

COUCHIPEA - Food & Beverages Nutritional Information Guide - 7070701387965_43456577536189

Details:

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09358266000847 - Availability: In Stock - Diet certification: Gluten Free - 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 - Allergens: Contains Soybeans. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin - Storage instructions: Keep frozen at 0°F (-18°C) - Preparation instructions: Microwave 3-4 minutes on high - Additives: Contains no artificial colours and flavours - Nutritional claims: Good source of protein, Good source of dietary fibre, Less than 500mg sodium per serve, Low in saturated fat - Vegetable content: Contains 4-12 different vegetables ### 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 engineered frozen ready meal - Maintains strict health-conscious macronutrient ratios - Supports various health goals through intentional portion control - Provides full spectrum of essential amino acids - Complex carbohydrates with low glycemic index - Suitable for individuals monitoring glycemic response - Monounsaturated fat known for cardiovascular benefits - Ensures each meal delivers substantial nutritional value - Supports immune function and eye health - May support cardiovascular health (from sulfur compounds) - Beneficial for overall digestive health - Particularly important for individuals managing hypertension, heart disease, or kidney conditions - Aligned with heart-healthy dietary patterns - Supports lean mass protection, metabolic health, and satiety - Beneficial for muscle maintenance and recovery - Can sustain you for several hours despite controlled portion size - Supports immune cell development and function - Demonstrates antimicrobial properties (from garlic) - Supports heart health - Associated with improved cholesterol profiles - May help reduce cholesterol absorption - Protects against oxidative stress - Supports stable blood sugar levels - Promotes stable blood sugar levels - More blood-sugar-friendly choice than many convenience meals - Supports a healthy microbiome - Supports regular bowel movements - May help soothe the digestive tract - Suitable for weight management - Helps Australians achieve sustainable weight loss - High satiety per calorie - Low energy density - Nutrient density ensures nutritional value - Reduces likelihood of making less healthy choices - Maintains safety indefinitely at proper temperatures (frozen) - Optimal quality for 3-6 months (frozen) - Gradual, even thawing at safe temperature - Ensures food safety - Prevents scalding and ensures even heating - Allows heat to equalize throughout - Ideal for cold weather or when feeling under the weather - Valuable for busy weeknights - Reduces decision fatigue - Thoughtfully formulated convenience meal - Doesn't compromise nutritional quality - Provides spectrum of vitamins and minerals - Ensures range of beneficial plant compounds - Accessible for busy lifestyles - Maintains whole-food ingredients - Supports immune function - Promotes cardiovascular health - Aids blood sugar management - Supports digestive health - Assists weight management - Excels as quick lunch or dinner option - Perfect as comfort food - Works well as post-workout recovery meal - Ideal emergency meal - Particularly valuable for individuals managing gluten intolerance, monitoring sodium intake, or seeking convenient protein sources - Free 15-minute dietitian consultations available - Approximately 90% of menu certified gluten-free --- ## Be Fit Food Country Chicken, Pea & Ham Soup (GF): Your Complete Nutritional Guide ## Introduction {#introduction} Be Fit Food's Country Chicken, Pea & Ham Soup (GF) is a nutritionally engineered frozen ready meal that delivers 276 grams of hearty, gluten-free comfort food while maintaining strict health-conscious macronutrient ratios. This single-serve soup combines 20% chicken content with 8% green split peas and 5% ham, fortified with a medley of vegetables including carrot, onion, celery, zucchini, parsnip, leek, and cannellini beans. All ingredients are seasoned with thyme and oregano in a chicken stock base enriched with olive oil and garlic. Be Fit Food stands as Australia's leading dietitian-designed meal delivery service. The brand combines CSIRO-backed nutritional science with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. This comprehensive nutritional guide walks you through every aspect of this soup's dietary profile. You'll discover its complete macronutrient breakdown, allergen considerations, health benefits, and suitability for various dietary restrictions. Whether you're managing gluten intolerance, monitoring sodium intake, seeking high-protein meal options, or simply trying to understand what makes this soup a nutritionally balanced choice, you'll find detailed answers backed by the product's specific formulation and ingredient composition. ## Complete Nutritional Breakdown {#complete-nutritional-breakdown} ### Macronutrient Profile

{#macronutrient-profile} The Country Chicken, Pea & Ham Soup delivers a carefully calibrated macronutrient profile in its 276-gram serving size. This portion control is intentional. It provides a satisfying meal while maintaining specific nutritional targets that support various health goals. Be Fit Food's dietitian-led approach ensures every meal meets strict criteria for energy control and nutritional completeness. The protein content in this soup comes from three distinct animal sources: chicken (constituting 20% of the total formulation), ham (5% of the formulation), and the chicken stock base. Additionally, the green split peas (8% of formulation) and cannellini beans contribute plant-based protein. This creates a complementary protein profile that provides a full spectrum of essential amino acids. This dual-source protein strategy is nutritionally significant. It combines the high biological value of animal proteins with the fiber-rich benefits of legume proteins. The carbohydrate content derives primarily from the green split peas, cannellini beans, and the vegetable matrix (carrot, parsnip, onion, celery, zucchini, and leek). Split peas are particularly noteworthy as they provide complex carbohydrates with a low glycemic index. This means they release energy gradually rather than causing rapid blood sugar spikes. This makes the soup suitable for individuals monitoring their glycemic response, though it's not specifically marketed as diabetic-friendly. Fat content is deliberately kept low, with the product specifically claiming to be "low in saturated fat." The primary fat source is olive oil, a monounsaturated fat known for its cardiovascular benefits. The olive oil serves multiple purposes: it acts as a cooking medium for the aromatic vegetables (onion and garlic), provides mouthfeel and satisfaction, and helps with the absorption of fat-soluble vitamins present in the vegetable ingredients. The absence of butter, cream, or other high-saturated-fat ingredients keeps the saturated fat profile minimal.

Micronutrient Density {#micronutrient-density}

The soup's claim of containing "4–12 different vegetables" directly impacts its micronutrient profile. This vegetable density is a hallmark of Be Fit Food's formulation philosophy. It ensures each meal delivers substantial nutritional value. Let's examine what each vegetable component contributes:

- Carrot** provides beta-carotene (a vitamin A precursor), vitamin K1, potassium, and antioxidants. The orange pigment indicates high carotenoid content, which supports immune function and eye health.
- Onion** contributes quercetin, a powerful flavonoid antioxidant, along with vitamin C, B vitamins (particularly B6 and folate), and sulfur compounds that may support cardiovascular health.
- Celery** adds vitamin K, folate, potassium, and various antioxidants including apigenin and luteolin. Its natural sodium content contributes to the soup's flavor while the product maintains its claim of containing less than 500 mg sodium per serve.
- Zucchini** provides vitamin C, vitamin B6, manganese, potassium, and antioxidants. Its high water content adds volume without excessive calories.
- Parsnip** contributes fiber, folate, vitamin C, vitamin K, and manganese. It also provides natural sweetness and a creamy texture when cooked. This reduces the need for added fats or thickeners.
- Leek** offers vitamin K, vitamin A, vitamin C, manganese, and iron. Leeks belong to the allium family and contain beneficial sulfur compounds similar to onions and garlic.
- Garlic** provides allicin and other organosulfur compounds with potential antimicrobial and cardiovascular benefits, along with vitamin C, vitamin B6, and manganese.
- green split peas** deserve special attention as they're the second-highest percentage ingredient at 8%. Split peas are nutritional powerhouses. They provide significant amounts of thiamine (vitamin B1), folate, manganese, phosphorus, and iron. They're particularly rich in soluble fiber, which explains the soup's claim as a "good source of dietary fibre."
- Cannellini beans** add folate, thiamine, iron, magnesium, and phosphorus. This further boosts the soup's B-vitamin profile and mineral content.

Fiber Content and Digestive Benefits {#fiber-content-and-digestive-benefits}

The product's claim as a "good source of dietary fibre" is substantiated by the inclusion of green split peas and cannellini beans as primary ingredients. To qualify as a "good source" under Australian food labeling standards, a food must contain at least 4 grams of fiber per serving, or provide at least 15% of the recommended daily intake. The fiber in this soup comes in two forms: soluble and insoluble. Green split peas are particularly rich in soluble fiber. This forms a gel-like substance in the digestive tract. This type of fiber helps slow digestion, promoting feelings of fullness and helping to stabilize blood sugar levels. Soluble fiber also binds to cholesterol in the digestive system, potentially supporting healthy cholesterol levels. Insoluble fiber, found in the vegetable matrix (particularly in carrot, celery, and zucchini skins if included), adds bulk to the digestive contents and supports regular bowel movements. The combination of both fiber types makes this soup beneficial for overall digestive health. For

individuals not accustomed to high-fiber foods, it's worth noting that the legume content (split peas and cannellini beans) may cause digestive gas in some people. This is a normal response to the fermentation of certain carbohydrates by gut bacteria. It typically decreases as your digestive system adapts to regular fiber intake. **### Sodium Content and Cardiovascular Considerations**

{#sodium-content-and-cardiovascular-considerations} The product explicitly claims to contain "less than 500 mg sodium per serve." This is a significant nutritional feature worth examining in detail. Be Fit Food maintains a low sodium benchmark of less than 120 mg per 100 g across their range. They use vegetables for water content rather than thickeners to achieve this. For context, the Australian Heart Foundation recommends limiting sodium intake to less than 2,000 mg per day, with an optimal target of 1,600 mg for most adults. At under 500 mg per 276-gram serving, this soup provides less than 25% of the daily sodium limit in a single meal. This leaves substantial room for sodium from other meals and snacks throughout the day. This is particularly important for individuals managing hypertension, heart disease, or kidney conditions. All of these require sodium restriction. The sodium in this soup comes from several sources: the ham (which is cured with salt), the chicken stock (which naturally contains sodium and may include added salt for flavor), and the natural sodium present in vegetables like celery. The fact that the product keeps total sodium under 500 mg despite including ham and chicken stock suggests careful formulation. This likely involves reduced-sodium stock or minimal added salt. The combination of controlled sodium content with the "low in saturated fat" claim makes this soup aligned with heart-healthy dietary patterns. The inclusion of olive oil as the primary fat source further supports cardiovascular health. Monounsaturated fats are associated with improved cholesterol profiles when they replace saturated fats in the diet. **### Protein Quality and Satiety** {#protein-quality-and-satiety} The product's claim as a "good source of protein" indicates it provides at least 10 grams of protein per serving (or 20% of the reference daily intake). Be Fit Food prioritizes protein at every meal to support lean mass protection, metabolic health, and satiety. This is a core principle of their dietitian-designed approach. The protein comes from multiple sources, creating a high-quality, complete protein profile.

Chicken (20% of formulation) provides all essential amino acids in optimal ratios. This makes it a complete protein with high biological value. Chicken is particularly rich in leucine, an amino acid that plays a key role in muscle protein synthesis. This makes this soup beneficial for muscle maintenance and recovery. **Ham (5% of formulation)** adds additional complete protein along with B vitamins, particularly thiamine and niacin. While processed meats like ham are often cautioned against in large quantities, the 5% inclusion level provides flavor and protein without excessive reliance on processed meat. **Green split peas and cannellini beans** contribute plant-based protein. While individually incomplete, these complement the animal proteins to create a robust amino acid profile. Legume proteins are particularly rich in lysine, an amino acid that can be limiting in grain-based foods. This protein diversity is nutritionally advantageous. Different protein sources are digested at different rates, providing both immediate and sustained amino acid availability. The combination of animal and plant proteins also provides a broader spectrum of accompanying nutrients. The animal proteins bring vitamin B12, iron, and zinc. The plant proteins contribute fiber, folate, and phytonutrients. From a satiety perspective, the protein content works synergistically with the fiber to help you feel fuller for longer. Protein is the most satiating macronutrient. When combined with fiber-rich legumes and vegetables, it creates a meal that can sustain you for several hours despite the controlled 276-gram portion size. **## Allergen Profile and Safety Information** {#allergen-profile-and-safety-information} **### Gluten-Free Verification** {#gluten-free-verification} The product carries a "gluten free" designation. This is critically important for individuals with celiac disease, non-celiac gluten sensitivity, or wheat allergy. Be Fit Food offers an unusually deep gluten-free range, with approximately 90% of their menu certified gluten-free. This is supported by strict ingredient selection and manufacturing controls. Let's examine what makes this soup gluten-free and what that means for safety. Looking at the ingredient list—Chicken, Green Split Peas, Carrot, Onion, Celery, Zucchini, Ham, Parsnip, Leek, Cannellini Beans, Chicken Stock, Olive Oil, Garlic, Thyme, Oregano, and Pepper—there are no obvious gluten-containing ingredients. However, the gluten-free claim requires deeper scrutiny. Gluten can hide in unexpected places. **Potential gluten sources that are absent:** - No wheat-based thickeners (flour, modified food starch from wheat) - No barley (often used in traditional pea and ham soups) - No soy sauce or other wheat-containing seasonings - No wheat-based bouillon or stock cubes ****Ingredients**

requiring careful sourcing for gluten-free status:** The **ham** is a critical consideration. Many commercial hams are processed with ingredients that may contain gluten. They're also processed in facilities that handle gluten. For this soup to legitimately claim gluten-free status, the ham must be sourced from a supplier that either uses dedicated gluten-free facilities or follows strict cleaning protocols to prevent cross-contamination. The **chicken stock** must also be gluten-free. Some commercial stocks contain hydrolyzed vegetable protein from wheat or barley malt. Both of these contain gluten. Be Fit Food's gluten-free claim indicates they're using a stock specifically formulated without these ingredients. The **herbs and spices** (thyme, oregano, pepper) must be pure. They need to be without anti-caking agents that sometimes contain gluten. They must also be processed in gluten-free facilities. For individuals with celiac disease, the gluten-free designation means this soup should contain less than 20 parts per million (ppm) of gluten. This is the international standard for gluten-free labeling in Australia. This level is considered safe for the vast majority of people with celiac disease. **## Cross-Contamination Precautions** {#cross-contamination-precautions} While the soup itself is formulated to be gluten-free, individuals with severe gluten sensitivity should be aware of potential cross-contamination risks during home preparation: ****Microwave safety:**** If you're heating this soup in a shared microwave that's also used for gluten-containing foods, ensure the microwave is thoroughly cleaned before use. Splatters from previous foods can contaminate your gluten-free meal. Consider using a microwave cover to prevent any contamination from the microwave's interior surfaces. ****Utensils and serving dishes:**** Use clean utensils that haven't contacted gluten-containing foods. If you're using a bowl that was previously used for regular pasta or bread-containing soups, ensure it's thoroughly washed. ****Shared kitchen surfaces:**** If preparing this soup in a shared kitchen, wipe down countertops before opening the package. This prevents any gluten-containing crumbs or residue from contaminating your meal. These precautions are particularly important for individuals with celiac disease. Even trace amounts of gluten can trigger an immune response and intestinal damage. **## Dairy Allergen Considerations** {#dairy-allergen-considerations} Based on the complete ingredient list provided, this soup does ****not**** contain any explicit dairy ingredients. There is no milk, cream, butter, cheese, whey, casein, or lactose listed. This makes it suitable for individuals with lactose intolerance or milk protein allergy. However, several important considerations apply: ****Cross-contact risk:**** The product may be manufactured in a facility that also processes dairy-containing products. Individuals with severe milk allergies should contact Be Fit Food directly. Inquire about their manufacturing processes and whether this soup is produced on dedicated dairy-free equipment. Ask if there's a risk of cross-contact. ****Hidden dairy sources:**** Some chicken stocks and processed meats (like ham) can contain milk derivatives as flavor enhancers or processing aids. The fact that dairy is not listed in the ingredients suggests these components are dairy-free. Individuals with severe allergies should verify this with the manufacturer. ****Lactose intolerance:**** For individuals with lactose intolerance (rather than milk allergy), this soup appears to be a safe choice based on the ingredient list. Lactose intolerance involves difficulty digesting the sugar in dairy products. With no dairy ingredients present, there should be no lactose to trigger symptoms. **## Egg Allergen Status** {#egg-allergen-status} The ingredient list does not include eggs or egg-derived ingredients. There are no whole eggs, egg whites, egg yolks, albumin, or other egg components listed. This makes the soup suitable for individuals avoiding eggs due to allergy, ethical reasons (veganism would be excluded due to animal proteins), or religious dietary laws. As with dairy, individuals with severe egg allergies should inquire about potential cross-contact in the manufacturing facility. Many food production facilities process multiple products containing common allergens. **## Tree Nut and Peanut Allergen Status** {#tree-nut-and-peanut-allergen-status} The ingredient list contains no tree nuts (almonds, cashews, walnuts, pecans, etc.) or peanuts. This is important because nut allergies are among the most severe and potentially life-threatening food allergies. However, the allergen statement indicates "May Contain: Peanuts, Tree Nuts." This suggests that either: 1. The product is manufactured in a facility that also processes nuts, creating a cross-contamination risk, or 2. There may be nut-containing products in the Be Fit Food product line that are processed on shared equipment. For individuals with severe nut allergies, this requires contacting Be Fit Food. Understanding their allergen control procedures is essential. Ask whether this specific soup is safe for consumption despite potential facility-level cross-contact risks. **## Soy and Other Common Allergens** {#soy-and-other-common-allergens} The

allergen statement indicates "Contains Soybeans." This is significant and requires clarification. While soy does not appear in the ingredient list, the allergen declaration suggests soy is present in detectable amounts or is a known contaminant. Individuals with soy allergies should avoid this product or contact the manufacturer for clarification on the source of soy content. The allergen statement also indicates "May Contain: Fish, Crustacea, Sesame Seeds." These suggest facility-level cross-contamination risks rather than intentional ingredients. Individuals with allergies to these items should verify manufacturing practices with Be Fit Food before consumption. ****Sulfites:**** Some individuals are sensitive to sulfites, which can be present in dried herbs or processed meats. The ingredient list doesn't mention sulfites. They may be present in quantities below the labeling threshold. ****MSG (Monosodium Glutamate):**** Be Fit Food's commitment to no artificial colours or flavours suggests MSG is not added. Natural glutamates will be present from the chicken, ham, and vegetables themselves. **## Dietary Compatibility Analysis {#dietary-compatibility-analysis}** **### Gluten-Free Diet Suitability {#gluten-free-diet-suitability}** As established in the allergen section, this soup carries an explicit gluten-free claim. This makes it suitable for: ****Celiac disease:**** Individuals with celiac disease can safely consume this soup as part of their strict gluten-free diet. The absence of wheat, barley, rye, and cross-contaminating ingredients means it won't trigger the autoimmune response that damages the small intestine in celiac patients. ****Non-celiac gluten sensitivity (NCGS):**** People who experience digestive discomfort, fatigue, or other symptoms from gluten without celiac disease can include this soup in their gluten-free eating pattern. ****Wheat allergy:**** While wheat allergy is distinct from celiac disease and gluten sensitivity, this soup's gluten-free status means it's also wheat-free. This makes it safe for individuals with wheat allergy. The gluten-free formulation doesn't compromise nutritional quality. The soup still provides substantial protein, fiber, and micronutrients without relying on gluten-containing grains or thickeners. **## Low-FODMAP Considerations {#low-fodmap-considerations}** FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols) are short-chain carbohydrates. They can trigger digestive symptoms in individuals with irritable bowel syndrome (IBS) or other functional gastrointestinal disorders. This soup is ****not suitable**** for a strict low-FODMAP diet due to several high-FODMAP ingredients: ****Onion and garlic**** are among the highest-FODMAP foods. They contain fructans that can cause bloating, gas, and abdominal pain in sensitive individuals. Both are listed as ingredients in this soup. ****Green split peas**** contain galacto-oligosaccharides (GOS), another type of FODMAP that can trigger symptoms. ****Leek**** (specifically the white portion) is high in fructans. Individuals following a low-FODMAP diet under the guidance of a dietitian should avoid this soup during the elimination phase. However, during the reintroduction phase, small portions might be tested to assess individual tolerance. FODMAP sensitivity varies considerably between individuals. **## Paleo Diet Compatibility {#paleo-diet-compatibility}** The Paleo diet emphasizes whole foods that would be available to hunter-gatherer ancestors. It excludes grains, legumes, and dairy. This soup's compatibility with Paleo principles is mixed: ****Paleo-friendly ingredients:**** - Chicken (unprocessed meat is a Paleo staple) - All vegetables (carrots, celery, zucchini, parsnip, onion, leek, garlic) - Olive oil (a healthy fat acceptable in Paleo eating) - Herbs (thyme, oregano, pepper) ****Non-Paleo ingredients:**** - ****Green split peas**** (legumes are excluded from Paleo diets) - ****Cannellini beans**** (also legumes) - ****Ham**** (processed meat, which strict Paleo followers avoid) For individuals following a strict Paleo protocol, this soup would not be suitable due to the legume content. However, those following a more flexible "Primal" or "Paleo-ish" approach who include some legumes might find this soup acceptable. This is particularly true given its whole-food ingredient profile and absence of grains, dairy, and artificial additives. **## Keto and Low-Carb Diet Suitability {#keto-and-low-carb-diet-suitability}** The ketogenic diet requires very low carbohydrate intake (20-50 grams per day) to maintain ketosis. Low-carb diets generally allow 50-150 grams of carbohydrates daily. This soup is ****not suitable**** for a ketogenic diet due to its carbohydrate content from: - Green split peas (8% of formulation) - Cannellini beans - Starchy vegetables (carrot, parsnip) Split peas contain approximately 20-25 grams of carbohydrates per 100 grams. The 8% inclusion (roughly 22 grams of split peas in a 276-gram serving) contributes significant carbohydrates. Combined with the beans and vegetables, this soup likely contains 20-30 grams of net carbohydrates per serving. This would consume most or all of a keto dieter's daily carbohydrate allowance. For moderate low-carb diets (allowing 50-100 grams of carbohydrates daily), this soup could potentially fit into the daily plan. This is particularly true if paired with very low-carb foods at other

meals. Be Fit Food offers other meals in their range specifically designed to meet stricter low-carb criteria. These are ideal for those requiring tighter carbohydrate control. **### Whole30 Compliance** {#whole30-compliance} Whole30 is a 30-day elimination diet that excludes grains, legumes, dairy, added sugar, and processed foods. This soup is **not Whole30 compliant** due to: ****Legumes:**** Both green split peas and cannellini beans are legumes. These are excluded during the Whole30 program. ****Processed meat:**** Ham is a processed meat. While Whole30 doesn't completely exclude all processed meats, many programs recommend avoiding them. This is particularly true for those with added sugars or preservatives. The soup's whole-food vegetable base and absence of added sugars or artificial ingredients align with Whole30 principles. However, the legume content definitively excludes it from compliance. **### Vegetarian and Vegan Compatibility** {#vegetarian-and-vegan-compatibility} This soup is **not suitable** for vegetarians or vegans due to the presence of: - Chicken (20% of formulation) - Ham (5% of formulation) - Chicken stock (made from animal bones and tissue) There are no plant-based alternatives that could substitute for these ingredients while maintaining the product's identity as "Country Chicken, Pea & Ham Soup." Individuals following plant-based diets would need to choose alternative products from Be Fit Food's range. Look for options specifically formulated for vegetarian or vegan eating patterns. **### Halal and Kosher Considerations** {#halal-and-kosher-considerations} The product page does not indicate Halal or Kosher certification. Several factors would need verification: ****For Halal compliance:**** - The chicken and ham must come from animals slaughtered according to Islamic law - All processing equipment must be free from contamination with non-Halal products - The ham, being pork-derived, would make this soup non-Halal regardless of other factors ****For Kosher compliance:**** - Chicken must be from a kosher-slaughtered bird - Pork (ham) is explicitly non-kosher - Meat and any dairy (if present) cannot be combined The presence of ham (pork) makes this soup unsuitable for both Halal and Kosher diets, regardless of other considerations. **## Health Benefits and Functional Nutrition** {#health-benefits-and-functional-nutrition} **### Immune System Support** {#immune-system-support} This soup provides multiple nutrients and compounds that support immune function: ****Protein for antibody production:**** The chicken, ham, and legume proteins provide amino acids necessary for producing antibodies, immune cells, and other proteins involved in immune response. Adequate protein intake is essential for maintaining a robust immune system. ****Zinc from chicken and legumes:**** Chicken and beans provide zinc, a mineral critical for immune cell development and function. Zinc deficiency impairs immune response and increases susceptibility to infections. ****Vitamin A from carrots:**** The beta-carotene in carrots converts to vitamin A in the body. This supports the integrity of mucous membranes (your first line of defense against pathogens) and the function of various immune cells. ****Vitamin C from vegetables:**** Multiple vegetables in this soup (particularly the onions, leeks, and potentially the parsnips) contribute vitamin C. This supports immune cells' ability to fight infections and acts as an antioxidant protecting immune cells from damage. ****Allicin from garlic:**** Garlic contains allicin and other organosulfur compounds. These demonstrate antimicrobial properties in research studies. While cooking reduces some of garlic's potency, beneficial compounds remain. ****Selenium from chicken:**** Chicken provides selenium, a trace mineral that plays a role in immune function. It acts as an antioxidant, protecting cells from oxidative stress. The combination of these immune-supporting nutrients makes this soup a functional choice during cold and flu season. It's also beneficial when you need nutritional support for immune health. **### Cardiovascular Health Benefits** {#cardiovascular-health-benefits} Several aspects of this soup's formulation support heart health. This reflects Be Fit Food's commitment to meals that address metabolic health concerns: ****Low saturated fat:**** The explicit claim of being "low in saturated fat" is significant for cardiovascular health. High saturated fat intake is associated with elevated LDL cholesterol levels, a risk factor for heart disease. By keeping saturated fat minimal, this soup aligns with heart-healthy dietary patterns. ****Controlled sodium (under 500 mg):**** High sodium intake contributes to hypertension (high blood pressure), a major risk factor for heart disease and stroke. At under 500 mg per serving, this soup allows individuals to enjoy a flavorful meal without excessive sodium load. ****Olive oil as primary fat:**** Olive oil is rich in monounsaturated fatty acids, particularly oleic acid. This is associated with improved cholesterol profiles, reduced inflammation, and lower cardiovascular disease risk in numerous studies. The Mediterranean diet's heart-healthy reputation is largely attributed to its emphasis on olive oil. ****Fiber from legumes and vegetables:**** The soluble fiber from split peas and

beans can help reduce cholesterol absorption in the digestive tract. This potentially lowers LDL cholesterol levels. Fiber also supports healthy blood pressure and reduces inflammation. **Potassium from vegetables and legumes:** Multiple ingredients provide potassium. This helps counterbalance sodium's effects on blood pressure and supports healthy blood vessel function. **Antioxidants from vegetables and herbs:** The diverse vegetable content provides various antioxidants. These include carotenoids from carrots, flavonoids from onions, and polyphenols from olive oil and herbs. These protect against oxidative stress, a contributor to cardiovascular disease. For individuals managing heart disease risk factors or following a heart-healthy diet, this soup represents a convenient option that doesn't compromise nutritional principles. ### Blood Sugar Management {#blood-sugar-management} While not specifically formulated as a diabetic meal, this soup displays characteristics that support stable blood sugar levels. This is a key consideration in Be Fit Food's lower-carbohydrate, higher-protein approach: **Protein content:** Protein slows the digestion and absorption of carbohydrates. This prevents rapid blood sugar spikes. The substantial protein from chicken, ham, and legumes helps moderate the glycemic response to the soup's carbohydrate content. **Fiber content:** The soluble fiber from split peas and beans slows carbohydrate digestion and glucose absorption. This results in a more gradual rise in blood sugar rather than a sharp spike. This is beneficial for both diabetics and anyone seeking sustained energy without crashes. **Complex carbohydrates:** The carbohydrates in this soup come primarily from legumes and vegetables. These are complex carbohydrates with lower glycemic impact compared to refined grains or added sugars. Split peas, in particular, display a low glycemic index. **No added sugars:** Be Fit Food's commitment to no added sugar or artificial sweeteners means all sweetness comes from the natural sugars in vegetables. These are accompanied by fiber and other nutrients that moderate their absorption. **Balanced macronutrient ratio:** The combination of protein, complex carbohydrates, and healthy fats creates a balanced meal that promotes stable blood sugar levels. Individuals with diabetes should still monitor their blood glucose response to this soup. Carbohydrate tolerance varies individually. The carbohydrate content from legumes and vegetables should be counted toward daily carbohydrate targets. However, the soup's fiber and protein content make it a more blood-sugar-friendly choice than many convenience meals. ### Digestive Health Benefits {#digestive-health-benefits} The soup's formulation supports digestive health through multiple mechanisms: **Prebiotic fiber:** The soluble fiber in split peas and beans serves as food for beneficial gut bacteria. This supports a healthy microbiome. A diverse, thriving gut microbiome is associated with improved digestion, immune function, and even mental health. **Insoluble fiber:** The vegetables provide insoluble fiber that adds bulk to digestive contents. This supports regular bowel movements, helping prevent constipation. **Hydration:** As a liquid-based meal, this soup contributes to overall fluid intake. This is essential for healthy digestion and preventing constipation. **Easily digestible protein:** The cooking process breaks down proteins into more digestible forms. The liquid format makes nutrients readily available for absorption. **Anti-inflammatory compounds:** Ingredients like olive oil, garlic, and herbs provide anti-inflammatory compounds. These may help soothe the digestive tract. For individuals recovering from illness or with temporarily compromised digestion, the soup format is generally easier to digest than solid foods while still providing substantial nutrition. ### Weight Management Support {#weight-management-support} This soup displays several characteristics that make it suitable for weight management. This aligns with Be Fit Food's core mission of helping Australians achieve sustainable weight loss: **Portion control:** The single-serve 276-gram format provides built-in portion control. This eliminates the need to measure or estimate serving sizes. This is particularly helpful for individuals who struggle with portion awareness. **High satiety per calorie:** The combination of protein, fiber, and liquid volume creates substantial satiety relative to the calorie content. Protein and fiber are the most satiating nutrients. The soup's liquid format adds volume without excessive calories. **Low energy density:** Soups generally display low energy density (calories per gram) due to their high water content. Low energy density foods allow you to eat satisfying portions while consuming fewer calories. This supports weight loss or maintenance. **Nutrient density:** Despite being suitable for weight management, this soup provides substantial protein, fiber, vitamins, and minerals. This ensures you're not sacrificing nutrition for calorie control. **Convenience factor:** The ready-to-heat format reduces the likelihood of making less healthy choices when you're hungry and short on time. This is a common scenario that derails weight

management efforts. For optimal weight management results, this soup could serve as a complete meal for some individuals. It can also be paired with a side salad for added volume and nutrients. ## Storage, Shelf Life, and Food Safety {#storage-shelf-life-and-food-safety} ### Freezing and Frozen Storage {#freezing-and-frozen-storage} This soup is sold as a frozen product. Understanding this is critical for maintaining its quality and safety. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, minimal decision fatigue, and low spoilage: **Optimal freezer temperature:** Store this soup at 0°F (-18°C) or below. Most home freezers are set to this temperature. It's worth verifying with a freezer thermometer, especially if your freezer is frequently opened or heavily packed. **Shelf life while frozen:** Frozen foods maintain safety indefinitely at proper temperatures. However, quality gradually declines over time. While the specific "best by" date should be printed on the package, properly stored frozen soups maintain optimal quality for 3-6 months. After this period, you may notice some texture changes or flavor degradation. The product remains safe to eat.

Preventing freezer burn: Freezer burn occurs when food is exposed to air in the freezer. This causes dehydration and oxidation. Ensure the soup's packaging remains intact and sealed. If you notice any tears or damage to the packaging, consider overwrapping it with aluminum foil or placing it in a freezer bag to prevent freezer burn. **Storage location in freezer:** Store the soup away from the freezer door. Temperature fluctuations are more common there. The back or bottom of the freezer maintains the most consistent temperature. **Power outages:** If your freezer loses power, keep the door closed. A fully stocked freezer will maintain its temperature for approximately 48 hours (24 hours if half-full). If the soup partially thaws but still contains ice crystals and feels cold to the touch, it's safe to refreeze. Some quality loss may occur. If it completely thaws and reaches room temperature, it should be cooked and consumed within 24 hours or discarded. ### Thawing Instructions

{#thawing-instructions} Proper thawing is essential for both food safety and optimal texture:

Refrigerator thawing (recommended): Transfer the frozen soup from the freezer to the refrigerator 12-24 hours before you plan to eat it. This allows gradual, even thawing at a safe temperature (below 40°F/4°C). Place the soup on a plate or in a container to catch any condensation. Once thawed in the refrigerator, the soup should be consumed within 24 hours. **Microwave thawing:** If you need to thaw and heat the soup quickly, you can do so directly in the microwave. Remove any metal packaging components first (if present). Use the microwave's defrost setting or 50% power to thaw. Stir occasionally to promote even thawing. Once thawed, continue heating to the recommended serving temperature. **What NOT to do:** Never thaw this soup at room temperature on the counter. This allows the outer portions to reach the "danger zone" (40-140°F/4-60°C) where bacteria multiply rapidly. The center remains frozen. This creates food safety risks. **Cold water thawing:** If the soup is in a sealed, waterproof package, you can submerge it in cold water. Change the water every 30 minutes to maintain a cold temperature. This method is faster than refrigerator thawing but requires more attention. Once thawed using this method, heat and consume immediately. ### Post-Thaw Storage

{#post-thaw-storage} Once thawed, this soup enters a different food safety category: **Refrigerator storage after thawing:** If you've thawed the soup in the refrigerator but haven't opened or heated it, it can remain refrigerated for up to 24 hours before consumption. Keep it at 40°F (4°C) or below. **After opening/heating:** Once you've opened the package or heated the soup, consume it immediately for best quality. If you've heated only a portion and want to save the remainder, refrigerate it within 2 hours of heating. Consume refrigerated leftovers within 3-4 days. **Do not refreeze after thawing:** Once this soup thaws, do not refreeze it unless you've cooked it first. Refreezing thawed food without cooking can lead to significant quality loss and potential safety concerns. ### Heating Methods and Food Safety

{#heating-methods-and-food-safety} Proper heating ensures both food safety and optimal eating experience: **Microwave heating (primary method):** Remove the soup from any outer packaging. Check if the container is microwave-safe. If the soup is in a plastic tray, ensure it's labeled as microwave-safe. Pierce or partially remove any film covering to allow steam to escape. Microwave on high power for 3-4 minutes. Times will vary based on your microwave's wattage and whether the soup is frozen or thawed. Stir halfway through heating to promote even temperature distribution. **Target temperature:** Heat the soup to at least 165°F (74°C) throughout. This temperature ensures any potential bacteria are killed. If you don't own a food thermometer, the soup should be steaming hot throughout, not just at the edges. **Stirring importance:** Microwaves heat unevenly, often creating hot

spots and cold spots. Stirring partway through and again before eating ensures even heat distribution. This prevents scalding your mouth on a hot spot while consuming underheated portions.

****Oven/stovetop reheating:**** If you prefer not to use a microwave, transfer the soup to an oven-safe dish. Heat at 350°F (175°C) for 20-30 minutes until thoroughly heated. Alternatively, transfer to a saucepan and heat on the stovetop over medium heat. Stir frequently until steaming hot throughout.

****Resting time:**** After microwave heating, let the soup stand for 1-2 minutes. This allows the heat to equalize throughout the soup. It reduces the risk of steam burns when you remove the covering. **### Optimal Serving Temperature {#optimal-serving-temperature}** While food safety requires heating to

165°F (74°C), the optimal eating temperature is slightly lower: ****Ideal eating temperature:**** Most people find soup most enjoyable at 140-160°F (60-71°C). At this temperature, the soup is hot enough to be comforting and aromatic without scalding your mouth or tongue. ****Cooling considerations:**** If you've heated the soup to 165°F for safety, let it cool for 2-3 minutes before eating. This brief cooling period brings it to a more comfortable eating temperature while still maintaining the hot, comforting quality of soup.

****Temperature and flavor perception:**** Serving temperature affects flavor perception. Soups served too hot can numb taste receptors. This prevents you from fully appreciating the herbs and seasonings. The 140-160°F range allows you to taste the thyme, oregano, and other flavors while still enjoying a hot meal.

****Maintaining temperature during consumption:**** If you're eating slowly or want to maintain temperature, consider preheating your serving bowl. Rinse it with hot water before adding the soup. This prevents the bowl from absorbing heat from the soup. It helps maintain serving temperature longer.

Ingredient Deep Dive {#ingredient-deep-dive} **### Chicken (20% of Formulation) {#chicken-20-percent-of-formulation}** The chicken content at 20% makes it the primary ingredient by weight. This is significant for both nutrition and flavor:

****Protein quality:**** Chicken provides complete protein with all nine essential amino acids in optimal ratios for human nutrition. The biological value of chicken protein is high. Your body can efficiently use it for tissue building and repair. ****Lean protein source:**** Chicken, particularly breast meat (though the specific cut isn't specified), is naturally low in fat. It's particularly low in saturated fat, contributing to the soup's "low in saturated fat" claim. ****Micronutrients from chicken:**** Beyond protein, chicken provides B vitamins (particularly niacin, B6, and B12), phosphorus, selenium, and zinc. Vitamin B12 is particularly important as it's found almost exclusively in animal products. This makes the chicken content valuable for non-vegetarians. ****Texture contribution:**** The chicken pieces provide textural variety in the soup. They offer something to chew against the softer vegetables and legumes. This textural variation increases eating satisfaction.

****Umami flavor:**** Chicken contributes glutamates that provide savory umami flavor. This enhances the soup's overall taste profile and reduces the need for added salt or flavor enhancers. **### Green Split Peas (8% of Formulation) {#green-split-peas-8-percent-of-formulation}** As the second-highest percentage ingredient, green split peas are nutritionally significant: ****What are split peas:**** Split peas are field peas that are dried and split in half along the natural seam. They're a different variety from fresh garden peas, selected specifically for drying. The splitting increases surface area, reducing cooking time. ****Protein content:**** Split peas provide approximately 8-9 grams of protein per 100 grams. This makes them one of the highest-protein legumes. While not a complete protein on their own, they're particularly rich in lysine. This is an amino acid that's often limiting in grain-based foods. ****Fiber powerhouse:**** Split peas are exceptionally high in fiber. They provide both soluble and insoluble types. The soluble fiber forms a gel that slows digestion. It helps manage cholesterol and blood sugar levels.

****Resistant starch:**** When cooked and cooled, split peas develop resistant starch. This is a type of carbohydrate that resists digestion in the small intestine. It acts more like fiber, feeding beneficial gut bacteria. ****Micronutrient density:**** Split peas are rich in folate (essential for DNA synthesis and cell division), thiamine (vitamin B1, needed for energy metabolism), manganese (important for bone health and metabolism), and iron (critical for oxygen transport in blood).

****Traditional soup ingredient:**** Split peas are used in soups for centuries across many cultures. They naturally thicken the soup as they break down during cooking. This creates a creamy consistency without added thickeners or dairy. **### Ham (5% of Formulation) {#ham-5-percent-of-formulation}** Ham provides distinctive flavor and additional protein: ****What is ham:**** Ham is pork preserved through curing (with salt and often other seasonings), and sometimes smoking. The curing process gives ham its characteristic pink color and savory flavor.

****Flavor contribution:**** Even at just 5% of the formulation, ham provides significant flavor

impact. The curing process concentrates flavors. It creates complex savory notes that complement the chicken and vegetables. ****Sodium source:**** Ham is naturally high in sodium due to the curing process. This is why the soup's claim of containing less than 500 mg sodium per serve is noteworthy. It indicates careful formulation to balance flavor with sodium control. ****Protein and micronutrients:**** Ham contributes additional complete protein. It's particularly rich in thiamine (vitamin B1), niacin (vitamin B3), vitamin B6, phosphorus, and zinc. ****Traditional pairing:**** Pea and ham soup is a classic combination in many cuisines. The salty, savory ham complements the earthy sweetness of split peas. This creates a balanced flavor profile. **### Vegetable Matrix {#vegetable-matrix}** The soup contains at least six distinct vegetables (carrot, onion, celery, zucchini, parsnip, leek). This contributes to the "4–12 different vegetables" claim that is central to Be Fit Food's nutritional philosophy: ****Carrot:**** Beyond beta-carotene, carrots provide natural sweetness that balances the savory elements. When cooked in soup, carrots release their sugars and soften. This creates pleasant texture and flavor. ****Onion:**** Onions form the aromatic base of the soup. When cooked, their sulfur compounds mellow and sweeten. This provides depth of flavor. They also contribute quercetin, a powerful antioxidant. ****Celery:**** Often part of the classic "mirepoix" (onion, carrot, celery) base for soups and stocks, celery provides aromatic compounds. These enhance overall flavor complexity. It contributes a subtle savory note. ****Zucchini:**** This summer squash adds bulk and nutrition without strong flavor. This allows other ingredients to shine. It contributes moisture and vitamins while adding to the vegetable count. ****Parsnip:**** This root vegetable is similar to carrots but with a more complex, slightly nutty and sweet flavor. When cooked, parsnips become creamy. They help thicken the soup naturally. ****Leek:**** A member of the allium family (along with onions and garlic), leeks provide a milder, slightly sweet onion flavor. The white and light green parts are used in cooking. They offer a more delicate flavor than regular onions. **### Cannellini Beans {#cannellini-beans}** These white kidney beans add additional plant-based protein and fiber: ****Nutritional profile:**** Cannellini beans provide protein, complex carbohydrates, fiber, folate, iron, magnesium, and potassium. They're particularly noted for their creamy texture when cooked. ****Texture contribution:**** Cannellini beans display a smooth, creamy interior that adds body to the soup. They provide textural variety alongside the split peas and vegetables. ****Protein complementarity:**** The beans' amino acid profile complements both the split peas and the animal proteins. This ensures a complete spectrum of essential amino acids. ****Satiety factor:**** Like split peas, cannellini beans are highly satiating due to their protein and fiber content. They help you feel fuller for longer. This contributes to the soup's ability to keep you satisfied. **### Chicken Stock {#chicken-stock}** The liquid base provides flavor and additional nutrition: ****What is chicken stock:**** Stock is made by simmering chicken bones, often with aromatic vegetables and herbs. This extracts flavor, gelatin, and minerals. The gelatin from bones gives stock body and a silky mouthfeel. ****Flavor foundation:**** The stock provides a savory base that ties all ingredients together. It carries and distributes the flavors of herbs and seasonings throughout the soup. ****Collagen and gelatin:**** If made from bones and connective tissue, chicken stock contains gelatin (denatured collagen). This may support joint health and provide amino acids like glycine and proline. ****Mineral content:**** Stock made from bones can contain minerals like calcium, magnesium, and phosphorus. These leach from the bones during the simmering process. ****Sodium contribution:**** Stock contributes to the soup's sodium content. The under-500mg claim suggests either reduced-sodium stock is used or sodium is carefully controlled in the formulation. **### Olive Oil {#olive-oil}** The primary fat source in this soup: ****Monounsaturated fat source:**** Olive oil is approximately 73% monounsaturated fat, primarily oleic acid. This is associated with cardiovascular benefits including improved cholesterol profiles and reduced inflammation. ****Polyphenols:**** Extra virgin olive oil (the grade isn't specified here) contains polyphenols. These are plant compounds with antioxidant and anti-inflammatory properties. ****Fat-soluble vitamin absorption:**** The olive oil helps your body absorb fat-soluble vitamins (A, D, E, K) from the vegetables. For example, the beta-carotene from carrots is better absorbed when consumed with fat. ****Flavor and mouthfeel:**** Oil contributes to the soup's mouthfeel. It creates a more satisfying, less watery texture. It also carries fat-soluble flavor compounds, enhancing overall taste. ****Cooking medium:**** The olive oil likely serves as the cooking medium for sautéing the aromatic vegetables (onion, garlic, celery) at the beginning of the cooking process. This develops their flavors through the Maillard reaction. **### Herbs and Seasonings {#herbs-and-seasonings}** ****Garlic:**** Beyond flavor, garlic

provides organosulfur compounds including allicin (formed when garlic is crushed or chopped). This displays antimicrobial properties and may support cardiovascular health. ****Thyme:**** This Mediterranean herb provides aromatic compounds including thymol, which displays antimicrobial properties. Thyme complements chicken particularly well and is traditional in European soups.

****Oregano:**** Rich in antioxidants, oregano provides a slightly peppery, aromatic flavor. It contains carvacrol and thymol, compounds with antimicrobial properties. ****Pepper:**** Black pepper (the type isn't specified, but black pepper is most common) provides piperine. This compound enhances the bioavailability of certain nutrients. It adds a subtle heat and complexity to the flavor profile. The combination of these herbs creates a classic, comforting flavor profile that's familiar yet complex. It features layers of savory, aromatic, and subtly peppery notes.

Practical Serving Suggestions and Meal Planning {#practical-serving-suggestions-and-meal-planning}

Optimal Serving Temperature and Presentation {#optimal-serving-temperature-and-presentation}

To maximize your enjoyment of this soup:

****Temperature control:**** As discussed in the food safety section, heat to 165°F (74°C) for safety. Then allow to cool to 140-160°F (60-71°C) for optimal eating temperature. At this temperature range, you can fully taste the herbs and seasonings without scalding your palate.

****Serving vessel:**** Transfer the soup to a preheated ceramic or stoneware bowl rather than eating directly from the plastic container. Preheat the bowl by rinsing with hot water. This helps maintain the soup's temperature during eating and enhances the dining experience.

****Garnishes for enhanced nutrition and flavor:**** While the soup is nutritionally complete as-is, consider these optional garnishes:

- Fresh parsley or cilantro for added vitamin K and fresh flavor
- A squeeze of lemon juice to brighten flavors and add vitamin C
- A small drizzle of high-quality olive oil for extra healthy fats and richness
- Freshly ground black pepper for enhanced flavor and piperine content
- A sprinkle of nutritional yeast for additional B vitamins and a savory note (if not avoiding yeast)

****Portion considerations:**** The 276-gram serving is designed as a complete meal for some individuals. Your needs may vary based on activity level, body size, and overall calorie requirements. For some, this soup might serve as a starter or lighter meal. For others, it's a satisfying main course.

Complementary Foods for Balanced Meals {#complementary-foods-for-balanced-meals}

If you need additional calories or want to create a more substantial meal:

****Whole grain bread or crackers:**** Pair with a slice of gluten-free whole grain bread (to maintain the gluten-free nature of the meal) or gluten-free crackers. This adds complex carbohydrates and makes the meal more filling. Choose options with seeds for additional protein, healthy fats, and minerals.

****Side salad:**** A large green salad with mixed leafy greens, cucumber, tomatoes, and a simple vinaigrette adds volume, fiber, and additional vitamins and minerals without many calories. This combination creates a very satiating meal suitable for weight management.

****Additional protein:**** If you need more protein (athletes, older adults, or those recovering from illness), consider a hard-boiled egg on the side. A small serving of cottage cheese (if not avoiding dairy) or a handful of roasted chickpeas also works well.

****Fruit for dessert:**** Complete the meal with fresh fruit—an apple, pear, or berries—to add additional fiber, vitamins, and natural sweetness.

****Beverage pairing:**** Water is always appropriate. Herbal tea (particularly chamomile or mint) can complement the soup nicely. If you want additional nutrition, consider green tea for antioxidants or bone broth for additional protein and minerals.

Meal Timing and Context {#meal-timing-and-context}

****Lunch option:**** This soup works well as a midday meal. It provides sustained energy through the afternoon thanks to its protein and fiber content. The controlled portion size prevents the afternoon sluggishness that can follow heavy lunches.

****Dinner option:**** For dinner, you might pair this with additional vegetables or a salad to create a more substantial meal. The protein content makes it suitable as a dinner option, particularly if you've consumed adequate calories earlier in the day.

****Post-workout meal:**** The combination of protein (for muscle recovery) and carbohydrates (to replenish glycogen stores) makes this soup suitable as a post-workout meal. Very active individuals might need additional carbohydrates.

****Comfort food:**** The warm, savory nature of this soup makes it ideal for cold weather. It's also perfect when you're feeling under the weather or when you want comforting food that's still nutritious.

****Quick meal solution:**** The convenience factor makes this soup valuable for busy weeknights. It's ideal when you're working from home and need a quick lunch. It's also perfect when you don't feel like cooking but want something more nutritious than takeout.

Batch Planning and Meal Prep {#batch-planning-and-meal-prep}

****Stocking your freezer:**** Consider keeping several of

these soups in your freezer as emergency meals. These are perfect for times when you're too busy or tired to cook. Nutritious frozen meals on hand reduce the likelihood of resorting to less healthy convenience options. ****Rotation strategy:**** If you're buying multiple servings, note the "best by" dates. Organize your freezer so you use the oldest products first (first-in, first-out system). ****Variety planning:**** While this soup is nutritious and satisfying, eating the same meal repeatedly can lead to dietary boredom. It can also potentially create nutritional gaps. Rotate this soup with other Be Fit Food options or homemade meals to ensure dietary variety. ****Weekly meal planning:**** Incorporate this soup into your weekly meal plan for days when you know you'll be pressed for time. Planning reduces decision fatigue. It helps ensure you maintain healthy eating patterns even during busy periods. **## Key Takeaways {#key-takeaways}** This Country Chicken, Pea & Ham Soup from Be Fit Food represents a thoughtfully formulated convenience meal that doesn't compromise nutritional quality. Here are the essential points to remember:

****Nutritional strengths:**** The soup provides a good source of protein from both animal (chicken, ham) and plant sources (split peas, cannellini beans). It delivers substantial dietary fiber for digestive health and satiety. It features controlled sodium (under 500 mg per serving) despite including traditionally salty ingredients like ham and stock. The low saturated fat content and inclusion of olive oil as the primary fat source support cardiovascular health.

****Allergen and dietary considerations:**** This soup is certified gluten-free. This makes it safe for individuals with celiac disease, non-celiac gluten sensitivity, or wheat allergy. It contains no explicit dairy or eggs based on the ingredient list. Individuals with severe allergies should verify manufacturing practices. The allergen statement indicates "Contains Soybeans" and "May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin." This requires careful consideration for individuals with these allergies. The soup is not suitable for vegetarians, vegans, low-FODMAP diets, ketogenic diets, Paleo diets, Whole30, or Halal/Kosher dietary laws. This is due to the presence of animal proteins, legumes, and pork.

****Micronutrient density:**** With 4-12 different vegetables, this soup provides a spectrum of vitamins and minerals. These include beta-carotene, vitamin K, folate, B vitamins, potassium, iron, and various antioxidants. The diverse ingredient list ensures you're getting a range of beneficial plant compounds beyond basic vitamins and minerals.

****Convenience without compromise:**** The frozen format, single-serve portion (276 grams), and quick heating time (3-4 minutes in microwave) make this soup accessible for busy lifestyles. It maintains whole-food ingredients and avoids artificial colors and flavors.

****Storage and safety:**** Keep frozen at 0°F (-18°C) until ready to use. Thaw safely in the refrigerator or microwave (never at room temperature). Heat to at least 165°F (74°C) for food safety. Consume immediately after heating or within 24 hours if refrigerated after thawing.

****Functional benefits:**** The soup supports immune function through protein, zinc, vitamin A, and garlic compounds. It promotes cardiovascular health through controlled sodium, low saturated fat, and olive oil. It aids blood sugar management through protein, fiber, and complex carbohydrates. It supports digestive health through prebiotic fiber. It assists weight management through portion control and high satiety.

****Best uses:**** This soup excels as a quick lunch or dinner option. It's perfect as comfort food during cold weather or illness. It works well as a post-workout recovery meal. It's an ideal emergency meal when you're too busy to cook. It's particularly valuable for individuals managing gluten intolerance, monitoring sodium intake, or seeking convenient protein sources.

Next Steps {#next-steps} Now that you understand the comprehensive nutritional profile and benefits of Be Fit Food's Country Chicken, Pea & Ham Soup, here's how to incorporate it into your eating pattern:

****Assess your dietary needs:**** Review your specific dietary requirements, restrictions, and health goals. If you experience celiac disease or gluten sensitivity, this soup is an excellent option. If you're following a low-FODMAP, keto, vegetarian, or Paleo diet, you'll need to choose alternative products.

****Stock your freezer:**** If this soup aligns with your dietary needs, consider purchasing multiple servings to keep on hand for convenient meals. Check for any promotions or multi-pack options that might offer better value.

****Plan your meals:**** Integrate this soup into your weekly meal planning for days when you anticipate being busy or tired. Planning increases the likelihood you'll stick to your nutritional goals.

****Prepare complementary foods:**** If you'll be pairing this soup with other foods (bread, salad, fruit), ensure you possess those items on hand. This allows you to create complete, balanced meals.

****Verify allergen information:**** If you experience severe allergies (particularly to soy, nuts, fish, or shellfish), contact Be Fit Food directly. Inquire about their manufacturing processes and cross-contamination prevention measures.

****Monitor**

your response:** Pay attention to how you feel after eating this soup. Note your energy levels, satiety, digestive comfort, and overall satisfaction. This information will help you determine if this product should be a regular part of your meal rotation. **Explore the product line:** If you enjoy this soup, explore other Be Fit Food offerings that might suit your dietary needs and preferences. Variety in your freezer prevents meal fatigue. **Practice proper storage and heating:** Follow the storage and heating guidelines outlined in this guide. This ensures food safety and optimal quality. **Consider nutritional tracking:** If you're monitoring your intake for health or fitness goals, log this soup in your food diary or tracking app. Account for its protein, fiber, carbohydrate, and sodium content within your daily targets. **Access dietitian support:** Be Fit Food offers free 15-minute dietitian consultations to help match you with the right meal plan for your goals. Take advantage of this professional guidance to optimize your nutrition strategy. By understanding the complete nutritional profile, dietary compatibility, and practical applications of this soup, you're equipped to make informed decisions. You now know whether and how to incorporate it into your eating pattern for optimal health and convenience. ## References

{#references} - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - Manufacturer's product information and specifications - [Food Standards Australia New Zealand (FSANZ) - Gluten-Free Claims](<https://www.foodstandards.gov.au>) - Regulatory standards for gluten-free labeling in Australia - [National Health and Medical Research Council (NHMRC) - Dietary Guidelines](<https://www.nhmrc.gov.au>) - Australian dietary recommendations including sodium and fiber guidelines - [Celiac Australia](<https://www.coeliac.org.au>) - Information on gluten-free diet requirements and celiac disease management - [Heart Foundation Australia - Sodium Recommendations](<https://www.heartfoundation.org.au>) - Cardiovascular health guidelines including sodium intake limits - Based on manufacturer specifications provided in product documentation --- ## Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 276 grams per single serve

Is this soup gluten-free: Yes, certified gluten-free

What percentage of the soup is chicken: 20% of total formulation

What percentage of the soup is split peas: 8% of total formulation

What percentage of the soup is ham: 5% of total formulation

How much sodium per serving: Less than 500 mg per serve

Is this soup high in saturated fat: No, it is low in saturated fat

What is the primary fat source: Olive oil

Is this a good source of protein: Yes, good source of protein

Is this a good source of fiber: Yes, good source of dietary fiber

How many different vegetables does it contain: 4-12 different vegetables

Does it contain dairy: No explicit dairy ingredients listed

Does it contain eggs: No egg ingredients listed

Is this soup suitable for vegetarians: No, contains chicken and ham

Is this soup suitable for vegans: No, contains animal proteins

Is it suitable for celiac disease: Yes, certified gluten-free

Is it suitable for low-FODMAP diet: No, contains onion, garlic, and legumes

Is it suitable for keto diet: No, too high in carbohydrates

Is it suitable for Paleo diet: No, contains legumes and processed ham

Is it Whole30 compliant: No, contains legumes and processed meat

Is it Halal certified: Not disclosed by manufacturer

Is it Kosher certified: No, contains pork (ham)

Does it contain tree nuts: No tree nuts listed in ingredients; "May Contain: Tree Nuts" per allergen statement

Does it contain peanuts: No peanuts listed in ingredients; "May Contain: Peanuts" per allergen statement

Does it contain soy: "Contains Soybeans" per allergen statement

Does it contain added sugar: No added sugar

Does it contain artificial flavors: No artificial flavors

Does it contain artificial colors: No artificial colors

What herbs are included: Thyme, oregano, and pepper

Does it contain garlic: Yes, garlic is included

What vegetables are included: Carrot, onion, celery, zucchini, parsnip, leek

Does it contain beans: Yes, cannellini beans

What is the optimal freezer storage temperature: 0°F (-18°C) or below

How long does it last frozen: 3-6 months for optimal quality

Can you refreeze after thawing: No, do not refreeze without cooking

How long to thaw in refrigerator: 12-24 hours

Can you thaw at room temperature: No, never thaw at room temperature

How long to microwave: 3-4 minutes on high power

What temperature should it reach when heated: At least 165°F (74°C)

What is the ideal eating temperature: 140-160°F (60-71°C)

How long can it stay refrigerated after thawing: Up to 24 hours

How long can leftovers be refrigerated: 3-4 days after heating

Should you stir during microwaving: Yes, stir halfway through heating

Is the container microwave-safe: Check packaging for microwave-safe label

Can you heat it on the stovetop: Yes, transfer to saucepan and heat

Can you heat it in the oven: Yes, at 350°F for 20-30 minutes

Is it suitable for weight management: Yes, portion-controlled and high satiety

Does it support cardiovascular health: Yes, low sodium and low saturated fat

Does it help with blood sugar

management: Yes, protein and fiber moderate glycemic response Does it support digestive health: Yes, contains prebiotic fiber Does it support immune function: Yes, contains protein, zinc, and vitamin A Is it suitable for post-workout recovery: Yes, provides protein and carbohydrates Who designed the meals: Dietitians using CSIRO-backed science Is Be Fit Food Australian: Yes, Australia's leading dietitian-designed meal delivery Does it contain MSG: No added MSG Does the soup contain chicken stock: Yes, chicken stock base What type of oil is used: Olive oil Does it contain preservatives: Not disclosed by manufacturer Is it a complete meal: Yes, designed as single-serve complete meal Can you add garnishes: Yes, optional garnishes enhance flavor What pairs well with this soup: Gluten-free bread, side salad, or fruit Is it suitable for lunch: Yes, excellent lunch option Is it suitable for dinner: Yes, suitable dinner option Does it require any preparation: No, just heat and serve How quickly can it be prepared: 3-4 minutes in microwave Is dietitian consultation available: Yes, free 15-minute consultations offered Does it contain complex carbohydrates: Yes, from legumes and vegetables What is the glycemic index: Low glycemic index from split peas Does it contain resistant starch: Yes, when split peas are cooked and cooled Is it energy-dense: No, low energy density due to water content Does it contain collagen: Possibly from chicken stock if bone-based Does it contain quercetin: Yes, from onions Does it contain beta-carotene: Yes, from carrots Does it contain allicin: Yes, from garlic Is it suitable for cold weather: Yes, ideal comfort food for cold weather Is it suitable when feeling unwell: Yes, easy to digest and nutritious Does it need to be consumed immediately after heating: Yes, for best quality and safety Can you eat it directly from the container: Not recommended, transfer to bowl for better experience Should the bowl be preheated: Yes, rinse with hot water before serving

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