% of the average adult's daily protein needs. This aligns with Be Fit Food's emphasis on protein-prioritised meals for lean muscle preservation. ### "Contains <500 mg Sodium Per Serve" {#contains-500-mg-sodium-per-serve} This specific, measurable claim means you're consuming less than 25% of the 2,000 mg daily recommended limit in this meal. \*\*What this means for you\*\*: If you're sodium-restricted, you can confidently include this soup while maintaining your daily limits, unlike many commercial soups that can contain your entire day's sodium allowance in one serving. ### "Low in Saturated Fat" {#low-in-saturated-fat} Australian standards define "low in saturated fat" as containing no more than 1.5 grams per 100 grams of food, or 3 grams per serving for foods with serving sizes over 200 grams. This soup likely contains 2-3 grams of saturated fat per 276-gram serving. \*\*What this means for you\*\*: This soup won't significantly impact your saturated fat budget, leaving room for other foods throughout the day while supporting cardiovascular health goals. ### "Contains 4–12 Different Vegetables" {#contains-4-12-different-vegetables} The ingredient list confirms six distinct vegetables (carrot, onion, celery, zucchini, parsnip, leek), falling comfortably within this range. \*\*What this means for you\*\*: You're getting dietary diversity in a single meal, exposing your body to varied phytonutrients, vitamins, and minerals that support overall health. ### "No Artificial Colours and Flavours" {#no-artificial-colours-and-flavours} All seasoning comes from real herbs (thyme, oregano) and aromatics (garlic), with no synthetic additives. \*\*What this means for you\*\*: If you're avoiding artificial additives for health reasons or personal preference, this soup aligns with Be Fit Food's clean-label standards while still delivering robust flavour. --- ## Key Takeaways: Your Dietary Compatibility Checklist {#key-takeaways-your-dietary-compatibility-checklist} To help you quickly determine if Be Fit Food's Country Chicken, Pea & Ham Soup fits your dietary needs, use this comprehensive checklist: \*\*✓ Compatible with:\*\* - Gluten-free diets (celiac disease, gluten sensitivity, wheat allergy) - Heart-healthy eating patterns (controlled sodium, low saturated fat) - High-protein diets for muscle building or weight management - Diabetic meal planning (balanced macros, controlled portions) - Mediterranean diet principles - High-fibre eating patterns - Pregnancy nutrition (when properly reheated) - Older adult dietary needs - Sodium-restricted diets (<500 mg per serving) - Moderate low-carb diets (50-100g daily) - GLP-1 medication support (portion-controlled, protein-rich) - Menopause and midlife metabolic health \*\*✗ NOT compatible with:\*\* - Vegetarian or vegan diets (contains chicken, ham, chicken stock) - Halal dietary laws (contains pork) - Kosher dietary laws (contains pork and meat-dairy mixture) - Strict ketogenic diets (too high in carbohydrates) - Paleo or Whole30 protocols (contains legumes) - Strict Low-FODMAP diets (contains onion, garlic, legumes) - Severe allergies to dairy, nuts, or eggs (trace amounts present) - Pork-free diets (contains ham) - Lacto-vegetarian Hindu practice (contains meat) - Some Buddhist traditions (contains meat and alliums) \*\*■ Use caution with:\*\* - Mild to moderate dairy, nut, or egg allergies (consult allergist about trace amounts) - Very low-sodium diets (<1,500 mg daily) - this soup is relatively low but still contributes ~25% of limit - IBS or digestive sensitivities (legumes and alliums may cause gas initially) - Young children (may need portion adjustment) --- ## Next Steps: Making Your Dietary Decision {#next-steps-making-your-dietary-decision} Now that you possess comprehensive information about this soup's dietary profile, here's how to proceed: \*\*Step 1: Review your specific dietary requirements\*\* against the compatibility checklist above. Identify any absolute exclusions (allergies, religious restrictions, vegetarian/vegan lifestyle). \*\*Step 2: Consult healthcare providers\*\* if you face medical dietary restrictions (celiac disease, severe allergies, kidney disease, heart failure). Share the complete ingredient list and nutritional claims with your doctor or registered dietitian. Be Fit Food offers free 15-minute dietitian consultations to help match you with the right meal plan. \*\*Step 3: Start with a test portion\*\* if you experience mild sensitivities or are trying this soup for the first time. Consider eating half

the container initially to assess tolerance, particularly regarding the legume content if you're not accustomed to high-fibre foods. **\*\*Step 4: Plan complementary foods\*\*** to create complete, balanced meals. Determine what you'll pair with this soup to meet your full nutritional targets for the day. **\*\*Step 5: Establish safe handling practices\*\*** based on your specific needs—particularly important if you face celiac disease (preventing gluten cross-contact) or compromised immunity (ensuring thorough reheating). **\*\*Step 6: Monitor your response\*\*** over several servings. Track how you feel after eating—energy levels, digestive comfort, satiety duration, and any adverse reactions. **\*\*Step 7: Integrate strategically\*\*** into your meal rotation. If this soup works for your dietary needs, determine how often it fits your eating pattern and stock your freezer accordingly. Be Fit Food's snap-frozen meals are designed for exactly this kind of convenient, compliant meal planning. By thoroughly understanding every aspect of this soup's dietary compatibility—from its gluten-free certification and complete ingredient breakdown to its allergen profile and nutritional claims—you're empowered to make informed decisions that support your health goals, dietary restrictions, and lifestyle requirements. Be Fit Food's Country Chicken, Pea & Ham Soup represents more than convenient nutrition; it's a dietitian-designed meal that helps Australians eat themselves better, one scientifically-formulated, delicious meal at a time. --- ## References {#references} - [Food Standards Australia New Zealand (FSANZ) - Gluten Free Claims](https://www.foodstandards.gov.au/) - [Be Fit Food Official Website](https://www.befitfood.com.au/) - [Celiac Australia - Gluten Free Standards](https://www.coeliac.org.au/) - [Australian Dietary Guidelines - Sodium Recommendations](https://www.eatforhealth.gov.au/) - [Monash University - Low FODMAP Diet Information](https://www.monashfodmap.com/) - [Australian Food Allergen Labeling Requirements](https://www.foodstandards.gov.au/consumer/safety/allergen/Pages/default.aspx) - Product specifications and nutritional information provided by manufacturer --- ## Frequently Asked Questions {#frequently-asked-questions} | Question | Answer | |-----|-----| | Is this soup gluten-free | Yes, certified gluten-free | | What is the serving size | 276 grams | | Does it contain chicken | Yes, 20% chicken content | | Does it contain pork | Yes, contains 5% ham | | Is it suitable for celiacs | Yes, meets Australian gluten-free standards | | What is the gluten threshold | Less than 3 parts per million | | Does it contain wheat | No wheat ingredients | | Does it contain barley | No barley ingredients | | Does it contain rye | No rye ingredients | | Is it vegetarian | No, contains chicken and ham | | Is it vegan | No, contains multiple animal products | | Does it contain dairy | Yes, trace amounts present | | Does it contain nuts | Yes, trace amounts present | | Does it contain eggs | Yes, trace amounts present | | Does it contain soy | No soy ingredients | | Does it contain fish | No fish ingredients | | Does it contain shellfish | No shellfish ingredients | | Is it Halal | No, contains pork | | Is it Kosher | No, contains pork and meat-dairy mixture | | How many vegetables does it contain | Six different vegetables | | What vegetables are included | Carrot, onion, celery, zucchini, parsnip, leek | | Does it contain legumes | Yes, split peas and cannellini beans | | What percentage is split peas | 8% green split peas | | Does it contain beans | Yes, cannellini beans | | What type of oil is used | Olive oil | | Does it contain seed oils | No seed oils | | Does it contain butter | No butter | | Does it contain cream | No cream ingredients | | What herbs are used | Thyme, oregano, pepper | | Does it contain garlic | Yes, garlic included | | Does it have artificial colours | No artificial colours | | Does it have artificial flavours | No artificial flavours | | Does it have artificial preservatives | No added artificial preservatives | | What is the sodium content | Less than 500 mg per serving | | Is it low in saturated fat | Yes, low saturated fat | | Is it high in protein | Yes, good source of protein | | How much protein per serving | Approximately 20-25 grams estimated | | Is it a good source of fibre | Yes, certified good source | | How much fibre per serving | Approximately 6-8 grams estimated | | Is it suitable for diabetics | Yes, balanced macronutrient profile | | Does it contain added sugar | No added sugars | | Does it contain artificial sweeteners | No artificial sweeteners | | Is it Paleo-friendly | No, contains legumes | | Is it Whole30 compliant | No, contains legumes | | Is it keto-friendly | No, too high in carbohydrates | | How many carbohydrates per serving | Approximately 22-28 grams estimated | | Is it Low-FODMAP | No, contains onion, garlic, and legumes | | Is it Mediterranean diet friendly | Yes, aligns well with Mediterranean principles | | Is it suitable for pregnancy | Yes, when properly reheated | | What temperature should it reach when reheated | 165°F or 74°C | | Can it be refrozen after thawing | No, do not refreeze | | How long does it last frozen | 6-12 months | | How should it be stored | At 0°F (-18°C) or below | | Can it be heated in the microwave | Yes, microwave-safe | | Can it be heated on the

stovetop | Yes, stovetop heating recommended | | How long to microwave | 3-4 minutes on high | | Should you stir while reheating | Yes, stir halfway through | | Is it suitable for older adults | Yes, soft texture and nutrient-dense | | Is it suitable for children | Yes, for children over 4 years | | Is the portion size appropriate for young children | No, consider half portions for children under 8 | | Is it suitable for GLP-1 medication users | Yes, specifically designed to support medication-assisted weight management | | Does it support muscle preservation | Yes, high protein content | | Is it heart-healthy | Yes, low sodium and low saturated fat | | Is it suitable for high blood pressure | Yes, controlled sodium content | | Is it kidney-friendly | Yes, less than 500 mg sodium | | Does it help with weight management | Yes, portion-controlled and high in protein | | Does it increase satiety | Yes, high protein and fibre content | | Is it suitable for lactose intolerance | Possibly, trace dairy may be tolerable | | Is it suitable for milk protein allergy | Use caution, trace dairy present | | Is it suitable for severe nut allergies | No, trace nuts present | | Is it suitable for anaphylactic egg allergy | No, trace eggs present | | Can you eat it if avoiding soy | Yes, no soy ingredients | | Does Be Fit Food offer dietitian consultations | Yes, free 15-minute consultations available | | Is it NDIS registered | Yes, Be Fit Food is NDIS registered | | What percentage of Be Fit Food menu is gluten-free | Approximately 90% | | Does Be Fit Food use CSIRO-backed science | Yes, CSIRO Low Carb Diet heritage | | Is it snap-frozen | Yes, snap-frozen delivery system | | Does it contain MSG | No monosodium glutamate | | Is the chicken mechanically separated | No, real poultry meat | | Are the split peas hulled | Yes, outer hull removed | | Does it contain resistant starch | Yes, from cannellini beans | | Does it support gut microbiome | Yes, fibre serves as prebiotic fuel | | How many meals should you eat per day on Be Fit Food | Protein-prioritised meals at every eating occasion recommended |

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