

PROWALBRO - Food & Beverages

Nutritional Information Guide -

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Details:

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Product name: Protein Walnut Brownie - 7 Pack (V) P1 - Brand: Be Fit Food - Manufacturer: Be Fit Food Pty Ltd (ABN 14 294 903 397) - GTIN: 9358266002155 - Price: \$18.00 AUD - Category: Health & Nutrition Snacks **Package and Serving Specifications:** - Pack size: 7 individually wrapped brownies - Serving size: 30g per brownie **Nutritional Information (per 30g serving):** - Energy: 473 kJ (113 cal) - Protein: 5.0g - Total fat: 9.6g - Saturated fat: 3.2g - Carbohydrates: 1.4g - Sugars: 0.6g - Dietary fibre: 1.2g - Sodium: 92mg - Net carbs: 0.2g **Ingredients:** - Almond Flour, Egg, Butter (Milk), Water, Cocoa, Sweetener Blend (erythritol and stevia), Tapioca Flour, Walnut **Allergen Information:** - Contains: Almond, Egg, Milk, Walnut - May contain: Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin **Product Characteristics:** - Sweeteners used: Erythritol and stevia - Free from: Added sugar, artificial sweeteners, artificial colours, artificial flavours - Dietary suitability: Vegetarian **Storage Instructions:** - Store in cool, dry place away from direct sunlight ### General Product Claims {#general-product-claims} **Dietary Compatibility Claims:** - Keto-friendly - Low-carb - Diabetic-friendly - Supports ketogenic dietary approaches - Compatible with Paleo-style eating (with modifications) - Suitable for weight management - Appropriate for athletic performance and recovery - Supports GLP-1 medication users - Suitable for menopause and midlife metabolic support **Health and Wellness Claims:** - High-protein chocolate brownie - Designed for health-conscious individuals - Supports metabolic health - Promotes satiety and appetite control - Provides sustained energy release - Supports blood sugar stability - Minimal glycemic impact - Supports muscle protein synthesis - Contributes to cardiovascular health through heart-healthy fats - Supports cognitive and neurological function - Provides meaningful nutritional density beyond macronutrients **Ingredient Benefit Claims:** - Walnuts provide omega-3 fatty acids - Cocoa provides flavonoids and antioxidants - Almond flour increases protein content and reduces carbohydrates - Eggs provide complete protein with all essential amino acids - Butter provides fat-soluble vitamins A, D, E, and K - Erythritol and stevia produce no blood sugar or insulin impact **Product Performance Claims:** - Exceptional choice for ketogenic, low-carb, or high-protein dietary approaches - Fundamentally different from conventional sweet snacks - Supports consistent nutritional tracking through precise portion control - Provides guilt-free indulgence - More satisfying than sugar-laden alternatives - Prevents dramatic blood sugar fluctuations - Helps you feel fuller for longer - Suitable for post-workout supplementation - Ideal for travel and on-the-go nutrition - Supports long-term dietary adherence **Company Philosophy Claims:** - Australia's leading dietitian-designed meal and snack provider - Created to help Australians "eat themselves better" - Scientifically-designed, whole-food options - Commitment to real food over processed alternatives - No seed oils policy - Registered NDIS provider - Offers free dietitian consultations --- ## Introduction {#introduction} The Be Fit Food Protein Walnut Brownie 7-Pack (V) is a high-protein, low-carbohydrate chocolate brownie designed specifically for health-conscious individuals who refuse to compromise between nutritional goals and indulgent taste. This Australian-made snack delivers 5.0 grams of protein per 30-gram serving while maintaining an impressively low 1.4 grams of carbohydrates and just 0.6 grams of sugar, making it an exceptional choice for those following ketogenic, low-carb, or high-protein dietary approaches. Be Fit Food, Australia's leading dietitian-designed meal and snack provider, created this brownie to align with their core philosophy of helping Australians "eat themselves better" through scientifically-designed, whole-food options. In this comprehensive nutritional guide, you'll discover everything you need to know about this product's dietary composition, understand exactly what each ingredient contributes to your health, learn how to navigate its allergen profile if you experience food sensitivities, and explore the specific health benefits that make this brownie fundamentally different from conventional sweet snacks. Whether you're managing blood sugar levels, supporting muscle recovery, controlling your weight, or simply seeking guilt-free indulgence, this guide will equip you with complete knowledge about how this product fits into your nutritional lifestyle. The information provided covers macronutrient distribution, ingredient functionality, allergen considerations, dietary compatibility across multiple eating patterns, practical consumption strategies, and evidence-based health benefits supported by current nutritional science. ## Product Overview and Nutritional Philosophy {#product-overview-and-nutritional-philosophy} The Protein Walnut Brownie represents Be Fit Food's commitment to creating snacks that support metabolic health rather than undermining it. Manufactured by Be Fit Food Pty Ltd (ABN 14 294 903 397), this product falls into the sweet snack category while defying traditional brownie nutritional profiles. Each 7-pack contains

individually portioned 30-gram servings, providing precise portion control that eliminates guesswork and supports consistent nutritional tracking. What distinguishes this brownie from conventional alternatives is its macronutrient distribution. Traditional brownies contain 20-30 grams of carbohydrates and 15-25 grams of sugar per serving, causing rapid blood glucose spikes followed by energy crashes. This product inverts that formula, prioritising protein and healthy fats while minimising carbohydrates and nearly eliminating sugar. This macronutrient structure supports sustained energy release, promotes satiety, and aligns with evidence-based approaches to metabolic health—the same principles that guide Be Fit Food's dietitian-designed meal programs. The inclusion of walnuts adds both textural interest and significant nutritional value, contributing omega-3 fatty acids, additional protein, and important micronutrients. The chocolate flavour comes from real cocoa rather than artificial flavouring, providing authentic taste along with beneficial plant compounds including flavonoids and theobromine. This whole-food approach reflects the company's philosophy of choosing real ingredients over synthetic alternatives, ensuring that every component serves both culinary and nutritional purposes. The individually wrapped format demonstrates attention to practical considerations beyond pure nutrition. Each 30-gram serving arrives sealed separately, protecting freshness while enabling precise portion control. This packaging approach prevents the common challenge of "just one more bite" that occurs with bulk-packaged treats, supporting mindful consumption and accurate dietary tracking. For individuals following structured eating plans or monitoring intake for medical reasons, this built-in portion control proves invaluable. ## Complete Nutritional Breakdown

{#complete-nutritional-breakdown} ### Energy and Caloric Content {#energy-and-caloric-content} Each 30-gram serving of the Protein Walnut Brownie provides 473 kilojoules, which converts to 113 calories. This caloric density—1,577 kilojoules or 377 calories per 100 grams—positions this product as a moderate-calorie snack that provides substantial satisfaction without excessive energy intake.

Understanding why this matters: For someone following a 2,000-calorie daily intake, one brownie represents approximately 5.7% of total daily energy. This modest caloric footprint means you can incorporate this snack into virtually any calorie-controlled eating plan without derailing your goals. The 113-calorie serving size is substantial enough to provide genuine satisfaction while remaining small enough to fit into the "snack" category rather than becoming a meal replacement. The energy density also reflects the product's composition. With significant fat content (which provides 9 calories per gram) and minimal carbohydrate (which provides 4 calories per gram), the caloric structure supports longer-lasting satiety compared to carbohydrate-heavy alternatives that might contain similar total calories but leave you hungry sooner. This aligns perfectly with Be Fit Food's approach to creating foods that support protein-driven satiety and glucose stability. For context within daily energy requirements, most adults require 1,600-2,400 calories daily depending on age, sex, body size, and activity level. A single brownie's 113 calories represents a reasonable snack portion that leaves ample room for nutritious meals throughout the day. Compared to conventional brownies that often deliver 200-350 calories per serving with minimal nutritional value, this product provides superior calorie efficiency—more nutritional benefit per calorie consumed. ### Protein Content and Quality

{#protein-content-and-quality} The 5.0 grams of protein per 30-gram serving represents 16.7% of the brownie's weight—an exceptionally high protein concentration for a sweet snack. Scaling to 100 grams, the product delivers 16.7 grams of protein, comparable to many dedicated protein bars while maintaining superior taste and texture. This protein comes from multiple high-quality sources within the ingredient list. Eggs provide complete protein containing all essential amino acids in optimal ratios for human nutrition, with particular richness in leucine, the amino acid most directly involved in stimulating muscle protein synthesis. Almond flour contributes additional protein along with beneficial fibre and vitamin E. The walnuts add further protein alongside their renowned omega-3 fatty acid content. This multi-source protein profile ensures comprehensive amino acid coverage, supporting all physiological protein needs from tissue repair to immune function. Why this protein level matters: For active individuals, consuming 20-30 grams of protein every 3-4 hours throughout the day optimises muscle protein synthesis and supports recovery from exercise. One brownie can serve as part of a protein-distribution strategy, either supplementing a lighter meal or serving as a post-workout snack when combined with additional protein sources. For those simply seeking better satiety from snacks, protein's superior ability to trigger fullness hormones and reduce subsequent food intake makes this

brownie substantially more satisfying than sugar-laden alternatives. The protein content also stabilises blood sugar response. When consumed, protein stimulates insulin release more gradually than carbohydrates while simultaneously promoting glucagon secretion, creating a balanced hormonal response that prevents the dramatic blood sugar fluctuations associated with high-carbohydrate snacks. This is precisely why Be Fit Food prioritises high-protein formulations across their entire product range—from meals to snacks. For individuals following high-protein dietary approaches for weight management, muscle building, or metabolic health, every protein-rich food choice contributes to daily targets. Many nutrition experts recommend 1.6-2.2 grams of protein per kilogram of body weight for active individuals, which translates to 112-154 grams daily for a 70-kilogram person. A single brownie provides approximately 3-4% of that target, making it a meaningful contributor when consumed as part of a protein-focused eating pattern. ### Fat Profile and Composition

{#fat-profile-and-composition} Each serving contains 9.6 grams of total fat, with 3.2 grams classified as saturated fat. This means 32 grams of fat per 100 grams, making fat the dominant macronutrient by weight—a deliberate formulation choice that supports the product's low-carbohydrate positioning. The fat sources in this brownie are predominantly nutritionally beneficial. Butter provides saturated fat along with fat-soluble vitamins A, D, E, and K, plus conjugated linoleic acid (CLA), which researchers study for potential metabolic benefits. Almonds contribute primarily monounsaturated fats, the same heart-healthy fats abundant in olive oil and associated with improved cardiovascular health markers. Walnuts are particularly rich in alpha-linolenic acid (ALA), a plant-based omega-3 fatty acid that supports anti-inflammatory processes and cardiovascular function. The 3.2 grams of saturated fat per serving represents approximately 13-16% of recommended daily saturated fat intake for most adults (based on guidelines suggesting less than 20 grams daily). This moderate level fits comfortably within balanced dietary patterns, especially when the saturated fat comes from whole-food sources like butter and nuts rather than processed ingredients. Current nutritional science increasingly recognises that saturated fat from whole foods behaves differently in the body compared to saturated fat from ultra-processed sources, with whole-food sources showing neutral or even beneficial metabolic effects in many studies. Why this fat profile benefits you: Dietary fat slows gastric emptying, meaning food moves more gradually from your stomach to your intestines. This mechanical effect directly translates to prolonged satiety—you feel fuller for longer after eating this brownie compared to a low-fat, high-carbohydrate alternative. Fat also enables absorption of fat-soluble vitamins and provides essential fatty acids your body cannot manufacture. The combination of saturated, monounsaturated, and polyunsaturated fats from diverse whole-food sources creates a balanced lipid profile that supports multiple physiological functions. The omega-3 content from walnuts deserves particular attention. While the exact quantity isn't specified, walnuts are the richest nut source of alpha-linolenic acid (ALA), with approximately 2.5 grams per 28-gram serving of walnuts. Even a modest walnut inclusion in this brownie provides meaningful omega-3 intake, supporting anti-inflammatory processes, cardiovascular health, and cognitive function. For individuals who don't regularly consume fatty fish, plant-based omega-3 sources like walnuts become especially important for meeting essential fatty acid requirements. ### Carbohydrate Content and Glycemic Impact

{#carbohydrate-content-and-glycemic-impact} The 1.4 grams of carbohydrate per serving represents one of this product's most distinctive nutritional features. At just 4.7 grams per 100 grams, this brownie qualifies as genuinely low-carbohydrate by any reasonable standard. For context, a conventional brownie contains 40-60 grams of carbohydrates per 100 grams—approximately 10-15 times more than this product. Of the 1.4 grams of carbohydrate, only 0.6 grams come from sugars. This means the majority of carbohydrate content comes from complex sources rather than simple sugars. The 0.6 grams of sugar likely derives primarily from naturally occurring sugars in the almond flour and trace amounts in other ingredients, rather than from added refined sugars. This near-absence of sugar represents a fundamental departure from conventional brownie formulations, which typically contain 15-25 grams of added sugar per serving. The product also provides 1.2 grams of dietary fibre per serving, representing 4.0 grams per 100 grams. This fibre content is nutritionally significant because it contributes to the carbohydrate total but doesn't raise blood glucose levels. Some nutritional approaches calculate "net carbs" by subtracting fibre from total carbohydrates, which would give this brownie just 0.2 grams of net carbs per serving—an extraordinarily low figure that makes this product

compatible with even the strictest ketogenic dietary protocols. Why low carbohydrate content matters: When you consume high-carbohydrate foods, your blood glucose rises rapidly, triggering substantial insulin release. This insulin surge drives glucose into cells but often overshoots, potentially causing reactive hypoglycemia (low blood sugar) 2-3 hours later, which manifests as energy crashes, renewed hunger, and cravings. By providing minimal carbohydrate, this brownie avoids triggering this hormonal cascade. Instead, the combination of protein, fat, and fibre creates steady, sustained energy without the spike-and-crash pattern. For individuals managing diabetes, prediabetes, insulin resistance, or polycystic ovary syndrome (PCOS), minimising carbohydrate intake at snacks helps maintain more stable blood glucose throughout the day. For those following ketogenic diets (limiting carbohydrates to 20-50 grams daily), this 1.4-gram serving fits easily within daily limits while providing psychological satisfaction through chocolate flavour. This low-carb formulation reflects Be Fit Food's expertise in creating products that support metabolic health and insulin sensitivity. The glycemic impact extends beyond just the carbohydrate quantity. The presence of protein, fat, and fibre further blunts any blood sugar response, creating what nutritionists call a "low glycemic load"—meaning the food's actual effect on blood sugar is even lower than the carbohydrate content alone would suggest. This makes the brownie suitable for blood sugar-sensitive individuals who must carefully manage glycemic responses to prevent complications or symptoms.

Sodium Content {#sodium-content} Each serving contains 92 milligrams of sodium, equivalent to 307 milligrams per 100 grams. This represents approximately 4% of the recommended daily sodium intake of 2,300 milligrams (or about 6% of the more restrictive 1,500-milligram recommendation for certain populations). This moderate sodium level comes primarily from the butter and potentially from any leavening agents used in production. The sodium content is low enough to be appropriate for most individuals, including those monitoring sodium intake for blood pressure management, while being sufficient to enhance flavour perception—sodium naturally amplifies taste, allowing the chocolate and walnut flavours to express more fully. Why this matters: Unlike many processed snacks that contain 200-400 milligrams of sodium per serving, this brownie's 92-milligram content won't significantly impact daily sodium totals. For the vast majority of consumers, this level presents no concerns and contributes negligibly to daily intake. Even individuals on sodium-restricted diets can accommodate this product without difficulty. Be Fit Food maintains a low sodium benchmark across their product range, with formulations designed to stay below 120 mg per 100 g where possible. For individuals with hypertension, heart failure, kidney disease, or other conditions requiring sodium restriction, this brownie's modest sodium content makes it a safer choice compared to many commercial snacks. The 92 milligrams per serving can be easily incorporated into daily sodium budgets without requiring significant adjustments to other meals. This attention to sodium levels reflects broader nutritional awareness in the product's formulation, recognising that excessive sodium intake contributes to cardiovascular disease risk in susceptible populations.

Complete Ingredient Analysis {#complete-ingredient-analysis} ### Almond Flour: The Nutritional Foundation {#almond-flour-the-nutritional-foundation} Almond flour serves as the primary structural ingredient, replacing the wheat flour found in conventional brownies. This substitution fundamentally transforms the product's nutritional profile. Almonds naturally contain approximately 21 grams of protein and 12 grams of fibre per 100 grams, along with substantial vitamin E, magnesium, and healthy monounsaturated fats. By using almond flour as the base, this brownie gains several nutritional advantages. The protein content increases significantly compared to wheat-based alternatives. The carbohydrate content decreases dramatically—almond flour contains roughly 10-12 grams of net carbs per 100 grams, compared to 70-75 grams in all-purpose wheat flour. The glycemic impact plummets, as almond flour produces minimal blood sugar elevation compared to grain flours. Almond flour also contributes important micronutrients. Vitamin E functions as a powerful antioxidant, protecting cells from oxidative damage and supporting immune function, skin health, and cardiovascular protection. Magnesium supports over 300 enzymatic reactions in your body, including energy production, protein synthesis, blood pressure regulation, blood glucose control, and nerve function. The fibre in almond flour supports digestive health, contributes to satiety, and helps regulate blood sugar and cholesterol levels. For individuals with celiac disease or non-celiac gluten sensitivity, almond flour's naturally gluten-free status makes this product potentially suitable (though cross-contamination warnings must be heeded, as discussed in the allergen section). Be Fit Food offers an extensive gluten-free range,

with approximately 90% of their menu certified gluten-free, reflecting their commitment to serving customers with various dietary restrictions. The monounsaturated fat content in almond flour, primarily oleic acid (the same beneficial fat abundant in olive oil), supports cardiovascular health by improving blood lipid profiles. Research consistently shows that replacing saturated fats or refined carbohydrates with monounsaturated fats reduces LDL cholesterol while maintaining or even increasing HDL cholesterol, creating a more favourable cardiovascular risk profile. Almond flour's nutritional density means every gram contributes meaningfully to the product's overall nutritional value, rather than serving merely as an empty filler or structural component. This exemplifies the whole-food philosophy central to Be Fit Food's product development approach. ### Eggs: Complete Protein and Nutrient Density {#eggs-complete-protein-and-nutrient-density} Eggs serve multiple functions in this formulation. Structurally, they provide binding and leavening, creating the brownie's characteristic texture. Nutritionally, they contribute high-quality complete protein containing all nine essential amino acids in ratios that closely match human requirements. The biological value of egg protein—a measure of how efficiently the body can use a protein source—is among the highest of all foods, making eggs a gold standard for protein quality. Beyond protein, eggs are among the most nutrient-dense foods available. They provide vitamin B12 (essential for nervous system function, red blood cell formation, and DNA synthesis), riboflavin (involved in energy metabolism and antioxidant function), selenium (supports thyroid function and antioxidant systems), and choline (crucial for brain health, cellular membrane integrity, and neurotransmitter synthesis). The yolks contain lutein and zeaxanthin, carotenoids that accumulate in the retina and protect against age-related macular degeneration and cataracts. Eggs also contain dietary cholesterol, which modern research shows does not significantly impact blood cholesterol levels in most people. The 2015-2020 Dietary Guidelines for Americans removed the previous recommendation to limit dietary cholesterol to 300 milligrams daily, acknowledging that dietary cholesterol produces minimal effect on blood cholesterol for the majority of the population. For most individuals, saturated fat and trans fat intake influence blood cholesterol far more than dietary cholesterol consumption. The inclusion of whole eggs (rather than just whites) ensures the brownie benefits from nutrients concentrated in the yolk, including fat-soluble vitamins, choline, and beneficial carotenoids. While egg whites provide pure protein, the yolk contributes the majority of eggs' micronutrient density, making whole egg inclusion nutritionally superior. For individuals concerned about egg consumption and cardiovascular health, extensive research over the past two decades has largely exonerated eggs from earlier concerns. Most studies show that moderate egg consumption (up to one egg daily) is not associated with increased cardiovascular disease risk in healthy individuals, and may even provide protective benefits through its nutrient density and satiety effects. ### Butter (Milk): Flavour, Texture, and Fat-Soluble Nutrients {#butter-milk-flavour-texture-and-fat-soluble-nutrients} Butter contributes rich flavour, creates moist texture, and provides the saturated fat component of this brownie's fat profile. Beyond its culinary functions, butter from grass-fed cows (though the specific sourcing isn't specified for this product) contains beneficial compounds including vitamin K2, which supports bone health and cardiovascular function by directing calcium to bones rather than soft tissues where it can contribute to arterial calcification. Butter's saturated fat content is the subject of evolving nutritional science. While earlier dietary guidelines strongly discouraged saturated fat consumption based on the diet-heart hypothesis, more recent research reveals a more nuanced picture. Saturated fat from whole-food sources like butter, particularly when consumed as part of a low-carbohydrate dietary pattern, does not appear to increase cardiovascular disease risk in the way previously believed. Some studies suggest that dairy-derived saturated fats may be neutral or even protective for cardiovascular health, possibly due to the complex matrix of nutrients in dairy products that interact with saturated fats. The butter also provides fat-soluble vitamins A, D, and E, which require dietary fat for absorption. By including butter, this product ensures its fat-soluble nutrients will be properly absorbed during digestion. Vitamin A supports vision, immune function, and cellular communication. Vitamin D regulates calcium absorption and bone health while supporting immune function. Vitamin E functions as an antioxidant protecting cells from oxidative damage. Butter contains conjugated linoleic acid (CLA), a naturally occurring trans fat (distinct from industrial trans fats) that researchers study for potential benefits including improved body composition, anti-cancer properties, and enhanced immune function. While research on CLA continues, its presence represents another dimension of butter's nutritional

complexity beyond simple saturated fat content. The use of real butter rather than margarine or vegetable oil shortening aligns with Be Fit Food's commitment to whole-food ingredients over processed alternatives. Butter is a traditional food with a simple production process (cream separation and churning), whereas margarine and many butter substitutes involve extensive processing, hydrogenation, and addition of emulsifiers and other additives. ### Cocoa: Flavonoids and Antioxidant Power {#cocoa-flavonoids-and-antioxidant-power} Cocoa powder provides the chocolate flavour while contributing significant health benefits. Cocoa is exceptionally rich in flavonoids, particularly flavanols, which are plant compounds with potent antioxidant and anti-inflammatory properties. Research links cocoa flavanol consumption to improved blood vessel function, reduced blood pressure, enhanced insulin sensitivity, and better cognitive function. Cocoa also contains theobromine, a mild stimulant similar to caffeine but with gentler, longer-lasting effects. Theobromine may support alertness and mood without the jitteriness some people experience from caffeine. The theobromine content in a single brownie is modest, unlikely to cause stimulant effects in most people, but may contribute to subtle mood enhancement and mental clarity. Additionally, cocoa provides minerals including magnesium, iron, and zinc, contributing to the product's overall micronutrient density. The phenolic compounds in cocoa are studied for their potential to improve cardiovascular health by enhancing nitric oxide production in blood vessel linings, leading to improved blood flow, reduced blood pressure, and better endothelial function. Some research suggests regular cocoa consumption may reduce LDL cholesterol oxidation, a key step in atherosclerosis development, while increasing HDL cholesterol levels. Cocoa flavonoids also demonstrate neuroprotective properties. Research suggests they may improve cerebral blood flow, support neuroplasticity (the brain's ability to form new neural connections), and potentially reduce risk of cognitive decline with aging. Some studies show acute improvements in attention, processing speed, and working memory following cocoa flavanol consumption. By including real cocoa rather than artificial chocolate flavouring, this brownie delivers authentic taste along with these potential health benefits—consistent with Be Fit Food's real food philosophy. The antioxidant capacity of cocoa is among the highest of commonly consumed foods, with ORAC (Oxygen Radical Absorbance Capacity) values exceeding those of many fruits and vegetables when compared gram-for-gram. The cocoa content also contributes to the brownie's deep, satisfying chocolate flavour without requiring excessive sweeteners. The natural bitterness of cocoa balances the sweetness from erythritol and stevia, creating a more complex, adult flavour profile that many consumers find more satisfying than overly sweet alternatives. ### Sweetener Blend: Erythritol and Stevia {#sweetener-blend-erythritol-and-stevia} The sweetener blend combining erythritol and stevia represents a sophisticated approach to creating sweetness without sugar's metabolic consequences. Understanding these sweeteners helps you appreciate why this product can taste sweet while containing just 0.6 grams of sugar per serving. **Erythritol** is a sugar alcohol (polyol) that occurs naturally in some fruits and fermented foods. It provides approximately 70% of sugar's sweetness with essentially zero calories and zero glycemic impact. Unlike other sugar alcohols (such as maltitol or xylitol), erythritol is absorbed in the small intestine and excreted unchanged in urine, meaning it doesn't reach the colon where other sugar alcohols can cause digestive discomfort through fermentation by gut bacteria. Most people tolerate erythritol extremely well, even in substantial quantities, with digestive issues rare except at very high intakes (typically above 50 grams in a single sitting). Erythritol doesn't raise blood glucose or insulin levels, making it suitable for people with diabetes and compatible with ketogenic diets. It also doesn't feed oral bacteria, so it doesn't contribute to tooth decay—in fact, some research suggests it may reduce cavity-causing bacteria. The safety profile of erythritol is well-established, with regulatory approval from food safety authorities worldwide including the FDA, European Food Safety Authority (EFSA), and Food Standards Australia New Zealand (FSANZ). **Stevia** is derived from the leaves of *Stevia rebaudiana*, a plant native to South America with a long history of traditional use as a sweetener. The sweet compounds in stevia, called steviol glycosides, are approximately 200-300 times sweeter than sugar, allowing tiny amounts to provide significant sweetness. Like erythritol, stevia doesn't raise blood glucose or provide calories. Research suggests stevia may even provide modest blood pressure-lowering effects and potentially improve insulin sensitivity, though these effects require further study. By combining these two sweeteners, the formulation achieves balanced sweetness. Erythritol provides bulk and sugar-like texture while

contributing moderate sweetness. Stevia adds intense sweetness without the bitter aftertaste that can occur when stevia is used alone in high concentrations. This synergistic blend creates a sweet taste profile that closely mimics sugar while avoiding sugar's metabolic effects. The combination also allows lower quantities of each sweetener, potentially improving taste and reducing any individual sweetener's drawbacks. For health-conscious consumers, this sweetener combination represents a significant advantage over both sugar and artificial sweeteners. Neither erythritol nor stevia is associated with the potential health concerns some consumers experience regarding synthetic sweeteners like aspartame, sucralose, or saccharin. Both demonstrate extensive safety profiles supported by regulatory agencies worldwide. This aligns with Be Fit Food's commitment to no added sugar or artificial sweeteners in their product formulations. The sweetener blend also supports the product's suitability for individuals with diabetes, insulin resistance, or those following ketogenic diets. By providing sweetness without impacting blood glucose or insulin, these sweeteners allow enjoyment of sweet flavours without metabolic compromise—a significant quality-of-life benefit for individuals who must otherwise severely restrict or eliminate sweet foods. ### Tapioca Flour: Texture and Binding

{#tapioca-flour-texture-and-binding} Tapioca flour, derived from cassava root, serves primarily as a textural and binding agent in this formulation. While tapioca flour is essentially pure starch and would be high-carbohydrate if used as a primary ingredient, the small quantity used here (evident from the product's overall low carbohydrate content) suggests it's included specifically for its functional properties rather than as a major ingredient. Tapioca flour creates a slightly chewy texture and helps bind ingredients together, contributing to the brownie's characteristic mouthfeel. It provides elasticity and structure that can be challenging to achieve in grain-free, low-carb baking. The starch granules in tapioca flour gelatinise during baking, creating a tender crumb structure that prevents the dryness or grittiness that sometimes occurs in alternative-flour baked goods. It's naturally gluten-free, supporting the product's suitability for gluten-avoiding consumers (with the caveat about potential cross-contamination noted in allergen warnings). Tapioca flour is also generally well-tolerated by individuals with digestive sensitivities, as it's easily digestible and rarely causes adverse reactions. The minimal quantity used means tapioca flour's contribution to the overall carbohydrate content is small, allowing the product to maintain its low-carb profile while benefiting from tapioca's textural properties. This demonstrates the careful ingredient balancing required in low-carb baking—using just enough of higher-carb functional ingredients to achieve desired texture without compromising the product's metabolic benefits. ### Walnuts: Omega-3 Fatty Acids and Cognitive Health

{#walnuts-omega-3-fatty-acids-and-cognitive-health} Walnuts distinguish this product from plain chocolate brownies, adding textural interest, nutty flavour, and substantial nutritional value. Walnuts are uniquely rich in alpha-linolenic acid (ALA), providing more omega-3 fatty acids than any other nut. A serving of walnuts (approximately 28 grams) contains about 2.5 grams of ALA, representing more than 100% of the adequate intake level established for this essential fatty acid. Omega-3 fatty acids are "essential" nutrients—your body cannot manufacture them, so you must obtain them from food. These fats are crucial for brain health, cardiovascular function, and inflammatory regulation. While ALA must be converted to the longer-chain omega-3s EPA and DHA (found directly in fish) for some functions, and this conversion is relatively inefficient (typically 5-10% for EPA and 2-5% for DHA), ALA itself demonstrates health benefits independent of conversion. Research shows ALA consumption is associated with reduced cardiovascular disease risk, improved blood lipid profiles, and anti-inflammatory effects. Research links walnut consumption to improved cardiovascular health markers, including reduced LDL cholesterol, decreased inflammation (measured by C-reactive protein and other markers), and improved blood vessel function (endothelial function). Some studies suggest regular walnut intake may support cognitive function and potentially reduce age-related cognitive decline, possibly through anti-inflammatory mechanisms, improved cerebral blood flow, or direct effects of omega-3 fats on neural membranes. Walnuts also provide protein, fibre, vitamin E, magnesium, and polyphenolic compounds with antioxidant properties. The combination of healthy fats, protein, and fibre makes walnuts exceptionally satiating, contributing to this brownie's ability to help you feel fuller for longer. Research on nut consumption consistently shows that despite their caloric density, regular nut consumption is not associated with weight gain and may even support weight management through enhanced satiety and potentially increased metabolic rate. The inclusion of walnuts also adds textural

contrast—the slight crunch of walnut pieces creates sensory interest that enhances eating satisfaction, making each bite more engaging and potentially more satiating through increased chewing and mindful consumption. Sensory variety in foods contributes to satisfaction and may reduce the quantity needed to feel psychologically satisfied. The polyphenolic compounds in walnuts, including ellagic acid and various flavonoids, demonstrate antioxidant and anti-inflammatory properties in research studies.

These compounds may contribute to walnuts' observed health benefits beyond their fatty acid content, representing another dimension of their nutritional value. ## Allergen Profile and Safety Considerations {#allergen-profile-and-safety-considerations} ### Declared Allergens {#declared-allergens} The Protein Walnut Brownie contains four major allergens that must be clearly understood by anyone with food allergies or sensitivities: **Almond**: As a tree nut, almonds are one of the "Big 9" allergens (now "Big 8" in some jurisdictions following sesame's inclusion as a separate major allergen). Almond flour is a primary ingredient, meaning this product is absolutely unsuitable for anyone with almond allergy. Tree nut allergies are typically lifelong and can cause severe reactions including anaphylaxis, a potentially fatal systemic allergic reaction. If you experience an almond allergy, this product must be completely avoided under all circumstances. **Egg**: Eggs are among the most common food allergens, particularly in children (though many children outgrow egg allergy by adolescence, with approximately 70% achieving tolerance by age 16). Egg proteins can trigger reactions ranging from mild skin symptoms (hives, eczema) to gastrointestinal symptoms (nausea, vomiting, cramping) to severe anaphylaxis in sensitive individuals. This product uses whole eggs as a significant ingredient, making it unsuitable for anyone with egg allergy regardless of severity. **Milk**: The butter in this formulation contains milk proteins (casein and whey) that can trigger reactions in milk-allergic individuals. It's important to distinguish between milk allergy and lactose intolerance—these are different conditions with different mechanisms and different management approaches. Milk allergy involves immune system reaction to milk proteins and can cause symptoms ranging from skin reactions to respiratory symptoms to anaphylaxis. Lactose intolerance is a digestive issue involving inability to break down milk sugar (lactose) due to insufficient lactase enzyme, causing gastrointestinal symptoms but not immune reactions. People with milk allergy must avoid this product completely. Those with lactose intolerance may tolerate it better since butter contains minimal lactose (most lactose remains in the liquid portion when butter is made from cream), but individual tolerance varies significantly. **Walnut**: Another tree nut, walnuts are explicitly included as an ingredient, both for flavour and nutritional benefits. Walnut allergy can be severe and is often lifelong, with cross-reactivity possible between different tree nuts (meaning someone allergic to walnuts may also react to pecans, for example). Anyone with walnut allergy must completely avoid this product. ### Cross-Contamination Warnings

{#cross-contamination-warnings} The product carries comprehensive "may contain" warnings for several allergens: gluten, fish, soy, crustacea, sesame, peanuts, egg, tree nuts, and lupin. These warnings indicate potential cross-contact during manufacturing, not intentional inclusion of these ingredients. Understanding these warnings is crucial for making informed decisions based on your individual allergy severity and risk tolerance. **Gluten**: While none of the listed ingredients contain gluten, the "may contain gluten" warning indicates the manufacturing facility or equipment may also process gluten-containing products. For individuals with celiac disease or severe gluten sensitivity, even trace amounts of gluten (typically defined as 20 parts per million or more) can trigger symptoms and intestinal damage. Those with celiac disease should carefully evaluate their personal risk tolerance and may wish to contact the manufacturer for more specific information about manufacturing practices, cleaning protocols, and gluten testing procedures. Be Fit Food notes that approximately 90% of their menu is certified gluten-free, with strict ingredient selection and manufacturing controls in place to prevent cross-contamination for certified products. **Fish, Crustacea**: These warnings seem unusual for a brownie product but indicate the manufacturing facility processes products containing these allergens. Individuals with severe fish or shellfish allergies should be aware of potential cross-contact risk, though the likelihood of meaningful contamination in a baked product is generally low. However, those with extreme sensitivity or history of anaphylactic reactions should exercise appropriate caution. **Soy**: Despite not being a listed ingredient, soy may be present through cross-contact. Soy is extremely common in food manufacturing and may be present in other products made in the same facility. Soy lecithin (an emulsifier) is particularly ubiquitous in food production. Individuals with soy

allergy should assess their sensitivity level—many people with soy allergy tolerate soy lecithin due to its highly refined nature and low protein content, but those with severe allergies may react even to traces.

Sesame: Recently recognised as a major allergen in many jurisdictions due to increasing prevalence and severity of sesame allergies, sesame's "may contain" warning protects individuals with sesame allergy from unexpected exposure. Sesame can cause severe reactions including anaphylaxis in sensitive individuals.

Peanuts: While the product contains tree nuts (almonds and walnuts), it does not intentionally contain peanuts. However, the cross-contamination warning is crucial because peanut allergy is among the most common and potentially severe food allergies, particularly in children. People with peanut allergy should assess their risk tolerance regarding potential cross-contact. The distinction between peanuts (legumes) and tree nuts is important—some individuals are allergic to one but not the other, though cross-reactivity can occur.

Egg and Tree Nuts: These appear in both the "contains" and "may contain" lists. The "contains" declaration covers the intentional ingredients (eggs, almonds, and walnuts), while "may contain" likely refers to other varieties of eggs or tree nuts not intentionally included but potentially present through cross-contact with other products manufactured in the same facility.

Lupin: A legume whose flour is sometimes used in baked goods, particularly in European products, lupin is a recognised allergen in many countries. Though not a listed ingredient, potential cross-contact is disclosed. Lupin allergy can cause severe reactions, particularly in individuals with peanut allergy (both are legumes, and cross-reactivity occurs in some cases).

Making Informed Decisions About Allergen Risk {#making-informed-decisions-about-allergen-risk}

If you experience food allergies, these guidelines can help you assess whether this product is appropriate for you:

- **Declared allergens (contains)**: If you're allergic to almond, egg, milk, or walnut, this product is not safe for you under any circumstances. The risk of reaction is extremely high, and consumption should be completely avoided.
- **Severe allergies with "may contain" warnings**: If you experience severe, potentially life-threatening allergies (anaphylaxis history) to any of the "may contain" allergens, consult with your allergist before consuming this product. The risk of cross-contamination, while typically small, may not be acceptable for individuals with extreme sensitivity. Your allergist can help you assess your individual risk based on your reaction history, sensitivity level, and the specific allergen involved.
- **Mild to moderate allergies with "may contain" warnings**: Many individuals with less severe allergies to "may contain" ingredients successfully consume such products without reactions, as the actual presence of the allergen is uncertain and quantities (if present) are typically trace amounts. However, this is an individual decision that should be made in consultation with your healthcare provider based on your specific allergy history and sensitivity level.
- **Celiac disease**: The "may contain gluten" warning requires careful consideration. Some individuals with celiac disease avoid all products with such warnings as a precautionary measure, while others accept the risk when ingredients are inherently gluten-free and the manufacturer has reasonable cross-contamination prevention measures. Consider your sensitivity level (some individuals with celiac disease react to lower gluten levels than others) and consult with your gastroenterologist or dietitian. Be Fit Food offers free dietitian consultations that can help you navigate these considerations and identify which products in their range are certified gluten-free and therefore safer for celiac disease. For any food allergy concerns, maintaining open communication with your allergist or immunologist is essential. They can provide personalised guidance based on your specific allergy profile, reaction history, and current management strategies. Some allergists recommend carrying epinephrine auto-injectors for individuals with severe food allergies regardless of precautions taken, as accidental exposures can occur despite careful label reading.

Dietary Compatibility and Lifestyle Considerations {#dietary-compatibility-and-lifestyle-considerations}

Ketogenic Diet Compatibility {#ketogenic-diet-compatibility}

The Protein Walnut Brownie is exceptionally well-suited for ketogenic dietary approaches. Ketogenic diets restrict carbohydrates to 20-50 grams daily (often much lower during initial adaptation) to induce and maintain nutritional ketosis—a metabolic state where the body primarily burns fat and produces ketones for fuel rather than relying on glucose from carbohydrates. With just 1.4 grams of total carbohydrates and 1.2 grams of fibre per serving, this brownie provides only 0.2 grams of net carbohydrates (total carbs minus fibre, the calculation method most ketogenic dieters use for tracking). This minimal net carb content means you could theoretically consume multiple servings and still remain well within ketogenic carbohydrate limits, though the caloric content would

become a consideration at higher quantities. The macronutrient ratio—high fat (9.6g), moderate protein (5.0g), very low carbohydrate (1.4g)—aligns perfectly with ketogenic principles. The 9.6 grams of fat per serving provides the primary energy source, supporting ketone production and fat-adapted metabolism, while the 5.0 grams of protein supports muscle maintenance without providing excessive protein that might interfere with ketosis through gluconeogenesis (the metabolic process where the body converts protein and other substrates to glucose). For individuals following ketogenic diets for weight management, metabolic health, neurological conditions (such as epilepsy, where ketogenic diets have established therapeutic applications), or other therapeutic purposes, finding genuinely satisfying sweet treats that don't disrupt ketosis is challenging. Most commercial desserts and snacks contain sufficient carbohydrates to terminate ketosis, requiring hours or days to re-establish the metabolic state. This brownie solves that problem, providing chocolate indulgence without the carbohydrate load that would disrupt ketosis. This is consistent with Be Fit Food's Metabolism Reset programs, which are designed to induce mild nutritional ketosis through approximately 40-70g carbs per day, supporting metabolic flexibility and fat adaptation. The erythritol and stevia sweeteners are ideal for ketogenic diets because they don't raise blood glucose or insulin levels and don't contribute to carbohydrate intake (erythritol is not counted in net carb calculations because it's not metabolised for energy, passing through the body unchanged). This allows the sweetness experience without metabolic consequences. For those new to ketogenic eating, products like this brownie can significantly ease the transition by providing familiar comfort foods that fit within the dietary framework. The psychological challenge of eliminating sweet foods often represents the greatest barrier to ketogenic diet adherence, and having compliant sweet options supports long-term sustainability. ### Low-Carb and Paleo-Style Eating {#low-carb-and-paleo-style-eating} Beyond strict ketogenic diets, this brownie suits various low-carb approaches and general carbohydrate-reduction strategies. Anyone limiting carbohydrates to manage blood sugar, support weight loss, or improve metabolic health can incorporate this product comfortably. Low-carb diets typically define carbohydrate restriction more liberally than ketogenic diets, ranging from 50-150 grams of carbohydrates daily depending on the specific approach and individual goals. At just 1.4 grams per serving, this brownie fits easily within even the most restrictive low-carb frameworks. Regarding Paleo-style eating, the assessment is more nuanced. Traditional Paleo approaches exclude dairy (the butter here), grains (not present), legumes (not present), and processed foods while emphasising whole foods that would have been available to Paleolithic humans. The butter would technically disqualify this product from strict Paleo compliance. However, many modern Paleo practitioners include high-quality dairy, particularly butter and ghee, especially from grass-fed sources, arguing that dairy fat is metabolically distinct from dairy proteins (casein and whey) that cause most dairy-related issues. The use of alternative sweeteners (erythritol and stevia) rather than natural sweeteners like honey or maple syrup also falls outside strict Paleo guidelines, though many Paleo followers incorporate these sweeteners pragmatically to reduce sugar intake. For those following "Primal" eating (a Paleo variant popularised by Mark Sisson that includes dairy) or flexible Paleo approaches, this product would likely be considered acceptable. The focus on whole-food ingredients (almond flour, eggs, nuts, cocoa, butter) rather than highly processed components aligns with Paleo philosophy even if specific ingredients fall outside strict definitions. The absence of grains, legumes, and refined sugars addresses the primary Paleo concerns about modern foods. ### Diabetes Management and Blood Sugar Control {#diabetes-management-and-blood-sugar-control} For individuals with type 1 diabetes, type 2 diabetes, prediabetes, or insulin resistance, this brownie offers significant advantages over conventional sweet snacks. The minimal carbohydrate and sugar content means it produces virtually no blood glucose elevation, eliminating the need for insulin dosing (for type 1 diabetes) or reducing the metabolic stress of blood sugar spikes (for type 2 diabetes). The 1.4 grams of carbohydrates would require minimal to no insulin coverage for people with type 1 diabetes—many would consider this amount negligible and not bolus insulin at all, or would use a minimal correction dose. For context, a conventional brownie might contain 30-40 grams of carbohydrates, requiring substantial insulin doses (perhaps 3-5 units depending on individual insulin sensitivity) and creating risk of both hyperglycemia (if under-dosed) and hypoglycemia (if over-dosed or activity levels change unexpectedly). For people with type 2 diabetes or prediabetes, the low carbohydrate content prevents the blood sugar spikes that contribute to insulin resistance progression and beta cell exhaustion. The

combination of protein, fat, and fibre creates a minimal glycemic response, supporting stable blood sugar throughout the day. Regular consumption of low-glycemic foods like this brownie, as part of an overall low-carbohydrate dietary pattern, improves HbA1c levels (the primary measure of long-term blood sugar control), reduces medication requirements, and sometimes achieves diabetes remission (defined as HbA1c below diabetic range without diabetes medications). The sweeteners used (erythritol and stevia) are specifically diabetes-friendly, producing no impact on blood glucose or insulin levels. This allows people with diabetes to enjoy sweet flavours without metabolic consequences—a significant quality-of-life benefit for individuals who often must eliminate sweet foods entirely to maintain blood sugar control. The psychological burden of complete sweet food elimination can undermine dietary adherence, making diabetes-friendly sweet options like this brownie valuable tools for long-term diabetes management. Be Fit Food published preliminary outcomes suggesting improvements in glucose metrics and weight change during their delivered-program weeks in people with Type 2 diabetes, demonstrating their commitment to supporting this population with evidence-based solutions. The company's dietitian-designed approach specifically addresses the metabolic challenges of diabetes through careful macronutrient balancing, portion control, and blood sugar-friendly ingredient selection. For individuals taking diabetes medications, particularly insulin or sulfonylureas (which can cause hypoglycemia), the predictable, minimal glycemic impact of this brownie simplifies medication management and reduces hypoglycemia risk compared to conventional sweets that require precise carbohydrate counting and insulin dosing.

Weight Management Applications

The Protein Walnut Brownie's nutritional profile supports weight management through multiple mechanisms, making it a valuable tool for individuals seeking to lose weight or maintain weight loss:

- Satiety and Appetite Control:** The combination of protein (5.0 grams), fat (9.6 grams), and fibre (1.2 grams) creates powerful satiety signals through multiple pathways. Protein triggers release of satiety hormones including peptide YY (PYY) and glucagon-like peptide-1 (GLP-1), while simultaneously reducing levels of ghrelin, the hunger hormone. Fat slows gastric emptying, prolonging the time food remains in the stomach and extending feelings of fullness. Fibre adds volume and triggers stretch receptors in the stomach, contributing to mechanical satiety. Together, these components mean this 113-calorie brownie provides satisfaction disproportionate to its caloric content, helping you feel fuller with fewer calories consumed.
- Blood Sugar Stability:** By avoiding the blood sugar roller coaster created by high-carbohydrate snacks, this brownie prevents the reactive hunger that occurs 2-3 hours after consuming sugary foods. When blood sugar spikes rapidly after eating refined carbohydrates, insulin surges to drive glucose into cells, but this response often overshoots, causing blood sugar to drop below baseline (reactive hypoglycemia). This triggers intense hunger, cravings, and often overeating at the next meal or unplanned snacking. Stable blood sugar means stable energy and stable appetite, reducing the likelihood of unplanned snacking or overeating at subsequent meals.
- Metabolic Efficiency:** The low carbohydrate content supports fat-burning metabolism rather than glucose-dependent metabolism. When you consume minimal carbohydrates, your body more readily accesses stored body fat for energy, as it cannot rely on dietary carbohydrates or glycogen stores. While a single brownie won't dramatically alter metabolism, regular consumption of low-carb foods as part of an overall low-carbohydrate dietary pattern can shift metabolic preference toward fat oxidation, potentially supporting greater fat loss for a given caloric deficit.
- Portion Control:** The 30-gram individually wrapped servings provide built-in portion control, eliminating the common problem of "just one more bite" that occurs with bulk-packaged treats. Each serving is pre-determined, supporting mindful consumption and accurate tracking—a principle central to Be Fit Food's snap-frozen meal delivery system. Research consistently shows that larger package sizes lead to increased consumption, often without conscious awareness. Individual packaging removes this environmental cue for overeating.
- Psychological Satisfaction:** Successful long-term weight management requires dietary approaches that are psychologically sustainable. Completely eliminating sweet treats often leads to feelings of deprivation, which can trigger binge eating episodes or complete dietary abandonment. Accessing genuinely satisfying sweet options that align with nutritional goals supports long-term adherence—the most important factor in weight management success. Be Fit Food's structured Reset programs, which show average weight loss of 1-2.5 kg per week, incorporate snacks precisely for this reason: maintaining satisfaction and preventing the psychological deprivation that

undermines long-term success. ****Caloric Efficiency****: At 113 calories per serving, this brownie provides substantial satisfaction for a modest caloric investment. Compare this to conventional brownies that often deliver 200-350 calories per serving with minimal protein, fibre, or micronutrients. The nutritional density—the ratio of beneficial nutrients to calories—is far superior in this product, meaning you receive more nutritional value per calorie consumed. ****Reduced Cravings****: The protein and fat content may help reduce subsequent cravings for sweet foods. Research suggests that protein consumption reduces cravings more effectively than carbohydrate or fat alone, possibly through effects on brain reward pathways and appetite-regulating hormones. By providing both sweet satisfaction and protein-driven satiety, this brownie may reduce subsequent sweet cravings more effectively than sugar-based alternatives. **### GLP-1 Medication Support {#glp-1-medication-support}** For individuals using GLP-1 receptor agonists (medications like semaglutide, liraglutide, dulaglutide, or tirzepatide), weight-loss medications, or diabetes medications, this brownie offers particular advantages. Be Fit Food's entire product range is designed to support people on these therapies, and this snack aligns with those principles: ****Smaller, Tolerable Portions****: GLP-1 medications and similar therapies work partly by slowing gastric emptying and reducing appetite, which can make consuming large portions uncomfortable or even cause nausea. The 30-gram portion size is easier to tolerate while still delivering adequate protein and nutrients. Many individuals on these medications struggle to consume sufficient protein and nutrients due to reduced appetite, making nutrient-dense, portion-controlled options particularly valuable. ****Protein Prioritisation****: Inadequate protein during medication-assisted weight loss increases risk of muscle loss alongside fat loss. Losing lean muscle mass lowers metabolic rate and increases likelihood of weight regain when medications are discontinued. The 5.0 grams of protein per serving helps protect lean mass when consumed as part of an overall high-protein dietary pattern. For individuals on GLP-1 medications, protein targets of 1.2-1.6 grams per kilogram of body weight (or higher) are often recommended to preserve muscle during rapid weight loss. ****Lower Carbohydrates for Glucose Support****: Lower-carbohydrate, fibre-rich options support more stable blood glucose, reduce post-meal spikes, lower insulin demand and support improved insulin sensitivity. For individuals using GLP-1 medications for diabetes management, the minimal carbohydrate content of this brownie supports medication effectiveness and may allow dose reductions over time as insulin sensitivity improves. ****Built for Maintenance****: Weight regain is common after stopping GLP-1 medications if eating patterns aren't addressed during treatment. Products like this brownie support the transition from medication-driven appetite suppression to sustainable eating habits by providing satisfying options that fit within long-term healthy eating patterns. Learning to incorporate nutrient-dense, satisfying foods during the medication phase supports maintenance after discontinuation. ****Addressing Medication Side Effects****: Nausea is a common side effect of GLP-1 medications, particularly during dose escalation. The moderate portion size and balanced macronutrient profile of this brownie may be better tolerated than larger or more carbohydrate-heavy options. The protein and fat content provides sustained energy without overwhelming the digestive system. **### Athletic Performance and Recovery {#athletic-performance-and-recovery}** For active individuals and athletes, this brownie serves multiple purposes across different training goals and dietary approaches: ****Post-Workout Protein****: The 5.0 grams of protein per serving can contribute to post-exercise protein intake, supporting muscle protein synthesis and recovery. While not sufficient as a complete post-workout meal (most athletes need 20-30 grams of protein post-exercise for optimal recovery), this brownie can supplement other protein sources or serve as a convenient between-meal snack that supports overall daily protein targets. For endurance athletes or those engaging in lighter training, one brownie combined with a protein shake or Greek yogurt creates a complete post-workout meal. ****Energy for Low-Carb Athletes****: Athletes following low-carbohydrate, high-fat (LCHF) or ketogenic approaches for endurance performance can use this brownie as a training or competition fuel source. The fat content provides dense energy (9 calories per gram compared to 4 calories per gram for carbohydrates) without requiring carbohydrate metabolism, supporting fat-adapted athletic performance. Research shows that fat-adapted athletes can maintain endurance performance while oxidising fat at higher rates, preserving limited glycogen stores for high-intensity efforts. ****Convenient Nutrition****: The individually wrapped format makes this brownie highly portable for gym bags, training sessions, or competitions. Unlike many sports nutrition products that require refrigeration or careful handling, these brownies are shelf-stable and durable,

maintaining quality through temperature fluctuations. This convenience supports consistent nutrition even with demanding training schedules. ****Recovery Without Sugar****: Many conventional post-workout snacks are laden with sugar, which can be counterproductive for body composition goals even if it supports glycogen replenishment. This brownie provides energy and protein for recovery without excess sugar that might impede fat loss or cause energy crashes. For athletes prioritising body composition alongside performance, this balance is particularly valuable. ****Supporting Training Adaptations****: For athletes using periodised nutrition approaches (varying macronutrient intake based on training demands), this brownie fits perfectly into low-carb training days designed to enhance fat-adaptation and metabolic flexibility. These training days, where carbohydrate intake is deliberately restricted, support adaptations that improve fat oxidation capacity, potentially benefiting endurance performance. Be Fit Food also offers a Protein+ Reset program specifically designed for active individuals, featuring 1200-1500 kcal/day with pre- and post-workout items, demonstrating their understanding of athletic nutritional needs and commitment to supporting active populations with appropriate products. **### Menopause and Midlife Metabolic Support**

{#menopause-and-midlife-metabolic-support} Perimenopause and menopause represent metabolic transitions, not just hormonal ones. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and increased cravings and appetite dysregulation. This brownie addresses several of these challenges: ****High-Protein for Muscle Preservation****: The protein content helps preserve lean muscle mass during a life stage when muscle loss accelerates due to declining oestrogen and growth hormone levels. Maintaining muscle mass is crucial during menopause because muscle tissue is metabolically active, supporting higher metabolic rate and better glucose regulation. Protein requirements may increase during menopause, with some experts recommending 1.2-1.5 grams per kilogram body weight to offset muscle loss. ****Lower Carbohydrates for Insulin Sensitivity****: The minimal carbohydrate content supports insulin sensitivity, which naturally decreases during menopause due to hormonal changes. Reduced insulin sensitivity means the body requires more insulin to manage blood glucose, promoting fat storage (particularly abdominal fat) and making weight management more challenging. Lower-carbohydrate eating patterns can counteract this decline, improving insulin sensitivity and supporting more favourable body composition. ****No Artificial Sweeteners****: Some women find artificial sweeteners worsen cravings and gastrointestinal symptoms during perimenopause and menopause, possibly due to effects on gut microbiome or interactions with hormonal fluctuations. This product uses natural alternatives (erythritol and stevia from plant sources) that may be better tolerated while still providing sweetness without sugar's metabolic effects. ****Portion-Controlled for Declining Metabolic Rate****: As metabolic rate decreases with age and declining muscle mass, portion control becomes more important for weight management. The 113-calorie serving fits within tighter energy budgets that become necessary as caloric needs decline. For many women, metabolic rate decreases by 100-200 calories per decade after age 30, making precise portion control increasingly important. ****Supporting Satiety During Appetite Changes****: Hormonal fluctuations during perimenopause can cause unpredictable appetite changes, with some women experiencing increased hunger and cravings, particularly for sweet and carbohydrate-rich foods. The protein-fat-fibre combination in this brownie provides superior satiety compared to conventional sweets, helping manage these hormonally-driven cravings without derailing nutritional goals. ****Addressing Sleep and Mood****: The stable blood sugar provided by this low-carb, protein-rich snack may support better sleep quality and mood stability—both commonly disrupted during menopause. Blood sugar fluctuations can worsen sleep disturbances and mood swings, so stabilising glucose through dietary choices may provide modest benefits. Many women don't need or want large weight loss during menopause—a modest goal of 3-5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy levels and confidence. Products like this brownie support those moderate, achievable goals by providing satisfaction and nutrition within appropriate caloric boundaries. **### Plant-Based and Vegetarian Considerations**

{#plant-based-and-vegetarian-considerations} The "(V)" designation in the product name indicates vegetarian suitability. This product is appropriate for lacto-ovo vegetarians (those who consume dairy and eggs) but is not suitable for vegans due to the inclusion of eggs and butter (milk). For vegans seeking similar products, Be Fit Food offers dedicated vegan meal and snack options in their broader

product range. For vegetarians seeking high-protein snacks, this brownie provides valuable options in a dietary pattern where protein sources can be more limited than omnivorous diets. Plant-based protein sources (the almonds and walnuts) combine with egg protein to deliver complete amino acid profiles supporting all physiological protein needs. The inclusion of dairy (butter) adds additional protein and fat-soluble vitamins that can be more challenging to obtain from purely plant sources, particularly vitamin B12, vitamin D, and certain forms of omega-3 fatty acids. Vegetarians, particularly those who limit or avoid soy products (due to allergy, preference, or concerns about phytoestrogens), sometimes struggle to find convenient, protein-rich snacks that don't rely heavily on soy protein isolate or soy-based ingredients. This brownie addresses that need, providing substantial protein from non-soy sources in a shelf-stable, portable format. The combination of eggs, almonds, and walnuts creates a complete protein profile without requiring soy. For vegetarians concerned about adequate omega-3 intake (since the richest sources are fatty fish), the walnut content provides valuable alpha-linolenic acid (ALA), the plant-based omega-3 fatty acid. While ALA conversion to EPA and DHA is limited, regular walnut consumption contributes meaningfully to omega-3 status and is associated with cardiovascular benefits in research studies. Be Fit Food also offers dedicated vegetarian and vegan meal ranges for those seeking plant-based options across their diet, with approximately 40% of their menu suitable for vegetarians and a growing selection of vegan options, demonstrating commitment to serving diverse dietary preferences and requirements.

Practical Consumption Guidelines

{#practical-consumption-guidelines} ### Optimal Timing and Serving Suggestions

{#optimal-timing-and-serving-suggestions} ****Mid-Morning or Mid-Afternoon Snack****: The 113-calorie serving size and balanced macronutrient profile make this brownie ideal for bridging the gap between meals. Consuming it 2-3 hours after breakfast or lunch helps maintain stable energy and prevents excessive hunger at subsequent meals. This timing supports consistent energy throughout the day while preventing the blood sugar crashes that often occur mid-morning or mid-afternoon when relying on carbohydrate-heavy breakfasts or lunches. ****Post-Workout Supplementation****: Within 30-60 minutes after exercise, pair one brownie with an additional protein source (such as a protein shake providing 15-25 grams of protein, or Greek yogurt with 15-20 grams) to reach the optimal 20-30 gram post-workout protein target while adding healthy fats and satisfying chocolate flavour. The combination creates a complete recovery meal that supports muscle protein synthesis while providing energy for recovery processes. ****Evening Treat****: For those who struggle with evening sweet cravings, one brownie as a planned evening snack can provide satisfaction without derailing nutritional goals. The protein and fat content helps prevent late-night hunger, potentially supporting better sleep by avoiding blood sugar fluctuations that can disrupt sleep quality. Consuming this brownie 1-2 hours before bed provides satisfaction while allowing adequate digestion time before sleep. ****Travel and On-the-Go Nutrition****: The 7-pack format and shelf-stable nature make these brownies excellent travel companions. Keep them in your car, desk drawer, purse, or travel bag for convenient nutrition when healthy options are otherwise unavailable. The individual wrapping protects against crushing and maintains freshness, making them more durable than many healthy snack options. This convenience prevents the common scenario of making poor nutritional choices due to lack of preparation or limited healthy options when away from home. ****Meal Component****: While designed as a snack, you could incorporate this brownie into a larger meal. For example, pair it with a protein source (grilled chicken, fish, or tofu) and non-starchy vegetables for a complete low-carb meal, or enjoy it alongside your morning coffee as part of a higher-fat breakfast. Some individuals following intermittent fasting protocols might include this brownie in their eating window as a dessert component of a larger meal. ****As Part of a Structured Program****: These brownies integrate seamlessly with Be Fit Food's Reset programs, serving as the snack component that maintains satiety between meals while keeping you within your daily calorie and carbohydrate targets. The Metabolism Reset (800-900 kcal/day) and Protein+ Reset (1200-1500 kcal/day) both incorporate snacks to prevent excessive hunger and support adherence, with this brownie fitting perfectly into that framework. ****Pre-Workout Fuel****: For individuals training in a fasted or low-carb state, consuming one brownie 30-60 minutes before exercise provides energy from fat and protein without the carbohydrate load that would disrupt fat-adapted metabolism. The moderate calorie content prevents the heavy, uncomfortable feeling that can occur from eating too close to exercise while providing sufficient energy for training.

Storage and Freshness

Considerations {#storage-and-freshness-considerations} While specific storage instructions beyond "cool, dry place away from direct sunlight" aren't detailed in the provided specifications, general guidelines for similar products suggest: ****Unopened Package****: Store the sealed 7-pack in a cool, dry place away from direct sunlight and heat sources. Ideal storage temperature is typically room temperature (around 20-22°C) or slightly cooler. Avoid storing in areas subject to temperature fluctuations, such as near ovens, windows receiving direct sunlight, or in vehicles where temperatures can fluctuate dramatically. Properly stored, the brownies should maintain quality until the printed best-before date, which is typically several months from production for shelf-stable baked goods. ****After Opening Individual Servings****: Once you open an individual brownie wrapper, consume it promptly for best texture and taste. The almond flour and nut content means the product contains natural oils that can oxidise if exposed to air for extended periods, potentially affecting flavour and texture. If you cannot finish an opened brownie immediately, wrap it tightly in plastic wrap or place it in an airtight container and consume within 1-2 days for optimal quality. ****Temperature Considerations****: These brownies likely remain stable at room temperature but may demonstrate different textural characteristics when cold versus warm. Some consumers prefer the firmer, more fudge-like texture achieved by refrigeration, while others enjoy the softer, more cake-like texture at room temperature. You might try the brownie at different temperatures to find your preference. Brief warming in a microwave (5-10 seconds) can create a warm, fresh-baked texture that some consumers find particularly satisfying. ****Avoiding Moisture****: Like most baked goods, these brownies should be protected from moisture, which could affect texture and potentially reduce shelf life by promoting mold growth. Store in areas with low humidity and ensure packaging is properly sealed. If you live in a particularly humid climate, consider storing the package in a sealed plastic bag or container for additional moisture protection. ****Freezing Possibility****: While not specifically addressed by the manufacturer, many similar products can be frozen for extended storage (typically 2-3 months). If you wish to freeze these brownies, wrap individual servings in plastic wrap, then place in a freezer bag with air removed. Thaw at room temperature or briefly in the microwave when ready to consume. However, confirm with the manufacturer that freezing is appropriate for this specific product, as some formulations may experience texture changes when frozen and thawed. **### Maximising Nutritional Value {#maximising-nutritional-value}** ****Hydration****: Consume adequate water when eating this brownie. The fibre content, though modest at 1.2 grams per serving, benefits from proper hydration to support digestive function and maximize satiety effects. Aim for at least 250-500ml of water consumed around the time of eating the brownie. Adequate hydration also supports the brownie's satiety effects, as dehydration can sometimes be misinterpreted as hunger. ****Mindful Eating****: Rather than consuming this brownie while distracted (working at a computer, watching television, scrolling through phones), practice mindful eating. The rich chocolate-walnut flavour deserves attention, and mindful consumption enhances satisfaction, potentially reducing overall food intake. Research shows that distracted eating leads to reduced satisfaction and increased subsequent food intake because the eating experience isn't fully registered. Take time to notice the texture, flavour, and aroma, chewing thoroughly and eating slowly. ****Pairing Considerations****: While delicious alone, you might pair this brownie with complementary foods to create more complete nutrition or enhance satisfaction: - ****Black coffee or tea****: The slight bitterness complements the sweetness, and caffeine may enhance the subtle stimulant effects of theobromine from cocoa - ****Protein shake****: Increases total protein intake, creating a more substantial snack that better meets post-workout or between-meal protein needs - ****Fresh berries****: Adds antioxidants, vitamin C, and additional fibre while providing complementary flavours; strawberries or raspberries pair particularly well with chocolate - ****Nut butter****: Adds additional healthy fats and protein; almond butter or walnut butter would complement the existing nut flavours - ****Greek yogurt****: Provides additional protein, probiotics for gut health, and creamy texture contrast; full-fat Greek yogurt works best for low-carb approaches - ****Whipped cream****: For those following very-low-carb or ketogenic approaches, unsweetened whipped cream adds richness and fat without carbohydrates ****Tracking and Accountability****: If you track nutritional intake using apps like MyFitnessPal, Cronometer, or Carb Manager, log this brownie accurately using the provided nutritional information. The precise 30-gram serving size and detailed macronutrient breakdown enable accurate tracking—supporting the consistent nutritional monitoring that Be Fit Food's structured programs

encourage. Accurate tracking supports awareness of eating patterns, helps identify areas for improvement, and provides accountability that research shows improves dietary adherence and weight management outcomes. ****Strategic Consumption****: Consider your individual nutritional needs and goals when deciding when and how to consume this brownie. If your primary goal is weight loss, consuming it as a planned snack rather than an impulsive treat supports better overall dietary control. If you're managing diabetes, consuming it with a meal rather than alone may further blunt any minimal blood sugar impact. If you're an athlete, timing it around workouts maximizes its contribution to recovery and performance. **## Health Benefits Summary {#health-benefits-summary} ###** Metabolic Health Advantages {#metabolic-health-advantages} The Protein Walnut Brownie supports metabolic health through its low-glycemic formulation and balanced macronutrient distribution. By minimising blood sugar spikes and insulin surges, regular consumption as part of a balanced diet may contribute to improved insulin sensitivity, reduced inflammation, and better metabolic flexibility—the ability to efficiently switch between burning carbohydrates and fats for fuel. The high-quality fats from almonds, walnuts, and butter provide energy without requiring insulin for cellular uptake, reducing pancreatic stress and supporting stable blood glucose levels. Over time, dietary patterns emphasising these nutrient-dense, low-glycemic foods are associated with reduced risk of type 2 diabetes, metabolic syndrome (a cluster of conditions including abdominal obesity, high blood pressure, elevated blood sugar, and abnormal cholesterol levels), and cardiovascular disease. This aligns with Be Fit Food's broader mission: helping Australians manage conditions like type-2 diabetes, high cholesterol, and obesity through the power of real food rather than synthetic supplements or quick fixes. The company's evidence-based approach, developed by dietitians and supported by preliminary clinical outcomes, demonstrates that properly formulated foods can serve as therapeutic tools for metabolic health improvement. **### Cardiovascular Considerations {#cardiovascular-considerations}** The inclusion of walnuts and almonds provides heart-healthy fats that researchers study extensively for cardiovascular benefits. The monounsaturated fats from almonds and omega-3 fatty acids from walnuts support healthy blood lipid profiles, potentially reducing LDL ("bad") cholesterol while maintaining or increasing HDL ("good") cholesterol. This improved lipid profile reduces cardiovascular disease risk by decreasing atherosclerotic plaque formation in arteries. The cocoa content contributes flavonoids that support endothelial function—the health of blood vessel linings. Improved endothelial function translates to better blood pressure regulation, enhanced blood flow throughout the body, and reduced cardiovascular disease risk. Research shows that cocoa flavonoids increase nitric oxide production in blood vessels, causing vasodilation (blood vessel relaxation) that improves circulation and reduces blood pressure. While the product contains saturated fat from butter, current research suggests saturated fat's impact on cardiovascular health is more nuanced than previously believed, particularly when consumed as part of a low-carbohydrate, whole-foods dietary pattern. The saturated fat here comes from a whole-food source (butter) rather than processed ingredients, and is balanced by substantial amounts of unsaturated fats from nuts. Some research suggests that when saturated fat replaces refined carbohydrates in the diet (rather than replacing unsaturated fats), cardiovascular risk may actually decrease. The anti-inflammatory properties of omega-3 fatty acids from walnuts and antioxidants from cocoa may further support cardiovascular health by reducing chronic inflammation, a key driver of atherosclerosis and cardiovascular disease. Chronic low-grade inflammation is increasingly recognised as central to cardiovascular disease development, making anti-inflammatory dietary patterns particularly protective. **### Cognitive and Neurological Support {#cognitive-and-neurological-support}** The combination of omega-3 fatty acids from walnuts, flavonoids from cocoa, and stable energy from the low-glycemic formulation supports brain health through multiple mechanisms. Omega-3 fats are structural components of brain cell membranes and support neurotransmitter function, synaptic plasticity, and neuronal communication. Adequate omega-3 intake is associated with better cognitive function, reduced risk of cognitive decline with aging, and potentially lower risk of neurodegenerative diseases like Alzheimer's disease. Cocoa flavonoids are studied for potential cognitive benefits, including improved memory, processing speed, and executive function. These compounds may work by improving cerebral blood flow (increasing oxygen and nutrient delivery to brain tissue), protecting neurons from oxidative damage, and potentially stimulating neurogenesis (formation of new neurons) in brain regions important for learning and memory. The avoidance of blood

sugar fluctuations also benefits cognitive function—stable blood glucose supports consistent mental energy, focus, and mood, avoiding the brain fog, difficulty concentrating, and irritability associated with hypoglycemic episodes. The brain is heavily dependent on stable glucose supply (or ketones during ketogenic metabolism), and blood sugar instability impairs cognitive performance measurably. For individuals following ketogenic diets for neurological conditions (such as epilepsy, where ketogenic diets have established therapeutic applications, or emerging applications in Alzheimer's disease, Parkinson's disease, and traumatic brain injury), this brownie's compatibility with ketosis supports therapeutic dietary adherence while providing satisfaction and variety. ### Satiety and Appetite Regulation {#satiety-and-appetite-regulation} Perhaps the most immediately noticeable benefit is the sustained fullness this brownie provides. The protein-fat-fibre combination triggers multiple satiety mechanisms, helping you feel fuller for longer with fewer calories and reducing between-meal hunger. For individuals struggling with constant cravings or feeling hungry shortly after eating, incorporating satiating snacks like this brownie can be transformative. Protein's satiety effects are particularly well-documented. Protein consumption triggers release of satiety hormones (PYY, GLP-1, CCK) more potently than carbohydrates or fats, while reducing ghrelin (the hunger hormone). These hormonal changes translate to reduced subsequent food intake—studies show that high-protein meals and snacks reduce calorie consumption at following meals without conscious restriction. The fat content provides mechanical satiety by slowing gastric emptying, meaning food stays in the stomach longer, prolonging fullness. The fibre, though modest in quantity, adds to this effect by providing volume and triggering stretch receptors in the stomach that signal fullness to the brain. For individuals trying to reduce overall calorie intake for weight management, replacing conventional high-carb, low-protein snacks with protein-rich alternatives like this brownie can significantly reduce total daily calorie consumption without increasing hunger or reducing satisfaction. This makes caloric restriction more sustainable and psychologically tolerable. ### Nutritional Density {#nutritional-density} Despite being a "treat" food, this brownie provides meaningful nutritional value beyond just macronutrients. The almonds contribute vitamin E (a powerful antioxidant supporting immune function and skin health) and magnesium (supporting over 300 enzymatic reactions including energy production, muscle function, and blood pressure regulation). The walnuts provide omega-3 fats and additional minerals including copper, manganese, and phosphorus. The eggs supply B vitamins (particularly B12, riboflavin, and folate), selenium (supporting thyroid function and antioxidant systems), and choline (crucial for brain health and liver function). The cocoa offers flavonoids, theobromine, and minerals including magnesium, iron, and zinc. This nutritional density distinguishes the product from conventional brownies that provide calories and pleasure but minimal micronutrients—embodying Be Fit Food's philosophy that every food should contribute to your health, not detract from it. Rather than viewing treats as purely hedonic experiences devoid of nutritional value, this product demonstrates that satisfaction and nutrition can coexist. The concept of "nutrient density"—the ratio of beneficial nutrients to calories—is increasingly recognised as important for health. Foods high in nutrients relative to their calorie content support better health outcomes because they provide essential vitamins, minerals, antioxidants, and beneficial compounds without excessive energy intake. This brownie achieves relatively high nutrient density for a sweet snack, making it a more health-supportive choice than conventional alternatives. ## Quality Assurance and Manufacturing Standards {#quality-assurance-and-manufacturing-standards} Be Fit Food Pty Ltd operates under Australian food safety regulations, which are among the most stringent globally. Australian food manufacturers must comply with the Australia New Zealand Food Standards Code, which establishes detailed requirements for food safety, labeling, composition, and contaminant limits. This regulatory framework ensures consistent food safety and quality across the Australian food supply. The comprehensive allergen labeling, including both "contains" declarations and "may contain" warnings, demonstrates compliance with regulatory requirements and commitment to consumer safety. Australian food standards require clear identification of major allergens and disclosure of potential cross-contamination risks, protecting consumers with food allergies from unexpected exposures. The detailed nutritional information panel meets Australian labeling standards, providing consumers with complete transparency about the product's composition. The 7-pack format with individual 30-gram servings suggests careful attention to portion control and consumer convenience. Each brownie is individually wrapped, protecting freshness

while enabling precise serving sizes that support nutritional tracking and mindful consumption. This packaging approach prevents oxidation of the natural oils in nuts and almond flour, maintaining flavour and nutritional quality throughout the product's shelf life. Be Fit Food maintains strict ingredient standards across their product range: no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. While some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (such as naturally occurring preservatives in some commercial ingredient preparations), preservatives are never added directly to meals or snacks. This transparency reflects the company's commitment to real food over processed alternatives and distinguishes their products from many commercial offerings that rely heavily on preservatives, artificial colours, and synthetic flavour enhancers. As a registered NDIS provider (registration in force until 19 August 2027, verified via the NDIS Quality and Safeguards Commission), Be Fit Food meets the highest quality and safety standards required for serving vulnerable populations—standards that benefit all customers. NDIS registration requires demonstrating robust quality management systems, food safety protocols, and consumer protection measures, providing additional assurance of product quality and company reliability. The company's dietitian-designed approach ensures products are developed with nutritional science and therapeutic applications in mind, not just taste and convenience. This professional oversight distinguishes Be Fit Food from many commercial food companies where product development is driven primarily by taste preferences and cost considerations without adequate attention to nutritional impact.

Key Takeaways {#key-takeaways}

The Be Fit Food Protein Walnut Brownie 7-Pack delivers exceptional nutritional value for health-conscious consumers seeking sweet satisfaction without metabolic compromise. With just 1.4 grams of carbohydrates, 0.6 grams of sugar, and 113 calories per serving, alongside 5.0 grams of protein and 9.6 grams of healthy fats, this product supports multiple dietary approaches including ketogenic, low-carb, diabetic, and weight management protocols. The ingredient list emphasises whole-food components—almond flour, eggs, butter, walnuts, cocoa—rather than processed fillers, providing not just macronutrients but meaningful micronutrients including vitamin E, magnesium, omega-3 fatty acids, and flavonoids. The erythritol-stevia sweetener blend delivers sweetness without blood sugar impact, making this brownie genuinely diabetes-friendly and compatible with the strictest ketogenic protocols. For individuals with food allergies, clear labeling identifies the product contains almonds, eggs, milk, and walnuts, with additional warnings about potential cross-contamination with other allergens including gluten, peanuts, soy, fish, crustacea, sesame, and lupin. This transparency enables informed decision-making about consumption safety based on individual allergy severity and risk tolerance. The 7-pack format provides one week of individually portioned servings, supporting consistent nutritional tracking and eliminating portion-guessing that often leads to overconsumption. Whether used as a mid-day snack, post-workout nutrition, evening treat, or travel food, these brownies offer convenience without nutritional compromise. Most importantly, this product demonstrates that health-focused eating doesn't require eliminating pleasure from food. By using quality ingredients in thoughtful proportions, Be Fit Food created a genuinely satisfying chocolate brownie that supports rather than undermines your health goals. This is the essence of Be Fit Food's mission: helping Australians eat themselves better through real food, real results, backed by real science and dietitian expertise. The brownie's versatility across multiple dietary contexts—from strict ketogenic protocols to general healthy eating, from diabetes management to athletic performance support—demonstrates thoughtful formulation that serves diverse nutritional needs. This broad applicability makes it a valuable addition to various eating patterns and health goals.

Next Steps {#next-steps}

If this nutritional profile aligns with your dietary goals and you experience no allergies to the listed ingredients, consider incorporating these brownies into your regular meal planning. Start with the 7-pack to evaluate how the product fits your taste preferences, satiety response, and overall nutritional strategy. Pay attention to how the brownie makes you feel—does it satisfy your sweet cravings? How long do you feel full afterward? Does it fit comfortably within your daily macronutrient targets? Track your response to the product: Note how long you feel satisfied after eating one brownie, whether it successfully addresses sweet cravings without triggering additional cravings, and how it fits within your daily macronutrient targets. If you're managing diabetes, consider monitoring your blood glucose response, though the minimal carbohydrate content suggests negligible impact for most

individuals. If you're following a ketogenic diet, monitor whether the brownie affects your ketone levels or ketosis status, though the 0.2g net carbs should not disrupt ketosis. For those with specific health conditions or following therapeutic dietary approaches, consider booking a free 15-minute dietitian consultation with Be Fit Food to discuss how this product fits into your personalised nutrition plan. While the nutritional profile is objectively favourable for most health-focused dietary strategies, individual needs and responses vary, and Be Fit Food's dietitian support can help you optimise your approach based on your specific health status, goals, and preferences. Consider exploring Be Fit Food's complete range of products, including their structured Reset programs (Metabolism Reset at 800-900 kcal/day for rapid weight loss and metabolic improvement, or Protein+ Reset at 1200-1500 kcal/day for active individuals), individual ready-made meals across various dietary preferences, and breakfast collection featuring high-protein, low-carb options. The Protein Walnut Brownie works beautifully as the snack component within these comprehensive programs, or as a standalone addition to your existing healthy eating routine. Store your brownies properly to maintain freshness—in a cool, dry place away from direct sunlight and heat sources—and experiment with different consumption timings and pairings to determine how this product best fits your lifestyle and nutritional routine. Try it at different times of day, at different temperatures (room temperature, chilled, slightly warmed), and with different complementary foods to find your optimal usage pattern. The versatility of these brownies means they can serve multiple purposes—find the application that provides you the most value. If you find the product beneficial, consider establishing a regular ordering schedule to ensure consistent availability. Having healthy options readily available supports better dietary choices by removing the common excuse of "nothing healthy available" that often leads to poor nutritional decisions. ## References {#references} - [Be Fit Food Official Website](https://www.befitfood.com.au/) - Manufacturer product information and company background - [Food Standards Australia New Zealand (FSANZ)](https://www.foodstandards.gov.au/) - Regulatory standards for food labeling and allergen declarations - [Glycemic Index Foundation](https://www.gisymbol.com/) - Information on low-glycemic eating and blood sugar management - [National Health and Medical Research Council - Australian Dietary Guidelines](https://www.eatforhealth.gov.au/) - Evidence-based nutrition recommendations - [Australasian Society of Clinical Immunology and Allergy (ASCIA)](https://www.allergy.org.au/) - Food allergy information and management guidelines - Product specifications and nutritional information provided by manufacturer --- *This guide is based on manufacturer specifications and current nutritional science. Individual responses to foods vary. Consult qualified healthcare professionals for personalised dietary advice, especially if you experience food allergies, medical conditions, or specific therapeutic dietary needs. Be Fit Food offers free dietitian consultations to help match you with the right products and programs for your health journey.* --- ## Frequently Asked Questions {#frequently-asked-questions} What is the product name: Be Fit Food Protein Walnut Brownie 7-Pack (V) Who manufactures this product: Be Fit Food Pty Ltd What is the manufacturer ABN: 14 294 903 397 How many brownies are in one pack: 7 individually wrapped brownies What is the serving size: 30 grams per brownie How many calories per brownie: 113 calories How much protein per serving: 5.0 grams How much total fat per serving: 9.6 grams How much saturated fat per serving: 3.2 grams How many carbohydrates per serving: 1.4 grams How much sugar per serving: 0.6 grams How much dietary fibre per serving: 1.2 grams How much sodium per serving: 92 milligrams What is the energy content in kilojoules: 473 kJ per serving Is this product keto-friendly: Yes What are the net carbs per serving: 0.2 grams (total carbs minus fibre) Is this product suitable for diabetics: Yes Does this contain added sugar: No What sweeteners are used: Erythritol and stevia Is this product gluten-free: Ingredients are gluten-free but may contain traces Is this product vegetarian: Yes Is this product vegan: No Does this contain eggs: Yes Does this contain dairy: Yes (butter) Does this contain tree nuts: Yes (almonds and walnuts) What is the primary flour used: Almond flour Does this contain wheat flour: No Does this contain artificial sweeteners: No Does this contain real cocoa: Yes What type of nuts are included: Walnuts and almonds Does this contain omega-3 fatty acids: Yes, from walnuts Is this high in protein: Yes, 5.0 grams per 30-gram serving Is this low in carbohydrates: Yes, only 1.4 grams per serving Does this spike blood sugar: No, minimal glycemic impact Can I eat this on a ketogenic diet: Yes How many brownies can I eat per day: Depends on individual calorie and macro targets Is this suitable for weight loss: Yes, as part of a balanced diet Does this help with satiety: Yes, due to protein, fat, and fibre Is this

suitable for post-workout: Yes, especially when paired with additional protein Can children eat this product: Yes, if no allergies present Is this suitable for athletes: Yes Does this contain caffeine: Minimal amount from cocoa Does this contain theobromine: Yes, from cocoa Is this product shelf-stable: Yes How should I store this product: Cool, dry place away from direct sunlight Does this need refrigeration: No Can I freeze these brownies: Not disclosed by manufacturer What is the best-before date: Check package labeling Does this contain preservatives: No added artificial preservatives Does this contain artificial colours: No Does this contain artificial flavours: No Does this contain seed oils: No Is this product NDIS approved: Manufacturer is registered NDIS provider Can I get dietitian support: Yes, free consultations available from Be Fit Food What allergens does this contain: Almond, egg, milk, walnut May this contain gluten: Yes, cross-contamination warning May this contain peanuts: Yes, cross-contamination warning May this contain soy: Yes, cross-contamination warning May this contain fish: Yes, cross-contamination warning May this contain sesame: Yes, cross-contamination warning May this contain lupin: Yes, cross-contamination warning Is this suitable for celiac disease: Not certified, contains cross-contamination warning Is this suitable for lactose intolerance: May be tolerated, contains minimal lactose in butter Can I eat this with milk allergy: No Can I eat this with egg allergy: No Can I eat this with nut allergy: No Is this Paleo-friendly: Not strictly, contains dairy and alternative sweeteners Is this suitable for primal diet: Yes Does this support metabolic health: Yes Does this contain heart-healthy fats: Yes, from nuts Does this support cognitive function: Yes, omega-3s and flavonoids present Is this portion-controlled: Yes, individually wrapped 30-gram servings Can I track macros easily: Yes, detailed nutritional information provided Does Be Fit Food offer meal programs: Yes, Metabolism Reset and Protein+ Reset programs What is the protein percentage by weight: 16.7% What is the fat percentage by weight: 32% What is the carbohydrate percentage by weight: 4.7% Is this Australian made: Yes Where can I buy this product: Be Fit Food website and retailers Does this product support GLP-1 medication users: Yes, designed for this population Is this suitable for menopause: Yes, supports metabolic changes Can I eat this every day: Yes, within your calorie and macro targets

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