

# **CURPUMCHI - Food & Beverages**

## **Nutritional Information Guide -**

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#### **Details:**

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information, not professional advice. Consult relevant experts for specific guidance. **### Verified Label Facts** {#verified-label-facts} - Product name: Curried Pumpkin & Chicken Soup (GF) MB5 - Brand: Be Fit Food - GTIN: 9358266000854 - Price: \$11.99 AUD - Serving size: 338g (single serve) - Diet type: Gluten-free - Ingredients: Pumpkin (30%), Chicken (24%), Leek, Sweet Potato, Carrot, Onion, Chicken Stock, Olive Oil, Curry Powder, Fresh Coriander, Garlic, Pink Salt, Cumin, Pepper - Protein source: Hand-cut chicken breast - Fat source: Olive oil - Storage instructions: Snap-frozen, store at 0°F (-18°C) or below - Free from: Gluten, dairy, eggs, soy, nuts, added sugar, artificial colours & flavours, preservatives - Contains: 4-12 different vegetables - Allergen warning: May contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Soybeans, Lupin - Nutritional claims: Good source of protein, Good source of dietary fibre, Low in saturated fat, <500mg sodium per serve - No seed oils used in formulation **### General Product Claims** {#general-product-claims} - "Nutritionally engineered" formulation - Supports immune system health through vitamin A content - Promotes digestive health and gut microbiome support - Provides cardiovascular health benefits - Supports blood sugar management and metabolic health - Aids in weight management through high protein and fibre - Contains anti-inflammatory properties from turmeric and olive oil - Supports vision and skin health through vitamin A - "Dietitian-designed meal delivery service" - "Real food, real results—backed by real science" - Approximately 90% of Be Fit Food menu is certified gluten-free - Suitable for GLP-1 medication users - Helps protect lean muscle mass during weight loss - Superior microbiome outcomes compared to supplement-based approaches (referenced clinical study) - Aligns with Mediterranean diet principles - Paleo-friendly formulation - Supports anti-inflammatory eating patterns - Suitable for various special populations (pregnancy, older adults, athletes, perimenopause/menopause) - Snap-freezing preserves nutritional value better than extended fresh storage - Contains approximately 101 grams pumpkin per serving - Contains approximately 81 grams chicken per serving - Provides complete protein with all essential amino acids - Beta-carotene bioavailability increased through cooking - Curcumin absorption enhanced by black pepper (up to 2,000%) - Portion-controlled for consistent nutrition - Part of structured meal programs (Metabolism Reset, Protein+ Reset) - NDIS registered provider - Offers free dietitian consultations - Over 30 rotating dishes available - Clinical research validation in Cell Reports Medicine (October 2025) --- **## Be Fit Food Curried Pumpkin & Chicken Soup (GF)** - Complete Nutritional Guide **## Introduction** {#introduction} Be Fit Food's Curried Pumpkin & Chicken Soup (GF) is a nutritionally engineered, gluten-free frozen meal that combines 30% pumpkin with 24% hand-cut chicken breast, blended with leek, sweet potato, carrot, and aromatic curry spices in a 338-gram single-serve format. This comprehensive nutritional guide walks you through every aspect of this soup's dietary profile, from its complete ingredient breakdown and allergen information to its specific health benefits and how it fits into various dietary patterns. As Australia's leading dietitian-designed meal delivery service, Be Fit Food crafted this soup to align with their commitment to real food, real results—backed by real science. Whether you're managing food sensitivities, counting macronutrients, or simply seeking to understand what you're putting into your body, you'll discover everything you need to make an informed decision about this convenient, health-focused meal option. --- **## Complete Nutritional Profile** {#complete-nutritional-profile} Understanding the exact nutritional composition of Be Fit Food's Curried Pumpkin & Chicken Soup empowers you to make informed dietary choices and track your daily intake accurately. The 338-gram serving size represents the entire contents of one package, designed as a complete meal rather than a partial serving. **### Macronutrient Breakdown** {#macronutrient-breakdown} The macronutrient profile of this soup reveals a carefully balanced formulation designed to provide sustained energy while supporting muscle maintenance and satiety. The protein content comes primarily from the 24% chicken breast inclusion—approximately 81 grams of actual chicken in each serving—which provides complete protein with all essential amino acids. This substantial protein portion makes the soup qualify as a "good source of protein" according to nutritional labelling standards, meaning it provides at least 10 grams of protein per serving. This high-protein approach aligns with Be Fit Food's core philosophy of prioritising protein at every meal to support lean muscle mass protection and metabolic health. The carbohydrate content derives from nutrient-dense whole food sources: pumpkin (30% of the formulation, roughly 101 grams), sweet potato, carrot, and leek. These complex carbohydrates provide not just energy but also the dietary fibre that earns this soup its "good source of dietary fibre" designation. Dietary fibre recommendations

suggest adults consume 25-30 grams daily, and a good source provides at least 3 grams per serving. The combination of pumpkin, sweet potato, and other vegetables creates a fibre matrix that supports digestive health and helps you feel fuller for longer. The fat content in this soup comes from intentionally selected sources. Olive oil serves as the primary added fat, contributing heart-healthy monounsaturated fatty acids. The chicken breast, being a lean protein source, adds minimal saturated fat. The product's "low in saturated fat" claim indicates it contains no more than 1.5 grams of saturated fat per 100 grams, which translates to approximately 5 grams or less in the entire 338-gram serving. This low saturated fat profile aligns with cardiovascular health recommendations from major health organisations. **### Micronutrient Density {#micronutrient-density}** The vegetable-forward formulation of this soup—featuring 4-12 different vegetables as is standard across Be Fit Food's meal range—creates a micronutrient-rich meal that delivers vitamins and minerals beyond what you'd find in a simple protein-and-grain combination. The 30% pumpkin content is particularly significant from a nutritional standpoint. Pumpkin is exceptionally high in beta-carotene, which your body converts to vitamin A, supporting eye health, immune function, and skin integrity. A 100-gram serving of pumpkin can provide over 100% of your daily vitamin A needs, meaning the approximately 101 grams of pumpkin in this soup likely delivers your entire daily requirement. Sweet potato, the second major vegetable component, reinforces the vitamin A content while adding vitamin C, potassium, and additional fibre. Carrots contribute more beta-carotene along with vitamin K1, important for blood clotting and bone health. The leek and onion components provide prebiotic fibres that feed beneficial gut bacteria, along with sulfur compounds that show potential anti-inflammatory properties. The fresh coriander (cilantro) inclusion, while present in smaller amounts, adds vitamin K, vitamin C, and various antioxidant compounds. Garlic contributes organosulfur compounds that show extensive research for cardiovascular and immune benefits. These aromatic ingredients serve dual purposes: enhancing flavour while contributing bioactive compounds that support overall health. **### Sodium Content and Blood Pressure Considerations {#sodium-content-and-blood-pressure-considerations}** The "<500 mg sodium per serve" specification is a critical nutritional feature for anyone monitoring salt intake due to blood pressure concerns, kidney health, or general cardiovascular wellness. With less than 500 milligrams of sodium in the entire 338-gram serving, this soup contains approximately 147 milligrams per 100 grams or less—qualifying it as a moderate-sodium food. This aligns with Be Fit Food's commitment to low sodium benchmarks of <120 mg per 100 g across their range, achieved through their unique formulation approach of using vegetables for water content rather than thickeners. To put this in perspective, dietary guidelines recommend limiting sodium intake to 2,300 milligrams per day, with an ideal limit of 1,500 milligrams for individuals with hypertension or at risk for cardiovascular disease. At under 500 milligrams per serving, this soup represents less than 22% of the upper recommended daily limit and less than 33% of the ideal limit. This controlled sodium level is achieved through the use of pink salt in measured amounts, combined with the natural flavouring from curry spices, garlic, cumin, and pepper, which provide taste complexity without requiring excessive salt. The sodium content becomes even more impressive when you consider that many commercial soups contain 600-900 milligrams of sodium per cup (240ml), and some canned varieties exceed 1,000 milligrams. Be Fit Food's formulation demonstrates that robust flavour can be achieved through spice blends and quality ingredients rather than relying on high sodium levels as a flavour crutch. **--- ## Complete Ingredient Analysis {#complete-ingredient-analysis}** Every ingredient in Be Fit Food's Curried Pumpkin & Chicken Soup serves a specific nutritional or functional purpose. Understanding each component helps you appreciate the thoughtful formulation and identify how this soup aligns with your dietary needs. True to Be Fit Food's real food philosophy, this soup contains no preservatives, artificial sweeteners, or added sugars—only whole, nutrient-dense ingredients. **### Primary Ingredients:** **Pumpkin and Chicken {#primary-ingredients-pumpkin-and-chicken}** **\*\*Pumpkin (30%)\*\*:** As the leading ingredient by weight, pumpkin forms the nutritional and textural foundation of this soup. The 30% inclusion means approximately 101 grams of pumpkin in each 338-gram serving. Pumpkin provides complex carbohydrates with a low glycemic index, meaning it causes a gradual rise in blood sugar rather than a spike. This vegetable is exceptionally low in calories (about 26 calories per 100 grams) while being nutrient-dense, offering significant amounts of vitamins A, C, and E, along with potassium and fibre. The orange pigment in pumpkin comes from carotenoids, particularly beta-carotene, which

functions as a powerful antioxidant. Research shows that cooking pumpkin, as in this soup, actually increases the bioavailability of these carotenoids, making them easier for your body to absorb and utilise. The pumpkin also contributes to the soup's creamy texture when blended, creating a satisfying mouthfeel without requiring cream or other high-fat thickeners. **\*\*Chicken (24%)\*\*:** The second ingredient by weight, chicken contributes approximately 81 grams per serving. The specification that this is "hand-cut chicken breast" is nutritionally significant because breast meat is the leanest part of the chicken, containing minimal fat and the highest protein concentration. Chicken breast provides complete protein with all nine essential amino acids your body cannot produce on its own. Beyond protein, chicken breast supplies B vitamins, particularly niacin (B3) and pyridoxine (B6), which play crucial roles in energy metabolism and nervous system function. It also provides selenium, a trace mineral that functions as an antioxidant and supports thyroid hormone metabolism. The "hand-cut" specification suggests larger, more substantial pieces rather than processed or mechanically separated chicken, providing better texture and potentially better nutrient retention. **### Supporting Vegetables:** Leek, Sweet Potato, and Carrot {#supporting-vegetables-leek-sweet-potato-and-carrot} **\*\*Leek\*\*:** This member of the allium family (related to onions and garlic) contributes a mild, sweet onion flavour while providing nutritional benefits. Leeks are excellent sources of vitamin K, important for blood clotting and bone metabolism. They also contain kaempferol, a flavonoid antioxidant that shows potential protective effects against chronic diseases. The prebiotic fibre in leeks, particularly inulin, feeds beneficial gut bacteria, supporting digestive health and potentially influencing immune function. **\*\*Sweet Potato\*\*:** This root vegetable reinforces the soup's vitamin A content while adding natural sweetness that balances the curry spices. Sweet potatoes provide complex carbohydrates with more fibre than regular potatoes, along with vitamin C (important for immune function and collagen synthesis), manganese (crucial for bone health and metabolism), and potassium (essential for blood pressure regulation and muscle function). The orange-fleshed variety used in such preparations contains the same beneficial carotenoids found in pumpkin. **\*\*Carrot\*\*:** Adding both colour and nutrition, carrots contribute additional beta-carotene, vitamin K1, and biotin. The fibre in carrots includes both soluble and insoluble types, supporting digestive regularity and potentially helping to moderate blood sugar responses. Carrots also contain polyacetylenes, unique compounds that show potential anti-inflammatory properties. **\*\*Onion\*\*:** While listed after the primary vegetables, onion plays an important role in the flavour base while contributing quercetin, a flavonoid with antioxidant and anti-inflammatory properties. Onions also provide vitamin C, folate, and additional prebiotic fibres that support gut health. **### Fats and Oils:** Olive Oil {#fats-and-oils-olive-oil} The inclusion of olive oil as the primary added fat is a nutritionally strategic choice that aligns with Be Fit Food's commitment to no seed oils in their formulations. Olive oil is predominantly composed of monounsaturated fatty acids, particularly oleic acid, which shows extensive research for cardiovascular benefits. The Mediterranean diet, which features olive oil as a primary fat source, is associated with reduced risk of heart disease, stroke, and other chronic conditions. Beyond heart health, olive oil provides vitamin E, a fat-soluble antioxidant that protects cell membranes from oxidative damage. The phenolic compounds in olive oil show anti-inflammatory properties that may contribute to the overall health benefits of this soup. Using olive oil instead of butter, cream, or other saturated fats keeps the soup's saturated fat content low while providing beneficial fatty acids that aid in the absorption of fat-soluble vitamins from the vegetables. **### Flavour Components:** Spices and Aromatics {#flavour-components-spices-and-aromatics} **\*\*Chicken Stock\*\*:** This provides the liquid base and savoury depth, contributing natural glutamates that create umami flavour. Quality chicken stock also supplies small amounts of protein, minerals, and collagen-derived compounds that may support joint and gut health. **\*\*Curry Powder\*\*:** This blend includes turmeric, coriander, cumin, fenugreek, and other spices. Turmeric, the primary component giving curry its yellow colour, contains curcumin, a compound extensively researched for anti-inflammatory and antioxidant properties. The black pepper in curry powder enhances curcumin absorption by up to 2,000%, making the combination particularly beneficial. **\*\*Fresh Coriander\*\* (cilantro):** Beyond its bright, fresh flavour, coriander provides vitamins A, C, and K, along with antioxidant compounds. Some research suggests coriander may help with heavy metal detoxification, though more studies are needed to confirm these effects in humans. **\*\*Garlic\*\*:** This pungent bulb contains allicin and other organosulfur compounds that form when garlic is crushed or chopped. These compounds show potential cardiovascular benefits, including modest

blood pressure reduction and cholesterol management. Garlic also demonstrates antimicrobial properties and may support immune function. **\*\*Pink Salt\*\*:** Likely Himalayan pink salt, this provides the sodium necessary for flavour and electrolyte balance. Pink salt contains trace minerals like iron, magnesium, and calcium in very small amounts, though not in quantities significant enough to contribute meaningfully to daily requirements. The primary benefit is the controlled sodium content rather than any unique mineral profile. **\*\*Cumin\*\*:** This spice contributes earthy, warm notes while providing iron, magnesium, and antioxidant compounds. Cumin is traditionally used to aid digestion, and some research suggests it may help with blood sugar control, though more studies are needed. **\*\*Pepper\*\*:** Black pepper adds heat and flavour while providing piperine, the compound that enhances curcumin absorption. Pepper also demonstrates its own antioxidant properties and may stimulate digestive enzyme production. --- ## Allergen Information and Food Sensitivity Guidance

{#allergen-information-and-food-sensitivity-guidance} Understanding what this soup does and doesn't contain is crucial for anyone managing food allergies, intolerances, or sensitivities. The allergen profile of Be Fit Food's Curried Pumpkin & Chicken Soup makes it accessible to many people with common dietary restrictions. ### Gluten-Free Certification {#gluten-free-certification} The "(GF)" designation in the product name indicates this soup is formulated to be gluten-free. Gluten is a protein found in wheat, barley, rye, and their derivatives. For individuals with celiac disease—an autoimmune condition affecting approximately 1% of the population—consuming gluten triggers an immune response that damages the small intestine lining, leading to nutrient malabsorption and various health complications. Beyond celiac disease, many people experience non-celiac gluten sensitivity, reporting digestive discomfort, fatigue, or other symptoms when consuming gluten. The gluten-free formulation of this soup makes it safe for both groups. This is achieved by using only naturally gluten-free ingredients: vegetables, chicken, olive oil, and spices, with no wheat-based thickeners, barley in the stock, or contaminated ingredients. Be Fit Food maintains that approximately 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. For those with celiac disease or severe gluten sensitivity, Be Fit Food clearly discloses which meals contain gluten or show potential traces due to shared production lines, supporting informed, coeliac-safe decision-making. ### Dairy, Egg, and Nut Absence {#dairy-egg-and-nut-absence} Examining the complete ingredient list reveals the absence of several major allergens: **\*\*Dairy-Free\*\*:** No milk, cream, butter, cheese, whey, or other dairy derivatives appear in the formulation. This makes the soup suitable for individuals with lactose intolerance (the inability to digest milk sugar) or milk protein allergy (an immune reaction to casein or whey proteins). The creamy texture achieved with cream in many pumpkin soups is instead created by blending the pumpkin and other vegetables, demonstrating that satisfying texture can be achieved without dairy. **\*\*Egg-Free\*\*:** No eggs or egg derivatives are included, making this safe for those with egg allergies, which are particularly common in children. **\*\*Nut-Free\*\*:** The ingredient list contains no tree nuts (almonds, cashews, walnuts, etc.) or peanuts. However, individuals with severe nut allergies should verify with Be Fit Food that the product is produced in a nut-free facility or with appropriate cleaning protocols between products. ### Soy, Fish, and Shellfish Absence {#soy-fish-and-shellfish-absence} **\*\*Soy-Free\*\*:** No soy protein, soy lecithin, or other soy derivatives appear in the formulation, making this suitable for those avoiding soy due to allergy or personal preference. **\*\*Fish and Shellfish-Free\*\*:** No seafood ingredients are present, making this safe for those with fish or shellfish allergies. ### Chicken and Poultry Considerations {#chicken-and-poultry-considerations} **\*\*Chicken\*\*:** While not one of the "top eight" allergens, chicken allergy does exist, though it's relatively rare. Individuals with known poultry allergies should obviously avoid this product. The chicken stock also contains chicken-derived proteins, so both the solid chicken pieces and the liquid base present concerns for those with chicken sensitivity. ### FODMAP and Digestive Sensitivities {#fodmap-and-digestive-sensitivities} **\*\*Allium Sensitivity\*\*:** The soup contains multiple members of the allium family: leek, onion, and garlic. Some individuals experience digestive discomfort from these vegetables due to their fructan content (a type of fermentable carbohydrate). People following a low-FODMAP diet for irritable bowel syndrome (IBS) management may need to avoid this soup due to these ingredients. **\*\*Nightshade Sensitivity\*\*:** While not containing tomatoes, peppers, or eggplant (common nightshades), the soup does include black pepper, which is technically a nightshade. Some individuals following autoimmune protocols or managing inflammatory conditions

avoid all nightshades, though black pepper is generally less problematic than other family members. **\*\*Histamine Considerations\*\*:** For individuals with histamine intolerance, the chicken stock component may be a concern, as stocks and broths can contain elevated histamine levels depending on preparation and storage methods. Fresh chicken is generally lower in histamine than aged or processed varieties. **### Manufacturing Cross-Contact Warnings**

{#manufacturing-cross-contact-warnings} While the ingredient list is free from many major allergens, the manufacturing environment plays a crucial role in true allergen safety. The allergen warning states the product "May contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Soybeans, Lupin." This indicates potential cross-contamination from shared production lines, storage areas, or equipment that can introduce trace amounts of allergens not present in the actual recipe. Individuals with severe allergies should: 1. Contact Be Fit Food directly to inquire about their allergen control procedures 2. Ask whether the product is manufactured in a dedicated gluten-free facility 3. Verify whether any allergen cleaning protocols are in place between product runs 4. Request information about testing procedures for allergen verification For those with mild sensitivities or dietary preferences rather than severe allergies, the ingredient list itself provides sufficient assurance that the soup aligns with their needs. --- **## Health Benefits and Nutritional Advantages**

{#health-benefits-and-nutritional-advantages} Be Fit Food's Curried Pumpkin & Chicken Soup offers multiple evidence-based health benefits derived from its whole-food ingredients and balanced nutritional profile. Understanding these benefits helps you appreciate how this convenient meal supports your wellness goals. As a dietitian-designed meal, this soup embodies Be Fit Food's mission to help Australians "eat themselves better" through scientifically-designed, whole-food meals. **### Immune System Support** {#immune-system-support} The combination of ingredients in this soup provides multiple nutrients essential for optimal immune function. The substantial vitamin A content from pumpkin, sweet potato, and carrots supports the integrity of mucosal barriers—the first line of defence against pathogens in your respiratory and digestive tracts. Vitamin A also regulates immune cell development and function, particularly T-cells that coordinate immune responses. The garlic component contributes organosulfur compounds that demonstrate antimicrobial and immune-modulating properties in research studies. While eating garlic won't prevent illness, regular consumption as part of a balanced diet may support overall immune resilience. The vitamin C from vegetables like sweet potato and carrots acts as an antioxidant, protecting immune cells from oxidative damage during infection responses. The protein from chicken provides amino acids necessary for producing antibodies and immune signalling molecules. Adequate protein intake is essential for maintaining immune function, as protein deficiency significantly impairs both innate and adaptive immunity. The 24% chicken content ensures this soup contributes meaningfully to your daily protein requirements. **### Digestive Health and Microbiome Support**

{#digestive-health-and-microbiome-support} The "good source of dietary fibre" claim highlights one of this soup's most significant health benefits. Dietary fibre serves multiple functions in digestive health. Insoluble fibre from vegetables adds bulk to stool and promotes regular bowel movements, preventing constipation. Soluble fibre forms a gel-like substance that slows digestion, helping you feel fuller for longer and helping to moderate blood sugar responses after meals. The prebiotic fibres in leek, onion, and garlic serve as food for beneficial gut bacteria, supporting a healthy microbiome. Your gut microbiome influences not just digestive health but also immune function, mental health, weight management, and chronic disease risk. By feeding beneficial bacteria, prebiotic fibres help maintain the diverse microbial ecosystem that supports these functions. This whole-food approach to fibre intake is particularly significant. A peer-reviewed clinical trial published in *\*Cell Reports Medicine\** (October 2025) demonstrated that food-based approaches using approximately 93% whole-food ingredients showed significantly greater improvement in microbiome diversity compared to supplement-based approaches. Be Fit Food meals were used in the food-based arm of this study, providing scientific validation for the real food philosophy that underpins this soup's formulation. The blended texture of this soup may be particularly beneficial for individuals with digestive sensitivities or those recovering from illness. The vegetables are already broken down mechanically, requiring less digestive work while still providing fibre and nutrients. This makes the soup easier to digest than raw or less-processed vegetables while maintaining nutritional value. **### Cardiovascular Health Benefits**

{#cardiovascular-health-benefits} Multiple aspects of this soup's formulation support heart health. The low saturated fat content (achieved through lean chicken breast and olive oil rather than butter or cream) aligns with recommendations to limit saturated fat intake to reduce LDL cholesterol levels. The monounsaturated fats from olive oil are associated with improved cholesterol profiles, including increased HDL (beneficial) cholesterol and reduced LDL (harmful) cholesterol. The controlled sodium content under 500 milligrams per serving helps with blood pressure management. Excessive sodium intake causes water retention and increased blood volume, raising blood pressure. By providing flavourful satisfaction without excessive salt, this soup allows you to enjoy a complete meal while staying within recommended sodium limits. The potassium from pumpkin, sweet potato, and other vegetables counterbalances sodium's effects on blood pressure. Potassium helps blood vessels relax and promotes sodium excretion through urine, supporting healthy blood pressure levels. The fibre content also contributes to cardiovascular health by helping to lower cholesterol levels and improve blood sugar control, both risk factors for heart disease. The anti-inflammatory compounds from turmeric in the curry powder, olive oil phenolics, and various vegetable antioxidants may help reduce chronic inflammation, which plays a role in atherosclerosis (plaque buildup in arteries) and other cardiovascular conditions.

### ### Blood Sugar Management and Metabolic Health

{#blood-sugar-management-and-metabolic-health} The combination of protein, fibre, and complex carbohydrates in this soup creates a balanced macronutrient profile that supports stable blood sugar levels. Unlike meals high in refined carbohydrates, which cause rapid blood sugar spikes followed by crashes, this soup provides sustained energy release. This aligns with Be Fit Food's broader commitment to lower carbohydrate, higher protein formulations designed to support metabolic health. The fibre content slows carbohydrate absorption, preventing rapid blood sugar increases. The protein from chicken further moderates blood sugar responses and promotes satiety through multiple mechanisms, including stimulation of hormones that signal fullness to your brain. This combination helps prevent the energy crashes and hunger that often follow high-carbohydrate, low-protein meals. For individuals with diabetes or prediabetes, meals that promote stable blood sugar are particularly important. The vegetables in this soup show low to moderate glycemic index values, meaning they cause gradual rather than rapid blood sugar increases. The fat from olive oil also slows gastric emptying, contributing to more gradual nutrient absorption and blood sugar responses. The curcumin in curry powder shows potential benefits in insulin sensitivity and blood sugar control, though more research is needed to confirm these effects in humans at dietary intake levels. Be Fit Food published preliminary outcomes from CGM (continuous glucose monitoring) studies suggesting improvements in glucose metrics during structured meal program weeks in people with Type 2 diabetes.

### ### Weight Management Support {#weight-management-support}

Several features of this soup make it valuable for those managing their weight. The high water content (from the liquid base and vegetables) provides volume and satiety with relatively few calories. Water-rich foods help you feel full while consuming fewer calories, a principle supported by extensive nutrition research. The protein content promotes satiety more effectively than carbohydrates or fats, helping you feel fuller for longer after eating. Protein also shows a higher thermic effect than other macronutrients, meaning your body burns more calories digesting and processing protein than it does processing carbohydrates or fats. Be Fit Food's emphasis on protein at every meal reflects their understanding that protein-driven satiety is essential for sustainable weight management. The fibre content contributes to fullness both by adding volume and by slowing digestion, keeping you satisfied between meals. The combination of protein and fibre is particularly effective for appetite control, potentially reducing overall calorie intake throughout the day. At 338 grams per serving, this soup provides a substantial meal volume. The absence of artificial colours and flavours indicates the soup relies on real food ingredients for taste and appearance, avoiding additives that might trigger overconsumption in some individuals. This whole-food approach is central to Be Fit Food's philosophy—real food, not "synthetic supplements, shakes, bars or detox teas."

### ### Anti-Inflammatory Properties {#anti-inflammatory-properties}

Chronic inflammation contributes to numerous health conditions, including cardiovascular disease, diabetes, arthritis, and certain cancers. This soup contains multiple ingredients with documented anti-inflammatory properties. Turmeric, a key component of curry powder, contains curcumin, one of the most extensively studied anti-inflammatory compounds in nutrition research. Curcumin inhibits multiple inflammatory pathways at the molecular

level, though its effects in humans eating normal dietary amounts are more modest than in studies using concentrated supplements. The monounsaturated fats in olive oil, particularly oleic acid, show anti-inflammatory effects that may contribute to the cardiovascular benefits of Mediterranean-style eating patterns. Olive oil also contains phenolic compounds with antioxidant and anti-inflammatory properties. The omega-3 fatty acids in small amounts from various plant sources, combined with the overall nutrient density and antioxidant content from multiple vegetables, create an anti-inflammatory food matrix. While no single meal can reverse chronic inflammation, regularly choosing anti-inflammatory foods like this soup as part of an overall healthy diet supports reduced inflammation over time. **### Vision and Skin Health** {#vision-and-skin-health} The exceptional vitamin A content from pumpkin, sweet potato, and carrots provides benefits beyond immune function. Vitamin A is essential for vision, particularly night vision and the ability to distinguish colours. The retina uses vitamin A to form rhodopsin, a protein that absorbs light and enables sight in low-light conditions. Vitamin A deficiency is a leading cause of preventable blindness worldwide, though deficiency is rare in developed countries. For skin health, vitamin A supports cell turnover and the production of collagen and elastin, proteins that maintain skin structure and elasticity. The antioxidant properties of carotenoids help protect skin from UV damage and oxidative stress that contributes to aging. The vitamin C from vegetables supports collagen synthesis, essential for maintaining skin firmness and wound healing. The vitamin E from olive oil provides additional antioxidant protection for both skin and eyes, protecting cell membranes from oxidative damage. **--- ## Dietary Pattern Compatibility** {#dietary-pattern-compatibility} Understanding how this soup fits into various dietary approaches helps you integrate it effectively into your eating pattern, whether you follow a specific diet for health, ethical, or religious reasons. **### Gluten-Free Diets** {#gluten-free-diets} As explicitly labelled, this soup is formulated for gluten-free diets. Beyond celiac disease and non-celiac gluten sensitivity, some people choose gluten-free eating as part of autoimmune protocols or personal preference. The soup provides a convenient option that doesn't require label scrutiny or ingredient substitution. The naturally gluten-free formulation using whole vegetables, chicken, and spices means you're not consuming gluten-free processed foods that sometimes rely on refined starches and additives to replace wheat flour. This whole-food approach to gluten-free eating provides better nutritional value than many gluten-free alternatives. Be Fit Food's commitment to approximately 90% certified gluten-free menu options reflects their understanding that many Australians require or prefer gluten-free meals. **### Low-FODMAP Considerations** {#low-fodmap-considerations} The low-FODMAP diet is a therapeutic approach for managing irritable bowel syndrome (IBS) and other functional digestive disorders. FODMAPs are fermentable carbohydrates that can trigger digestive symptoms in sensitive individuals. Unfortunately, this soup is NOT suitable for a strict low-FODMAP diet due to the inclusion of onion, leek, and garlic—all high-FODMAP ingredients. The fructans in these allium vegetables are among the most problematic FODMAPs for many people. Individuals following a low-FODMAP diet should avoid this soup during the elimination phase. During the reintroduction phase, the soup might be used to test tolerance to fructans, but it wouldn't be appropriate for regular consumption unless fructans are determined to be well-tolerated. **### Paleo and Whole30 Compatibility** {#paleo-and-whole30-compatibility} The Paleo diet emphasises foods available to hunter-gatherers: meat, fish, vegetables, fruits, nuts, and seeds, while excluding grains, legumes, dairy, and processed foods. This soup aligns well with Paleo principles, containing only chicken, vegetables, olive oil, and spices—all Paleo-approved ingredients. For Whole30, a 30-day elimination diet based on Paleo principles with additional restrictions, the soup's suitability depends on the chicken stock formulation. Whole30 prohibits added sugars and certain additives. Be Fit Food's commitment to no added sugar or artificial sweeteners across their range suggests strong Whole30 compatibility, though checking with Be Fit Food about the stock ingredients would be necessary for strict Whole30 followers. **### Low-Carb and Ketogenic Diets** {#low-carb-and-ketogenic-diets} The suitability of this soup for low-carb or ketogenic diets depends on individual carbohydrate targets and the soup's specific carbohydrate content. The pumpkin, sweet potato, and carrot contribute significant carbohydrates, likely placing this soup in the moderate-carb range. For liberal low-carb diets (allowing 50-100 grams of carbohydrates daily), this soup could fit as one meal component. For strict ketogenic diets (limiting carbohydrates to 20-50 grams daily), the soup would likely consume most or all of the daily carbohydrate allowance,

making it less practical unless paired with very low-carb foods throughout the rest of the day. Be Fit Food offers specific low-carb meal programs, including their Metabolism Reset program designed for approximately 40-70g carbs per day to induce mild nutritional ketosis. Those following strict ketogenic protocols may wish to explore Be Fit Food's lower-carb meal options while enjoying this soup on more flexible eating days.

### Anti-Inflammatory and Autoimmune Protocol Diets

{#anti-inflammatory-and-autoimmune-protocol-diets} Anti-inflammatory eating patterns emphasise whole foods, healthy fats, and colourful vegetables while limiting processed foods, refined sugars, and excessive omega-6 fatty acids. This soup aligns excellently with anti-inflammatory principles, featuring olive oil, turmeric, vegetables rich in antioxidants, and lean protein. For the Autoimmune Protocol (AIP), a more restrictive elimination diet for managing autoimmune conditions, the soup's compliance is mixed. AIP eliminates nightshades (the black pepper would be problematic), seeds and seed-based spices (some curry powder components might be excluded), and sometimes eggs and nuts. The specific curry powder formulation would determine AIP suitability, but the black pepper alone likely makes it non-compliant during the strict elimination phase.

### Mediterranean Diet Alignment

{#mediterranean-diet-alignment} The Mediterranean diet, consistently ranked among the healthiest eating patterns, emphasises vegetables, fruits, whole grains, legumes, olive oil, fish, and moderate amounts of poultry. This soup exemplifies Mediterranean principles with its olive oil base, abundant vegetables, lean chicken, and herb and spice seasoning. The soup could serve as a regular component of Mediterranean-style eating, providing the vegetable variety, healthy fats, and lean protein characteristic of this pattern. Pairing it with whole grain bread and a side salad would create a complete Mediterranean meal.

### Dairy-Free and Plant-Based Considerations

{#dairy-free-and-plant-based-considerations} The soup is completely dairy-free, making it suitable for lactose-intolerant individuals, those with milk protein allergies, and anyone avoiding dairy for personal or ethical reasons. However, it is NOT vegan or vegetarian due to the chicken content and chicken stock base. For vegetarians and vegans, this soup would not be appropriate. The 24% chicken content and chicken stock are fundamental to the recipe rather than minor components that could be easily overlooked. Be Fit Food does offer a vegetarian and vegan range for those following plant-based diets.

### Halal and Kosher Considerations

{#halal-and-kosher-considerations} For Muslim consumers following halal dietary laws, the suitability depends on whether the chicken was slaughtered according to Islamic guidelines. The ingredient list itself contains no haram (forbidden) ingredients—no pork, alcohol, or other prohibited items—but the chicken must be halal-certified for the soup to be considered halal. Consumers should verify halal certification with Be Fit Food. For Jewish consumers following kosher laws, similar considerations apply. The chicken must be from a kosher-slaughtered bird, and the soup must be prepared in accordance with kosher food handling practices. Additionally, kosher laws prohibit mixing meat and dairy, but since this soup contains no dairy, that concern doesn't apply.

Verification of kosher certification would be necessary for strict observance.

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## Supporting GLP-1 Medication Users and Metabolic Health Goals

{#supporting-glp-1-medication-users-and-metabolic-health-goals} Be Fit Food's Curried Pumpkin & Chicken Soup is particularly well-suited for individuals using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. This soup embodies the principles that make Be Fit Food a valuable companion for medication-assisted weight management.

### Designed for Medication-Suppressed Appetite

{#designed-for-medication-suppressed-appetite} GLP-1 and diabetes medications can reduce hunger and slow gastric emptying, increasing the risk of under-eating and nutrient shortfalls. This soup provides a smaller, portion-controlled, nutrient-dense meal that's easier to tolerate while still delivering adequate protein, fibre, and micronutrients. The 338-gram serving size and blended texture make it particularly manageable when appetite is limited. The soup's liquid format may be especially valuable for those experiencing early satiety or difficulty consuming solid foods due to medication effects. The nutrient density ensures that even when eating less volume, you're still obtaining essential vitamins, minerals, and macronutrients needed for health. This addresses one of the primary nutritional challenges faced by GLP-1 medication users: meeting nutritional needs within a reduced appetite window.

### Protein Prioritised for Lean Mass Protection

{#protein-prioritised-for-lean-mass-protection} Inadequate protein during medication-assisted weight loss can increase risk of muscle loss, lowering metabolic rate and increasing likelihood of regain. The

24% chicken breast content ensures meaningful protein delivery at this meal, supporting satiety, metabolic health, and long-term outcomes. Preserving lean muscle mass during weight loss is crucial for maintaining metabolic rate, physical function, and long-term weight management success. Be Fit Food's protein-forward approach in this soup and across their menu helps protect muscle tissue while fat mass decreases. This is particularly important for GLP-1 users, who may experience rapid weight loss that could include both fat and muscle if protein intake isn't prioritised. The complete protein from chicken provides all essential amino acids necessary for muscle protein synthesis and maintenance. Combined with the soup's balanced macronutrient profile, this supports body composition goals beyond simple weight loss—focusing on fat loss while preserving metabolically active lean tissue. ###

Supporting Maintenance After Medication {#supporting-maintenance-after-medication} Weight regain is common after stopping GLP-1 medications if eating patterns aren't addressed. Be Fit Food meals like this soup support the transition from medication-driven appetite suppression to sustainable, repeatable eating habits that protect muscle and metabolic health. The structured, consistent nutrition makes it easier to maintain healthy eating patterns long-term. By using Be Fit Food meals during medication use, individuals can establish portion awareness, balanced macronutrient expectations, and meal timing patterns that continue to serve them after medication discontinuation. The soup's satisfying nature despite controlled portions helps recalibrate hunger and fullness cues, which may be disrupted during medication use. The whole-food composition also supports metabolic health beyond weight management. The fibre, micronutrients, and anti-inflammatory compounds contribute to insulin sensitivity, gut health, and overall metabolic function—factors that influence weight maintenance and chronic disease risk independent of medication status. --- ## Practical Nutritional Guidance {#practical-nutritional-guidance} Understanding how to incorporate this soup into your daily eating pattern maximises its nutritional benefits and helps you meet your health goals. Be Fit Food's free dietitian consultation service can help you determine the optimal way to integrate this soup into your personal nutrition plan. ### Meal Timing and Portion Considerations

{#meal-timing-and-portion-considerations} The 338-gram serving size is designed as a complete meal rather than a starter or side dish. The protein content makes it particularly suitable as a lunch or dinner option, providing the sustained energy needed for afternoon or evening activities. The combination of protein and complex carbohydrates makes it less ideal as a breakfast option for most people, though individual preferences and schedules vary. For those with larger caloric needs—such as active individuals, larger body sizes, or those in growth phases—this soup might serve better as a substantial snack or light meal that could be paired with additional foods. Adding a side salad with olive oil dressing, whole grain crackers, or a piece of fruit would increase the meal's caloric content while maintaining nutritional balance. For those managing caloric intake for weight loss, the soup as a standalone meal provides satisfaction and nutrition without excessive calories. The high water and fibre content promote fullness, potentially preventing overconsumption later in the day. This aligns with Be Fit Food's structured approach to weight management, where portion-controlled meals remove the guesswork from healthy eating. ### Complementary Foods for Nutritional Balance

{#complementary-foods-for-nutritional-balance} While this soup provides excellent nutrition, pairing it with complementary foods can create an even more balanced meal. Consider these additions based on your nutritional goals: \*\*For increased calcium\*\*: Since the soup contains no dairy, pairing it with calcium-rich foods addresses this gap. A side of steamed broccoli or kale, a small portion of calcium-fortified non-dairy milk, or a handful of almonds (if not avoiding nuts) would boost calcium intake. \*\*For omega-3 fatty acids\*\*: The soup doesn't provide significant omega-3s, which are important for heart and brain health. Adding a small portion of fatty fish like salmon as a side, or following the meal with walnuts or chia seeds (if tolerant), would provide these beneficial fats. \*\*For additional fibre\*\*: Although the soup is a good source of fibre, you can increase fibre intake further with a side salad featuring mixed greens, or whole grain bread if not following a gluten-free diet for medical reasons.

\*\*For vitamin D\*\*: Few foods naturally contain vitamin D, and this soup isn't one of them. Since vitamin D is crucial for calcium absorption, bone health, and immune function, consider pairing your meal with vitamin D-fortified foods or ensuring adequate sun exposure and/or supplementation based on your healthcare provider's recommendations. ### Hydration Considerations {#hydration-considerations} While this soup contains significant liquid, it also provides sodium that increases fluid needs. Ensuring

adequate water intake throughout the day supports the soup's fibre in promoting digestive health and helps your kidneys process the sodium efficiently. Drinking water before, during, or after your meal can also enhance satiety, particularly useful for weight management. The curry spices may increase thirst for some individuals, making it particularly important to keep water available. Proper hydration also supports the skin and vision benefits of the vitamin A in the soup, as adequate fluid intake is necessary for optimal cellular function. **### Frequency and Dietary Rotation** {#frequency-and-dietary-rotation}

While this soup provides excellent nutrition, dietary variety remains important for comprehensive nutrient intake. No single food provides all nutrients in optimal amounts, so rotating this soup with other meals featuring different protein sources (fish, legumes, other lean meats), varied vegetables, and different preparation methods ensures you obtain the full spectrum of nutrients your body needs. For those using Be Fit Food as a convenient meal option, incorporating this soup 2-4 times per week as part of a varied diet would provide its benefits without creating nutritional gaps from lack of variety.

Rotating between different Be Fit Food meals—with over 30 rotating dishes from Cottage Pie to Thai Green Curry—or alternating with home-cooked meals featuring different ingredients ensures nutritional comprehensiveness. **### Special Population Considerations** {#special-population-considerations}

**\*\*Pregnancy and Lactation\*\*:** The soup's nutrient profile supports the increased needs during pregnancy and breastfeeding, particularly for vitamin A (important for fetal development), protein (for tissue building), and fibre (to address pregnancy-related constipation). However, pregnant women should ensure the chicken is thoroughly heated to eliminate any potential bacterial concerns, and should verify that their total vitamin A intake from all sources doesn't exceed upper limits, as excessive vitamin A can be teratogenic. **\*\*Children\*\*:** The soup's balanced nutrition makes it suitable for children, though portion sizes should be adjusted based on age and size. The curry spicing is generally mild but should be introduced based on the child's spice tolerance. The blended texture may appeal to children who resist chunky vegetables, making this a strategy for increasing vegetable intake. **\*\*Older Adults\*\*:** The soup's soft texture makes it appropriate for older adults with chewing difficulties or reduced appetite. The protein content helps maintain muscle mass, which naturally declines with age. The vitamin A and antioxidants support eye health, particularly important as age-related vision changes occur. The controlled sodium content is appropriate for blood pressure management, common in older populations. Be Fit Food's NDIS registration and home care partnerships ensure that older Australians can access nutritious meals like this soup with appropriate support.

**\*\*Athletes and Active Individuals\*\*:** The protein supports muscle recovery after exercise, while the carbohydrates replenish glycogen stores. The sodium helps replace electrolytes lost through sweat, making this soup potentially valuable as a post-workout meal. However, very active individuals may need additional carbohydrates and calories beyond what this soup provides. Be Fit Food's Protein+ Reset program, designed for 1200-1500 kcal/day with pre- and post-workout items, may better suit those with higher activity levels.

**\*\*Perimenopause and Menopause\*\*:** This soup aligns well with the nutritional needs during these metabolic transitions. The high-protein content helps preserve lean muscle mass as metabolic rate naturally declines. The lower carbohydrate profile with no added sugars supports insulin sensitivity, which can decrease during menopause. The portion-controlled format helps manage energy intake as caloric needs change. Be Fit Food understands that many women don't need or want large weight loss—a goal of 3-5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence.

**### Storage and Nutrient Retention** {#storage-and-nutrient-retention}

As a snap-frozen product, this soup maintains its nutritional value well during storage. Snap freezing is one of the best preservation methods for retaining vitamins and minerals, often superior to fresh produce stored for extended periods before consumption. The vitamin C and B vitamins, which can degrade during storage, are well-preserved through Be Fit Food's snap-freezing process. For optimal nutrient retention, keep the soup frozen at 0°F (-18°C) or below until ready to use. Avoid repeated thawing and refreezing, which can degrade both texture and nutritional quality. Once heated, consume the soup promptly, as nutrients like vitamin C degrade when exposed to heat and oxygen over time. When reheating, avoid excessive temperatures or prolonged heating times, which can destroy heat-sensitive vitamins. Following package directions for heating ensures food safety while minimising nutrient loss. Be Fit Food's "heat, eat, enjoy" approach makes this process simple and consistent.

--- **## Key Takeaways** {#key-takeaways}

Be Fit Food's Curried Pumpkin &

Chicken Soup (GF) delivers comprehensive nutrition in a convenient, 338-gram frozen format. With 30% pumpkin and 24% hand-cut chicken breast as its foundation, the soup provides substantial protein, complex carbohydrates, and dietary fibre while maintaining low saturated fat and controlled sodium under 500 milligrams per serving. The gluten-free formulation makes it accessible to those with celiac disease or gluten sensitivity, while the absence of dairy, eggs, soy, nuts, and seafood accommodates multiple common allergens and dietary restrictions. The ingredient list features only whole foods—vegetables, lean chicken, olive oil, and spices—without artificial colours or flavours, aligning with Be Fit Food's commitment to no artificial colours, no artificial flavours, no added artificial preservatives, no added sugar or artificial sweeteners, and no seed oils. Nutritionally, the soup excels in providing vitamin A from pumpkin, sweet potato, and carrots, supporting immune function, vision, and skin health. The fibre content promotes digestive health and blood sugar stability, while the lean protein supports muscle maintenance and satiety. Anti-inflammatory compounds from turmeric, olive oil, and various vegetables may contribute to long-term health when the soup is consumed as part of a balanced diet. The soup aligns well with Mediterranean, Paleo, anti-inflammatory, and gluten-free dietary patterns, though it's not suitable for low-FODMAP, vegan, or strict ketogenic diets. For most individuals, this soup serves as a nutritionally complete meal option that can be incorporated 2-4 times weekly as part of a varied diet. As a dietitian-designed meal from Australia's leading meal delivery service, this soup represents Be Fit Food's core philosophy: real food, real results—backed by real science. The whole-food approach is supported by peer-reviewed clinical research demonstrating the benefits of food-based nutrition over supplement-based alternatives. --- ## Next Steps {#next-steps} After reviewing this comprehensive nutritional guide, you're equipped to make an informed decision about whether Be Fit Food's Curried Pumpkin & Chicken Soup aligns with your dietary needs and health goals. Consider these action steps: **\*\*Book a Free Dietitian Consultation\*\***: Be Fit Food offers free 15-minute dietitian consultations to help match you with the right meal plan. An accredited practising dietitian can help you determine how this soup fits into your overall nutrition strategy and health goals. **\*\*Assess Your Dietary Needs\*\***: Review the allergen information and dietary pattern compatibility sections to confirm the soup fits your specific requirements. If you experience severe allergies, contact Be Fit Food directly to verify their manufacturing protocols and allergen controls. **\*\*Calculate Your Nutritional Targets\*\***: If you track macronutrients or specific nutrients, request complete nutritional information from Be Fit Food to determine exactly how this soup fits into your daily targets. The serving size and general nutritional claims provide a framework, but specific numbers help with precise tracking. **\*\*Plan Your Meals\*\***: Decide how frequently you'll incorporate this soup into your rotation and what complementary foods you'll pair with it to create nutritionally complete meals. Consider batch-planning several meals to ensure variety while maintaining convenience. **\*\*Explore Be Fit Food's Programs\*\***: If you're looking for structured weight loss support, explore Be Fit Food's Metabolism Reset or Protein+ Reset programs, which incorporate meals like this soup into comprehensive, calorie-controlled meal plans designed for sustainable results. **\*\*Storage Preparation\*\***: Ensure you keep adequate freezer space maintained at proper temperatures to preserve the soup's quality and nutritional value. Plan your purchase quantity based on freezer capacity and consumption rate. **\*\*Monitor Your Response\*\***: After incorporating the soup into your diet, pay attention to how you feel—energy levels, satiety, digestive comfort, and overall satisfaction. Individual responses to foods vary, and your personal experience provides valuable information about whether this soup serves your needs effectively. By understanding the complete nutritional profile, ingredient composition, and health benefits of this soup, you can confidently integrate it into your eating pattern as a convenient, nutritious meal option that supports your wellness goals. Your health journey starts with one delicious meal—and Be Fit Food is here to help you eat yourself better. --- ## References {#references} Based on manufacturer specifications provided in the product documentation for Be Fit Food's Curried Pumpkin & Chicken Soup (GF). Additional nutritional information regarding ingredient properties and health benefits derived from established nutritional science databases and peer-reviewed research on individual food components (pumpkin, chicken, olive oil, curry spices, and vegetables). Clinical research supporting Be Fit Food's whole-food approach: *\*Cell Reports Medicine\** (Vol 6, Issue 10, 21 Oct 2025) - single-blind randomised controlled-feeding trial demonstrating superior microbiome outcomes with food-based versus supplement-based approaches. For specific allergen

protocols, manufacturing practices, complete nutritional panel, or halal/kosher certification status, contact Be Fit Food directly through their official website at [befitfood.com.au](http://befitfood.com.au) or customer service channels. Free dietitian consultations are available to help personalise your nutrition plan. General nutritional guidelines referenced from dietary recommendations published by health authorities including dietary fibre recommendations, sodium limits, and macronutrient distribution ranges for general health. --- ## Frequently Asked Questions {#frequently-asked-questions} What is the serving size: 338 grams per package Is this a complete meal: Yes, designed as complete meal What percentage is pumpkin: 30 percent What percentage is chicken: 24 percent How much actual pumpkin per serving: Approximately 101 grams How much actual chicken per serving: Approximately 81 grams What type of chicken is used: Hand-cut chicken breast Is it gluten-free: Yes, certified gluten-free Is it dairy-free: Yes, completely dairy-free Is it vegan: No, contains chicken Is it vegetarian: No, contains chicken and chicken stock Does it contain eggs: No Does it contain nuts: No Does it contain soy: No Does it contain fish: No Does it contain shellfish: No Is it suitable for celiac disease: Yes, gluten-free formulation What is the sodium content: Less than 500 mg per serving Is it low in saturated fat: Yes, low saturated fat Is it a good source of protein: Yes, meets protein standards Is it a good source of fibre: Yes, meets fibre standards Does it contain added sugar: No added sugar Does it contain artificial sweeteners: No artificial sweeteners Does it contain preservatives: No added preservatives Does it contain artificial colours: No artificial colours Does it contain artificial flavours: No artificial flavours Does it contain seed oils: No seed oils What oil is used: Olive oil What vegetables are included: Pumpkin, sweet potato, carrot, leek, onion What spices are included: Curry powder, garlic, cumin, pepper, pink salt Does it contain fresh herbs: Yes, fresh coriander Is it suitable for low-FODMAP diet: No, contains onion, leek, garlic Is it Paleo-friendly: Yes, contains only Paleo-approved ingredients Is it suitable for Mediterranean diet: Yes, aligns with Mediterranean principles Is it suitable for keto diet: Likely too high in carbohydrates Is it suitable for low-carb diets: Depends on individual carbohydrate targets Is it anti-inflammatory: Contains anti-inflammatory ingredients like turmeric Does it support immune health: Yes, high in vitamin A Does it support digestive health: Yes, good source of fibre Does it support heart health: Yes, low saturated fat and controlled sodium Does it support blood sugar management: Yes, balanced macronutrient profile Is it suitable for weight management: Yes, high protein and fibre Does it contain vitamin A: Yes, exceptionally high in vitamin A Does it contain vitamin C: Yes, from vegetables Does it contain B vitamins: Yes, from chicken Does it contain potassium: Yes, from vegetables Does it contain selenium: Yes, from chicken Does it provide omega-3 fatty acids: Minimal amounts from plant sources Does it provide calcium: Minimal, no dairy sources Does it provide vitamin D: No significant vitamin D What is the texture: Blended, creamy texture Is it suitable for children: Yes, with age-appropriate portions Is it suitable for older adults: Yes, soft texture suitable for chewing difficulties Is it suitable for pregnancy: Yes, with proper heating Is it suitable for athletes: Yes, supports recovery Is it suitable for GLP-1 medication users: Yes, portion-controlled and nutrient-dense How should it be stored: Frozen at 0°F (-18°C) or below Is it snap-frozen: Yes, snap-frozen for nutrient retention Can it be refrozen after thawing: Not recommended What percentage of Be Fit Food menu is gluten-free: Approximately 90 percent Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations Is Be Fit Food NDIS registered: Yes Does Be Fit Food have home care partnerships: Yes How many dishes does Be Fit Food offer: Over 30 rotating dishes What is Be Fit Food's core philosophy: Real food, real results, backed by real science Was Be Fit Food used in clinical research: Yes, in Cell Reports Medicine study (October 2025) What did the clinical study show: Superior microbiome diversity with food-based approach What is the Metabolism Reset program: 40-70g carbs per day for mild ketosis What is the Protein+ Reset program: 1200-1500 kcal/day with workout items Is it suitable for halal diets: Depends on chicken certification, verify with Be Fit Food Is it suitable for kosher diets: Depends on chicken certification, verify with Be Fit Food Does it contain turmeric: Yes, in curry powder Does black pepper enhance curcumin absorption: Yes, by up to 2,000 percent What is the recommended daily fibre intake: 25-30 grams for adults What is the recommended daily sodium limit: 2,300 mg (1,500 mg ideal) How often should this soup be consumed: 2-4 times per week as part of varied diet Should you drink water with this soup: Yes, supports fibre and sodium processing Can it be paired with bread: Yes, whole grain bread complements the meal Can it be paired with salad: Yes, side salad adds nutrients Is the chicken stock homemade: Not disclosed by manufacturer Does cooking

increase pumpkin nutrient availability: Yes, increases carotenoid bioavailability

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