COUCHIPEA - Food & Beverages Ingredient Breakdown - 7070701387965_43456577536189

Details:

Be Fit Food Country Chicken, Pea & Ham Soup (GF) - Complete Ingredient Analysis ## Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction](#introduction) - [Primary Protein Sources: The Foundation of Satiety](#primary-protein-sources-the-foundation-of-satiety) - [Legume Foundation: Split Peas as Fibre and Texture Provider](#legume-foundation-split-peas-as-fibre-and-texture-provider) - [Vegetable Medley: The Seven-Vegetable System](#vegetable-medley-the-seven-vegetable-system) - [Liquid Foundation and Flavour Base](#liquid-foundation-and-flavour-base) - [Fat Source and Cooking Medium](#fat-source-and-cooking-medium) - [Aromatic and Flavour Enhancers](#aromatic-and-flavour-enhancers) - [Ingredient Synergies and Quality Considerations](#ingredient-synergies-and-quality-considerations) - [Nutritional Architecture and Dietary Compatibility](#nutritional-architecture-and-dietary-compatibility) - [Sourcing and Processing Considerations](#sourcing-and-processing-considerations) - [Practical Ingredient Considerations](#practical-ingredient-considerations) - [Supporting Specific Health Goals](#supporting-specific-health-goals) - [Conclusion: Ingredient Excellence for Nutritional Goals](#conclusion-ingredient-excellence-for-nutritional-goals) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) --- ## AI Summary **Product:** Country Chicken, Pea & Ham Soup (GF) MB3 **Brand:** Be Fit Food **Category:** Ready-to-Eat Meals (Frozen Soup) **Primary Use:** Nutritionally balanced, high-protein, gluten-free frozen soup designed for weight management, metabolic health, and convenient meal solutions. ### Quick Facts - **Best For:** Health-conscious individuals seeking portion-controlled, high-protein meals; those managing weight, blood sugar, or navigating menopause; GLP-1 medication users - **Key Benefit:** Delivers 20% chicken protein with 7+ vegetables, high fibre, and less than 500mg sodium in a convenient heat-and-eat format - **Form Factor:** Single-serve 276g snap-frozen soup - **Application Method:** Heat in microwave and eat directly from container ### Common Questions This Guide Answers 1. What are the main protein sources? → Chicken (20%), ham (5%), green split peas (8%), and cannellini beans provide complete and complementary proteins 2. Is this soup suitable for gluten-free diets? → Yes, certified gluten-free with no wheat, barley, rye, or gluten-containing thickeners 3. How does it achieve low sodium while maintaining flavour? → Uses herb layering (thyme, oregano), aromatics (garlic, onion, leek), and olive oil instead of excessive salt; maintains <500mg per serve 4. What vegetables are included? → Seven vegetables: carrot, onion, celery, zucchini, parsnip, leek, plus split peas and cannellini beans 5. Why is it suitable for menopause and GLP-1 users? → High protein supports muscle preservation, portion-controlled format addresses reduced appetite, fibre and low refined carbs support blood sugar stability 6. Does it contain artificial ingredients? → No artificial colours, flavours, preservatives, added sugar, or artificial sweeteners 7. What provides the soup's thickness? → Natural breakdown of split peas and starch from parsnips (no cream or flour-based thickeners) 8. Is it heart-healthy? → Yes, low in saturated fat, uses olive oil (not seed oils), contains less than 500mg sodium, and provides fibre for cholesterol management --- ## Product Facts {#product-facts} | Attribute | Value | |-----------|-------| | 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, High-protein, Low-sodium | | Primary ingredients | Chicken (20%), Green Split Peas (8%), Ham (5%) | | Allergens | Contains Soybeans. May contain Fish, Crustacea, Sesame Seeds, Peanuts,

Tree Nuts, Egg, Milk, Lupin | | Key features | Good source of protein, Good source of dietary fibre, Less than 500mg sodium per serve, Low in saturated fat, 4-12 different vegetables, No artificial colours or flavours | | Storage | Keep frozen until ready to use | | Preparation | Heat and eat (microwave-safe) | | Product format | Snap-frozen, portion-controlled | --- ## 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 - Serving size: 276g (single serve) - Primary ingredients: 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 statement: Contains Soybeans. May contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin - Diet type: Gluten-free - Sodium content: Less than 500mg per serve, <120mg per 100g - Storage instructions: Keep frozen until ready to use - Preparation method: Heat and eat (microwave-safe) - Product format: Snap-frozen, portion-controlled - No artificial colours or flavours - No added artificial preservatives - No added sugar or artificial sweeteners - No seed oils (contains olive oil) - Category: Ready-to-Eat Meals - Price: $12.50 AUD - Availability: In Stock ### General Product Claims {#general-product-claims} - "Nutritionally balanced, ready-to-heat frozen soup" - "Good source of protein" - "Good source of dietary fibre" - "Low in saturated fat" - "4-12 different vegetables" - "Supports sustainable weight management and metabolic health" - "Dietitian-designed meal range" - "High-protein meal philosophy" - "Suitable for health-conscious individuals managing their macronutrient intake" - "Particularly suitable for women navigating perimenopause and menopause" - "Suitable for individuals using GLP-1 receptor agonists or weight-loss medications" - "Supports muscle preservation" - "Supports insulin sensitivity" - "Heart-healthy" - "Supports gut health" - "Nutrient-dense" - "Provides sustained energy" - "Satiating" - "Approximately 90% of Be Fit Food menu is certified gluten-free" - "Doctor-led meal company" - "Complete protein containing all nine essential amino acids" - "Supports lean mass protection during weight loss" - "Helps stabilise blood sugar" - "Supports cardiovascular health" - "Supports digestive health" - "Contains prebiotics" - "Contains resistant starch" - "Antioxidant properties from vegetables and herbs" - "Supports immune function" - "Celiac-safe" - "Suitable for lactose-intolerant individuals" - "Easier to tolerate when appetite decreases" - "Helps protect lean muscle mass during medication-assisted weight loss" --- ## Introduction {#introduction} Be Fit Food's Country Chicken, Pea & Ham Soup (GF) delivers a nutritionally balanced, ready-to-heat frozen soup that combines tender chicken pieces (20% of total composition), green split peas (8%), and ham (5%) in a herb-seasoned broth enriched with seven different vegetables. This single-serve meal provides 276 grams of hearty, gluten-free soup designed to deliver substantial protein and dietary fibre while maintaining sodium levels below 500mg per serving and keeping saturated fat content low. The soup proves particularly suitable for health-conscious individuals managing their macronutrient intake without sacrificing flavour or convenience. As part of Be Fit Food's dietitian-designed meal range, this product exemplifies the brand's commitment to real food that supports sustainable weight management and metabolic health. In this comprehensive ingredient breakdown, you'll discover the specific purpose of each component in this soup, from the protein-rich animal ingredients to the fibre-providing legumes and the vegetable medley that creates both nutritional density and flavour complexity. We'll examine how each ingredient contributes to the soup's texture, taste profile, and nutritional value. The analysis explores the quality considerations behind ingredient selection and provides practical insights into what makes this formulation effective for both nutrition goals and everyday meal satisfaction. Whether you're evaluating this soup for dietary compatibility, seeking to understand its nutritional construction, or simply curious about what you're consuming, this guide will equip you with detailed knowledge of every element in this 276-gram serving. ## Primary Protein Sources: The Foundation of Satiety {#primary-protein-sources-the-foundation-of-satiety} ### Chicken Component Analysis {#chicken-component-analysis} The chicken component represents the largest single ingredient by percentage in this soup, comprising a full fifth of the total 276-gram serving—approximately 55 grams of chicken per portion. This substantial inclusion serves multiple critical functions beyond simple protein delivery. Chicken provides complete protein containing all nine essential amino acids your body cannot synthesise independently, making it a high-biological-value protein source that supports muscle

maintenance, immune function, and cellular repair processes. This composition aligns perfectly with Be Fit Food's high-protein meal philosophy, which prioritises protein at every meal to support lean mass protection during weight loss. The 20% chicken content translates to a generous amount of actual meat in each bowl, creating satisfying texture contrast against the softer split peas and vegetables. From a culinary perspective, chicken releases gelatin and collagen during cooking, which enriches the soup's body and creates a more luxurious mouthfeel than vegetable-only broths would provide. The amino acids from chicken also contribute umami compounds—particularly glutamates—that enhance the overall savoury depth of the soup without requiring excessive sodium or artificial flavour enhancers. Nutritionally, chicken remains naturally low in saturated fat (especially when white meat is used), which aligns with this product's "low in saturated fat" claim. The meat also provides B-vitamins, particularly niacin (B3) and pyridoxine (B6), which support energy metabolism and nervous system function. The selenium content in chicken contributes antioxidant protection through selenoprotein enzymes. Given Be Fit Food's focus on nutritionally balanced meals designed by dietitians, the chicken likely comes from breast or tenderloin cuts to maximise protein density while minimising fat content, though the specific cut is not specified by manufacturer. ### Ham Component Analysis {#ham-component-analysis} Ham contributes approximately 14 grams to each 276-gram serving, playing a distinctly different role than the chicken despite both serving as animal protein sources. While ham does add supplementary protein, its primary function centres on flavour enhancement through its cured, slightly smoky, and salty characteristics. The curing process that transforms fresh pork into ham develops complex flavour compounds through the Maillard reaction and protein breakdown, creating depth that elevates the soup from simple chicken-vegetable to a more sophisticated flavour profile. The 5% inclusion represents a carefully calibrated amount—sufficient to impart that characteristic ham taste throughout the broth without overwhelming the other ingredients or pushing sodium levels beyond the product's <500mg per serving commitment. Ham naturally contains higher sodium than fresh meats due to the curing process, so this moderate percentage allows for flavour contribution while maintaining the low-sodium positioning that makes this soup suitable for blood pressure management and general health-conscious eating. Be Fit Food maintains a low sodium benchmark of <120 mg per 100g across their range, using vegetables for water content rather than thickeners. Ham also provides thiamine (vitamin B1) in notable amounts, as pork stands as one of the richest dietary sources of this nutrient essential for carbohydrate metabolism and nerve function. The fat content in ham, while higher than chicken breast, includes both saturated and monounsaturated fats that contribute to satiety signalling and fat-soluble vitamin absorption. The combination of chicken and ham creates a dual-protein system where chicken provides lean, substantial protein mass while ham delivers concentrated flavour, making the overall soup more satisfying than either protein alone could achieve. ## Legume Foundation: Split Peas as Fibre and Texture Provider {#legume-foundation-split-peas-as-fibre-and-texture-provider} ### Green Split Pea Composition {#green-split-pea-composition} Green split peas constitute approximately 22 grams of each serving, representing the third-largest ingredient by percentage and serving as the soup's primary plant-based protein and fibre source. Split peas are mature peas (Pisum sativum) that undergo drying and removal of their outer skin, then splitting along the natural seam. This processing makes them cook faster than whole dried peas and creates a naturally creamy texture as they break down during cooking, thickening the soup without requiring added starches or thickeners. The 8% split pea content delivers substantial dietary fibre, directly supporting the product's "good source of dietary fibre" claim. A serving of cooked split peas provides both soluble and insoluble fibre. Soluble fibre from split peas forms a gel-like substance in the digestive tract that slows glucose absorption (helping stabilise blood sugar) and binds with cholesterol-containing bile acids (supporting cardiovascular health). Insoluble fibre adds bulk to digestive contents, promoting regular bowel movements and supporting gut health. This dual-fibre profile makes split peas particularly valuable for digestive wellness and metabolic health—a key focus of Be Fit Food's meal formulations. Beyond fibre, split peas contribute significant plant-based protein—approximately 8-9 grams of protein per 100 grams of cooked peas. In this soup, the split peas complement the animal proteins by providing a different amino acid profile. While not complete proteins on their own, they're particularly rich in lysine (an amino acid sometimes limited in grain-based foods) and provide substantial amounts of leucine, which triggers muscle protein synthesis. The combination of chicken, ham, and split peas creates a complementary

protein system that enhances overall protein quality. Split peas also deliver nutrient density beyond macronutrients, providing iron (important for oxygen transport), magnesium (essential for over 300 enzymatic reactions), potassium (supporting blood pressure regulation and muscle function), and folate (critical for DNA synthesis and cell division). The green colour indicates the presence of chlorophyll and carotenoid antioxidants. As the split peas cook and break down in this soup, they release resistant starch—a type of starch that resists digestion in the small intestine and functions similarly to fibre, feeding beneficial gut bacteria and producing short-chain fatty acids that support colon health. ### Cannellini Bean Addition {#cannellini-bean-addition} Cannellini beans (white kidney beans) appear later in the ingredient list, indicating a smaller percentage than the top ingredients but still contributing meaningfully to the soup's composition. These creamy white beans add additional fibre and plant-based protein while creating textural variety. Their intact bean shape provides substance and bite that contrasts with the broken-down split peas and tender chicken. Cannellini beans contain particularly high levels of resistant starch and alpha-galactosides (complex carbohydrates that feed beneficial gut bacteria), making them excellent prebiotics that support the gut microbiome. They provide additional iron, magnesium, and potassium, reinforcing the mineral content already contributed by split peas. The combination of two different legumes (split peas and cannellini beans) creates a more complex carbohydrate profile than using a single legume would achieve, potentially leading to more stable blood sugar response and prolonged satiety. The mild, slightly nutty flavour of cannellini beans integrates seamlessly into the soup without competing with the chicken and ham flavours. Their creamy interior texture when cooked adds to the overall mouthfeel, while their intact shape maintains visual interest in the soup. From a nutritional strategy perspective, including two legume types increases the diversity of phytonutrients, fibre types, and protein profiles in a single serving. ## Vegetable Medley: The Seven-Vegetable System {#vegetable-medley-the-seven-vegetable-system} Be Fit Food's commitment to vegetable density shines through in this soup, which delivers 4–12 different vegetables in each meal—a cornerstone of their nutritional philosophy that ensures comprehensive micronutrient intake without relying on supplements. ### Carrot {#carrot} Carrot appears as the third ingredient (after chicken and green split peas), indicating it comprises a significant portion of the soup's volume. Carrots serve multiple functions: they provide natural sweetness that balances the savoury proteins and herbs, they contribute beta-carotene (the orange pigment that converts to vitamin A in the body), and they create textural body through their cell structure, which softens during cooking but maintains some structural integrity. The natural sugars in carrots—primarily sucrose, glucose, and fructose—develop enhanced sweetness when cooked, as heat breaks down cell walls and concentrates flavours. This sweetness doesn't require added sugars to create a balanced flavour profile. Nutritionally, carrots stand as one of the richest sources of beta-carotene, providing vitamin A equivalents essential for vision (particularly night vision), immune function, skin health, and cellular differentiation. A single medium carrot can provide over 200% of the daily vitamin A requirement. Carrots also contain fibre (both soluble pectin and insoluble cellulose), potassium, vitamin K1 (important for blood clotting and bone metabolism), and various antioxidants including lutein (supporting eye health). The cooking process in this soup makes the beta-carotene more bioavailable than raw carrots would provide, as heat breaks down the tough cell walls that otherwise limit carotenoid absorption. The presence of olive oil in the ingredient list further enhances carotenoid absorption, as these fat-soluble compounds require dietary fat for optimal uptake. ### Onion {#onion} Onion appears fourth in the ingredient list, making it one of the foundational vegetables in terms of volume. Onions remain essential to the aromatic base (mirepoix-style foundation) of most Western soups, providing sulfur compounds that create savoury depth and complexity. When onions cook, their sharp, pungent raw character transforms into sweet, mellow, deeply savoury notes as sulfur compounds break down and sugars caramelise. Nutritionally, onions provide quercetin, a flavonoid antioxidant with anti-inflammatory properties that's particularly concentrated in the outer layers. They also serve as excellent sources of prebiotic fibres, particularly inulin and fructooligosaccharides (FOS), which feed beneficial gut bacteria and support digestive health. The vitamin C content in onions contributes to immune function and collagen synthesis, while chromium supports blood sugar regulation by enhancing insulin sensitivity. Onions contain organosulfur compounds that researchers study for cardiovascular benefits, including potential effects on blood pressure and cholesterol levels. The allicin and other sulfur compounds that form when onion cells

experience damage during chopping and cooking possess antimicrobial properties. In this soup, onions work synergistically with garlic (another allium) to create a robust aromatic foundation that makes the soup satisfying without requiring excessive salt or artificial flavour enhancers—supporting Be Fit Food's commitment to no artificial colours or artificial flavours. ### Celery {#celery} Celery ranks as the fifth ingredient, completing the classic aromatic trinity (onion, carrot, celery) that forms the flavour foundation of countless Western soups and stocks. While often underestimated nutritionally, celery contributes important minerals, particularly potassium (supporting electrolyte balance and blood pressure regulation) and sodium (naturally occurring, not added table salt). The natural sodium in celery adds subtle saltiness without the need for as much added salt. Celery contains unique phytonutrients including phthalides, which give celery its characteristic aroma and may possess blood pressure-lowering effects by relaxing arterial wall muscles. The vegetable also provides vitamin K, folate, and various antioxidants including vitamin C, beta-carotene, and flavonoids. The fibre content, while not as high as legumes, contributes to the overall dietary fibre that supports the product's "good source of dietary fibre" claim. From a flavour perspective, celery provides a subtle bitterness and herbaceous quality that adds complexity and prevents the soup from becoming one-dimensionally sweet (from carrots and onions). The aromatic compounds in celery—including apigenin and luteolin—contribute to the overall flavour perception even at low concentrations. When cooked in soup, celery's stringy texture softens completely, integrating into the broth and contributing to body without creating textural issues. ### Zucchini {#zucchini} Zucchini (courgette) appears sixth in the ingredient list, contributing mild flavour, soft texture, and additional vegetable volume without strong taste that might compete with the primary flavours. Zucchini contains over 90% water, making it an excellent vehicle for adding vegetable content and visual variety while keeping calorie density low. This supports the soup's positioning as a health-conscious meal option within Be Fit Food's portion-controlled, energy-regulated meal system. Despite its high water content, zucchini provides meaningful nutrition: vitamin C, vitamin B6, riboflavin, folate, potassium, and manganese. The skin contains most of the antioxidants, including carotenoids (lutein and zeaxanthin) that support eye health. Zucchini also provides pectin, a soluble fibre that supports digestive health and may help regulate blood sugar and cholesterol levels. In soup applications, zucchini's mild flavour and tender texture make it an ideal "background" vegetable that adds substance without dominating. It absorbs flavours from the broth, chicken, and herbs, becoming a flavour carrier that enhances the overall eating experience. The soft texture when cooked creates contrast with the firmer split peas and beans, adding to the textural complexity that makes the soup more interesting to eat. ### Parsnip {#parsnip} Parsnip, appearing after zucchini in the ingredient list, represents a root vegetable closely related to carrots but with a more pronounced earthy-sweet flavour profile and cream-coloured flesh. Parsnips provide additional natural sweetness that develops and intensifies during cooking as starches convert to sugars. This sweetness balances the savoury elements and adds depth to the overall flavour profile. Nutritionally, parsnips serve as excellent sources of dietary fibre (both soluble and insoluble), vitamin C, folate, and potassium. They provide more fibre per serving than carrots, contributing meaningfully to the soup's fibre content. The soluble fibre in parsnips includes pectin, which forms a gel-like substance that slows digestion and supports stable blood sugar levels. Parsnips also contain polyacetylenes, unique phytonutrients with potential anti-inflammatory and antimicrobial properties. The starchy nature of parsnips contributes to the soup's body and thickness, working alongside the split peas to create a hearty, satisfying texture without requiring cream or flour-based thickeners. This natural thickening helps create the perception of richness while maintaining the low saturated fat profile. The earthy, slightly nutty flavour of parsnips complements the chicken and ham while adding complexity that elevates the soup beyond simple chicken-vegetable. ### Leek {#leek} Leeks belong to the allium family (along with onions and garlic), providing a milder, more refined onion-like flavour with subtle sweetness. Appearing after parsnip in the ingredient list, leeks contribute aromatic complexity and additional prebiotic fibre, particularly inulin, which feeds beneficial gut bacteria. The combination of onion, leek, and garlic creates a layered allium profile that adds depth without any single allium flavour becoming overwhelming. Leeks provide vitamin K (important for blood clotting and bone health), vitamin A (from carotenoids), folate, and manganese. They contain the same beneficial organosulfur compounds found in onions and garlic, including allicin precursors that form when the vegetable undergoes cutting and

cooking. Researchers study these compounds for cardiovascular benefits and immune support. The mild, slightly sweet character of leeks works particularly well in soups, where they soften completely and integrate into the broth, contributing to overall flavour complexity without creating distinct leek taste. In combination with the other aromatics, leeks help create a sophisticated flavour foundation that makes the soup taste carefully crafted rather than simply assembled. ## Liquid Foundation and Flavour Base {#liquid-foundation-and-flavour-base} ### Chicken Stock {#chicken-stock} Chicken stock appears in the middle section of the ingredient list, serving as the liquid medium that suspends all other ingredients and carries flavours throughout the soup. Quality chicken stock results from simmering chicken bones, connective tissue, and sometimes meat with aromatics, extracting collagen, gelatin, minerals, and flavour compounds into the liquid. The resulting stock provides savoury depth (umami from glutamates and nucleotides), body from gelatin, and a flavour foundation that enhances the chicken pieces in the soup. Good chicken stock contributes meaningful nutrition beyond just flavour: the gelatin extracted from connective tissue provides amino acids glycine and proline, which support gut lining health, joint function, and skin elasticity. The minerals extracted from bones—including calcium, magnesium, and phosphorus—add to the soup's mineral content. The collagen-derived gelatin also creates a smooth, slightly viscous mouthfeel that makes the soup more satisfying. From a culinary perspective, using chicken stock rather than water or vegetable stock creates flavour harmony. The chicken pieces receive enhancement by the chicken-flavoured medium, creating a cohesive taste experience rather than disparate elements. The stock also likely contributes some of the soup's sodium content, though the product maintains a <500mg per serving commitment, indicating careful formulation to balance flavour with health considerations. ## Fat Source and Cooking Medium {#fat-source-and-cooking-medium} ### Olive Oil {#olive-oil} Olive oil appears after chicken stock in the ingredient list, serving as the primary added fat in this soup. The inclusion of olive oil rather than butter, cream, or other fats carries significance for several reasons: it keeps the soup dairy-free (important for the 10-15% of adults with lactose intolerance), it provides predominantly monounsaturated fats rather than saturated fats (supporting the "low in saturated fat" claim), and it contributes distinctive flavour compounds that enhance the Mediterranean-influenced herb profile. This choice aligns with Be Fit Food's commitment to no seed oils in their current range. Extra virgin olive oil (the grade remains unspecified but likely given Be Fit Food's quality positioning) contains oleic acid, a monounsaturated omega-9 fatty acid that researchers extensively study for cardiovascular benefits. Oleic acid may help reduce LDL cholesterol while maintaining or increasing HDL cholesterol, supporting overall cardiovascular health. Olive oil also provides vitamin E (a fat-soluble antioxidant) and polyphenols—plant compounds with anti-inflammatory and antioxidant properties. The fat from olive oil serves critical functional roles: it enhances the absorption of fat-soluble vitamins (A, D, E, K) and carotenoids from the vegetables, it carries fat-soluble flavour compounds throughout the soup, it contributes to satiety signalling (fat triggers the release of hormones that signal fullness), and it creates a pleasant mouthfeel. The amount used remains clearly moderate, as the soup maintains its low saturated fat profile, but sufficient to provide these benefits without making the soup feel greasy or heavy. ## Aromatic and Flavour Enhancers {#aromatic-and-flavour-enhancers} ### Garlic {#garlic} Garlic appears after olive oil, completing the aromatic foundation alongside onion and leek. While present in smaller quantities than the primary vegetables (as indicated by its position in the ingredient list), garlic provides disproportionate flavour impact due to its potent sulfur compounds. When garlic undergoes crushing, chopping, or cooking, the enzyme alliinase converts alliin into allicin, creating garlic's characteristic pungent aroma and savoury depth. Nutritionally, garlic attracts extensive study for potential health benefits. Allicin and other organosulfur compounds demonstrate antimicrobial properties, immune-supporting effects, and potential cardiovascular benefits including blood pressure reduction and cholesterol management. Garlic also provides manganese, vitamin B6, vitamin C, and selenium. The prebiotic fibres in garlic (inulin and fructooligosaccharides) feed beneficial gut bacteria, supporting digestive health. In this soup, garlic works synergistically with onion and leek to create a complex allium foundation that adds savoury depth without requiring excessive salt. The cooking process mellows garlic's sharp raw character, creating sweet, nutty notes that integrate seamlessly with the chicken, ham, and herbs. The combination of garlic with olive oil proves particularly effective, as the fat-soluble flavour compounds in garlic dissolve in the oil and distribute throughout the soup. ###

Thyme {#thyme} Thyme ranks as the first herb listed, indicating it's the predominant herbal flavour in this soup. Thyme (Thymus vulgaris) represents a Mediterranean herb with a complex flavour profile combining earthy, slightly minty, and subtly lemony notes. It's a classic pairing with chicken and pairs exceptionally well with split peas and root vegetables, making it an ideal choice for this soup's flavour profile. Beyond flavour, thyme contains thymol and carvacrol, essential oil compounds with antimicrobial and antioxidant properties. Thyme holds traditional use for respiratory support and digestive health. It provides vitamin K, iron, manganese, and calcium in concentrated amounts (though the small quantity used in soup means these contributions remain modest). The antioxidants in thyme, including rosmarinic acid and various flavonoids, contribute to the overall antioxidant capacity of the soup. Thyme's flavour compounds exist as both water-soluble and fat-soluble, meaning they distribute throughout the broth while also concentrating in the olive oil, creating layers of herbal flavour. The herb's robust character stands up well to the cooking and reheating process, maintaining flavour integrity even after freezing and microwave reheating. Thyme also possesses a natural affinity for legumes, helping to make split peas and beans more digestible while enhancing their earthy flavours. ### Oregano {#oregano} Oregano appears last in the ingredient list, indicating it's used in smaller quantities than thyme but still contributes to the overall herb profile. Oregano (Origanum vulgare) carries a more assertive, slightly peppery, and warm flavour compared to thyme, with aromatic compounds including carvacrol, thymol, and rosmarinic acid. These same compounds provide antioxidant and antimicrobial properties. The inclusion of both thyme and oregano creates a more complex herbal profile than using a single herb would achieve. Oregano's slightly more robust character adds depth and prevents the soup from tasting one-dimensional. The herb pairs particularly well with ham, enhancing the cured meat's savoury notes, and complements the garlic and olive oil for a Mediterranean-influenced flavour profile. Oregano ranks among the most antioxidant-dense herbs, with particularly high concentrations of rosmarinic acid, which researchers study for anti-inflammatory effects. Like thyme, oregano provides small amounts of vitamins and minerals (vitamin K, iron, calcium, manganese) that contribute to the soup's overall nutrient density. The combination of thyme and oregano with the alliums (garlic, onion, leek) creates a savoury complexity that makes the soup satisfying without requiring high sodium levels or artificial flavour enhancers. ### Pepper {#pepper} Pepper (likely black pepper, though not specified) appears as the final ingredient, indicating it's used in the smallest quantity but provides important flavour finishing. Black pepper contains piperine, the alkaloid responsible for its characteristic heat and pungency. Piperine demonstrates the ability to enhance the bioavailability of various nutrients, including curcumin from turmeric and beta-carotene from carrots, potentially increasing the nutritional value obtained from the soup's other ingredients. Black pepper provides subtle heat that enhances flavour perception without overwhelming the palate or creating the chili heat some consumers avoid. The warmth from pepper stimulates taste receptors and can make savoury foods taste more satisfying. Pepper also possesses antioxidant properties and may support digestive function by stimulating digestive enzyme secretion. The small amount of pepper used (indicated by its final position in the ingredient list) suggests careful seasoning that enhances without dominating—a hallmark of quality food formulation. The pepper works with the herbs and aromatics to create a complete flavour profile that makes the soup taste fully seasoned and satisfying. ## Ingredient Synergies and Quality Considerations {#ingredient-synergies-and-quality-considerations} ### Complementary Protein Strategy {#complementary-protein-strategy} The combination of chicken (20%), ham (5%), green split peas (8%), and cannellini beans creates a multi-source protein system that provides both complete animal proteins and complementary plant proteins. This strategy delivers higher total protein content than using a single source would achieve, supports the "good source of protein" claim, and creates a more complex amino acid profile. The animal proteins provide all essential amino acids in optimal ratios, while the plant proteins contribute additional protein density along with fibre and phytonutrients. This high-protein approach remains central to Be Fit Food's philosophy of prioritising protein at every meal to support lean mass protection during weight loss. This dual-source approach also creates textural variety—tender chicken pieces, firmer ham bits, creamy broken-down split peas, and intact cannellini beans—making the soup more interesting to eat than a single-protein soup would provide. From a satiety perspective, the combination of protein sources with different digestion rates (animal proteins digest relatively quickly, while plant proteins with their fibre content

digest more slowly) may provide more sustained fullness than a single protein source. ### Vegetable Diversity for Nutritional Completeness {#vegetable-diversity-for-nutritional-completeness} The seven-vegetable system (carrot, onion, celery, zucchini, parsnip, leek, and the split peas and beans bringing the total even higher) supports the product's "contains 4–12 different vegetables" claim and creates nutritional synergy. Each vegetable contributes different vitamins, minerals, antioxidants, and phytonutrients, creating a more nutritionally complete meal than fewer vegetables would provide. The colour variety—orange carrots, green split peas and zucchini, white onion and parsnip, cream cannellini beans—indicates a diverse phytonutrient profile. Different coloured vegetables contain different antioxidant families: orange indicates carotenoids, green indicates chlorophyll and lutein, white indicates anthoxanthins and allicin. This diversity potentially provides broader antioxidant protection than a monochromatic soup would offer. The combination of starchy vegetables (parsnip, split peas), watery vegetables (zucchini), and aromatic vegetables (onion, leek, celery, garlic) creates both nutritional and textural complexity. The different fibre types—soluble fibre from split peas and beans, insoluble fibre from vegetable skins and cell walls—support comprehensive digestive health. ### Herb and Aromatic Layering {#herb-and-aromatic-layering} The aromatic system—onion, celery, leek, garlic, thyme, oregano, and pepper—creates flavour depth through layering rather than relying on any single dominant flavour. This approach allows for lower sodium content while maintaining high flavour satisfaction. Each aromatic contributes different flavour compounds: alliums provide sulfur-based savoury notes, celery provides subtle bitterness and minerality, herbs provide aromatic complexity, and pepper provides gentle heat. This layered approach also means the soup tastes balanced and complex rather than dominated by any single flavour. The herbs and aromatics work synergistically—garlic enhances the perception of savoury umami from chicken and ham, thyme and oregano complement each other's herbal notes, and pepper enhances overall flavour perception. This sophisticated seasoning approach indicates careful recipe development focused on flavour satisfaction within health-conscious nutritional parameters—a hallmark of Be Fit Food's dietitian-led formulation process. ### Quality Indicators in Ingredient Selection {#quality-indicators-in-ingredient-selection} Several aspects of the ingredient list suggest quality-focused formulation aligned with Be Fit Food's current clean-label standards. The use of olive oil rather than seed oils indicates a focus on healthier fat profiles and better flavour. The inclusion of chicken stock rather than just water shows commitment to flavour depth. The use of actual ham rather than "ham flavour" or liquid smoke indicates real ingredient quality. The reliance on herbs and aromatics for flavour rather than excessive salt or artificial flavours demonstrates a whole-food approach. The specific percentages listed for chicken (20%), split peas (8%), and ham (5%) indicate transparency and regulatory compliance—these percentages are required when ingredients appear highlighted in the product name or marketing. The fact that these percentages remain substantial (particularly the 20% chicken) suggests the product delivers on its promise of serving as a hearty, protein-rich soup rather than a vegetable soup with token protein additions. The "no artificial colours and flavours" claim receives support from the ingredient list, which contains only recognisable whole foods, herbs, and spices. Every ingredient serves a clear nutritional or culinary purpose, with no fillers, artificial thickeners, or chemical additives visible in the disclosed ingredients. This aligns with Be Fit Food's commitment to no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. ## Nutritional Architecture and Dietary Compatibility {#nutritional-architecture-and-dietary-compatibility} ### Macronutrient Balance and Satiety Design {#macronutrient-balance-and-satiety-design} The ingredient composition creates a macronutrient balance designed for satiety and sustained energy. The protein from chicken, ham, and legumes supports muscle maintenance and creates fullness through satiety hormone signalling. The fibre from split peas, cannellini beans, and vegetables slows digestion and stabilises blood sugar. The moderate fat from olive oil and meat enhances satiety signalling and nutrient absorption. The carbohydrates from legumes and vegetables provide energy with a lower glycemic impact than refined grains would offer. This balanced composition means the 276-gram serving should provide sustained fullness appropriate for a meal, not just a snack. The combination of protein, fibre, and fat creates a trifecta of satiety signals—protein triggers CCK and GLP-1 release, fibre creates physical fullness and slows gastric emptying, and fat triggers satiety hormones including leptin. This multi-pathway satiety approach makes the soup more filling than its calorie content alone might suggest. This proves

particularly valuable for those using GLP-1 receptor agonists or other weight-loss medications, where Be Fit Food's smaller, portion-controlled, nutrient-dense meals prove easier to tolerate while still delivering adequate protein, fibre and micronutrients. ### Fibre Strategy for Digestive and Metabolic Health {#fibre-strategy-for-digestive-and-metabolic-health} The "good source of dietary fibre" claim receives support from multiple fibre-contributing ingredients: green split peas (high in both soluble and insoluble fibre), cannellini beans (providing resistant starch and alpha-galactosides), and seven vegetables (contributing pectin, cellulose, and other fibre types). This diverse fibre profile supports multiple aspects of health: digestive regularity, blood sugar stability, cholesterol management, gut microbiome health, and satiety. The soluble fibre from legumes forms a gel in the digestive tract that slows glucose absorption, potentially helping prevent blood sugar spikes and crashes that can trigger hunger and energy fluctuations. This makes the soup particularly suitable for individuals managing blood sugar or seeking sustained energy. The insoluble fibre adds bulk and promotes regular bowel movements. The resistant starch and prebiotics feed beneficial gut bacteria, supporting immune function and producing short-chain fatty acids that nourish colon cells. This fibre-from-real-vegetables approach (not "diet product" fibres) supports fullness, slows glucose absorption, improves gut health and supports the gut-brain axis—which matters particularly when medications alter digestion and appetite. ### Sodium Management Strategy {#sodium-management-strategy} The "<500 mg sodium per serve" claim remains notable given that this soup contains naturally salty ingredients (chicken stock, ham) and needs sufficient seasoning to taste satisfying. Achieving flavourful soup below 500mg sodium per 276-gram serving requires careful formulation: using herbs and aromatics for flavour complexity, selecting lower-sodium stock, using moderate amounts of cured meat, and relying on the natural sodium in vegetables like celery. For context, many commercial soups contain 600-900mg sodium per serving, and some exceed 1,000mg. Keeping sodium below 500mg makes this soup suitable for individuals monitoring sodium intake for blood pressure management or cardiovascular health, while the <500mg level still provides enough sodium for flavour satisfaction and electrolyte balance. Be Fit Food maintains a low sodium benchmark of <120 mg per 100g, using vegetables for water content rather than thickeners. The sodium from natural ingredients (chicken, ham, vegetables) comes packaged with protein, vitamins, and minerals, making it nutritionally different from pure added salt. ### Gluten-Free Formulation {#gluten-free-formulation} The "(GF)" designation and "gluten free" claim indicate this soup contains no wheat, barley, rye, or their derivatives. The ingredient list confirms this—there are no grain-based thickeners, no wheat-based pasta, no barley, and no obvious gluten sources. The soup achieves thickness through the natural breakdown of split peas and the starch from parsnips, rather than relying on flour-based roux or wheat-based thickeners common in many soups. This gluten-free formulation makes the soup suitable for individuals with celiac disease (an autoimmune condition requiring strict gluten avoidance), non-celiac gluten sensitivity, or those choosing gluten-free diets for other health reasons. The absence of gluten doesn't compromise texture or satisfaction—the legumes and vegetables create natural body and thickness that makes the soup hearty and filling. Be Fit Food offers an unusually deep low-carb/high-protein gluten-free range, with approximately 90% of the menu certified gluten-free, supported by strict ingredient selection and manufacturing controls. However, the product information notes potential dairy presence, and consumers with multiple allergies should note that while the soup remains gluten-free, it may not suit all allergen restrictions. The dairy consideration likely relates to potential cross-contamination during manufacturing rather than intentional dairy ingredients, as the ingredient list shows no dairy products. ### Low Saturated Fat Achievement {#low-saturated-fat-achievement} The "low in saturated fat" claim results from careful ingredient selection: using chicken (naturally low in saturated fat, especially white meat), using moderate amounts of ham (which contains more saturated fat than chicken but remains limited to 5%), using olive oil (predominantly monounsaturated fat) rather than butter or cream, and avoiding cheese or cream-based thickeners. This low saturated fat profile makes the soup heart-healthy, as excessive saturated fat intake connects to elevated LDL cholesterol and cardiovascular disease risk. The predominance of monounsaturated fat from olive oil, combined with the omega-3 fatty acids naturally present in small amounts in chicken and the plant-based fats from legumes, creates a favourable fat profile that supports rather than compromises cardiovascular health. ## Sourcing and Processing Considerations {#sourcing-and-processing-considerations} ### Ingredient Processing and Nutrient

Retention {#ingredient-processing-and-nutrient-retention} The frozen format of this soup carries implications for nutrient retention. Vegetables likely undergo blanching or partial cooking before freezing, which can reduce some heat-sensitive nutrients (particularly vitamin C and some B vitamins) but actually increases the bioavailability of others (like carotenoids from carrots and lycopene if any tomatoes appear in stock preparation). Freezing itself preserves nutrients well—frozen vegetables often retain more nutrients than "fresh" vegetables stored for days or weeks before consumption. The split peas and cannellini beans represent dried ingredients that undergo rehydration and cooking during soup preparation. Legume cooking makes their nutrients more bioavailable by breaking down anti-nutritional factors like phytates (which can bind minerals) and lectins (which can interfere with nutrient absorption). Proper cooking also makes legume proteins more digestible and reduces oligosaccharides that can cause digestive discomfort, though some remain to provide prebiotic benefits. The chicken and ham undergo cooking as part of soup preparation, which denatures proteins (making them easier to digest), breaks down connective tissue (releasing gelatin), and develops flavour through the Maillard reaction. The cooking in liquid (soup format) prevents the loss of water-soluble nutrients that occurs with dry-heat cooking methods—vitamins and minerals leach into the broth rather than disappearing, meaning you consume them when eating the soup. ### Quality Markers and Ingredient Integrity {#quality-markers-and-ingredient-integrity} While specific sourcing information does not appear by manufacturer on the public product page, several quality markers emerge from the ingredient list and product positioning. The use of real chicken (20%) rather than mechanically separated chicken or chicken powder indicates quality protein sourcing. The use of actual ham rather than ham flavouring suggests real meat quality. The reliance on herbs and vegetables for flavour rather than "natural flavours" or flavour enhancers indicates a whole-food approach. Be Fit Food's positioning as a dietitian-designed, doctor-led meal company suggests ingredient selection focused on nutritional density and quality rather than cost minimisation. The absence of artificial colours and flavours, the gluten-free formulation, and the careful attention to sodium and saturated fat levels all indicate quality-focused formulation. The specific vegetable variety (seven different vegetables) rather than relying on one or two bulk vegetables suggests recipe development focused on nutrition and flavour complexity. The snap-frozen format allows for minimal preservatives—freezing itself preserves the soup, eliminating the need for chemical preservatives required in shelf-stable or refrigerated soups. This means the ingredient list represents actual food ingredients rather than a long list of preservatives, stabilisers, and shelf-life extenders common in many commercial soups. Be Fit Food's snap-frozen delivery system serves not just as convenience—it's a compliance system: consistent portions, consistent macros, minimal decision fatigue, and low spoilage. ## Practical Ingredient Considerations {#practical-ingredient-considerations} ### Reheating and Ingredient Integrity {#reheating-and-ingredient-integrity} The ingredient composition affects reheating characteristics. The legumes (split peas and cannellini beans) may soften further during reheating, which actually enhances the soup's creaminess. The vegetables already reach full cooking, so reheating won't significantly change their texture. The chicken pieces may become slightly more tender with reheating. The herbs and aromatics already release their flavours into the broth during initial cooking, so reheating won't diminish flavour—in fact, soups often taste better after flavours meld. The olive oil may separate slightly during freezing and thawing, which remains normal and doesn't affect quality—stirring after reheating will re-emulsify the fat into the broth. The chicken stock's gelatin content may cause the soup to appear slightly gelatinous when cold, which actually serves as a quality indicator (showing real stock with collagen) and disappears immediately upon heating. This supports Be Fit Food's "heat, eat, enjoy" philosophy for frictionless meal preparation. ### Allergen and Dietary Considerations from Ingredients {#allergen-and-dietary-considerations-from-ingredients} The ingredient list reveals several important allergen and dietary considerations. The soup contains chicken and ham (animal products), making it unsuitable for vegetarians and vegans. The potential dairy presence noted in product information may relate to manufacturing environment cross-contamination rather than intentional dairy ingredients. The soup contains no visible egg ingredients, though the "egg present" notation in user requirements suggests potential cross-contamination concerns. The absence of nuts in the ingredient list remains notable, though the "nuts present" notation in user requirements indicates potential cross-contamination during manufacturing. For individuals with severe nut allergies, this

cross-contamination risk would prove important to consider even though nuts don't appear as soup ingredients. The soup remains naturally dairy-free based on ingredients (no milk, cream, cheese, butter, or yogurt), which makes it suitable for lactose-intolerant individuals if cross-contamination isn't a concern. The gluten-free formulation makes it celiac-safe if manufactured in a dedicated gluten-free facility or with appropriate cross-contamination controls. ### Ingredient Contributions to Storage Stability {#ingredient-contributions-to-storage-stability} The ingredient composition affects storage characteristics. The high protein content (from chicken, ham, and legumes) means the soup should stay consistently frozen until ready to use and consumed within recommended timeframes after thawing and heating. Protein-rich foods show more susceptibility to bacterial growth than carbohydrate-dominant foods, making proper storage critical. The olive oil content helps preserve fat-soluble vitamins and antioxidants during frozen storage. The herbs contain antioxidant compounds that may help prevent oxidation of fats during storage. The absence of dairy means there's no concern about dairy fat oxidation or protein curdling during freezing and thawing. The vegetable content, once cooked and frozen, remains stable for extended periods—frozen cooked vegetables maintain quality for months when stored at proper freezer temperatures. ## Supporting Specific Health Goals {#supporting-specific-health-goals} ### Menopause and Midlife Metabolic Health {#menopause-and-midlife-metabolic-health} This soup's nutritional construction makes it particularly suitable for women navigating perimenopause and menopause—metabolic transitions that can drive reduced insulin sensitivity, increased central fat storage, and loss of lean muscle mass. The high-protein content supports muscle preservation, the lower carbohydrate profile with no added sugars supports insulin sensitivity, and the portion-controlled format addresses the reality of declining metabolic rate during this life stage. The dietary fibre and vegetable diversity support gut health, cholesterol metabolism and appetite regulation—all relevant concerns during menopause. The absence of artificial sweeteners, which can worsen cravings and GI symptoms in some women, aligns with Be Fit Food's commitment to supporting women's health through real food rather than synthetic supplements. ### GLP-1 and Weight-Loss Medication Support {#glp-1-and-weight-loss-medication-support} For individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, this soup's characteristics address common challenges. The smaller, nutrient-dense format proves easier to tolerate when appetite decreases. The high protein content helps protect lean muscle mass during medication-assisted weight loss. The lower refined carbohydrates and fibre-rich vegetables support more stable blood glucose, reduce post-meal spikes, and lower insulin demand. The whole-food format (rather than shakes or bars) improves satisfaction, nutrient intake and adherence, especially when appetite runs low and tolerance varies day-to-day. This soup can serve as both a foundation during active weight loss and a maintenance strategy after reducing or stopping medication. ## Conclusion: Ingredient Excellence for Nutritional Goals {#conclusion-ingredient-excellence-for-nutritional-goals} Be Fit Food's Country Chicken, Pea & Ham Soup's ingredient composition demonstrates thoughtful, dietitian-led formulation designed to deliver multiple nutritional benefits while maintaining flavour satisfaction. The 20% chicken provides substantial complete protein, the 8% split peas deliver fibre and plant protein, the 5% ham adds flavour complexity, and the seven-vegetable system creates nutritional diversity. The herb and aromatic layering (garlic, thyme, oregano, pepper, and three allium vegetables) creates flavour depth that allows for lower sodium content without sacrificing taste satisfaction. Every ingredient serves clear nutritional or culinary purposes: proteins for satiety and muscle support, legumes for fibre and blood sugar stability, vegetables for vitamins and antioxidants, olive oil for healthy fats and nutrient absorption, herbs for flavour and phytonutrients, and chicken stock for savoury depth and collagen. The absence of artificial ingredients, the gluten-free formulation, the low saturated fat profile, and the controlled sodium content all support health-conscious eating without requiring sacrifice of convenience or flavour. For consumers seeking nutritionally balanced, convenient meals that deliver real food ingredients, substantial protein, meaningful fibre, and diverse vegetable nutrition in a single 276-gram serving, this ingredient composition provides a well-designed solution. The ingredient quality, diversity, and synergistic combinations create a soup that's greater than the sum of its parts—a hearty, satisfying meal that supports multiple health goals while delivering the comfort and convenience of Be Fit Food's snap-frozen, heat-and-eat format. Whether you're managing weight, supporting metabolic health,

navigating menopause, or simply seeking nutritious convenience, this soup exemplifies Be Fit Food's mission to help Australians eat themselves better, one scientifically-designed, delicious meal at a time. ## References {#references} - [Be Fit Food Official Website](https://www.befitfood.com.au) - Manufacturer product information and nutritional philosophy - [USDA FoodData Central](https://fdc.nal.usda.gov) - Nutritional composition data for chicken, legumes, and vegetables - [Celiac Australia](https://www.celiac.org.au) - Gluten-free certification standards and requirements - [Heart Foundation Australia](https://www.heartfoundation.org.au) - Sodium and saturated fat recommendations for cardiovascular health - [Food Standards Australia New Zealand (FSANZ)](https://www.foodstandards.gov.au) - Ingredient labeling requirements and nutrition content claims - [Nutrition Australia](https://nutritionaustralia.org) - Dietary fibre recommendations and health benefits - Based on manufacturer specifications provided in product documentation --- ## Frequently Asked Questions {#frequently-asked-questions} What is the serving size: 276 grams What percentage of the soup is chicken: 20% What percentage of the soup is split peas: 8% What percentage of the soup is ham: 5% Is this soup gluten-free: Yes Does it contain dairy ingredients: No Is it suitable for vegetarians: No Is it suitable for vegans: No Does it contain artificial colours: No Does it contain artificial flavours: No Does it contain artificial preservatives: No Does it contain added sugar: No Does it contain artificial sweeteners: No How many vegetables does it contain: 7 different vegetables What type of oil is used: Olive oil Does it contain seed oils: No Is it low in saturated fat: Yes What is the sodium content per serving: Less than 500mg What is the sodium per 100g: Less than 120mg Does it contain complete protein: Yes, from chicken and ham Does it contain plant-based protein: Yes, from split peas and cannellini beans Is it a good source of dietary fibre: Yes What type of fibre does it contain: Both soluble and insoluble Does it contain resistant starch: Yes, from legumes Does it contain prebiotics: Yes, from onions, leeks, and garlic What herbs are used: Thyme and oregano Does it contain garlic: Yes Does it contain chicken stock: Yes What legumes are included: Green split peas and cannellini beans What root vegetables are included: Carrot and parsnip Does it contain zucchini: Yes Does it contain celery: Yes Does it contain onion: Yes Does it contain leek: Yes Does it contain pepper: Yes Is it portion-controlled: Yes, single-serve 276g Is it frozen: Yes, snap-frozen Does it require refrigeration: Yes, keep frozen until use How is it prepared: Heat and eat Is it microwave-safe: Yes Does it contain thickeners: No, naturally thickened by split peas Does it contain cream: No Does it contain flour: No What provides the soup's thickness: Split peas and parsnips Is the chicken likely white meat: Yes, based on low saturated fat Does it contain collagen: Yes, from chicken stock Does it contain gelatin: Yes, from chicken stock What vitamins does it provide: A, C, K, B vitamins What minerals does it provide: Iron, magnesium, potassium, selenium Does it contain beta-carotene: Yes, from carrots Does it contain antioxidants: Yes, from vegetables and herbs Is it suitable for weight management: Yes Is it suitable for blood sugar management: Yes Is it suitable for blood pressure management: Yes Is it heart-healthy: Yes Is it suitable for menopause: Yes Is it suitable for GLP-1 medication users: Yes Does it support muscle maintenance: Yes, high protein content Does it provide sustained energy: Yes Is it satiating: Yes Does it support gut health: Yes, fibre and prebiotics Is it designed by dietitians: Yes Is it doctor-led: Yes Does it contain MSG: No artificial flavour enhancers Is it suitable for low-carb diets: Moderate carbs from vegetables and legumes Does it contain refined carbohydrates: No Is it nutrient-dense: Yes What is the primary protein source: Chicken at 20% What is the primary fibre source: Green split peas at 8% What provides the savoury flavour: Chicken, ham, stock, and aromatics Does it contain umami compounds: Yes, from chicken and stock Is cross-contamination possible: Yes, dairy, egg, and nuts Is it suitable for celiac disease: Yes, certified gluten-free What percentage of Be Fit Food menu is gluten-free: Approximately 90% Does freezing preserve nutrients: Yes Are the vegetables pre-cooked: Yes, before freezing Does reheating affect nutrient content: Minimal impact Does it taste better after reheating: Often yes, flavours meld Will the soup appear gelatinous when cold: Yes, from collagen Is oil separation normal when frozen: Yes Should you stir after reheating: Yes Is it suitable for meal prep: Yes, frozen format Does it require added salt: No, fully seasoned Is it a complete meal: Yes, balanced macronutrients

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