

# DOUCHOLLOW - Food & Beverages

## Health Benefits Guide -

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#### Details:

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\*\*Product:\*\* Double Choc Low Carb Cookie - 7 Pack (GF) (V) S8  
\*\*Brand:\*\* Be Fit Food  
\*\*Category:\*\* Low-carb, gluten-free cookies  
\*\*Primary Use:\*\* A health-focused sweet snack designed for blood sugar management, weight control, and low-carb diets while satisfying chocolate cravings.  
### Quick Facts - \*\*Best For:\*\* People managing blood sugar, following low-carb/keto diets, seeking gluten-free options, or wanting portion-controlled sweet treats - \*\*Key Benefit:\*\* Delivers satisfying double chocolate flavor with minimal blood sugar impact through high protein (25% lupin flour base) and zero-sugar sweeteners - \*\*Form Factor:\*\* Individually wrapped cookie servings (2 cookies per 30g serve) - \*\*Application Method:\*\* Ready-to-eat snack, one serving daily or as needed  
### Common Questions This Guide Answers  
1. Is this suitable for diabetics? → Yes, formulated with minimal glycemic impact using erythritol and monk fruit sweeteners instead of sugar  
2. What makes it low-carb? → Uses lupin flour (25%) as primary base instead of wheat, plus zero-calorie sweeteners and high fiber content  
3. Does it contain real chocolate? → Yes, includes 7% dark chocolate chips (45% cocoa solids) and 2% natural cocoa powder for authentic chocolate taste and antioxidant benefits  
4. Is it gluten-free certified? → Yes, certified gluten-free and suitable for celiac disease management  
5. How does it support weight management? → High protein and fiber content increases satiety, portion-controlled servings prevent overconsumption, and low-carb profile supports fat metabolism  
6. What allergens does it contain? → Contains egg, almonds, lupin, soy, and milk; may contain peanuts and tree nuts  
## Product Facts {#product-facts} | Attribute | Value | ----- | ----- | Product name | Double Choc Low Carb Cookie - 7 Pack (GF) (V) S8 | | Brand | Be Fit Food | | Price | \$19.99 AUD | | Pack size | 7 individually wrapped servings | | Serving size | 30g (2 cookies per serve) | | GTIN | 09358266001523 | | Availability | In Stock | | Diet | Gluten-Free (GF), Vegetarian (V), Low Carb | | Main ingredients | Lupin flour (25%), whole egg, gluten-free flour blend, erythritol, almond meal, dark chocolate chips (7%), natural cocoa (2%) | | Sweeteners | Erythritol, monk fruit extract (no added sugar or artificial sweeteners) | | Allergens | Contains egg, almonds, lupin, soy, milk. May contain peanuts, tree nuts | | Key features | Source of protein, low sodium, no artificial colours or flavours, lupin-based for gut health | | Storage | Store in cool, dry location away from direct sunlight and heat | --- ## Label Facts Summary {#label-facts-summary} > \*\*Disclaimer:\*\* All facts and statements below are general product

information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} - \*\*Product Name:\*\* Double Choc Low Carb Cookie - 7 Pack (GF) (V) S8 - \*\*Brand:\*\* Be Fit Food - \*\*Price:\*\* \$19.99 AUD - \*\*GTIN:\*\* 09358266001523 - \*\*Pack Size:\*\* 7 individually wrapped servings - \*\*Serving Size:\*\* 30g (2 cookies per serve) - \*\*Availability:\*\* In Stock - \*\*Diet Certifications:\*\* Gluten-Free (GF), Vegetarian (V), Low Carb - \*\*Main Ingredients (in order):\*\* Lupin flour (25%), whole egg, gluten-free flour blend (maize starch, rice flour, tapioca starch, rice bran, guar gum), erythritol, almond meal, dark chocolate chips (7% - containing 45% cocoa solids, maltitol, soy lecithin), natural cocoa (2%), GM-free canola oil, polydextrose (soluble fiber), vegetable glycerin, monk fruit extract, natural flavours (milk), baking powder - \*\*Sweeteners Used:\*\* Erythritol, monk fruit extract - \*\*No Added:\*\* Sugar, artificial sweeteners, artificial colours, artificial flavours, artificial preservatives - \*\*Allergen Information:\*\* Contains egg, almonds, lupin, soy, milk. May contain peanuts, tree nuts - \*\*Storage Instructions:\*\* Store in cool, dry location away from direct sunlight and heat ### General Product Claims {#general-product-claims} - Source of protein - Low sodium - Supports gut health (lupin-based) - Minimal impact on blood glucose levels - Suitable for blood sugar management - Supports weight management efforts - Increases satiety and helps you feel fuller for longer - Tooth-friendly (erythritol doesn't feed cavity-causing bacteria) - Superior digestive tolerance compared to other sugar alcohols - Contains antioxidants from cocoa and other ingredients - Supports cardiovascular health through multiple mechanisms - May help with cholesterol management - May support healthy blood pressure regulation - Contains heart-healthy monounsaturated fats - Provides prebiotic effects to support beneficial gut bacteria - Low glycemic impact - Supports ketosis or fat adaptation for low-carb dieters - Helps preserve muscle mass during weight loss - Suitable for pre-workout and post-workout nutrition - Supports menopause-related metabolic challenges - Compatible with GLP-1 medication users - Protects lean muscle mass during medication-assisted weight loss - Contains flavonoids with potential vascular and cognitive benefits - May enhance mood through chocolate compounds - Provides sustained energy without spike-and-crash pattern - Supports weekly meal planning and routine development - Reduces decision fatigue through portion control - Designed by dietitians and exercise physiologists - Part of Australia's leading dietitian-designed meal and snack range - Approximately 90% of Be Fit Food menu is certified gluten-free - Be Fit Food is a registered NDIS provider - Free dietitian consultations available --- ## Be Fit Food Double Choc Low Carb Cookie 7-Pack - Health Benefits Guide

{#be-fit-food-double-choc-low-carb-cookie-7-pack-health-benefits-guide} ## Introduction {#introduction} The Be Fit Food Double Choc Low Carb Cookie 7-Pack offers a smart approach to guilt-free indulgence. This product combines decadent double chocolate flavor with a formula designed specifically for health-conscious consumers managing their carbohydrate intake. Be Fit Food, Australia's leading dietitian-designed meal and snack provider, created this guide to explore the health benefits and nutritional advantages of these gluten-free, vegetarian cookies. Advanced ingredient technology and thoughtful formulation make it possible to enjoy a satisfying sweet treat while supporting your wellness goals. Whether you're following a low-carb lifestyle, managing blood sugar levels, seeking gluten-free options, or simply looking to make more nutritious snack choices without sacrificing taste, this guide will show you exactly how these cookies deliver meaningful health benefits. The carefully selected ingredients, optimized macronutrient profile, and innovative use of alternative sweeteners and protein-rich flours work together to support your health journey. --- ## Product Overview {#product-overview} The Double Choc Low Carb Cookie 7-Pack delivers seven individually portioned servings, with each 30-gram serve containing two cookies. This multi-pack format ensures portion control—a critical element in maintaining dietary consistency. The double chocolate profile satisfies chocolate cravings through a combination of natural cocoa powder (2% of the formula) and dark chocolate chips (7% of total ingredients, made with 45% cocoa solids). What sets this Be Fit Food product apart in the crowded snack market is its foundation on lupin flour (25% of the formulation). This legume-based flour fundamentally transforms the nutritional profile compared to traditional wheat-based cookies. The gluten-free certification makes these cookies accessible to those with celiac disease or gluten sensitivity. The vegetarian designation (though they contain whole egg) accommodates meat-free diets. The convenient 7-pack format aligns with weekly planning, providing one satisfying snack per day for those who prefer structured eating schedules while also offering

flexibility for those who snack more spontaneously. Each individually wrapped serving maintains freshness while enabling grab-and-go convenience for busy lifestyles. This perfectly aligns with Be Fit Food's mission to make nutritionally balanced options accessible to all Australians. --- ## Nutritional Architecture {#nutritional-architecture} ### The Lupin Flour Advantage {#the-lupin-flour-advantage} At 25% of the total formulation, lupin flour serves as the primary flour base and represents one of the most significant nutritional innovations in this cookie. Derived from the lupin bean, a legume in the same family as peanuts and soybeans, lupin flour delivers an exceptional nutritional profile that conventional wheat flour simply cannot match. \*\*Protein Density\*\*: Lupin flour contains approximately 40% protein by weight, making it one of the most protein-rich plant-based flours available. This high protein content contributes significantly to the cookies' ability to help you feel fuller for longer. For health-conscious consumers, this means each cookie actively supports appetite regulation rather than triggering the blood sugar rollercoaster associated with refined carbohydrate snacks. This aligns with Be Fit Food's core philosophy of protein prioritisation at every meal for lean-mass protection. \*\*Fiber Content\*\*: Lupin flour provides substantial dietary fiber, including both soluble and insoluble forms. Soluble fiber slows digestion and helps moderate blood sugar responses, while insoluble fiber supports digestive health and regularity. The fiber content contributes to the low net carbohydrate profile by providing bulk that doesn't convert to glucose. This makes these cookies particularly suitable for those monitoring carbohydrate intake for metabolic health, weight management, or diabetes control. \*\*Micronutrient Profile\*\*: Beyond macronutrients, lupin flour delivers meaningful amounts of essential minerals including iron, magnesium, potassium, and zinc. Iron supports oxygen transport and energy metabolism. Magnesium plays crucial roles in over 300 enzymatic reactions including blood sugar regulation and muscle function. Potassium supports cardiovascular health and fluid balance. Zinc underpins immune function and cellular repair. These micronutrients transform the cookies from empty-calorie treats into nutrient-dense snacks that contribute to daily micronutrient requirements. \*\*Low Glycemic Impact\*\*: The combination of high protein, high fiber, and low starch content in lupin flour results in minimal impact on blood glucose levels. For individuals managing insulin resistance, prediabetes, diabetes, or simply seeking stable energy throughout the day, this low glycemic impact represents a fundamental health advantage over conventional cookies that spike blood sugar and trigger insulin surges. ### Complementary Protein Sources {#complementary-protein-sources} The formulation includes whole egg as the second ingredient, adding complete protein with all essential amino acids in optimal ratios for human nutrition. Eggs provide high-quality protein that supports muscle maintenance and repair—particularly important for active individuals or those in caloric deficit for weight management. The egg content also contributes choline, a nutrient essential for brain health and cellular function, along with vitamin D, B vitamins (particularly B12), and selenium. Almond meal further enhances the protein profile while contributing heart-healthy monounsaturated fats, vitamin E (a powerful antioxidant), magnesium, and additional fiber. The combination of lupin flour, whole egg, and almond meal creates a synergistic protein blend that provides sustained amino acid availability, supporting everything from immune function to tissue repair to neurotransmitter production. ### Strategic Carbohydrate Management {#strategic-carbohydrate-management} The gluten-free flour blend (containing maize starch, rice flour, tapioca starch, rice bran, and guar gum) serves primarily as a binding agent and texture modifier rather than a primary carbohydrate source. This strategic use of minimal amounts of gluten-free starches allows the cookies to achieve proper texture and mouthfeel while keeping total carbohydrates significantly lower than conventional cookies. \*\*Guar Gum\*\*: This natural fiber derived from guar beans serves multiple functions. As a thickening agent, it provides structure and texture. As a soluble fiber, it also contributes to the cookies' blood sugar-moderating effects. Guar gum slows gastric emptying and reduces post-meal blood glucose spikes, adding another layer of metabolic benefit to the formulation. \*\*Rice Bran\*\*: Often overlooked, rice bran contains concentrated nutrients including B vitamins, minerals, and antioxidant compounds. The inclusion of rice bran in the gluten-free flour blend adds nutritional value beyond simple carbohydrate provision, contributing fiber, protein, and beneficial plant compounds. --- ## Advanced Sweetener Technology {#advanced-sweetener-technology} ### Erythritol: The Zero-Calorie Sugar Alcohol {#erythritol-the-zero-calorie-sugar-alcohol} Erythritol appears prominently in the ingredient list and functions as the primary sweetener while delivering remarkable health advantages over sugar. This

sugar alcohol occurs naturally in small amounts in fruits like grapes and melons and is produced commercially through fermentation of glucose by specific yeasts. **\*\*Zero Net Carbohydrates\*\*:** Unlike sugar, which provides 4 calories per gram and directly raises blood glucose, erythritol is absorbed in the small intestine but excreted unchanged in urine. It provides essentially zero calories (approximately 0.2 calories per gram) and zero glycemic impact. For low-carb dieters counting net carbohydrates, erythritol doesn't count toward daily carb limits, making these Be Fit Food cookies remarkably carb-efficient for the satisfaction they provide. **\*\*Dental Health Benefits\*\*:** Research demonstrates that erythritol doesn't feed cavity-causing bacteria in the mouth. Sugar serves as fuel for bacterial acid production that erodes tooth enamel. Some studies suggest erythritol may actually inhibit bacterial growth and reduce plaque formation, making these cookies a tooth-friendly sweet option—particularly relevant for parents seeking healthier treats for children or anyone concerned about oral health.

**\*\*Digestive Tolerance\*\*:** Among sugar alcohols, erythritol demonstrates superior digestive tolerance. Some sugar alcohols (like sorbitol or maltitol) can cause significant digestive discomfort when consumed in moderate amounts. Erythritol is absorbed in the small intestine before reaching the colon, minimizing fermentation and the associated gas, bloating, or laxative effects. Most people tolerate erythritol well even in substantial quantities, though individual sensitivity varies. **\*\*Antioxidant Properties\*\*:** Emerging research suggests erythritol may function as an antioxidant, helping neutralize free radicals and potentially supporting vascular health. While more research is needed, these potential benefits add to erythritol's profile as a health-promoting sweetener rather than merely a neutral sugar substitute. **### Monk Fruit Extract: Ancient Wisdom Meets Modern Science**

{#monk-fruit-extract-ancient-wisdom-meets-modern-science} Monk fruit extract (also called luo han guo) provides intense sweetness from natural compounds called mogrosides, which are 150-250 times sweeter than sugar. This allows minimal amounts to deliver significant sweetening power without calories or glycemic impact. **\*\*Zero Calories, Zero Glycemic Impact\*\*:** Like erythritol, monk fruit extract provides sweetness without affecting blood sugar or insulin levels. The mogrosides pass through the digestive system without being metabolized for energy, making them ideal for blood sugar management and low-carb eating patterns. **\*\*Antioxidant and Anti-Inflammatory Properties\*\*:** Mogrosides demonstrate powerful antioxidant activity in research studies and potentially offer protective effects against oxidative stress and inflammation. Traditional Chinese medicine used monk fruit for centuries, partly for its perceived health-promoting properties. Modern research is beginning to validate some of these traditional uses. **\*\*Natural Origin\*\*:** For consumers seeking to avoid artificial sweeteners like aspartame, sucralose, or saccharin, monk fruit extract offers a naturally derived alternative. It aligns with clean eating principles while delivering the functional benefits of zero-calorie sweetening. This approach reflects Be Fit Food's commitment to no artificial sweeteners in their product range.

**\*\*Synergistic Sweetening\*\*:** The combination of erythritol and monk fruit extract creates a sweetness profile that more closely mimics sugar than either sweetener alone. Erythritol provides bulk and mouthfeel similar to sugar but with mild sweetness. Monk fruit extract provides intense sweetness without bulk. Together, they create a satisfying sweet experience without the metabolic downsides of sugar. **--- ## Chocolate Components {#chocolate-components}** **### Dark Chocolate Chips: Polyphenol Powerhouses {#dark-chocolate-chips-polyphenol-powerhouses}** The dark chocolate chips comprise 7% of the cookie formulation and contain 45% cocoa solids—a concentration that qualifies as dark chocolate and delivers meaningful amounts of beneficial plant compounds. **\*\*Flavonoid Content\*\*:** Cocoa is extraordinarily rich in flavonoids, particularly flavanols like epicatechin and catechin. These polyphenolic compounds demonstrate remarkable health benefits in research, including improved vascular function, reduced blood pressure, enhanced insulin sensitivity, and neuroprotective effects. The 45% cocoa solid content ensures sufficient flavonoid concentration to potentially contribute to these health benefits, transforming chocolate from guilty pleasure to functional food component.

**\*\*Magnesium and Minerals\*\*:** Dark chocolate serves as one of the richest dietary sources of magnesium, a mineral in which many people are deficient. Magnesium supports over 300 enzymatic reactions, including those involved in energy production, muscle and nerve function, blood sugar control, and blood pressure regulation. The dark chocolate chips also provide iron, copper, manganese, and potassium, contributing to the cookies' overall micronutrient density. **\*\*Mood Enhancement\*\*:** Chocolate contains several compounds that may positively influence mood and cognitive function,

including small amounts of caffeine and theobromine (a gentle stimulant), phenylethylamine (associated with the feeling of falling in love), and anandamide (sometimes called the "bliss molecule"). While present in small amounts, these compounds contribute to the pleasurable experience of eating chocolate and may offer mild mood-elevating effects. **\*\*Maltitol in Chocolate Chips\*\*:** The dark chocolate chips are sweetened with maltitol, a sugar alcohol. While maltitol carries a higher glycemic index than erythritol (approximately 35 versus near-zero), the small amount present in the 7% chocolate chip inclusion means the overall impact on blood sugar remains minimal. The use of maltitol in the chocolate chips allows them to achieve proper texture and melting characteristics while avoiding sugar. **\*\*Soy Lecithin\*\*:** The chocolate chips contain soy lecithin as an emulsifier, helping blend the cocoa butter and cocoa solids smoothly. Lecithin is a source of phospholipids, particularly phosphatidylcholine, which supports cell membrane health and may benefit liver function and lipid metabolism. While present in tiny amounts, soy lecithin is generally well-tolerated and contributes to the smooth texture of the chocolate chips.

**### Natural Cocoa Powder: Concentrated Antioxidants**  
{#natural-cocoa-powder-concentrated-antioxidants} At 2% of the formulation, natural cocoa powder intensifies the chocolate flavor while contributing additional health benefits. Natural cocoa (as opposed to Dutch-processed cocoa) retains higher levels of flavonoids, as it hasn't undergone treatment with alkalizing agents that reduce antioxidant content. **\*\*Antioxidant Density\*\*:** Gram for gram, cocoa powder ranks among the most antioxidant-rich foods available. Its ORAC (Oxygen Radical Absorbance Capacity) value exceeds even blueberries and acai berries. These antioxidants help neutralize free radicals that contribute to cellular aging, inflammation, and chronic disease development.

**\*\*Cardiovascular Benefits\*\*:** Research consistently links cocoa flavanol consumption with improved cardiovascular health markers, including enhanced endothelial function (the ability of blood vessels to dilate properly), reduced LDL oxidation, decreased platelet aggregation, and modest blood pressure reductions. While the 2% cocoa powder inclusion provides a relatively small dose, regular consumption as part of a balanced diet may contribute to cumulative cardiovascular benefits. **\*\*Cognitive Function\*\*:** Emerging research suggests cocoa flavanols may support cognitive function and neuroprotection through improved cerebral blood flow and potential direct effects on brain tissue. While more research is needed, the inclusion of cocoa in a regular snack rotation may offer brain health benefits alongside the immediate pleasure of chocolate flavor.

--- **## Fiber Enrichment** {#fiber-enrichment} The inclusion of soluble fiber in the form of polydextrose represents another strategic nutritional enhancement.

Polydextrose is a synthetic polymer of glucose that the human digestive system cannot break down efficiently, allowing it to function as soluble fiber while providing minimal calories (approximately 1 calorie per gram versus 4 calories per gram for digestible carbohydrates). **\*\*Prebiotic Effects\*\*:**

Polydextrose resists digestion in the small intestine and reaches the colon intact, where it undergoes partial fermentation by beneficial gut bacteria. This prebiotic effect supports a healthy gut microbiome by providing fuel for beneficial bacteria like Bifidobacteria and Lactobacilli. A healthy gut microbiome influences everything from immune function to mood to metabolic regulation, making prebiotic fiber intake an important aspect of overall wellness. This aligns with Be Fit Food's emphasis on dietary fibre from real food sources to support gut health.

**\*\*Blood Sugar Moderation\*\*:** As a soluble fiber, polydextrose slows gastric emptying and moderates the absorption of nutrients, including any carbohydrates present. This contributes to more stable blood sugar levels and reduced insulin spikes after eating the cookies—a crucial benefit for metabolic health. **\*\*Satiety Enhancement\*\*:** Fiber increases the volume and weight of food without adding significant calories, promoting feelings of fullness and satisfaction. The polydextrose content helps these cookies deliver greater satiety than their calorie content would suggest, supporting portion control and reducing the likelihood of overconsumption.

**\*\*Digestive Health\*\*:** Soluble fiber supports regular bowel movements and overall digestive health. While polydextrose is generally well-tolerated, individuals unused to higher fiber intake should introduce these cookies gradually to allow the digestive system to adapt and prevent potential temporary gas or bloating. **\*\*Low Net Carb Impact\*\*:** Because polydextrose isn't fully digested and absorbed, it contributes minimal net carbohydrates despite providing fiber bulk. This allows the cookies to maintain their low-carb profile while delivering the health benefits of adequate fiber intake.

--- **## Healthy Fats** {#healthy-fats} **### GM-Free Canola Oil: Omega Balance**  
{#gm-free-canola-oil-omega-balance} The inclusion of GM-free canola oil provides essential fatty acids

in a favorable ratio. Canola oil contains approximately 7% omega-3 alpha-linolenic acid (ALA) and about 20% omega-6 linoleic acid, offering a better omega-3 to omega-6 ratio than many common cooking oils. **\*\*Heart Health\*\*:** Canola oil is low in saturated fat (approximately 7%) and high in monounsaturated fat (approximately 63%). This profile is associated with cardiovascular benefits including improved cholesterol profiles and reduced inflammation. The monounsaturated fat content helps these cookies contribute to heart-healthy fat intake, unlike many conventional cookies made with butter or hydrogenated oils that contain saturated and trans fats instead. **\*\*Vitamin E\*\*:** Canola oil naturally contains vitamin E (tocopherols), a fat-soluble antioxidant that protects cell membranes from oxidative damage and supports immune function. While present in modest amounts, the vitamin E content contributes to the cookies' overall antioxidant profile. **\*\*Non-GMO Specification\*\*:** The explicit notation of "GM free" addresses consumer concerns about genetically modified organisms, providing assurance for those who prefer to avoid GMO ingredients for health, environmental, or ethical reasons.

### Almond Meal: Nutrient-Dense Fat Source {#almond-meal-nutrient-dense-fat-source} Almond meal contributes additional healthy fats, primarily monounsaturated oleic acid—the same heart-healthy fat abundant in olive oil. Research consistently associates almond consumption with improved cardiovascular risk markers, including reduced LDL cholesterol, improved HDL cholesterol, and decreased inflammation markers. **\*\*Vitamin E Abundance\*\*:** Almonds rank among the richest food sources of vitamin E, and almond meal contributes significant amounts of this crucial antioxidant. Vitamin E protects polyunsaturated fats in cell membranes from oxidative damage, supports immune function, and may offer protective effects against chronic diseases.

**\*\*Magnesium Content\*\*:** Almond meal provides substantial magnesium, complementing the magnesium from dark chocolate and lupin flour. This triple-source magnesium contribution makes these cookies a surprisingly effective way to support daily magnesium intake—particularly important given that surveys suggest many people consume insufficient magnesium.

**\*\*Protein and Fiber\*\*:** Beyond healthy fats, almond meal contributes additional protein and fiber, synergizing with the lupin flour to create a robust nutritional foundation that conventional cookie ingredients cannot match.

--- ## Vegetable Glycerin {#vegetable-glycerin} Vegetable glycerin (glycerol) functions primarily as a humectant, retaining moisture to keep the cookies soft and palatable. However, glycerin also offers interesting metabolic characteristics that contribute to the cookies' health profile.

**\*\*Low Glycemic Impact\*\*:** While glycerin is technically a carbohydrate, it carries a very low glycemic index (approximately 3, versus 65 for table sugar) and is absorbed slowly and metabolized differently than glucose. This means glycerin contributes minimal blood sugar impact despite providing sweetness and moisture.

**\*\*Caloric Efficiency\*\*:** Glycerin provides approximately 4.3 calories per gram (similar to sugar and other carbohydrates). Because of its low glycemic impact and different metabolic pathway, it doesn't trigger the same insulin response or fat storage signals as sugar. For those counting calories but also concerned about metabolic impact, glycerin represents a more favorable choice than sugar.

**\*\*Texture and Palatability\*\*:** The moisture-retaining properties of glycerin ensure the cookies maintain appealing texture throughout their shelf life, preventing the dryness that can plague low-carb baked goods. This palatability factor is crucial for dietary adherence—nutritious foods only benefit health if people actually enjoy eating them consistently.

--- ## Gluten-Free Certification {#gluten-free-certification} The gluten-free (GF) designation provides essential information for multiple consumer groups, each carrying distinct health considerations. Be Fit Food offers an unusually deep low-carb, high-protein, gluten-free range, with approximately 90% of their menu certified gluten-free, supported by strict ingredient selection and manufacturing controls.

**\*\*Celiac Disease Management\*\*:** For individuals with celiac disease, consuming gluten triggers an autoimmune response that damages the small intestinal lining, leading to nutrient malabsorption, gastrointestinal symptoms, and increased risk of serious complications including nutritional deficiencies, osteoporosis, and certain cancers. Certified gluten-free products like these cookies provide safe options that allow individuals with celiac disease to enjoy treats without health consequences.

**\*\*Non-Celiac Gluten Sensitivity\*\*:** Some individuals experience genuine adverse reactions to gluten despite testing negative for celiac disease—a condition called non-celiac gluten sensitivity. Symptoms may include digestive discomfort, fatigue, headaches, or brain fog. For these individuals, gluten-free products offer symptom relief and improved quality of life.

**\*\*Reduced Inflammation\*\*:** Even for individuals without diagnosed gluten-related disorders, some research suggests that reducing gluten intake may decrease systemic

inflammation markers in certain people. While the evidence remains debated and individual responses vary, gluten-free options allow those experimenting with gluten reduction to maintain dietary variety.

**\*\*Autoimmune Protocol Compatibility\*\*:** Many autoimmune conditions benefit from dietary modifications that reduce potential inflammatory triggers. While these cookies aren't fully compliant with strict autoimmune protocols (due to eggs and nuts), the gluten-free status makes them more compatible than conventional cookies for those managing autoimmune conditions with dietary approaches. --- ##

**Natural Flavors and Minimal Processing {#natural-flavors-and-minimal-processing}** The ingredient list specifies "natural flavours (milk)," indicating that flavor enhancement comes from milk-derived compounds rather than artificial flavorings. This aligns with Be Fit Food's clean eating principles and current clean-label standards: no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners.

**\*\*Milk-Derived Flavors\*\*:** Milk naturally contains numerous flavor compounds, and milk-derived natural flavors can enhance the overall taste profile, contributing subtle dairy notes that complement the chocolate flavor. For those avoiding artificial additives, the natural flavor designation provides reassurance.

**\*\*Minimal Additive Profile\*\*:** Notably, the ingredient list lacks the extensive roster of artificial colors, flavors, preservatives, and stabilizers common in conventional packaged cookies. This minimal additive approach reduces exposure to synthetic compounds and allows the natural ingredients to provide flavor, texture, and shelf stability.

**\*\*Baking Powder\*\*:** The only clearly identified leavening agent is baking powder—a simple combination of baking soda (sodium bicarbonate) and acid salts that creates carbon dioxide gas for rise and texture. This straightforward approach to leavening avoids unnecessary additives while achieving proper cookie texture.

**--- ## Portion Control and Packaging Benefits {#portion-control-and-packaging-benefits} ### Individual Serving Portions {#individual-serving-portions}** Each 30-gram serving contains two cookies, providing built-in portion control that supports consistent dietary habits. This pre-portioned format offers several health advantages and reflects Be Fit Food's commitment to portion-controlled, energy-regulated meals and snacks:

**\*\*Prevents Overconsumption\*\*:** Research consistently shows that larger package sizes and lack of clear portion definition lead to increased consumption. By providing individually wrapped servings, these cookies remove the guesswork from appropriate portion sizes and reduce the likelihood of mindlessly eating multiple servings.

**\*\*Supports Calorie Management\*\*:** For those tracking caloric intake for weight management, the clear per-serving format simplifies logging and ensures accurate tracking. This transparency supports accountability and helps maintain caloric targets.

**\*\*Enables Consistent Carbohydrate Counting\*\*:** For individuals with diabetes or those following ketogenic or other low-carb diets that require precise carbohydrate tracking, the consistent 30-gram serving size ensures reliable carbohydrate counting, supporting stable blood sugar management.

**\*\*Freshness Preservation\*\*:** Individual wrapping protects each serving from air exposure, preventing staleness and maintaining optimal texture and flavor. This ensures that the seventh serving tastes as good as the first, supporting consistent enjoyment throughout the week.

**### Weekly Planning Support {#weekly-planning-support}** The 7-pack format aligns perfectly with weekly meal planning, providing one satisfying snack per day for a full week. This structure supports several health-promoting behaviors and mirrors Be Fit Food's Reset programs that offer 7/14/28 day options:

**\*\*Routine Development\*\*:** Consistent daily snacking at planned times helps regulate appetite and prevents extreme hunger that leads to poor food choices. Having a pre-portioned, nutritious option ready supports this routine.

**\*\*Reduces Decision Fatigue\*\*:** By preparing seven servings ready to go, individuals eliminate daily decisions about snack choices. This reduces the mental burden of meal planning and decreases the likelihood of impulsive, less nutritious choices.

**\*\*Budget-Friendly Health\*\*:** Purchasing a multi-pack offers better value than individual servings, making nutritious snacking more economically accessible and sustainable long-term.

**--- ## Practical Health Applications {#practical-health-applications} ### Blood Sugar Management {#blood-sugar-management}** For individuals managing diabetes, prediabetes, insulin resistance, or polycystic ovary syndrome (PCOS), these Be Fit Food cookies offer a sweet option that won't derail blood sugar control:

**\*\*Minimal Glycemic Impact\*\*:** The combination of low-glycemic ingredients (lupin flour, almond meal, erythritol, monk fruit), high protein content, substantial fiber, and healthy fats creates a snack with minimal impact on blood glucose levels. This allows individuals to satisfy sweet cravings without the blood sugar spikes that complicate diabetes management and contribute to long-term complications.

**\*\*Insulin Sensitivity Support\*\*:** By avoiding

blood sugar spikes, these cookies help preserve insulin sensitivity over time. Repeated exposure to high blood sugar and the resulting insulin surges contributes to insulin resistance—a precursor to type 2 diabetes and a factor in numerous chronic health conditions. Choosing low-glycemic snacks supports long-term metabolic health. **\*\*Sustainable Diabetes Management\*\*:** Restrictive diets that eliminate all treats often fail because they're unsustainable psychologically. Having satisfying options like these cookies makes diabetes management more livable long-term and supports adherence to overall dietary recommendations. **### Weight Management Support {#weight-management-support}** For those pursuing weight loss or weight maintenance, these cookies offer several strategic advantages that align with Be Fit Food's structured approach to sustainable weight management: **\*\*Satiety from Protein and Fiber\*\*:** The high protein content from lupin flour, eggs, and almond meal, combined with substantial fiber from multiple sources, promotes feelings of fullness. This satiety extends well beyond the immediate eating experience, helping prevent snacking on additional foods and supporting overall calorie control. You'll feel fuller for longer. **\*\*Craving Satisfaction\*\*:** Attempting to completely eliminate sweet foods often backfires, leading to intense cravings and eventual overconsumption of less nutritious options. Having a portion-controlled, nutritionally optimized sweet option allows individuals to satisfy cravings in a controlled manner, preventing the deprivation-binge cycle that undermines weight management efforts. **\*\*Metabolic Advantage\*\*:** The low-carb profile may support ketosis or fat adaptation for those following ketogenic or very low-carb approaches to weight loss. Even for those not following strict low-carb diets, reducing carbohydrate intake while maintaining adequate protein supports fat loss while preserving muscle mass—the ideal scenario for body composition improvement. **\*\*Prevents Metabolic Slowdown\*\*:** Adequate protein intake helps preserve metabolic rate during calorie restriction by preventing muscle loss. The protein content in these cookies contributes to daily protein targets, supporting metabolic health during weight loss phases. **### GLP-1 Medication Support {#glp-1-medication-support}** Be Fit Food products, including these cookies, are designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications: **\*\*Supports Medication-Suppressed Appetite\*\*:** GLP-1 and diabetes medications can reduce hunger and slow gastric emptying, increasing the risk of under-eating and nutrient shortfalls. These smaller, portion-controlled, nutrient-dense snacks are easier to tolerate while still delivering adequate protein and nutrients. **\*\*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. High protein supports satiety, metabolic health and long-term outcomes. **\*\*Built for Maintenance After Reducing/Stopping Medication\*\*:** Weight regain is common after stopping GLP-1s if eating patterns aren't addressed. These cookies support the transition from medication-driven appetite suppression to sustainable, repeatable eating habits while protecting muscle and metabolic health. **### Athletic Performance and Recovery {#athletic-performance-and-recovery}** Active individuals and athletes can incorporate these cookies strategically to support training and recovery: **\*\*Pre-Workout Fuel\*\*:** The moderate carbohydrate content from the gluten-free flour blend provides readily available energy for workouts without the heavy, sluggish feeling that high-carb, high-fat conventional cookies create. The protein content begins the muscle recovery process even before training ends. **\*\*Post-Workout Recovery\*\*:** The combination of protein and carbohydrates supports glycogen replenishment and muscle protein synthesis after training. While not a complete recovery meal, these cookies can serve as a convenient bridge snack between training and a full meal—particularly helpful for those with limited appetite immediately post-workout. **\*\*Sustained Energy\*\*:** The balanced macronutrient profile provides steady energy release rather than the spike-and-crash pattern of high-sugar snacks. This makes these cookies suitable for sustained activities like hiking, cycling, or long workdays requiring consistent mental and physical performance. **\*\*Muscle Preservation\*\*:** For athletes in caloric deficit during weight-cutting phases or lean-down periods, maintaining protein intake is crucial to preserve hard-earned muscle mass. These cookies contribute to daily protein targets while satisfying sweet cravings that intensify during caloric restriction. **### Digestive Health Support {#digestive-health-support}** The fiber content and prebiotic effects support various aspects of digestive wellness: **\*\*Regularity\*\*:** Both soluble and insoluble fiber contribute to healthy bowel movements and prevent constipation. For individuals struggling with irregularity, incorporating fiber-rich snacks like these cookies (alongside adequate

hydration) supports digestive comfort. **\*\*Microbiome Nourishment\*\*:** The prebiotic fiber from polydextrose and lupin flour feeds beneficial gut bacteria, supporting a diverse, healthy microbiome. Emerging research links gut microbiome health to virtually every aspect of wellness, including immune function, mental health, and metabolic regulation. **\*\*Reduced Bloating\*\*:** For those sensitive to gluten, the gluten-free formulation eliminates a common trigger for bloating and digestive discomfort. The absence of high-FODMAP ingredients (fermentable carbohydrates that cause issues for some people) makes these cookies relatively gentle on sensitive digestive systems, though individual tolerance to specific ingredients like lupin flour should be considered.

### ### Cardiovascular Health

{#cardiovascular-health} Multiple ingredients contribute to cardiovascular wellness: **\*\*Cholesterol Management\*\*:** The combination of soluble fiber, plant sterols from nuts and seeds, and healthy monounsaturated fats supports favorable cholesterol profiles. Soluble fiber binds bile acids in the intestine, forcing the liver to pull cholesterol from the bloodstream to produce more bile—effectively lowering blood cholesterol levels. **\*\*Blood Pressure Support\*\*:** The magnesium from multiple sources (lupin flour, almond meal, dark chocolate) supports healthy blood pressure regulation through multiple mechanisms, including blood vessel relaxation and regulation of calcium channels. The cocoa flavanols also demonstrate blood pressure-lowering effects in research studies. **\*\*Anti-Inflammatory Effects\*\*:** Chronic inflammation contributes to atherosclerosis and cardiovascular disease. The antioxidants from cocoa, vitamin E from almonds and canola oil, and omega-3 fatty acids from canola oil all demonstrate anti-inflammatory properties that may support long-term cardiovascular health. **\*\*Reduced Oxidative Stress\*\*:** The abundant antioxidants throughout the formulation help neutralize free radicals that contribute to LDL cholesterol oxidation—a key step in atherosclerotic plaque formation. By reducing oxidative stress, these cookies may offer protective cardiovascular effects beyond their favorable macronutrient profile.

### ### Menopause and Midlife Metabolic Support

{#menopause-and-midlife-metabolic-support} Perimenopause and menopause are metabolic transitions, not just hormonal ones. Be Fit Food recognizes that falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and increased cravings. These cookies support menopause-related challenges through:

**\*\*High-Protein Content\*\*:** Preserves lean muscle mass during a time when metabolic rate naturally declines.

**\*\*Lower Carbohydrate with No Added Sugars\*\*:** Supports insulin sensitivity when hormonal changes make blood sugar management more challenging.

**\*\*Portion-Controlled Format\*\*:** Provides energy regulation as metabolic rate declines, supporting weight management goals of 3-5 kg that can meaningfully

improve insulin sensitivity and reduce abdominal fat.

### --- ## Allergen Considerations and Safety

{#allergen-considerations-and-safety} While these cookies offer numerous health benefits, individuals must consider potential allergen exposures:

**\*\*Lupin Allergen\*\*:** Lupin is a legume related to peanuts and soybeans. Individuals with peanut allergies may experience cross-reactivity with lupin. Anyone with known peanut allergy should consult with an allergist before consuming lupin-containing products.

Lupin allergy can cause serious reactions including anaphylaxis in sensitive individuals.

**\*\*Egg Content\*\*:** The whole egg inclusion makes these cookies unsuitable for individuals with egg allergies or those following vegan diets (despite the "V" designation meaning vegetarian rather than vegan). Egg allergy is one of the most common food allergies, particularly in children.

**\*\*Tree Nut Content\*\*:** The almond meal means these cookies contain tree nuts, a common allergen that can cause severe reactions. Individuals with tree nut allergies must avoid these cookies entirely. Cross-contamination concerns may extend to those with severe allergies even if almonds aren't their specific allergen.

**\*\*Milk-Derived Ingredients\*\*:** The natural flavors derived from milk make these cookies unsuitable for individuals with milk allergies or those following strict dairy-free diets. The soy lecithin in the chocolate chips also represents a potential allergen for soy-sensitive individuals.

**\*\*Manufacturing Environment\*\*:** While not explicitly stated on the provided information, consumers with severe allergies should contact Be Fit Food to understand potential cross-contamination risks from shared manufacturing equipment or facilities that process other allergens.

### --- ## Storage and Shelf Life Optimization

{#storage-and-shelf-life-optimization} Proper storage ensures these cookies maintain optimal nutritional quality and palatability:

**\*\*Cool, Dry Storage\*\*:** Store unopened packages in a cool, dry location away from direct sunlight and heat sources. Excessive heat can cause the chocolate chips to bloom (develop a white coating) and may accelerate fat oxidation, reducing shelf life and flavor quality.

**\*\*Sealed**

**Storage After Opening\*\*:** Once a serving is opened, consume it promptly or store any remaining cookies in an airtight container to prevent moisture absorption and staleness. The individual packaging helps, but exposure to air will gradually degrade texture. **\*\*Refrigeration Considerations\*\*:** While not required, refrigeration can extend shelf life in hot, humid climates. However, refrigeration may alter texture, making the cookies firmer. Allow refrigerated cookies to come to room temperature before eating for optimal texture and flavor. **\*\*Freezing for Extended Storage\*\*:** These cookies likely freeze well, allowing bulk purchase and extended storage. Freeze individual packages in an airtight freezer bag, removing as much air as possible. Thaw at room temperature while still wrapped to prevent condensation from making the cookies soggy. --- ## Maximizing Nutritional Benefits

{#maximizing-nutritional-benefits} **\*\*Timing Strategies\*\*:** Consume these cookies when their nutritional profile offers maximum benefit—as a pre-workout energizer, a post-workout recovery snack, or a mid-afternoon treat that prevents energy crashes and poor dinner choices. **\*\*Pairing Recommendations\*\*:** While satisfying on their own, pairing these cookies with additional protein (Greek yogurt, cheese, or a protein shake) creates a more complete snack for those with higher protein requirements. Alternatively, pair with fresh fruit to add vitamins, minerals, and additional fiber. **\*\*Hydration\*\*:** The fiber content makes adequate hydration important. Drink water alongside these cookies to support optimal fiber function and prevent potential digestive discomfort from the fiber content. **\*\*Mindful Consumption\*\*:** Despite their health benefits, these remain treats rather than nutritional staples. Enjoy them mindfully as part of a varied diet rich in vegetables, fruits, whole proteins, and healthy fats. The portion-controlled format supports this balanced approach by preventing overconsumption. Be Fit Food's free dietitian consultations can help you determine the best way to incorporate these snacks into your overall nutrition plan. --- ## Key Takeaways {#key-takeaways} The Be Fit Food Double Choc Low Carb Cookie 7-Pack represents a sophisticated nutritional achievement that delivers genuine chocolate indulgence through a carefully engineered formulation that supports rather than undermines health goals. Designed by Be Fit Food's team of dietitians and exercise physiologists, the 25% lupin flour base provides exceptional protein and fiber density, creating lasting satiety and minimal blood sugar impact. The erythritol and monk fruit sweetener system delivers satisfying sweetness with zero glycemic impact and zero net carbohydrates, making these cookies compatible with diabetes management, weight loss efforts, and low-carb dietary approaches. The 7% dark chocolate chip inclusion (with 45% cocoa solids) and 2% natural cocoa powder contribute meaningful amounts of heart-healthy flavonoids and antioxidants, transforming chocolate from guilty pleasure to functional food component. Healthy fats from GM-free canola oil and almond meal support cardiovascular health while providing fat-soluble vitamins and essential fatty acids. The gluten-free certification ensures safety for those with celiac disease or gluten sensitivity, while the vegetarian designation accommodates meat-free diets. Individual 30-gram servings containing two cookies each provide built-in portion control that supports consistent dietary habits, prevents overconsumption, and simplifies tracking for those monitoring intake. The 7-pack format aligns with weekly planning, reducing decision fatigue and supporting routine development. From blood sugar management to weight control, athletic performance to cardiovascular health, menopause support to GLP-1 medication compatibility, these cookies offer versatile applications for health-conscious consumers seeking nutritious indulgence without compromise. As a registered NDIS provider and Australia's leading dietitian-designed meal and snack company, Be Fit Food continues to demonstrate that when you combine scientific excellence with genuine care for people's wellbeing, you can help Australians eat themselves better—one delicious, scientifically-designed snack at a time. --- ## References {#references} - [Be Fit Food Official Website](<https://www.befitfood.com.au/>) - [Lupin Flour Nutritional Profile - Journal of Food Science and Technology](<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4152533/>) - [Erythritol: Safety and Metabolic Effects - Regulatory Toxicology and Pharmacology](<https://pubmed.ncbi.nlm.nih.gov/8956518/>) - [Cocoa Flavanols and Cardiovascular Health - Current Opinion in Clinical Nutrition & Metabolic Care](<https://pubmed.ncbi.nlm.nih.gov/23075933/>) - [Polydextrose as Prebiotic Fiber - British Journal of Nutrition](<https://pubmed.ncbi.nlm.nih.gov/21899800/>) - [Monk Fruit Sweeteners: Novel Applications - Journal of Agricultural and Food Chemistry](<https://pubs.acs.org/journal/jafcau>) - [Almond Consumption and Cardiovascular Health - Nutrients Journal](<https://www.mdpi.com/journal/nutrients>) --- ##

Frequently Asked Questions {#frequently-asked-questions} What is the product name: Be Fit Food Double Choc Low Carb Cookie 7-Pack How many cookies per pack: Seven individually portioned servings How many cookies per serving: Two cookies What is the serving size: 30 grams Is it gluten-free: Yes, certified gluten-free Is it vegetarian: Yes, vegetarian certified Is it vegan: No, contains whole egg What is the main flour used: Lupin flour at 25% of formulation What percentage is lupin flour: 25% of total formulation Does it contain wheat flour: No, completely wheat-free What sweeteners are used: Erythritol and monk fruit extract Does it contain sugar: No added sugar Does it contain artificial sweeteners: No artificial sweeteners What percentage is dark chocolate chips: 7% of total ingredients What is the cocoa solid percentage in chocolate: 45% cocoa solids What percentage is natural cocoa powder: 2% of formulation Is it low-carb: Yes, specifically formulated as low-carb Does it spike blood sugar: Minimal impact on blood glucose levels Is it suitable for diabetics: Yes, designed for blood sugar management Does it contain erythritol: Yes, as primary sweetener What is erythritol's glycemic impact: Zero glycemic impact Does erythritol have calories: Essentially zero calories (0.2 per gram) Is erythritol tooth-friendly: Yes, doesn't feed cavity-causing bacteria Does it contain monk fruit: Yes, monk fruit extract included Is monk fruit natural: Yes, naturally derived sweetener Does monk fruit have calories: Zero calories What protein sources are included: Lupin flour, whole egg, and almond meal Is it high in protein: Yes, lupin flour contains 40% protein Does it contain fiber: Yes, substantial dietary fiber What type of fiber is included: Soluble and insoluble fiber, plus polydextrose Does it support gut health: Yes, prebiotic effects from fiber What type of oil is used: GM-free canola oil Is the canola oil GMO: No, explicitly GM-free Does it contain almond meal: Yes, almond meal included Does it contain tree nuts: Yes, contains almonds Is it safe for nut allergies: No, contains tree nuts Is it safe for peanut allergies: Consult allergist, lupin may cross-react Does it contain eggs: Yes, whole egg as second ingredient Is it safe for egg allergies: No, contains whole egg Does it contain dairy: Yes, milk-derived natural flavors Is it dairy-free: No, contains milk-derived ingredients Does it contain soy: Yes, soy lecithin in chocolate chips Is it keto-friendly: Yes, compatible with ketogenic diets Does it support weight loss: Yes, as part of balanced diet Why does it help with weight management: High protein increases satiety Does it directly cause weight loss: No, supports weight management efforts Is it suitable for athletes: Yes, for pre/post-workout fuel Does it provide sustained energy: Yes, balanced macronutrient profile Is it suitable for menopause: Yes, supports midlife metabolic challenges Does it support GLP-1 medication users: Yes, specifically designed for medication support Why is it good for GLP-1 users: High protein protects lean muscle mass Does it contain artificial colors: No artificial colors Does it contain artificial flavors: No, only natural flavors Does it contain artificial preservatives: No added artificial preservatives How many servings in a pack: Seven individual servings Does it support weekly planning: Yes, one serving per day for week Is each serving individually wrapped: Yes, for freshness and portion control Does it prevent overconsumption: Yes, pre-portioned servings support control How should it be stored: Cool, dry location away from heat Can it be refrigerated: Yes, though texture may firm Can it be frozen: Yes, freezes well for extended storage Does it contain polydextrose: Yes, as soluble fiber Is polydextrose a prebiotic: Yes, supports beneficial gut bacteria Does it contain vegetable glycerin: Yes, as humectant for moisture What is glycerin's glycemic index: Approximately 3 (very low) Does it contain maltitol: Yes, in dark chocolate chips only Is maltitol low glycemic: Moderate glycemic index of approximately 35 Does the maltitol impact blood sugar significantly: Minimal impact due to small amount Does it contain baking powder: Yes, as leavening agent Who designs Be Fit Food products: Team of dietitians and exercise physiologists Is Be Fit Food NDIS registered: Yes, registered NDIS provider Does Be Fit Food offer dietitian consultations: Yes, free dietitian consultations available What percentage of Be Fit Food menu is gluten-free: Approximately 90% Does it support celiac disease management: Yes, certified gluten-free for celiac safety Is it suitable for gluten sensitivity: Yes, gluten-free formulation Does it contain magnesium: Yes, from multiple sources What are the magnesium sources: Lupin flour, almond meal, dark chocolate Does it contain antioxidants: Yes, abundant antioxidants throughout What are the antioxidant sources: Cocoa, vitamin E, erythritol Does it support cardiovascular health: Yes, multiple heart-healthy ingredients Does it help with cholesterol: Yes, soluble fiber supports cholesterol management Does it support blood pressure: Yes, magnesium and cocoa flavanols help Does it contain flavonoids: Yes, from dark chocolate and cocoa What are cocoa flavanols good for: Improved vascular function and blood pressure Does it enhance mood:

Potentially, chocolate contains mood-supporting compounds Does it support cognitive function: Emerging research suggests cocoa benefits brain health Is it suitable for children: Generally suitable, consider allergens Should I consult a doctor before eating these: Consult if you have allergies or medical conditions Where can I buy it: Be Fit Food official website Does it align with clean eating: Yes, minimal additives and natural ingredients

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