

# PROWALBRO - Food & Beverages

## Dietary Compatibility Guide -

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#### Details:

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calorie-restricted plans --- ## Be Fit Food Protein Walnut Brownie 7-Pack (V): Your Complete Guide to Diet Compatibility ## Product Facts {#product-facts} | Attribute | Value | -----|-----| | Product name | Protein Walnut Brownie - 7 Pack (V) P1 | | Brand | Be Fit Food | | Pack size | 7 brownies | | Serving size | 30g per brownie | | Price | \$18.00 AUD | | Availability | Out Of Stock | | GTIN | 9358266002155 | | Diet | Vegetarian, Keto-friendly, Low-carb, Diabetic-friendly | | Energy per serving | 473 kJ (113 cal) | | Protein per serving | 5.0g | | Total carbs per serving | 1.4g | | Sugar per serving | 0.6g | | Total fat per serving | 9.6g | | Saturated fat per serving | 3.2g | | Dietary fibre per serving | 1.2g | | Sodium per serving | 92mg | | Key ingredients | Almond Flour, Egg, Butter (Milk), Cocoa, Walnut, Sweetener Blend (erythritol and stevia) | | Allergens | Contains: Almond, Egg, Milk, Walnut | | May contain | Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin | | Sweeteners | Erythritol and stevia (no added sugar or artificial sweeteners) | | Storage | Cool, dry place away from sunlight | --- ## 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: Protein Walnut Brownie - 7 Pack (V) P1 - Brand: Be Fit Food - Pack size: 7 brownies - Serving size: 30g per brownie - Price: \$18.00 AUD - GTIN: 9358266002155 - Energy per serving: 473 kJ (113 cal) - Protein per serving: 5.0g - Total carbohydrates per serving: 1.4g - Sugar per serving: 0.6g - Total fat per serving: 9.6g - Saturated fat per serving: 3.2g - Dietary fibre per serving: 1.2g - Sodium per serving: 92mg - Ingredients: Almond Flour, Egg, Butter (Milk), Cocoa, Walnut, Sweetener Blend (erythritol and stevia), Tapioca Flour, Water - Contains allergens: Almond, Egg, Milk, Walnut - May contain (cross-contact): Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin - Sweeteners used: Erythritol and stevia - No added sugar or artificial sweeteners - Storage instructions: Cool, dry place away from sunlight - Vegetarian (V) designation ### General Product Claims {#general-product-claims} - Keto-friendly - Low-carb - Diabetic-friendly - High-protein snack - Supports ketogenic dietary protocols - Maintains ketosis - Minimal glycemic impact - Supports blood sugar stability - Promotes satiety - Suitable for weight management - Supports muscle preservation - CSIRO-backed nutritional science - Dietitian-designed - Australia's leading dietitian-designed meal delivery service - Strategically designed for restrictive dietary protocols - Fits within calorie-controlled eating plans - Supports metabolic health - Provides sustained energy release - Reduces chocolate cravings - Supports dietary adherence - Portion-controlled for convenience - Suitable for GLP-1 medication users - Supports menopause metabolic health - Helps maintain lean muscle mass during weight loss - Provides complete amino acid profile - Contains omega-3 ALA from walnuts - Contains MCTs from butter - Zero glycemic index sweeteners - Supports insulin sensitivity - Convenient and portable - Shelf-stable - Real food ingredients (not synthetic supplements) - Approximately 90% of Be Fit Food's menu is certified gluten-free - Free 15-minute dietitian consultations available - Net carbohydrate content approximately 0.2g per serving (calculated as total carbs minus fibre) - 76% of calories from fat, 18% from protein, 5% from carbohydrates - 93% lower carbohydrates than conventional brownies - 95-97% lower sugar than conventional brownies - 2.5-5 times higher protein than conventional brownies - Supports cardiovascular health - Anti-inflammatory properties - Cognitive support benefits - Neuroprotective effects - Digestive health benefits - Not suitable for celiac disease (gluten cross-contamination risk) - Not vegan - Paleo compatibility depends on strictness regarding processed sweeteners - Primal diet compatible - Can be consumed frozen or refrigerated for different textures - Pairs well with coffee, tea, or protein beverages - Best consumed as afternoon snack, post-workout, or evening dessert - Supports between-meal satiety - Helps prevent blood sugar fluctuations - May enhance fat oxidation when paired with coffee - Protects against overconsumption through pre-portioning - Reduces feelings of dietary deprivation - Promotes sustainable behaviour change - Supports positive relationship with food --- ## Introduction {#introduction} The Be Fit Food Protein Walnut Brownie 7-Pack (V) offers a high-protein, low-carbohydrate chocolate brownie snack specifically formulated to fit within ketogenic, low-carb, and controlled-calorie dietary frameworks. Developed by Be Fit Food—Australia's leading dietitian-designed meal delivery service that combines CSIRO-backed nutritional science with convenient ready-made options—each 30-gram brownie delivers 5.0 grams of protein while maintaining just 1.4 grams of total carbohydrates and 0.6 grams of sugar per serving. This product makes it a strategically designed option for individuals following restrictive dietary protocols without sacrificing the indulgent experience

of a chocolate dessert. This comprehensive guide examines how this brownie aligns with various dietary approaches—including ketogenic, low-carb, vegetarian, gluten-aware, and diabetic-friendly eating patterns—while exploring the nutritional composition, ingredient functionality, allergen considerations, and practical integration strategies for diet-conscious consumers seeking convenient, portion-controlled sweet treats. --- ## Core Nutritional Profile {#core-nutritional-profile} Before evaluating dietary compatibility, understanding the complete nutritional architecture of the Be Fit Food Protein Walnut Brownie proves essential. Each 30-gram serving contains 473 kilojoules (113 calories), positioning it as a moderate-calorie snack that fits comfortably within most calorie-controlled eating plans. ### Macronutrient Distribution and Ratios {#macronutrient-distribution-and-ratios} The macronutrient distribution reveals a high-fat, moderate-protein, very-low-carbohydrate composition: 9.6 grams of total fat (including 3.2 grams of saturated fat), 5.0 grams of protein, and only 1.4 grams of carbohydrate. This macronutrient ratio translates to approximately 76% of calories from fat, 18% from protein, and just 5% from carbohydrates—a distribution that mirrors ketogenic dietary recommendations. The sugar content of 0.6 grams per serving represents less than half of the total carbohydrate content, indicating minimal impact on blood glucose levels. The inclusion of 1.2 grams of dietary fibre per 30-gram serving provides approximately 4% of daily fibre needs, contributing to digestive health and potentially reducing the net carbohydrate count for those tracking net carbs (total carbohydrates minus fibre). ### Micronutrient and Mineral Content {#micronutrient-and-mineral-content} The sodium content of 92 milligrams per serving represents approximately 4% of the standard 2,300-milligram daily recommended limit, making this product suitable for individuals monitoring sodium intake. When examining the per-100-gram nutritional data, the concentrations scale proportionally, demonstrating consistency in formulation across the entire product line. --- ## Ketogenic Diet Compatibility: A Deep Analysis {#ketogenic-diet-compatibility-a-deep-analysis} The Be Fit Food Protein Walnut Brownie demonstrates exceptional compatibility with ketogenic dietary protocols, which require 70-80% of daily calories from fat, 15-25% from protein, and 5-10% from carbohydrates. The product's macronutrient profile aligns precisely with these requirements, making it an ideal ketogenic snack option. ### Carbohydrate Content and Ketosis Maintenance {#carbohydrate-content-and-ketosis-maintenance} With only 1.4 grams of total carbohydrates per 30-gram serving, this brownie consumes minimal carbohydrate allowance from the ketogenic daily limit of 20-50 grams. For individuals following strict ketogenic protocols limiting carbohydrate intake to 20 grams daily, a single brownie represents just 7% of the daily carbohydrate budget. Those following more moderate low-carb ketogenic approaches (30-50 grams daily) can easily incorporate this product while maintaining substantial carbohydrate allowance for nutrient-dense vegetables and other whole foods. The net carbohydrate calculation—which subtracts fibre from total carbohydrates—yields an even more favourable result. With 1.2 grams of dietary fibre per serving, the net carbohydrate content approximates 0.2 grams per brownie (1.4g total carbs - 1.2g fibre = 0.2g net carbs). This extraordinarily low net carbohydrate value makes the product virtually negligible in terms of ketosis disruption, allowing for guilt-free indulgence without compromising metabolic state. ### Fat Quality and Ketogenic Fuel {#fat-quality-and-ketogenic-fuel} The 9.6 grams of fat per serving provides concentrated energy in the preferred ketogenic macronutrient. The fat sources—butter (milk fat) and naturally occurring fats from almond flour and walnuts—offer a combination of saturated, monounsaturated, and polyunsaturated fatty acids. Butter contributes medium-chain triglycerides (MCTs) and conjugated linoleic acid (CLA), both valued in ketogenic nutrition for their potential metabolic benefits. Almond flour provides predominantly monounsaturated fats, particularly oleic acid, which supports cardiovascular health. Walnuts contribute omega-3 alpha-linolenic acid (ALA), offering anti-inflammatory properties and cognitive support—benefits particularly relevant for ketogenic dieters seeking neuroprotective effects. The 3.2 grams of saturated fat per serving was historically viewed cautiously, but contemporary ketogenic research increasingly recognises saturated fat from whole-food sources as a valuable energy substrate that doesn't negatively impact cardiovascular markers in the context of very low carbohydrate intake. The saturated fat from butter and nuts exists within a matrix of other nutrients, differing substantially from isolated saturated fats in processed foods. ### Protein Considerations for Ketogenic Dieters {#protein-considerations-for-ketogenic-dieters} The 5.0 grams of protein per serving provides moderate

protein supplementation without excessive amounts that might concern strict ketogenic practitioners worried about gluconeogenesis (the conversion of protein to glucose). While individual protein needs vary based on body composition, activity level, and metabolic health, most ketogenic dieters target 1.2-2.0 grams of protein per kilogram of body weight daily. For a 70-kilogram individual, this represents 84-140 grams of protein daily. A single brownie contributes 3.6-6.0% of this range, making it a complementary protein source rather than a primary one. The protein sources—primarily from egg and secondarily from almond flour—provide complete amino acid profiles. Eggs are considered the gold standard for protein quality, offering all essential amino acids in optimal ratios. This high-quality protein supports muscle preservation during weight loss, which is particularly important for ketogenic dieters who may be in caloric deficit for fat loss purposes. This aligns with Be Fit Food's commitment to protein-prioritised nutrition that helps protect lean muscle mass. **### Sweetener Strategy and Ketogenic Compliance** {#sweetener-strategy-and-ketogenic-compliance} The sweetener blend of erythritol and stevia represents a ketogenic-friendly approach to achieving sweetness without glucose impact. Erythritol, a sugar alcohol, contains virtually zero net carbohydrates because it's absorbed in the small intestine and excreted unchanged in urine, contributing no calories or glucose response. Unlike other sugar alcohols such as maltitol or xylitol, erythritol doesn't cause significant digestive distress in most individuals and doesn't impact blood sugar or insulin levels. Stevia, a plant-derived zero-calorie sweetener extracted from Stevia rebaudiana leaves, provides intense sweetness without affecting glucose metabolism. The combination of erythritol (providing bulk and mild sweetness) with stevia (providing concentrated sweetness) creates a synergistic effect that mimics sugar's sensory properties while maintaining ketogenic compliance. This dual-sweetener approach is superior to single-sweetener formulations, as it minimises the cooling aftertaste sometimes associated with erythritol alone and reduces the potential licorice-like notes from stevia used in isolation. --- **## Low-Carbohydrate Diet Suitability** {#low-carbohydrate-diet-suitability} Beyond strict ketogenic protocols, the Be Fit Food Protein Walnut Brownie serves individuals following various low-carbohydrate dietary approaches, including general carbohydrate-restricted eating patterns that support metabolic health and sustainable weight management. **### Flexible Low-Carb Integration** {#flexible-low-carb-integration} For those following moderate low-carb diets (50-100 grams of carbohydrates daily), this brownie represents an insignificant carbohydrate expenditure. Individuals can incorporate multiple servings throughout the day—such as one with morning coffee, another as an afternoon snack, and a third as an evening dessert—while consuming just 4.2 grams of total carbohydrates from all three brownies combined. This flexibility allows for substantial vegetable consumption, moderate fruit intake, and occasional inclusion of other carbohydrate-containing whole foods while maintaining low-carb status. The product's convenience factor particularly benefits low-carb dieters who struggle with snack options in social situations, travel contexts, or workplace environments where high-carbohydrate options dominate. The individually portioned 30-gram brownies eliminate decision fatigue and portion control challenges, providing a predetermined serving size that fits seamlessly into daily macronutrient targets. This portion-controlled approach reflects Be Fit Food's understanding that structure and adherence are the biggest predictors of dietary success—not willpower. **### Blood Sugar Management** {#blood-sugar-management} The minimal carbohydrate and sugar content (1.4 grams and 0.6 grams respectively) suggests negligible glycemic impact. While the product doesn't display a glycemic index (GI) value, the combination of very low carbohydrate content, significant fat content, protein presence, and fibre inclusion would theoretically produce an extremely low glycemic load (GL). The glycemic load calculation—which considers both the quality (GI) and quantity of carbohydrates—would approximate near-zero for this product. The fat content of 9.6 grams per serving further blunts any potential glucose response through delayed gastric emptying. Dietary fat slows the rate at which food leaves the stomach and enters the small intestine, moderating the absorption rate of any carbohydrates present. This physiological effect creates a sustained, stable energy release rather than the rapid glucose spike and subsequent crash associated with high-carbohydrate, low-fat snacks. --- **## Vegetarian Dietary Compatibility** {#vegetarian-dietary-compatibility} The "(V)" designation in the product name indicates vegetarian formulation, making this brownie suitable for lacto-ovo vegetarians who consume dairy products and eggs but avoid meat, poultry, and fish. This classification opens the product to a substantial consumer segment seeking convenient, protein-rich vegetarian snack options. **### Vegetarian Protein Sources**

{#vegetarian-protein-sources} The primary protein contributors—egg and almond flour—represent high-quality vegetarian protein sources. Eggs provide all nine essential amino acids in ratios that closely match human requirements, earning them a biological value (BV) of 100, the reference standard against which other protein sources are measured. For vegetarians who sometimes struggle to obtain complete proteins from plant-based sources alone, egg-containing products like this brownie offer convenient complete protein supplementation. Almond flour, while not a complete protein on its own, contributes complementary amino acids and increases the total protein density of the product. Almonds are particularly rich in arginine, an amino acid involved in immune function, wound healing, and cardiovascular health. The combination of egg and almond proteins creates a comprehensive amino acid profile that supports muscle maintenance, satiety, and metabolic function. **### Vegetarian Nutrient Considerations** {#vegetarian-nutrient-considerations} Beyond protein, this brownie provides nutrients that vegetarians may find challenging to obtain in adequate amounts. The egg component contributes vitamin B12, a nutrient found almost exclusively in animal products and critical for neurological function, DNA synthesis, and red blood cell formation. While the exact B12 content isn't specified in the nutritional panel, any contribution from eggs represents a valuable addition to vegetarian diets. The walnut inclusion provides alpha-linolenic acid (ALA), the plant-based omega-3 fatty acid that vegetarians rely upon in the absence of direct EPA and DHA sources from fish. While ALA conversion to EPA and DHA in the human body is limited (around 5-10% conversion efficiency), regular ALA intake from walnuts, flaxseeds, and chia seeds remains important for vegetarians' overall omega-3 status. Each brownie contributes a portion of walnuts, though the exact quantity isn't specified in the ingredient list. The butter component provides fat-soluble vitamins, particularly vitamin A in the retinol form (the most bioavailable form of vitamin A) and vitamin K2, which supports bone and cardiovascular health. These nutrients complement vegetarian diets that may rely heavily on beta-carotene (provitamin A) from plant sources, which requires conversion to active retinol—a process that varies in efficiency among individuals. **--- ## Vegan Incompatibility and Alternatives Consideration** {#vegan-incompatibility-and-alternatives-consideration} It's crucial to note that despite the "(V)" vegetarian designation, the Be Fit Food Protein Walnut Brownie is NOT suitable for vegan diets. The formulation contains three animal-derived ingredients: egg, butter (milk), and the potential for other dairy components. Vegans who avoid all animal products must recognise this product as incompatible with their dietary principles. **### Understanding the Non-Vegan Ingredients**

{#understanding-the-non-vegan-ingredients} Egg serves as both a protein source and a structural component in the brownie formulation, providing binding properties, moisture retention, and textural characteristics that are challenging to replicate with plant-based alternatives. The egg contributes to the brownie's tender crumb structure and helps create the characteristic fudgy texture expected in quality brownies. Butter (milk) provides both fat content and flavour complexity. Dairy fat contains unique flavour compounds and contributes to mouthfeel in ways that differ from plant-based fats. The butter also contributes to the brownie's shelf stability and texture throughout the product's shelf life. The allergen declaration noting "Contains: Milk" confirms dairy presence beyond just butter, suggesting potential additional dairy components in the formulation or processing environment. Vegans must avoid this product entirely, as even trace amounts of animal products conflict with vegan dietary ethics and practices. However, Be Fit Food does offer a dedicated Vegetarian & Vegan Range with plant-based meals that don't compromise on protein or satisfaction. **--- ## Gluten-Free Considerations and Cross-Contamination Awareness** {#gluten-free-considerations-and-cross-contamination-awareness} The Be Fit Food Protein Walnut Brownie does not contain gluten-containing ingredients in its formulation. The ingredient list includes almond flour and tapioca flour as the primary flour components, both of which are naturally gluten-free alternatives to wheat flour. This formulation makes the product theoretically suitable for individuals avoiding gluten for various reasons. **### Ingredient Analysis for Gluten Content** {#ingredient-analysis-for-gluten-content} Almond flour, produced from blanched, finely ground almonds, contains no gluten proteins (gliadin and glutenin found in wheat, barley, and rye). It provides the bulk and structure in this brownie formulation while contributing protein, healthy fats, and a mild, slightly sweet flavour that complements chocolate. Almond flour's high fat content contributes to the moist, dense texture characteristic of quality brownies without requiring gluten development. Tapioca flour (also called tapioca starch), derived from the cassava root, serves as a binding agent and

textural modifier in gluten-free baking. It's completely free of gluten proteins and helps create a tender crumb structure while preventing the grittiness sometimes associated with nut-based flours. Tapioca flour also contributes to moisture retention, extending the product's shelf life and maintaining palatability throughout the storage period. The remaining ingredients—egg, butter, water, cocoa, sweetener blend (erythritol and stevia), and walnut—are all naturally gluten-free in their pure forms. Cocoa powder derived from cacao beans contains no gluten. The sweetener blend of erythritol and stevia consists of purified compounds that don't contain gluten proteins. **### Critical Cross-Contamination Warning** **{#critical-cross-contamination-warning}** Despite the gluten-free ingredient profile, the allergen declaration includes a critical caveat: "May contain (cross-contact): Gluten." This warning indicates that while the product formulation doesn't include gluten-containing ingredients, the manufacturing environment, equipment, or processing lines may also handle gluten-containing products, creating potential for cross-contamination. For individuals with celiac disease—an autoimmune condition where gluten ingestion damages the small intestine—even trace amounts of gluten (generally considered as less than 20 parts per million) can trigger immune responses and intestinal damage. The "may contain gluten" advisory means this product is NOT safe for individuals with celiac disease, despite its gluten-free formulation. Similarly, individuals with non-celiac gluten sensitivity who experience adverse symptoms from gluten exposure should exercise caution. While sensitivity thresholds vary among individuals, and some may tolerate trace cross-contamination while others cannot, the presence of this warning suggests the manufacturer cannot guarantee gluten-free status to the standards required for celiac-safe products. For individuals avoiding gluten for other reasons—such as general health optimisation, inflammation reduction, or personal preference rather than medical necessity—the cross-contamination risk may be acceptable. These individuals can make informed decisions based on their specific sensitivity levels and risk tolerance. It's worth noting that approximately 90% of Be Fit Food's meal menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. --- **## Comprehensive Allergen Profile and Dietary Restrictions**

**{#comprehensive-allergen-profile-and-dietary-restrictions}** The Be Fit Food Protein Walnut Brownie contains multiple allergens that restrict its suitability for various dietary populations. Understanding the complete allergen profile is essential for safe consumption decisions. **### Confirmed Allergen Content** **{#confirmed-allergen-content}** The product contains four confirmed allergens explicitly listed in the ingredient declaration: **\*\*Almond\*\***: A tree nut allergen, almond serves as the primary flour base for this brownie. Almond allergies affect approximately 0.5-1% of the population and can range from mild oral allergy syndrome to severe anaphylactic reactions. Individuals with tree nut allergies must completely avoid this product. The almond content is substantial, as almond flour is listed as the first ingredient, indicating it comprises the largest proportion by weight. **\*\*Egg\*\***: Present as a whole ingredient, egg provides protein and structural properties. Egg allergy affects approximately 1-2% of children and 0.5% of adults, making it one of the most common food allergies. Egg allergies can cause reactions ranging from skin manifestations to gastrointestinal symptoms to anaphylaxis. Both egg white proteins (such as ovomucoid and ovalbumin) and egg yolk proteins can trigger allergic responses, and the product doesn't specify whether whole eggs, egg whites, or egg yolks are used. **\*\*Milk\*\***: Present in butter and potentially other dairy components, milk represents one of the most common food allergens, affecting approximately 2-3% of young children (though most outgrow it by adolescence). Milk allergy involves immune reactions to milk proteins, particularly casein and whey, and differs from lactose intolerance (a digestive issue rather than immune response). Individuals with milk allergy must avoid this product entirely. **\*\*Walnut\*\***: Another tree nut allergen, walnut is included as a distinct ingredient contributing texture, flavour, and nutritional benefits. Walnut allergy can occur independently of other tree nut allergies, though cross-reactivity is common. The quantity of walnut isn't specified, but it's listed as the final ingredient, suggesting a smaller proportion relative to other components. **### Potential Cross-Contamination Allergens** **{#potential-cross-contamination-allergens}** The comprehensive "may contain" statement lists additional allergens that might be present through cross-contact during manufacturing: gluten, fish, soy, crustacea, sesame, peanuts, egg (already confirmed as an ingredient), tree nuts (already confirmed as ingredients), and lupin. This extensive cross-contamination list indicates that the manufacturing facility processes a wide variety of products containing diverse allergens. For individuals with severe allergies to any of these substances, the cross-contamination risk

may be unacceptable, even though these ingredients aren't intentionally included in the brownie formulation. **\*\*Peanuts\*\*:** While the product contains tree nuts (almond and walnut), the "may contain peanuts" warning is particularly important because peanut allergy is distinct from tree nut allergy (peanuts are legumes, not true nuts). Some individuals allergic to peanuts can safely consume tree nuts and vice versa, but the cross-contamination warning means this product isn't safe for those with peanut allergies. **\*\*Soy\*\*:** A common allergen affecting approximately 0.4% of children, soy cross-contamination might occur if the facility processes soy-containing products. Soy lecithin is commonly used as an emulsifier in chocolate products, so its presence in the manufacturing environment is plausible. **\*\*Sesame\*\*:** Recently recognised as a major allergen in many jurisdictions, sesame cross-contamination might occur if the facility produces sesame-containing products such as tahini-based items or sesame-seed-topped baked goods. **\*\*Lupin\*\*:** A legume flour sometimes used in gluten-free and protein-enriched baked goods, lupin is a less common allergen but can cause severe reactions in susceptible individuals, particularly those with peanut allergies due to cross-reactivity. ---

**## Diabetic Dietary Compatibility {#diabetic-dietary-compatibility}** The Be Fit Food Protein Walnut Brownie demonstrates several characteristics that make it potentially suitable for individuals managing diabetes, though individual tolerance and medical guidance should always take precedence. This aligns with Be Fit Food's broader commitment to creating diabetes-friendly options that support glucose stability.

**### Carbohydrate and Sugar Content for Glycemic Control {#carbohydrate-and-sugar-content-for-glycemic-control}** The minimal carbohydrate content of 1.4 grams per serving represents a fraction of the carbohydrate amounts allocated per snack in diabetic meal planning. The American Diabetes Association generally recommends that snacks contain 15-30 grams of carbohydrates, depending on individual needs, medication regimens, and blood glucose management strategies. At just 1.4 grams, this brownie consumes only 5-9% of a snack carbohydrate budget, leaving substantial allowance for additional foods if desired. The sugar content of 0.6 grams per serving is exceptionally low, representing less than 1% of the American Heart Association's recommended daily limit of 25-36 grams of added sugar. For diabetics monitoring sugar intake as part of glycemic control, this minimal sugar content poses virtually no risk of blood glucose elevation.

**### Sweetener Impact on Blood Glucose {#sweetener-impact-on-blood-glucose}** The sweetener blend of erythritol and stevia offers specific advantages for diabetic individuals. Erythritol features a glycemic index of zero, meaning it doesn't raise blood glucose levels. Unlike digestible carbohydrates that break down into glucose, erythritol is absorbed in the small intestine but not metabolised, passing through the body unchanged and excreted in urine. This unique metabolic pathway means erythritol provides sweetness and bulk without contributing to carbohydrate load or requiring insulin for processing. Stevia, extracted from Stevia rebaudiana plant leaves, also features no impact on blood glucose or insulin levels. Research demonstrates that stevia doesn't affect postprandial (after-meal) glucose levels or insulin response in individuals with type 2 diabetes. Some studies even suggest potential beneficial effects of stevia compounds on insulin sensitivity and glucose metabolism, though more research is needed to confirm these findings. The combination of these two non-glycemic sweeteners means the brownie's perceived sweetness comes without the blood sugar consequences of sugar or high-glycemic sweeteners like honey, agave nectar, or maltodextrin.

**### Protein and Fat Benefits for Blood Sugar Stability {#protein-and-fat-benefits-for-blood-sugar-stability}** The 5.0 grams of protein and 9.6 grams of fat per serving contribute to blood sugar stability through multiple mechanisms. Protein stimulates insulin secretion while also promoting glucagon release, creating a balanced hormonal response that supports stable blood glucose levels. The protein content also enhances satiety, potentially reducing subsequent food intake and preventing the overeating that can complicate diabetes management. The substantial fat content slows gastric emptying, moderating the rate at which any carbohydrates enter the bloodstream. This delayed absorption prevents rapid glucose spikes and creates a more gradual, sustained energy release. For diabetics using insulin or glucose-lowering medications, this slower absorption pattern may reduce the risk of hypoglycemia (low blood sugar) that can occur when rapid-acting carbohydrates are consumed.

**### Portion Control and Consistent Carbohydrate Counting {#portion-control-and-consistent-carbohydrate-counting}** The pre-portioned 30-gram serving size offers significant advantages for diabetics practising carbohydrate counting—a common diabetes management strategy where individuals track and limit carbohydrate intake to

maintain target blood glucose ranges. Each brownie provides a consistent, predictable carbohydrate amount, eliminating the guesswork and potential errors associated with estimating portions from larger packages. The 7-pack format provides a week's worth of daily snacks, supporting routine and consistency in meal planning—factors that often improve diabetes management outcomes. Individuals can incorporate one brownie into their daily routine at a consistent time, creating predictable patterns that facilitate blood glucose monitoring and medication timing. --- ## Paleo and Primal Diet

Considerations {#paleo-and-primal-diet-considerations} The Be Fit Food Protein Walnut Brownie presents a mixed compatibility profile with Paleo and Primal dietary approaches, which emphasise whole foods similar to those available to Paleolithic humans while avoiding grains, legumes, and processed ingredients. ### Paleo-Aligned Ingredients {#paleo-aligned-ingredients} Several ingredients align well with Paleo principles: **Almond flour**: Nuts and seeds are considered Paleo-compliant foods, and almond flour represents a minimally processed nut product. Paleo advocates often use almond flour as a grain-free alternative in baking, as it provides nutrients, healthy fats, and protein without the anti-nutrients (phytates, lectins) associated with grain flours. **Egg**: Eggs are a Paleo staple, providing high-quality protein and nutrients in a whole-food form that humans consumed throughout evolutionary history. **Butter**: While strict Paleo interpretations exclude dairy products (as they weren't available before animal domestication), many Paleo practitioners include butter, particularly grass-fed butter, because it contains minimal lactose and casein (the primary dairy components that cause digestive issues) while providing beneficial fats like conjugated linoleic acid (CLA) and butyrate. **Walnut**: Tree nuts are Paleo-compliant, whole foods that provide healthy fats, protein, and micronutrients. **Cocoa**: Minimally processed cocoa powder from cacao beans is generally accepted in Paleo diets, as cacao was consumed by indigenous populations for thousands of years. **Water**: Obviously Paleo-compliant. ### Paleo-Questionable Ingredients

{#paleo-questionable-ingredients} Two ingredients create compatibility questions: **Tapioca flour**: Derived from cassava root, tapioca represents a more processed ingredient than whole foods emphasised in strict Paleo approaches. However, many Paleo practitioners accept tapioca flour as a grain-free, gluten-free baking ingredient, particularly for occasional treats. Tapioca is a starchy tuber product, and tubers are generally Paleo-compliant, though the refined flour form is more processed than whole cassava root. **Sweetener blend (erythritol and stevia)**: This ingredient presents the most significant Paleo compatibility question. Strict Paleo interpretations avoid all processed sweeteners, including sugar alcohols and extracted plant compounds. Erythritol, while naturally occurring in some fruits, is commercially produced through fermentation processes and represents a modern, processed ingredient. Stevia, though plant-derived, is a highly refined extract rather than a whole food. However, Paleo practitioners seeking to reduce sugar intake while enjoying occasional treats often accept these alternative sweeteners as preferable to refined sugar, honey in large quantities, or artificial sweeteners. The Paleo community remains divided on this issue, with some accepting these sweeteners as practical compromises and others rejecting them as inconsistent with whole-food principles. ### Primal Diet Compatibility {#primal-diet-compatibility} The Primal diet takes a slightly more flexible approach than strict Paleo, explicitly allowing high-quality dairy products and occasional indulgences that don't significantly impact health. From a Primal perspective, this brownie aligns well: it contains quality dairy (butter), uses almond flour rather than grain flour, provides healthy fats and protein, and maintains very low sugar content. The alternative sweeteners would likely be accepted within the Primal framework as tools for reducing sugar intake while maintaining dietary satisfaction and adherence. --- ## Weight Management and Calorie-Controlled Diets {#weight-management-and-calorie-controlled-diets} For individuals following calorie-restricted diets for weight management, the Be Fit Food Protein Walnut Brownie offers several strategic advantages as a portion-controlled, nutrient-dense snack option. This product exemplifies Be Fit Food's philosophy that structure and adherence—not willpower—are the biggest predictors of weight management success. ### Caloric Density and Portion Control

{#caloric-density-and-portion-control} At 113 calories per 30-gram brownie, the product provides a moderate-calorie snack that fits within most weight management frameworks. Common weight loss approaches recommend snacks containing 100-200 calories, positioning this brownie squarely within that range. The pre-portioned serving eliminates the portion control challenges associated with larger packages of treats, where individuals must exercise willpower to limit consumption—a strategy that

frequently fails in real-world conditions. The 7-pack format provides built-in accountability, as individuals can easily track how many brownies they've consumed throughout the week. This transparency supports mindful eating practices and prevents the unconscious overconsumption that often occurs with larger, unportioned packages. **### Satiety and Appetite Management**  
{#satiety-and-appetite-management} The macronutrient composition supports satiety through multiple mechanisms. The 5.0 grams of protein per serving stimulates the release of satiety hormones including peptide YY (PYY) and glucagon-like peptide-1 (GLP-1), which signal fullness to the brain and reduce subsequent food intake. Protein also features a higher thermic effect of food (TEF) compared to carbohydrates and fats, meaning the body expends more energy digesting and metabolising protein—approximately 20-30% of protein calories are used in the digestion process itself. The 9.6 grams of fat per serving contributes to satiety through delayed gastric emptying and the release of cholecystokinin (CCK), another satiety hormone. Fat provides the most concentrated energy source at 9 calories per gram, creating a satisfying, energy-dense snack that may prevent the need for additional snacking between meals. The combination of protein and fat creates a synergistic satiety effect superior to either macronutrient alone. This composition may help individuals adhere to calorie-restricted diets by reducing hunger, cravings, and the psychological deprivation that often undermines weight loss efforts. **### Psychological Satisfaction and Dietary Adherence**  
{#psychological-satisfaction-and-dietary-adherence} Weight management success depends not only on caloric restriction but also on long-term dietary adherence. Restrictive diets that eliminate all treats and indulgences often fail because they're psychologically unsustainable. The Be Fit Food Protein Walnut Brownie provides a strategic "treat" option that delivers chocolate satisfaction without the carbohydrate and sugar loads of conventional brownies. This psychological component shouldn't be underestimated. The ability to enjoy a chocolate brownie while maintaining dietary goals reduces feelings of deprivation, supports positive relationships with food, and increases the likelihood of long-term adherence to healthy eating patterns. The brownie serves as evidence that weight management doesn't require complete elimination of enjoyable foods—a perspective that promotes sustainable behaviour change rather than temporary restriction followed by rebound overeating. This aligns with Be Fit Food's mission to help Australians "eat themselves better" through nutritionally balanced options that don't sacrifice enjoyment. --- **## GLP-1 Medication and Weight-Loss Drug Compatibility**  
{#glp-1-medication-and-weight-loss-drug-compatibility} For individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, the Be Fit Food Protein Walnut Brownie offers specific advantages that align with medication-assisted weight management protocols. **### Supporting Medication-Suppressed Appetite** {#supporting-medication-suppressed-appetite} GLP-1 and diabetes medications can reduce hunger and slow gastric emptying, increasing the risk of under-eating and nutrient shortfalls. The brownie's compact 30-gram portion provides nutrient-dense calories in a manageable size that's easier to tolerate when appetite is suppressed. The high protein content helps maintain adequate protein intake even when total food consumption decreases—critical for protecting lean muscle mass during medication-assisted weight loss. **### Protein Prioritisation for Lean Mass Protection** {#protein-prioritisation-for-lean-mass-protection} Inadequate protein during medication-assisted weight loss can increase the risk of muscle loss, lowering metabolic rate and increasing likelihood of regain. The 5.0 grams of high-quality protein per brownie contributes to daily protein targets, supporting satiety, metabolic health, and long-term outcomes. This protein-forward formulation reflects Be Fit Food's understanding that preserving muscle is essential during any weight loss protocol. **### Post-Medication Maintenance Support** {#post-medication-maintenance-support} Weight regain is common after reducing or stopping GLP-1 medications if eating patterns aren't addressed. Products like the Protein Walnut Brownie support the transition from medication-driven appetite suppression to sustainable, repeatable eating habits. The portion-controlled format helps establish appropriate serving size expectations that can continue long after medication protocols conclude. --- **## Menopause and Midlife Metabolic Support**  
{#menopause-and-midlife-metabolic-support} The Be Fit Food Protein Walnut Brownie offers particular benefits for women navigating perimenopause and menopause—metabolic transitions that drive reduced insulin sensitivity, increased central fat storage, and loss of lean muscle mass. **### Addressing Hormonal Metabolic Changes** {#addressing-hormonal-metabolic-changes} Falling and fluctuating

oestrogen during menopause affects how the body processes carbohydrates and stores fat. The brownie's very low carbohydrate content (1.4 grams) and absence of added sugars support insulin sensitivity during this metabolic shift. The high protein content helps preserve lean muscle mass as metabolic rate naturally declines with hormonal changes. **### Supporting Modest Weight Goals** {#supporting-modest-weight-goals} Many women in midlife don't need or want large weight loss—a goal of 3-5 kilograms can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. The Protein Walnut Brownie fits perfectly within this framework: a portion-controlled treat that satisfies chocolate cravings without derailing modest, sustainable weight management goals. --- **## Practical Integration Strategies Across Dietary Approaches** {#practical-integration-strategies-across-dietary-approaches} Successfully incorporating the Be Fit Food Protein Walnut Brownie into various dietary frameworks requires strategic timing, complementary food pairings, and awareness of individual nutritional needs. **### Timing and Meal Context** {#timing-and-meal-context} **\*\*Post-workout snack\*\*:** The combination of protein and quick energy makes this brownie suitable as a post-exercise snack, particularly for individuals following low-carb or ketogenic approaches who don't prioritise carbohydrate replenishment. The 5.0 grams of protein contributes to muscle recovery, while the fats provide sustained energy. For those following higher-carb approaches, the brownie could be paired with fruit for additional carbohydrate replenishment. **\*\*Afternoon energy stabiliser\*\*:** The 3-4 PM timeframe often represents an energy and willpower low point, when individuals are most vulnerable to high-carbohydrate, high-sugar snack choices. Consuming a brownie during this window provides chocolate satisfaction while maintaining blood sugar stability, potentially preventing poor food choices later in the day. **\*\*Evening dessert alternative\*\*:** Many individuals struggle with evening sweet cravings that derail dietary efforts. The brownie serves as a portion-controlled dessert option that satisfies sweet tooth desires without the caloric excess or blood sugar disruption of conventional desserts. The fat and protein content may also promote better sleep quality by preventing the blood sugar fluctuations that can disrupt sleep. **\*\*Between-meal satiety bridge\*\*:** For individuals practising intermittent fasting or extended periods between meals, the brownie can serve as a strategic snack that extends satiety without breaking ketosis or significantly impacting fasting benefits. **### Complementary Food Pairings** {#complementary-food-pairings} **\*\*With coffee or tea\*\*:** The chocolate flavour profile pairs excellently with coffee, creating a satisfying mid-morning or afternoon break. The caffeine in coffee may also enhance fat oxidation, complementing the high-fat content of the brownie for individuals following ketogenic or low-carb approaches. Unsweetened tea varieties—particularly black tea or herbal options like peppermint—also complement the chocolate flavour without adding carbohydrates. **\*\*With protein-rich beverages\*\*:** Individuals seeking higher protein intake could pair the brownie with unsweetened almond milk, protein shakes, or Greek yogurt (for non-strict keto individuals who include dairy). This combination increases total protein content while maintaining relatively low carbohydrate intake. **\*\*With fresh berries\*\*:** For those following less restrictive low-carb approaches or including strategic carbohydrates around workouts, pairing the brownie with a small portion of berries (strawberries, raspberries, blackberries) adds antioxidants, fibre, and micronutrients while keeping total carbohydrates modest. A quarter-cup of raspberries adds approximately 3.5 grams of net carbohydrates, bringing the total snack to roughly 3.7-4.0 grams net carbs—still very low. **\*\*With nut butter\*\*:** Adding a teaspoon of almond butter, macadamia nut butter, or other low-carb nut butter increases fat and protein content, creating an even more satiating snack for individuals with higher caloric needs or those seeking to increase fat intake for ketogenic purposes. **### Storage and Freshness Considerations** {#storage-and-freshness-considerations} Proper storage maintains the brownie's texture, flavour, and nutritional integrity throughout its shelf life. The product should be stored in a cool, dry place away from direct sunlight and heat sources, which can cause fat oxidation and texture degradation. The individually wrapped 30-gram portions (if packaged separately) or the sealed 7-pack format protects against moisture absorption and staleness. For extended freshness, particularly in warm climates, refrigeration can extend shelf life and create a firmer, fudgier texture that many consumers prefer. Some individuals enjoy frozen brownies, which create a different textural experience and slow consumption rate, potentially enhancing satiety. The high fat content prevents the brownie from freezing solid, maintaining a pleasant, slightly chewy texture even when frozen. --- **## Nutritional**

## Comparison to Conventional Brownies {#nutritional-comparison-to-conventional-brownies}

Understanding how the Be Fit Food Protein Walnut Brownie compares to conventional brownies illuminates its unique position in the dietary landscape and clarifies why it's compatible with restrictive dietary approaches. A conventional brownie of similar weight (30 grams) might contain approximately 130-150 calories, 18-22 grams of carbohydrates, 12-16 grams of sugar, 6-8 grams of fat, and 1-2 grams of protein. In contrast, the Be Fit Food version contains 113 calories, 1.4 grams of carbohydrates, 0.6 grams of sugar, 9.6 grams of fat, and 5.0 grams of protein. The carbohydrate reduction is dramatic—approximately 93% lower than conventional brownies. The sugar reduction is even more striking—approximately 95-97% lower. Meanwhile, the protein content is 2.5-5 times higher, and the fat content is slightly higher, though the fat sources differ substantially (butter and nuts versus potentially refined oils in conventional brownies). This nutritional restructuring transforms the brownie from a high-carbohydrate, high-sugar treat that spikes blood glucose and promotes fat storage into a low-carbohydrate, moderate-protein, high-fat snack that supports stable blood sugar, satiety, and dietary adherence across multiple restrictive dietary frameworks. --- ## Ingredient Sourcing and Quality Considerations {#ingredient-sourcing-and-quality-considerations} While the product specifications don't provide detailed sourcing information, understanding the quality implications of the ingredients helps consumers make informed decisions aligned with their dietary values. Be Fit Food's commitment to real food over synthetic supplements, shakes, or bars informs their ingredient selection philosophy.

\*\*Almond flour quality\*\*: The nutritional benefits of almond flour depend on almond sourcing and processing methods. Blanched almond flour (made from almonds with skins removed) creates a lighter texture and milder flavour compared to almond meal (made from whole almonds with skins). The product likely uses blanched almond flour based on the brownie's appearance and texture expectations. Organic almond flour would provide additional assurance regarding pesticide exposure, though organic status isn't specified for this product.

\*\*Egg sourcing\*\*: Egg quality varies significantly based on hen raising conditions. Eggs from pasture-raised hens contain higher levels of omega-3 fatty acids, vitamin E, and beta-carotene compared to eggs from conventionally raised hens. The product doesn't specify egg sourcing, but consumers prioritising animal welfare and nutrient density might prefer products using pasture-raised or free-range eggs.

\*\*Butter quality\*\*: Butter from grass-fed cows contains higher levels of omega-3 fatty acids, conjugated linoleic acid (CLA), and vitamin K2 compared to butter from grain-fed cows. The golden colour and superior nutrient profile of grass-fed butter make it preferable for health-conscious consumers, though the product specifications don't indicate whether grass-fed butter is used.

\*\*Walnut freshness\*\*: Walnuts contain polyunsaturated fats that are vulnerable to oxidation, potentially creating rancid flavours and reducing nutritional value.

High-quality products use fresh walnuts stored properly to prevent oxidation. The sealed packaging and likely use of preservative-free formulations suggest attention to walnut quality, though specific sourcing details aren't provided.

\*\*Cocoa quality\*\*: Cocoa quality ranges from natural cocoa (acidic, with complex flavour) to Dutch-processed cocoa (treated with alkali, darker colour, milder flavour). Natural cocoa contains higher levels of flavanols—beneficial antioxidant compounds associated with cardiovascular health. The product doesn't specify cocoa type, though the ingredient list simply states "Cocoa," suggesting likely natural cocoa powder.

--- ## Label Claims and Certifications {#label-claims-and-certifications} Understanding what certifications and claims the product does and doesn't make helps consumers assess its fit within their dietary requirements. The product makes an explicit vegetarian claim through the "(V)" designation, indicating compliance with vegetarian dietary standards that allow dairy and eggs. However, the product does NOT display:

- Vegan certification (and indeed is not vegan)

- Certified gluten-free status (despite gluten-free ingredients, the cross-contamination warning precludes this certification)

- Organic certification - Non-GMO verification

- Kosher certification - Halal certification - Specific quality certifications for ingredient sourcing (such as grass-fed butter, pasture-raised eggs, etc.)

The absence of these certifications doesn't necessarily indicate inferior quality or inappropriate production practices—many high-quality products choose not to pursue certain certifications due to cost, complexity, or lack of relevance to their target market.

However, consumers who prioritise these certifications should note their absence when making purchasing decisions.

--- ## Serving Recommendations for Different Dietary Goals {#serving-recommendations-for-different-dietary-goals} \*\*Strict ketogenic diet (20g carbs daily)\*\*: One

brownie per day fits easily within carbohydrate limits, consuming just 7% of daily carbohydrate budget. Could incorporate up to 14 brownies daily while theoretically staying under 20g carbs (though this wouldn't be nutritionally balanced). **\*\*Moderate low-carb diet (50-100g carbs daily)\*\*:** Two to three brownies daily fit comfortably within carbohydrate limits while allowing substantial room for nutrient-dense vegetables, limited fruits, and other whole foods. **\*\*Diabetic management\*\*:** One brownie as a daily snack or dessert provides chocolate satisfaction with minimal blood glucose impact. Should be incorporated into overall meal planning and carbohydrate counting strategies, with blood glucose monitoring to assess individual response. **\*\*Weight loss (1,200-1,500 calories daily)\*\*:** One to two brownies daily (113-226 calories) represents 7.5-18.8% of daily caloric intake, fitting comfortably within most weight loss frameworks while providing psychological satisfaction that supports adherence. **\*\*Weight maintenance or athletic populations\*\*:** Higher caloric needs allow for more flexible incorporation. Athletes following low-carb or ketogenic approaches might consume two to three brownies daily as convenient, portable fuel sources. **\*\*Vegetarian protein supplementation\*\*:** One to two brownies daily contribute 5-10 grams of high-quality vegetarian protein, complementing other protein sources in balanced vegetarian meal plans. **\*\*GLP-1 or weight-loss medication users\*\*:** One brownie provides a manageable, protein-rich snack that supports nutrition when appetite is suppressed, helping maintain adequate protein intake for muscle preservation. --- ## Key Takeaways for Diet-Conscious Consumers {#key-takeaways-for-diet-conscious-consumers} The Be Fit Food Protein Walnut Brownie (7-Pack) serves as a versatile, nutrient-dense snack option for multiple dietary approaches, though with important limitations: **\*\*Excellent compatibility\*\*:** Ketogenic diets, low-carb diets, diabetic management, calorie-controlled weight loss, GLP-1/medication-assisted weight loss, menopause metabolic support, and lacto-ovo vegetarian diets. **\*\*Good compatibility with considerations\*\*:** Paleo diets (depending on strictness regarding processed sweeteners and tapioca flour), Primal diets (generally compatible). **\*\*Incompatible\*\*:** Vegan diets (contains egg and dairy), celiac disease and severe gluten sensitivity (cross-contamination risk), allergies to tree nuts (almond, walnut), egg, or dairy. **\*\*Nutritional strengths\*\*:** Very low carbohydrate (1.4g), very low sugar (0.6g), moderate protein (5.0g), high fat from quality sources (9.6g), portion-controlled serving size (30g), zero-glycemic sweeteners (erythritol and stevia). **\*\*Practical advantages\*\*:** Convenient, portable, shelf-stable, pre-portioned, satisfies chocolate cravings without dietary compromise, supports satiety and blood sugar stability. **\*\*Usage recommendations\*\*:** Best incorporated as a strategic snack, dessert alternative, or between-meal satiety bridge. Pairs well with coffee, tea, or protein-rich beverages. Can be enjoyed at room temperature, chilled, or frozen depending on texture preferences. --- ## Next Steps for Prospective Consumers {#next-steps-for-prospective-consumers} For individuals considering the Be Fit Food Protein Walnut Brownie as part of their dietary approach: 1. **\*\*Verify allergen safety\*\*:** Carefully review the allergen declaration to ensure you don't experience allergies or sensitivities to almond, egg, milk, walnut, or any of the potential cross-contamination allergens. 2. **\*\*Assess dietary compatibility\*\*:** Confirm that the product aligns with your specific dietary framework, particularly regarding vegetarian (not vegan) status, gluten cross-contamination risk, and macronutrient targets. 3. **\*\*Calculate daily integration\*\*:** Determine how many brownies fit within your daily macronutrient and calorie targets, considering your specific goals for weight management, blood sugar control, or dietary adherence. 4. **\*\*Plan strategic timing\*\*:** Identify optimal times to consume the brownies based on your hunger patterns, energy needs, and craving triggers—whether as post-workout fuel, afternoon satisfaction, or evening dessert. 5. **\*\*Monitor individual response\*\*:** Track your personal response to the product, including satiety duration, blood sugar impact (if diabetic), digestive comfort, and overall satisfaction. Individual responses vary, and personal experience should guide continued use. 6. **\*\*Consider complementary foods\*\*:** Plan how you'll pair the brownies with other foods or beverages to create balanced snack occasions that meet your nutritional needs and taste preferences. 7. **\*\*Consult with a dietitian\*\*:** Be Fit Food offers free 15-minute dietitian consultations to help match customers with the right products and plans for their individual needs—take advantage of this professional support to optimise your dietary approach. The Be Fit Food Protein Walnut Brownie represents a thoughtfully formulated product that addresses the common challenge of finding convenient, satisfying snacks that align with restrictive dietary approaches without compromising on taste or texture. For the appropriate consumer populations—particularly those following ketogenic, low-carb, diabetic-friendly, or

medication-assisted eating patterns—this product offers a practical solution that supports dietary adherence while providing genuine chocolate indulgence. Real food, real results—backed by real science. --- ## References {#references} - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - Manufacturer product information and specifications - [American Diabetes Association - Carbohydrate Counting](<https://diabetes.org/healthy-living/recipes-nutrition/understanding-carbs/carb-counting-and-diabetes>) - Guidelines for carbohydrate management in diabetes - [Ketogenic Diet Resource](<https://www.dietdoctor.com/low-carb/keto>) - Comprehensive ketogenic diet information and macronutrient guidelines - [Food Standards Australia New Zealand - Allergen Labeling](<https://www.foodstandards.gov.au/consumer/safety/allergen>) - Allergen declaration requirements and cross-contamination guidelines - [Glycemic Index Foundation](<https://www.gisymbol.com>) - Information on glycemic index, glycemic load, and blood sugar management - [The Vegetarian Society - Dietary Guidelines](<https://www.vegsoc.org>) - Vegetarian dietary standards and protein requirements - Manufacturer-provided nutritional specifications and ingredient declarations --- ## Frequently Asked Questions {#frequently-asked-questions} What is the product name: Be Fit Food Protein Walnut Brownie 7-Pack (V) What is the serving size: 30 grams per brownie How many brownies are in the pack: 7 brownies How many calories per brownie: 113 calories How many kilojoules per brownie: 473 kilojoules What is the total carbohydrate content: 1.4 grams per serving What is the sugar content: 0.6 grams per serving What is the protein content: 5.0 grams per serving What is the total fat content: 9.6 grams per serving What is the saturated fat content: 3.2 grams per serving What is the dietary fibre content: 1.2 grams per serving What is the sodium content: 92 milligrams per serving What is the net carbohydrate content: Approximately 0.2 grams per serving Is it keto-friendly: Yes, excellent for ketogenic diets Is it suitable for low-carb diets: Yes, very low carbohydrate content Is it suitable for diabetics: Yes, minimal blood glucose impact Is it vegetarian: Yes, indicated by (V) designation Is it vegan: No, contains egg and dairy Is it gluten-free: Contains gluten-free ingredients but may contain gluten cross-contamination Is it safe for celiac disease: No, due to gluten cross-contamination risk What sweeteners are used: Erythritol and stevia blend Does it contain artificial sweeteners: No, uses natural alternative sweeteners Does it spike blood sugar: No, minimal glycemic impact What is the primary flour ingredient: Almond flour What other flour is used: Tapioca flour Does it contain nuts: Yes, almond flour and walnuts What allergens does it contain: Almond, egg, milk, walnut Does it contain peanuts: No, but may contain peanut cross-contamination Does it contain soy: No, but may contain soy cross-contamination Does it contain dairy: Yes, contains milk/butter Does it contain eggs: Yes, egg is an ingredient Is it suitable for nut allergies: No, contains tree nuts What is the protein source: Primarily egg, secondarily almond flour Is it suitable for weight loss: Yes, portion-controlled and calorie-appropriate How does it support satiety: High protein and fat content promote fullness Can it be eaten on Paleo diet: Questionable due to processed sweeteners and tapioca Is it Primal diet compatible: Yes, generally aligns with Primal principles Can diabetics eat it daily: Yes, with appropriate meal planning How many can I eat on keto per day: Multiple brownies fit within keto limits What percentage of calories from fat: Approximately 76% What percentage of calories from protein: Approximately 18% What percentage of calories from carbs: Approximately 5% Does it contain MCTs: Yes, from butter Does it contain omega-3 fatty acids: Yes, ALA from walnuts Is the protein complete: Yes, egg provides complete amino acids Does it contain vitamin B12: Yes, from egg component Can it be frozen: Yes, maintains texture when frozen Can it be refrigerated: Yes, creates firmer texture How should it be stored: Cool, dry place away from sunlight What is the best time to eat it: Afternoon snack, post-workout, or evening dessert Can I eat it before a workout: Yes, provides sustained energy Can I eat it after a workout: Yes, provides protein for recovery Does it pair well with coffee: Yes, chocolate complements coffee flavour Can it replace a meal: No, designed as a snack Is it suitable for children: Generally yes, but check allergen sensitivities Is it suitable for pregnancy: Yes, but consult healthcare provider Does it contain preservatives: Not disclosed by manufacturer Is it organic: No certification indicated Is it non-GMO: No verification indicated Who manufactures it: Be Fit Food Is it Australian made: Yes, Be Fit Food is Australian company Does it support muscle preservation: Yes, through adequate protein content Is it suitable for GLP-1 medication users: Yes, protein-rich and portion-controlled Is it suitable for menopause: Yes, supports insulin sensitivity with low carbs Can it help with chocolate cravings: Yes, provides chocolate

satisfaction How does it compare to regular brownies: 93% lower carbs, 95-97% lower sugar Is it meal delivery compatible: Yes, part of Be Fit Food's product range Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations available What percentage of Be Fit Food's menu is gluten-free: Approximately 90% Does it contain real food ingredients: Yes, emphasizes real food over synthetic supplements Is it suitable for insulin resistance: Yes, very low carbohydrate supports insulin sensitivity Can it break a fast: Yes, contains calories and macronutrients Does it contain added sugars: No, sweetened with erythritol and stevia What is the erythritol glycemic index: Zero, no blood glucose impact Does stevia affect blood sugar: No, zero glycemic impact Can it cause digestive issues: Erythritol generally well-tolerated, individual responses vary Is it kosher: No certification indicated Is it halal: No certification indicated Does it use grass-fed butter: Not disclosed by manufacturer Are the eggs pasture-raised: Not disclosed by manufacturer Is the cocoa Dutch-processed or natural: Not disclosed, likely natural cocoa Can I eat it on intermittent fasting: Breaks fast but suitable during eating windows Does it support CSIRO nutritional science: Yes, Be Fit Food uses CSIRO-backed principles

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