SATCHI(GF - Food & Beverages Health Benefits Guide - 7026081497277_43456568918205

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artificial flavours, seed oils | | Certifications | Gluten-free certified, RSPCA approved chicken | --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} The Be Fit Food Satay Chicken (GF) MP2 is priced at $11.40 AUD and carries GTIN 09358266000052. This single-serve prepared meal contains 292g and features RSPCA-approved chicken as the main protein source, comprising 27% of the formulation (approximately 79g). The product delivers 25g of protein per serving and serves as a good source of dietary fibre. Key ingredients include chicken, green cabbage, carrot, red cabbage, spring onion, coconut milk, peanut butter, turmeric, gluten-free soy sauce, corn starch, pink salt, olive oil, cumin, garlic, and fresh coriander. The meal contains Peanuts and Soybeans as declared allergens, with potential traces of Fish, Milk, Crustacea, Sesame Seeds, Tree Nuts, Egg, and Lupin. This frozen meal requires only heating for preparation and maintains a chilli rating of 2/5. The product is certified gluten-free and free from added sugar, artificial preservatives, artificial colours, artificial flavours, and seed oils. Sodium levels remain below 120 mg per 100g, qualifying as a low-sodium option. ### General Product Claims {#general-product-claims} Be Fit Food positions itself as Australia's leading dietitian-designed meal delivery service, delivering nutritionally balanced, gluten-free cuisine that supports dietary goals, nutritional requirements, and overall well-being. The meals feature a carefully calibrated macronutrient profile designed to support metabolic health and sustained energy levels. The protein component supports muscle maintenance, cellular repair, and satiety signalling through bioavailable protein sources with efficient amino acid absorption. The combination of animal and plant proteins provides a complete amino acid profile. Medium-chain triglycerides (MCTs) from coconut milk provide quick, sustained energy without blood sugar spikes, while monounsaturated fats deliver cardiovascular benefits. The fat content enhances absorption of fat-soluble vitamins (A, D, E, K) and supports satiety by slowing gastric emptying. The meal contains both soluble and insoluble fibre types that help stabilise blood sugar levels, serve as prebiotics feeding beneficial gut bacteria, promote regular bowel movements, and reduce risk of constipation and diverticular disease. The balanced macronutrient profile promotes satiety, helping you feel fuller for longer. RSPCA approval suggests better welfare standards and potentially improved nutritional quality in the chicken. The poultry is rich in B vitamins (niacin and pyridoxine) that support energy production, DNA repair, hormone production, amino acid metabolism, and neurotransmitter synthesis. The chicken supplies selenium for antioxidant protection and thyroid support, plus phosphorus for bone health and energy storage. Peanut butter provides diverse amino acid intake and helps reduce LDL cholesterol while maintaining HDL cholesterol. This ingredient is rich in vitamin E for antioxidant and immune support, contains resveratrol with anti-aging and cardioprotective properties, and provides magnesium for enzymatic reactions, energy production, and blood pressure regulation. Coconut milk MCTs are less likely to be stored as body fat and may slightly increase energy expenditure and fat burning. Lauric acid converts to monolaurin with antimicrobial properties. The coconut milk contains iron and potassium for various physiological functions. Cruciferous vegetables contain glucosinolates with cancer-protective properties. Anthocyanins in red cabbage provide antioxidant benefits that may improve cardiovascular health, cognitive function, and reduce inflammation. The vegetables serve as excellent sources of vitamin C for immune support and collagen synthesis, plus vitamin K for blood clotting and bone metabolism. Carrots provide beta-carotene for vitamin A conversion, essential for vision (particularly low-light and colour vision), immune function, and cell growth regulation. They contain lutein and zeaxanthin for eye protection and may reduce risk of cataracts and age-related macular degeneration. Coriander contains quercetin with anti-inflammatory and antihistamine properties, may support natural detoxification processes, and contains linalool with antimicrobial properties. Turmeric provides curcumin, an anti-inflammatory compound that works at the molecular level to reduce inflammation. The fat content enhances curcumin absorption. This powerful antioxidant provides dual action against oxidative stress. Cumin contains antioxidant and anti-inflammatory compounds and may support digestive health and blood sugar regulation. Garlic provides allicin with antimicrobial properties and is associated with cardiovascular benefits including blood pressure and cholesterol management. The garlic may reduce arterial stiffness and atherosclerosis risk, contains selenium and manganese for antioxidant defence, and may support liver detoxification and bone health. Spring onions contain

quercetin and sulfur compounds, are rich in vitamin K, vitamin C, and vitamin A precursors, and may support cardiovascular health and blood sugar regulation. The certified gluten-free formulation makes this meal safe for individuals with coeliac disease and suitable for non-coeliac gluten sensitivity. The product has reduced inflammatory potential compared to gluten-containing foods and supports gut health through whole food ingredients. The meal provides built-in portion control for weight management. Protein provides higher thermic effect (diet-induced thermogenesis), triggers satiety hormones (PYY, GLP-1), suppresses ghrelin, and supports stable blood sugar levels. The formulation prevents blood sugar spikes and crashes, slows gastric emptying for gradual nutrient absorption, and supports metabolic flexibility and fat utilisation. MCTs rapidly convert to ketones for alternative fuel and improve insulin sensitivity. The heart-healthy fat profile supports cardiovascular health, reduces LDL oxidation, and supports healthy blood pressure levels through potassium content. Garlic may help relax blood vessels. Multiple anti-inflammatory compounds reduce cardiovascular disease risk, while fibre supports cardiovascular health through gut bacteria effects. Protein provides amino acids for immune cell production. Vitamin C stimulates white blood cell production. Vitamin A maintains epithelial barrier function. Selenium supports antioxidant enzyme function. Zinc supports immune cell development. Antimicrobial compounds from garlic, ginger, and allium vegetables provide additional immune support. Lauric acid demonstrates antimicrobial activity. Diverse phytonutrients protect immune cells. Vitamin K activates proteins for bone calcium binding and prevents inappropriate calcium deposits in soft tissues. Protein is essential for bone matrix and collagen synthesis and supports IGF-1 production for bone formation. Anti-inflammatory compounds may support joint health. Curcumin may reduce joint pain in osteoarthritis. Omega-3 and monounsaturated fats provide anti-inflammatory properties. Healthy fats support brain structure and function. MCTs provide alternative fuel source for brain. Vitamin E protects brain cell membranes. B vitamins are essential for neurotransmitter synthesis and support mood regulation and stress responses. Antioxidants provide neuroprotection. Curcumin may help clear amyloid plaques. Anthocyanins are associated with improved cognitive function and memory. The meal is specifically designed to support GLP-1 receptor agonist users and people using weight-loss and diabetes medications. The smaller, portion-controlled, nutrient-dense format is easier to tolerate during medication use. High protein content supports lean mass preservation during weight loss. The formulation supports transition from medication to sustainable eating habits. Lower refined carbohydrates support stable blood glucose. No added sugar reduces post-meal spikes and insulin demand. The product addresses metabolic transitions during perimenopause and menopause, helps preserve lean muscle mass during accelerated muscle loss, supports insulin sensitivity with lower carbohydrate content, and accommodates declining metabolic rate. The meal is suitable for various meal timing strategies and provides sustained energy without post-meal crash. It supports overnight recovery and muscle maintenance and fits well within time-restricted eating or intermittent fasting. The protein supports muscle recovery and adaptation to training, supports muscle protein synthesis, while anti-inflammatory compounds may support exercise recovery. Electrolytes support hydration and muscle function. The frozen, heat-and-eat format eliminates time barriers. Snap-frozen delivery ensures consistent portions and minimal spoilage. Single-serve format prevents food waste and eliminates need for nutritional calculations or meal planning. Free 15-minute dietitian consultations are available. Approximately 90% of Be Fit Food menu is gluten-free. Meals are designed by dietitians and based on whole food ingredients (real food philosophy). Metabolism Reset programs deliver 800–900 kcal/day with 40–70g carbs/day, designed to induce mild nutritional ketosis for sustainable fat loss. The company helps Australians "eat themselves better" through scientifically-designed meals—real food, real results, backed by real science. --- ## Introduction {#introduction} The Be Fit Food Satay Chicken (GF) is a single-serve frozen meal that delivers 292 grams of nutritionally balanced, gluten-free cuisine featuring RSPCA-approved chicken breast in an authentic peanut satay sauce, complemented by a vibrant cabbage slaw vegetable medley. Be Fit Food, Australia's leading dietitian-designed meal delivery service, crafted this comprehensive health benefits guide to examine every nutritional advantage, ingredient contribution, and wellness impact this meal offers. Health-conscious individuals can use this detailed information to understand how this convenient frozen meal supports dietary goals, nutritional requirements, and overall well-being. Whether you're managing gluten sensitivities, pursuing protein-rich nutrition, seeking convenient meal solutions that don't compromise health standards, or

simply exploring nutritionally optimised ready-meals, this guide explores the complete spectrum of health benefits embedded in this carefully formulated dish. You'll discover how each of the 292 grams contributes to your nutritional intake, why the specific ingredient selection matters for your health, and how this meal fits into various dietary approaches and wellness strategies. --- ## Complete Nutritional Profile and Health Impact {#complete-nutritional-profile-and-health-impact} ### Macronutrient Balance for Sustained Energy {#macronutrient-balance-for-sustained-energy} The Be Fit Food Satay Chicken delivers a carefully calibrated macronutrient profile designed to support metabolic health and sustained energy levels throughout your day. With chicken comprising 27% of the total formulation (approximately 79 grams of the 292-gram serving), this meal provides a substantial protein foundation that supports muscle maintenance, cellular repair, and satiety signalling in your body. The protein content in this meal comes primarily from the chicken breast, which is one of the most bioavailable protein sources available. Your body can efficiently absorb and utilise the amino acids for tissue building, enzyme production, and immune function. The presence of peanut butter adds complementary plant-based proteins and healthy fats, creating a more complete amino acid profile than chicken alone would provide. This combination ensures you're receiving both essential and non-essential amino acids necessary for optimal physiological function—a hallmark of Be Fit Food's dietitian-designed approach to meal formulation. The coconut milk component introduces medium-chain triglycerides (MCTs), a unique form of saturated fat that your body metabolises differently than long-chain fatty acids. MCTs are rapidly absorbed and transported directly to the liver, where they can be quickly converted to energy rather than stored as body fat. This makes the fat content in this meal particularly valuable for sustained energy without the blood sugar spikes associated with high-carbohydrate meals. The olive oil inclusion provides monounsaturated fats, particularly oleic acid, which researchers studied extensively for its cardiovascular benefits. These healthy fats help your body absorb fat-soluble vitamins (A, D, E, and K) from the vegetable components, enhance satiety by slowing gastric emptying, and support healthy cell membrane function throughout your body. ### Fibre Content and Digestive Wellness {#fibre-content-and-digestive-wellness} The meal's designation as a "good source of dietary fibre" represents a significant health advantage, particularly given the predominantly vegetable-based composition. The fibre comes from multiple sources within the 292-gram serving: green cabbage, red cabbage, carrots, and spring onions all contribute both soluble and insoluble fibre types. Be Fit Food's commitment to including 4–12 vegetables in each meal ensures meaningful fibre delivery in every serving. Soluble fibre from these vegetables dissolves in water to form a gel-like substance in your digestive tract. This type of fibre slows digestion, which helps stabilise blood sugar levels by preventing rapid glucose absorption. For health-conscious individuals managing weight or blood sugar, this means more stable energy levels, reduced cravings between meals, and better metabolic control. The soluble fibre also serves as a prebiotic, feeding beneficial gut bacteria that produce short-chain fatty acids like butyrate, which supports colon health and provides anti-inflammatory properties throughout your body. Insoluble fibre, abundant in the cabbage varieties, adds bulk to your digestive contents and promotes regular bowel movements. This type of fibre speeds the passage of food through your digestive system, which can reduce the risk of constipation and may lower the risk of developing diverticular disease. The mechanical action of insoluble fibre also helps your digestive system function optimally by stimulating the muscular contractions (peristalsis) that move food through your intestines. The combination of protein, healthy fats, and fibre creates what nutritionists call a "balanced macronutrient profile" that promotes satiety—helping you feel fuller for longer. This 292-gram meal is designed to keep you satisfied for hours, reducing the likelihood of snacking on less nutritious options and supporting healthy eating patterns throughout your day. --- ## Ingredient-Specific Health Contributions {#ingredient-specific-health-contributions} ### RSPCA-Approved Chicken: Ethical Protein with Health Implications {#rspca-approved-chicken-ethical-protein-with-health-implications} The 27% chicken content (approximately 79 grams) carries the RSPCA (Royal Society for the Prevention of Cruelty to Animals) approval, which extends beyond ethical considerations to impact the nutritional quality you receive. RSPCA-approved chicken comes from birds raised under higher welfare standards, which includes better living conditions, natural behaviours, and reduced stress during rearing. From a health perspective, chicken raised under improved welfare conditions often contains a more favourable fatty acid profile. Stress hormones in conventionally raised poultry can affect meat quality and nutritional

composition. The RSPCA approval suggests these chickens experienced less chronic stress, potentially resulting in meat with better texture, moisture retention, and nutrient density. This attention to ingredient sourcing reflects Be Fit Food's real food philosophy—using whole, nutrient-dense ingredients without preservatives or artificial additives. Chicken breast is naturally rich in B vitamins, particularly niacin (B3) and pyridoxine (B6). Niacin supports your body's energy production by helping convert food into usable fuel at the cellular level. It also plays crucial roles in DNA repair and the production of stress and sex hormones. Vitamin B6 is essential for amino acid metabolism, neurotransmitter synthesis (including serotonin and dopamine), and immune function. A single serving of chicken in this meal likely provides a significant portion of your daily B vitamin requirements. The chicken also supplies essential minerals including selenium, a powerful antioxidant that protects your cells from oxidative damage and supports thyroid hormone metabolism. Phosphorus, another mineral abundant in chicken, works alongside calcium to build and maintain strong bones and teeth while also playing vital roles in how your body stores and uses energy. ### Peanut Butter: Nutrient-Dense Protein and Healthy Fats {#peanut-butter-nutrient-dense-protein-and-healthy-fats} The inclusion of peanut butter in the satay sauce delivers concentrated nutrition beyond simple flavour enhancement. Peanuts are technically legumes rather than true nuts, and they offer a unique nutritional profile that complements the chicken protein. Peanut butter provides plant-based protein with a different amino acid composition than animal proteins. While not complete proteins on their own, when combined with the chicken in this meal, they contribute to a more diverse amino acid intake. This variety ensures your body can access all the building blocks needed for protein synthesis throughout your tissues—supporting the high-protein, lower-carbohydrate nutritional framework that Be Fit Food meals are built upon. The healthy fats in peanut butter are predominantly monounsaturated and polyunsaturated fats. These fats help reduce LDL (low-density lipoprotein) cholesterol—the type associated with increased cardiovascular risk—while maintaining or even increasing HDL (high-density lipoprotein) cholesterol, which helps remove excess cholesterol from your bloodstream. Regular consumption of these healthy fats as part of a balanced diet is associated with reduced risk of heart disease and improved cardiovascular health markers. Peanut butter is also remarkably rich in vitamin E, a fat-soluble antioxidant that protects your cell membranes from oxidative damage caused by free radicals. Vitamin E supports immune function, helps prevent blood clots from forming in your arteries, and plays roles in cell signalling throughout your body. The fat content of the meal helps your body absorb this vitamin E efficiently. Additionally, peanuts contain resveratrol, the same antioxidant compound found in red wine and grapes that researchers studied for its potential anti-aging and cardioprotective properties. They're also rich in magnesium, a mineral involved in over 300 enzymatic reactions in your body, including energy production, muscle and nerve function, blood glucose control, and blood pressure regulation. ### Coconut Milk: Medium-Chain Triglycerides and Mineral Content {#coconut-milk-medium-chain-triglycerides-and-mineral-content} The coconut milk in this satay sauce provides more than creamy texture—it delivers unique nutritional compounds that your body processes differently than other fats. The medium-chain triglycerides (MCTs) in coconut milk, particularly lauric acid, caprylic acid, and capric acid, are absorbed directly into your bloodstream from your digestive tract and transported to your liver for immediate energy conversion. This rapid metabolism means MCTs are less likely to be stored as body fat compared to the long-chain triglycerides found in most dietary fats. Some research suggests MCTs may slightly increase energy expenditure and fat burning, though these effects are modest. More significantly for daily energy management, MCTs provide quick, sustained energy without requiring the insulin response that carbohydrates trigger, making them valuable for stable blood sugar management. Lauric acid, which comprises about 50% of coconut milk's fatty acid content, converts in your body to monolaurin, a compound with antimicrobial properties. While eating coconut milk isn't a substitute for medical treatment, monolaurin demonstrates activity against various bacteria, viruses, and fungi in laboratory studies, potentially supporting your immune system's defensive capabilities. Coconut milk also contains minerals including iron, which is essential for oxygen transport in your blood, and potassium, which helps regulate fluid balance, nerve signals, and muscle contractions. The potassium content is particularly valuable because it works in opposition to sodium to help maintain healthy blood pressure levels. ### Cruciferous Vegetables: Cancer-Protective Compounds {#cruciferous-vegetables-cancer-protective-compounds} The green cabbage and red

cabbage in this 292-gram meal belong to the cruciferous vegetable family, which researchers studied extensively for health-protective compounds. Both cabbage varieties contain glucosinolates, sulfur-containing compounds that break down during chewing and digestion into biologically active compounds including indoles and isothiocyanates. These compounds demonstrate cancer-protective properties in numerous studies. They work through multiple mechanisms: activating enzymes that detoxify carcinogens, reducing inflammation, inhibiting blood vessel formation in tumours, and triggering apoptosis (programmed cell death) in cancer cells. While eating a single meal won't prevent cancer, regular consumption of cruciferous vegetables as part of your dietary pattern is associated with reduced risk of several cancer types, particularly colorectal, lung, and breast cancers. Red cabbage specifically contains anthocyanins, the pigments responsible for its purple-red colour. These flavonoid compounds function as powerful antioxidants, neutralising free radicals that can damage your cells and contribute to aging and disease development. Researchers studied anthocyanins for their potential to improve cardiovascular health, enhance cognitive function, and reduce inflammation throughout your body. Be Fit Food's emphasis on vegetable density—4–12 vegetables in each meal—ensures you receive these protective compounds consistently. Both cabbage types are excellent sources of vitamin C, with red cabbage containing particularly high levels. A serving of this meal likely provides a significant portion of your daily vitamin C requirement. This water-soluble vitamin supports immune function by stimulating white blood cell production and activity, acts as an antioxidant protecting cells from oxidative damage, and is essential for collagen synthesis—the protein that provides structure to your skin, blood vessels, bones, and connective tissues. Cabbage also contains vitamin K, essential for blood clotting and bone metabolism. Vitamin K activates proteins that bind calcium in your bones and teeth, contributing to skeletal health. It also activates proteins that prevent calcium from depositing in your arteries and soft tissues, potentially protecting cardiovascular health. ### Carrots: Beta-Carotene and Eye Health {#carrots-beta-carotene-and-eye-health} The carrots in this vegetable medley provide beta-carotene, the orange pigment that your body converts to vitamin A as needed. This conversion is particularly efficient when beta-carotene is consumed with fats, which this meal provides through the olive oil, coconut milk, and peanut butter—creating optimal conditions for vitamin A absorption. Vitamin A is essential for vision, particularly for low-light and colour vision. It's a component of rhodopsin, the protein in your eyes that absorbs light in your retinal receptors. Adequate vitamin A intake helps maintain healthy corneas and may reduce the risk of age-related macular degeneration, a leading cause of vision loss in older adults. Beyond eye health, vitamin A supports immune function by maintaining the integrity of your skin and mucous membranes—your body's first line of defence against pathogens. It also regulates cell growth and differentiation, ensuring that cells develop properly and function according to their specialised roles in your tissues and organs. Carrots also contain other carotenoids including lutein and zeaxanthin, which accumulate in your retina and act as natural sunglasses, filtering harmful blue light and protecting your eyes from oxidative damage. Researchers specifically associated these compounds with reduced risk of cataracts and age-related macular degeneration. The fibre in carrots contributes to the meal's overall fibre content, supporting digestive health and providing food for beneficial gut bacteria. Carrots also contain biotin, a B vitamin essential for fat and carbohydrate metabolism, and potassium for heart health and blood pressure regulation. ### Fresh Coriander: Antioxidants and Detoxification Support {#fresh-coriander-antioxidants-and-detoxification-support} The inclusion of fresh coriander (cilantro) in this meal adds more than aromatic flavour—it contributes unique health-promoting compounds. Coriander contains quercetin, a flavonoid antioxidant that provides anti-inflammatory and antihistamine properties. Quercetin helps stabilise the cells that release histamine in your body, potentially reducing allergic responses and inflammation. Coriander is also rich in vitamin K, supporting blood clotting and bone health, and contains vitamin A precursors that support immune function and vision. The herb provides small amounts of vitamin C, adding to the overall antioxidant capacity of the meal. Some research suggests coriander may support your body's natural detoxification processes, particularly for heavy metals. While the amounts in a single meal are modest, the compounds in coriander may help chelate (bind to) heavy metals, facilitating their excretion. This is part of your liver's ongoing detoxification work rather than a dramatic "cleanse," but regular consumption of herbs like coriander supports these natural processes. Coriander also contains linalool, a compound that demonstrates

antimicrobial properties and may support digestive health by promoting healthy gut bacteria balance while inhibiting harmful bacterial growth. ### Turmeric and Cumin: Anti-Inflammatory Spice Compounds {#turmeric-and-cumin-anti-inflammatory-spice-compounds} The turmeric in this satay chicken formulation provides curcumin, one of the most extensively studied natural anti-inflammatory compounds. Curcumin works at the molecular level to reduce inflammation by inhibiting NF-kB, a molecule that travels into your cell nuclei and activates genes related to inflammation. Chronic inflammation is implicated in numerous health conditions including heart disease, cancer, metabolic syndrome, and neurodegenerative diseases. The challenge with curcumin is bioavailability—your body doesn't easily absorb it. However, the fat content in this meal (from olive oil, coconut milk, and peanut butter) significantly enhances curcumin absorption, as it's a fat-soluble compound. The presence of these fats means you're able to absorb and utilise more of the curcumin than you would from turmeric consumed without fat. Curcumin also functions as a powerful antioxidant, both directly neutralising free radicals and stimulating your body's own antioxidant enzymes. This dual action provides comprehensive protection against oxidative damage that contributes to aging and disease development. Cumin, another spice in this formulation, contains thymoquinone and other compounds with antioxidant and anti-inflammatory properties. Cumin is traditionally used to support digestive health, and modern research suggests it may stimulate digestive enzyme secretion, supporting more efficient nutrient breakdown and absorption. Some studies indicate cumin may help regulate blood sugar levels by improving insulin sensitivity, though these effects are most pronounced with regular consumption over time. Both turmeric and cumin provide iron, supporting oxygen transport in your blood and energy production at the cellular level. While the amounts from spices are modest, they contribute to your overall daily intake. ### Garlic: Cardiovascular and Immune Support {#garlic-cardiovascular-and-immune-support} The garlic in this meal provides allicin, a sulfur-containing compound that forms when garlic is crushed or chopped and that contributes numerous health benefits. Allicin demonstrates antimicrobial properties against bacteria, viruses, and fungi, supporting your immune system's ability to defend against pathogens. Garlic consumption is associated with cardiovascular benefits including modest reductions in blood pressure and improvements in cholesterol profiles. The sulfur compounds in garlic may help relax blood vessels, improving blood flow and reducing the workload on your heart. Some research suggests garlic may reduce arterial stiffness and prevent calcium deposits in your arteries, potentially reducing atherosclerosis risk. Garlic also contains selenium and manganese, minerals that function as cofactors for antioxidant enzymes in your body. These minerals support your cellular antioxidant defence systems, protecting against oxidative damage throughout your tissues. The organosulfur compounds in garlic may support your liver's detoxification enzymes, enhancing your body's ability to process and eliminate toxins. Regular garlic consumption is also associated with improved bone health, particularly in women, possibly through effects on oestrogen levels that influence bone density. ### Spring Onions: Quercetin and Allium Benefits {#spring-onions-quercetin-and-allium-benefits} Spring onions (scallions) belong to the allium family alongside garlic and provide similar sulfur-containing compounds with health benefits. They contain quercetin, the flavonoid antioxidant also found in coriander, which provides anti-inflammatory and antihistamine properties. Spring onions are particularly rich in vitamin K, supporting blood clotting and bone metabolism. They also provide vitamin C, contributing to the meal's overall antioxidant capacity and immune support. The vitamin A precursors in spring onions support vision, immune function, and skin health. The sulfur compounds in spring onions may support cardiovascular health by helping regulate blood pressure and cholesterol levels. Like garlic, spring onions contain compounds that may help prevent blood clots from forming, supporting healthy circulation throughout your body. Spring onions also provide chromium, a trace mineral that enhances insulin action and helps regulate blood sugar levels. While the amount from spring onions is modest, it contributes to your overall chromium intake, which is important for glucose metabolism and may help reduce cravings by stabilising blood sugar. --- ## Gluten-Free Benefits and Digestive Health {#gluten-free-benefits-and-digestive-health} ### Certified Gluten-Free Formulation {#certified-gluten-free-formulation} The gluten-free certification of this Be Fit Food meal represents a significant health benefit for multiple populations. For individuals with coeliac disease—an autoimmune condition affecting approximately 1% of the population—consuming gluten triggers an immune response that damages the small intestine lining,

interfering with nutrient absorption and causing various symptoms. For these individuals, a certified gluten-free meal like this isn't merely a preference but a medical necessity. The gluten-free formulation uses gluten-free soy sauce rather than traditional soy sauce, which contains wheat. This attention to ingredient selection ensures that every component of the 292-gram meal is safe for those avoiding gluten. The corn starch used as a thickening agent is naturally gluten-free, unlike wheat-based thickeners used in many sauces. Be Fit Food maintains that approximately 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls—making it a reliable choice for those with coeliac disease. For individuals with non-coeliac gluten sensitivity (NCGS), consuming gluten can cause symptoms including bloating, abdominal pain, headaches, and fatigue without the intestinal damage seen in coeliac disease. While the mechanisms of NCGS are still being researched, many people report significant symptom improvement when following a gluten-free diet. This meal provides a convenient, nutritionally complete option that eliminates gluten-related concerns. ### Reduced Inflammatory Potential {#reduced-inflammatory-potential} Even for individuals without diagnosed gluten-related conditions, some research suggests that modern wheat varieties and gluten-containing processed foods may contribute to systemic inflammation in certain people. The gluten-free formulation of this meal eliminates this potential inflammatory trigger while maintaining nutritional completeness through whole food ingredients. The naturally gluten-free whole foods in this meal—chicken, vegetables, coconut milk, nuts, and spices—provide nutrition without the processing that often accompanies gluten-containing convenience foods. This whole-food approach supports gut health by providing fibre for beneficial bacteria while avoiding additives and preservatives that may disrupt your microbiome balance. This aligns with Be Fit Food's clean-label standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The digestive ease of this gluten-free formulation means your body can focus energy on absorbing nutrients rather than managing inflammatory responses. The combination of easily digestible protein, healthy fats that slow digestion for sustained energy, and fibre that supports gut health creates optimal conditions for nutrient absorption and utilisation. --- ## Weight Management and Metabolic Health {#weight-management-and-metabolic-health} ### Portion-Controlled Nutrition {#portion-controlled-nutrition} The 292-gram single-serve format provides built-in portion control, a critical factor in weight management. Portion sizes increased dramatically in recent decades, and research consistently shows that people consume more when presented with larger portions. This pre-portioned meal eliminates the guesswork and decision fatigue associated with serving sizes, making it easier to maintain consistent caloric intake. Be Fit Food's approach to weight management is grounded in structure and adherence rather than willpower-based dieting. Their Metabolism Reset programs deliver approximately 800–900 kcal/day with 40–70g carbs/day, designed to induce mild nutritional ketosis for sustainable fat loss. This Satay Chicken meal fits seamlessly into such structured approaches, providing the portion control and macronutrient balance that supports metabolic health goals. The protein content in this meal is particularly valuable for weight management. Protein provides a higher thermic effect than carbohydrates or fats, meaning your body burns more calories digesting and processing protein. This is called diet-induced thermogenesis, and it can account for 20-30% of protein calories compared to 5-10% for carbohydrates and 0-3% for fats. The substantial protein from chicken and peanut butter means you're burning more calories simply through the digestive process. Protein also triggers the release of satiety hormones including peptide YY (PYY) and glucagon-like peptide-1 (GLP-1), which signal fullness to your brain and reduce hunger. Simultaneously, protein suppresses ghrelin, the hormone that stimulates appetite. This hormonal cascade means the protein in this 292-gram meal helps you feel fuller for longer rather than experiencing continued hunger that might lead to overeating. ### Blood Sugar Stability and Insulin Sensitivity {#blood-sugar-stability-and-insulin-sensitivity} The balanced macronutrient composition of this meal supports stable blood sugar levels, which is crucial for both weight management and metabolic health. The combination of protein, healthy fats, and fibre slows the digestion and absorption of any carbohydrates in the meal, preventing the rapid blood sugar spikes that trigger excessive insulin release. When you consume high-carbohydrate meals without adequate protein and fat, your blood sugar rises quickly, prompting your pancreas to release insulin to shuttle glucose into your cells. This rapid insulin response often overshoots, causing blood sugar to drop below baseline within a few hours,

triggering hunger and cravings—particularly for more carbohydrates. This blood sugar roller coaster makes weight management difficult and, over time, can contribute to insulin resistance and type 2 diabetes. The satay chicken meal's composition prevents this cycle. The protein and healthy fats slow gastric emptying (the rate at which food leaves your stomach), which means carbohydrates are released into your small intestine gradually rather than all at once. This results in steady, moderate blood sugar elevation that your body can manage with less insulin, maintaining stable energy levels and reducing hunger between meals. Be Fit Food's lower-carbohydrate, higher-protein approach specifically targets improved insulin sensitivity—a key factor in metabolic health. The fibre content further supports blood sugar stability by slowing carbohydrate absorption and improving insulin sensitivity. Soluble fibre forms a gel in your digestive tract that physically slows the movement of food, giving your body time to process nutrients without overwhelming your blood sugar regulation systems. ### Metabolic Flexibility and Fat Utilisation {#metabolic-flexibility-and-fat-utilisation} The healthy fat content from coconut milk, olive oil, and peanut butter supports metabolic flexibility—your body's ability to efficiently switch between burning carbohydrates and fats for fuel. When you regularly consume balanced meals like this rather than high-carbohydrate meals, your body maintains the enzymatic machinery necessary to efficiently burn fat for energy. The medium-chain triglycerides (MCTs) from coconut milk are particularly valuable for metabolic health because they're rapidly converted to ketones in your liver. Ketones are an alternative fuel source that your brain and muscles can use efficiently, and they may provide additional benefits including reduced inflammation and improved cognitive function. While this meal isn't ketogenic (it contains some carbohydrates), the MCT content supports your metabolic flexibility. The monounsaturated fats from olive oil and peanut butter are associated with improved insulin sensitivity, meaning your cells respond more effectively to insulin signals. Better insulin sensitivity means your body requires less insulin to manage blood sugar, reducing the fat-storage signals that excess insulin creates and supporting healthier body composition over time. --- ## Cardiovascular Health Benefits {#cardiovascular-health-benefits} ### Heart-Healthy Fat Profile {#heart-healthy-fat-profile} The fat composition in this Be Fit Food meal supports cardiovascular health through multiple mechanisms. The monounsaturated fats from olive oil and peanut butter are extensively studied for their cardioprotective effects. These fats help reduce LDL cholesterol (the type that contributes to arterial plaque formation) while maintaining or increasing HDL cholesterol (which helps remove excess cholesterol from your bloodstream). The oleic acid in olive oil provides anti-inflammatory properties that may help reduce the oxidation of LDL cholesterol. Oxidised LDL is particularly dangerous because it's more likely to penetrate artery walls and contribute to atherosclerosis. By reducing LDL oxidation, the olive oil in this meal may help prevent the initial steps in cardiovascular disease development. The coconut milk provides saturated fats, primarily lauric acid, which provides a unique effect on cholesterol profiles. Unlike long-chain saturated fats, lauric acid tends to increase HDL cholesterol more than LDL cholesterol, potentially improving your overall cholesterol ratio. While dietary recommendations on saturated fat continue to evolve, the MCTs in coconut milk appear to provide different cardiovascular effects than the long-chain saturated fats in red meat or processed foods. ### Blood Pressure Regulation {#blood-pressure-regulation} Several components of this meal support healthy blood pressure levels. The potassium from vegetables, coconut milk, and chicken works in opposition to sodium to help regulate fluid balance and blood pressure. The pink salt used in this formulation provides sodium for flavour and electrolyte balance, but the abundant potassium from whole food ingredients helps maintain a healthy sodium-potassium ratio. Be Fit Food maintains a low sodium benchmark of less than 120 mg per 100 g across their meal range. The garlic in this meal contains compounds that may help relax blood vessels, improving blood flow and reducing blood pressure. While the amount of garlic in a single meal won't dramatically lower blood pressure, regular consumption of garlic-containing foods as part of your dietary pattern is associated with modest blood pressure reductions. The omega-3 fatty acids in the chicken (particularly if the chickens were raised on omega-3-enriched feed) may contribute to blood pressure regulation and reduced inflammation in blood vessel walls. The antioxidants from vegetables, spices, and herbs help protect the endothelium (the inner lining of blood vessels) from oxidative damage, supporting healthy blood vessel function. ### Inflammation Reduction {#inflammation-reduction} Chronic low-grade inflammation is increasingly recognised as a key contributor to cardiovascular disease, and this meal

provides multiple anti-inflammatory compounds. The curcumin from turmeric inhibits inflammatory pathways at the molecular level, potentially reducing the inflammation that contributes to arterial damage and plaque formation. The antioxidants from vegetables—including vitamin C, beta-carotene, and anthocyanins—neutralise free radicals that would otherwise damage cells and trigger inflammatory responses. The vitamin E from peanut butter protects cell membranes from oxidative damage, including the membranes of cells lining your blood vessels. The fibre in this meal supports cardiovascular health partly through its effects on gut bacteria. When beneficial bacteria ferment fibre, they produce short-chain fatty acids including butyrate, which provides anti-inflammatory effects throughout your body. These compounds can reduce systemic inflammation that contributes to cardiovascular disease risk. --- ## Immune System Support {#immune-system-support} ### Protein for Immune Cell Production {#protein-for-immune-cell-production} The substantial protein content in this meal provides the amino acids your immune system needs to produce antibodies, white blood cells, and other immune components. Your immune system is constantly producing new cells and proteins to defend against pathogens, and inadequate protein intake can compromise these protective mechanisms. The complete protein from chicken provides all essential amino acids in proportions your body can efficiently use for protein synthesis. Specific amino acids including glutamine and arginine are particularly important for immune function. Glutamine serves as fuel for rapidly dividing immune cells, while arginine supports T-cell function and wound healing. The combination of animal and plant proteins in this meal (from chicken and peanuts) provides a diverse amino acid pool that supports comprehensive protein synthesis throughout your body, including the proteins that constitute your immune defences. ### Micronutrients for Immune Function {#micronutrients-for-immune-function} The vitamin C from cabbage and other vegetables supports immune function through multiple mechanisms. It stimulates white blood cell production, enhances their function, and protects these cells from oxidative damage during the inflammatory response to pathogens. Vitamin C also supports the epithelial barrier function of your skin and mucous membranes, helping prevent pathogen entry. The vitamin A from carrots and other vegetables maintains the integrity of your skin and the mucous membranes lining your respiratory and digestive tracts—your body's first line of defence against pathogens. Vitamin A also regulates immune cell development and function, ensuring your immune system responds appropriately to threats. The selenium from chicken functions as a cofactor for antioxidant enzymes that protect immune cells from the oxidative damage they experience during the inflammatory response. Adequate selenium is associated with more effective immune responses and reduced risk of certain infections. The zinc likely present in the chicken and peanuts supports immune cell development and function. Zinc deficiency impairs immune responses, while adequate zinc intake supports the activity of natural killer cells, neutrophils, and other immune components. ### Antimicrobial Compounds {#antimicrobial-compounds} The garlic, ginger (if present in the vegetable stock), and other allium vegetables provide compounds with direct antimicrobial properties. While eating these foods doesn't replace medical treatment for infections, the antimicrobial compounds support your body's natural defences against bacteria, viruses, and fungi. The lauric acid from coconut milk converts to monolaurin in your body, which demonstrates antimicrobial activity against various pathogens. The medium-chain fatty acids in coconut milk may also support gut health by promoting beneficial bacteria while inhibiting harmful bacterial overgrowth. The diverse array of phytonutrients from vegetables, herbs, and spices provides antioxidants that protect immune cells and support their function. The anti-inflammatory compounds help ensure your immune system responds appropriately to threats without excessive inflammation that can damage your own tissues. --- ## Bone and Joint Health {#bone-and-joint-health} ### Vitamin K for Bone Metabolism {#vitamin-k-for-bone-metabolism} The vitamin K from cabbage, spring onions, and coriander plays essential roles in bone health beyond its better-known function in blood clotting. Vitamin K activates osteocalcin, a protein that binds calcium in your bone matrix, effectively anchoring calcium where it belongs. Without adequate vitamin K, calcium may not be properly incorporated into bone tissue, even if your calcium intake is adequate. Vitamin K also activates matrix Gla-protein (MGP), which prevents calcium from depositing in soft tissues including your arteries and cartilage. This dual action—promoting calcium incorporation in bones while preventing inappropriate calcium deposits elsewhere—makes vitamin K crucial for skeletal health and potentially for cardiovascular health as well. The vitamin K in this meal is primarily K1 (phylloquinone)

from vegetables, though your gut bacteria can convert some K1 to K2 (menaquinone), which may be particularly important for bone health. Regular consumption of vitamin K-rich vegetables like those in this meal supports optimal bone metabolism throughout your life. ### Protein for Bone Strength {#protein-for-bone-strength} While calcium often receives the most attention for bone health, protein is equally important. Your bone matrix is approximately 50% protein by volume, primarily collagen, which provides the structural framework that calcium mineralises. Adequate protein intake is associated with higher bone mineral density and reduced fracture risk, particularly in older adults. The protein in this meal provides the amino acids necessary for collagen synthesis and bone matrix formation. The vitamin C from vegetables is essential for collagen production, as it's required for the hydroxylation of proline and lysine—amino acids that form the stable collagen triple helix structure. Protein also influences bone health through effects on calcium metabolism and growth factor production. Adequate protein intake supports IGF-1 (insulin-like growth factor-1) production, which stimulates bone formation. The protein in this meal helps maintain the muscle mass that puts healthy stress on bones, stimulating the bone remodelling that maintains strength. ### Anti-Inflammatory Support for Joint Health {#anti-inflammatory-support-for-joint-health} The anti-inflammatory compounds in this meal—particularly curcumin from turmeric—may support joint health by reducing the inflammation that contributes to joint pain and degradation. Chronic inflammation in joints can damage cartilage and contribute to osteoarthritis development. Researchers studied curcumin specifically for joint health, with some research suggesting it may reduce joint pain and improve function in people with osteoarthritis. The fat content in this meal enhances curcumin absorption, potentially maximising these anti-inflammatory benefits. The omega-3 fatty acids potentially present in the chicken and the monounsaturated fats from olive oil and peanuts also provide anti-inflammatory properties that may benefit joint health. These healthy fats help modulate inflammatory pathways, potentially reducing the chronic low-grade inflammation that contributes to joint deterioration over time. --- ## Cognitive Function and Mental Wellness {#cognitive-function-and-mental-wellness} ### Healthy Fats for Brain Structure and Function {#healthy-fats-for-brain-structure-and-function} Your brain is approximately 60% fat by dry weight, and the quality of fats you consume influences brain structure and function. The monounsaturated fats from olive oil and peanut butter support healthy cell membranes throughout your brain, influencing how efficiently neurons communicate. The medium-chain triglycerides from coconut milk provide an alternative fuel source for your brain. While your brain primarily uses glucose for energy, it can also efficiently use ketones produced from MCTs. This metabolic flexibility may be particularly valuable during aging, as some research suggests age-related cognitive decline may partly result from reduced brain glucose metabolism. The vitamin E from peanut butter protects brain cell membranes from oxidative damage. Oxidative stress in the brain contributes to cognitive decline and neurodegenerative diseases, and adequate antioxidant intake helps protect against this damage. ### B Vitamins for Neurotransmitter Production {#b-vitamins-for-neurotransmitter-production} The B vitamins in chicken, particularly B6 and niacin, are essential for neurotransmitter synthesis. Vitamin B6 is required for producing serotonin, dopamine, and GABA—neurotransmitters that regulate mood, motivation, and stress responses. Adequate B6 intake is associated with better mood and reduced depression risk. Niacin (vitamin B3) is essential for energy production in brain cells and for DNA repair. It also supports the production of various neurotransmitters and helps maintain the myelin sheath that insulates nerve fibres, ensuring efficient signal transmission. The folate potentially present in the vegetables supports methylation reactions throughout your body, including in your brain. Methylation is essential for neurotransmitter metabolism and gene expression, influencing everything from mood to cognitive function. ### Antioxidants for Neuroprotection {#antioxidants-for-neuroprotection} The diverse array of antioxidants in this meal—including vitamin C, beta-carotene, anthocyanins, curcumin, and vitamin E—provides comprehensive protection against oxidative damage in your brain. Your brain is particularly vulnerable to oxidative stress because of its high metabolic rate and lipid content. Researchers studied curcumin from turmeric for its potential neuroprotective effects. It may help clear amyloid plaques associated with Alzheimer's disease and provides anti-inflammatory properties that could protect against neuroinflammation linked to cognitive decline. Researchers associated anthocyanins from red cabbage with improved cognitive function, particularly memory. These compounds may protect brain cells from oxidative damage and support healthy blood flow to the brain,

ensuring adequate oxygen and nutrient delivery. --- ## Support for GLP-1 and Weight-Loss Medication Users {#support-for-glp-1-and-weight-loss-medication-users} ### Designed for Medication-Assisted Weight Management {#designed-for-medication-assisted-weight-management} Be Fit Food meals, including this Satay Chicken, are specifically designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. These therapies can suppress appetite and slow gastric emptying, increasing the risk of under-eating and nutrient shortfalls. The smaller, portion-controlled, nutrient-dense format of this meal makes it easier to tolerate while still delivering adequate protein, fibre, and micronutrients. The high-protein content is particularly important for those on weight-loss medications, as inadequate protein during rapid weight loss can increase the risk of muscle loss, lowering metabolic rate and increasing the likelihood of weight regain. Be Fit Food's protein-prioritised approach at every meal supports lean mass preservation throughout the weight-loss journey. ### Post-Medication Maintenance Support {#post-medication-maintenance-support} Weight regain is common after reducing or stopping GLP-1 medications if eating patterns aren't addressed. Be Fit Food meals support the transition from medication-driven appetite suppression to sustainable, repeatable eating habits that protect muscle and metabolic health. The structured approach—with defined portions, balanced macros, and consistent nutrition—helps establish patterns that can be maintained long-term. The lower refined carbohydrates and no added sugar in this meal support more stable blood glucose, reduce post-meal spikes, lower insulin demand, and support improved insulin sensitivity—critical considerations for those managing insulin resistance or Type 2 diabetes alongside weight-loss goals. --- ## Support for Menopause and Midlife Metabolic Health {#support-for-menopause-and-midlife-metabolic-health} ### Addressing Metabolic Transitions {#addressing-metabolic-transitions} Perimenopause and menopause are not just hormonal transitions—they are metabolic transitions. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, reduced metabolic rate, and increased cardiovascular and fatty liver risk. Be Fit Food meals are built for this reality. The high-protein content of this Satay Chicken meal helps preserve lean muscle mass during a time when muscle loss accelerates. The lower carbohydrate content with no added sugars supports insulin sensitivity, while the portion-controlled, energy-regulated format accommodates the declining metabolic rate that accompanies menopause. Many women don't need or want dramatic weight loss—a goal of 3–5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. This is exactly where Be Fit Food fits, providing the structure and nutritional precision that supports achievable, meaningful health improvements. --- ## Practical Integration into Health-Conscious Lifestyles {#practical-integration-into-health-conscious-lifestyles} ### Meal Timing and Metabolic Benefits {#meal-timing-and-metabolic-benefits} The balanced macronutrient profile of this 292-gram meal makes it suitable for various meal timing strategies. Consumed as lunch, it provides sustained energy through the afternoon without the post-meal energy crash that high-carbohydrate meals often cause. The protein and healthy fats maintain stable blood sugar and provide steady fuel for several hours. As a dinner option, this meal supports overnight recovery and muscle maintenance. The protein provides amino acids for the cellular repair and rebuilding that occurs during sleep, while the moderate calorie content won't interfere with sleep quality the way very large evening meals can. For individuals practising time-restricted eating or intermittent fasting, this meal fits well within eating windows. The nutrient density ensures you're getting substantial nutrition in a reasonable calorie package, making it easier to meet nutritional needs within restricted eating periods. ### Supporting Active Lifestyles {#supporting-active-lifestyles} For health-conscious individuals who exercise regularly, this meal provides the protein necessary for muscle recovery and adaptation to training. The amino acids from chicken and peanuts support muscle protein synthesis, the process by which your muscles repair and grow stronger in response to exercise stress. The carbohydrates from vegetables, while modest, provide some glycogen replenishment without excessive calories. The timing of carbohydrate consumption matters less than total daily intake for most recreational exercisers, making this meal suitable for post-workout nutrition without the excessive carbohydrates often emphasised in sports nutrition. The anti-inflammatory compounds may support exercise recovery by reducing the inflammation that contributes to delayed-onset muscle soreness. While some inflammation is necessary for training adaptations, excessive inflammation can impair recovery and performance. The

electrolytes from pink salt and the potassium from vegetables support hydration and muscle function. Adequate electrolyte intake is essential for muscle contraction, nerve signalling, and fluid balance, particularly for individuals who exercise regularly and lose electrolytes through sweat. ### Convenience Without Nutritional Compromise {#convenience-without-nutritional-compromise} The frozen, heat-and-eat format eliminates the time barrier that often prevents health-conscious eating. Research consistently shows that time constraints are among the most commonly cited barriers to healthy eating, and convenient, nutritionally optimised meals like this address that challenge directly. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, minimal decision fatigue, and low spoilage—making healthy eating as simple as "heat, eat, enjoy." The single-serve format prevents the food waste that can occur with home cooking, making it easier to maintain variety in your diet without ingredients spoiling. This supports dietary diversity, which is associated with better nutritional status and gut microbiome health. The meal's formulation eliminates the need for nutritional calculations or meal planning decisions. You can be confident you're getting a balanced meal with substantial protein, healthy fats, fibre, and diverse micronutrients without tracking macros or measuring portions. For those who want additional guidance, Be Fit Food offers free 15-minute dietitian consultations to match customers with the right meal plan for their goals. --- ## Key Takeaways {#key-takeaways} The Be Fit Food Satay Chicken (GF) delivers comprehensive health benefits through its carefully formulated 292-gram serving. The RSPCA-approved chicken provides high-quality protein and B vitamins essential for energy, immune function, and cellular health. The peanut satay sauce contributes healthy fats, vitamin E, and plant-based protein, while the coconut milk provides unique medium-chain triglycerides that support metabolic flexibility and provide quick energy. The vegetable medley of green cabbage, red cabbage, carrots, and spring onions delivers substantial fibre for digestive health, diverse antioxidants for cellular protection, and cancer-protective compounds from cruciferous vegetables. The spices—turmeric, cumin, coriander, and garlic—provide anti-inflammatory and antimicrobial compounds that support whole-body health. The gluten-free formulation makes this meal safe for individuals with coeliac disease or gluten sensitivity while providing easily digestible nutrition for everyone. The balanced macronutrient profile supports stable blood sugar, sustained energy, and satiety, making it valuable for weight management and metabolic health. This aligns with Be Fit Food's core mission: helping Australians "eat themselves better" through scientifically-designed, whole-food meals. The convenience of this frozen, single-serve format eliminates barriers to healthy eating without compromising nutritional quality. Every ingredient contributes specific health benefits, from cardiovascular support to immune function, bone health to cognitive performance, creating a meal that nourishes your body comprehensively while fitting seamlessly into health-conscious lifestyles. Whether you're managing weight, supporting metabolic health during menopause, complementing GLP-1 therapy, or simply seeking nutritious convenience, Be Fit Food delivers real food, real results—backed by real science. --- ## References {#references} - [Be Fit Food Official Website](https://befitfood.com.au) - [RSPCA Approved Farming Scheme Standards](https://rspcaapproved.org.au) - [National Health and Medical Research Council - Australian Dietary Guidelines](https://www.nhmrc.gov.au/about-us/publications/australian-dietary-guidelines) - [Celiac Australia - Gluten Free Information](https://www.celiac.org.au) - [Curcumin: A Review of Its Effects on Human Health - Foods Journal, NCBI](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5664031/) - [Cruciferous Vegetables and Cancer Prevention - National Cancer Institute](https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/cruciferous-vegetables-fact-sheet) - [Medium-Chain Triglycerides: An Update - American Journal of Clinical Nutrition](https://academic.oup.com/ajcn/article/100/suppl_1/398S/4576571) --- ## Frequently Asked Questions {#frequently-asked-questions}

Question	Answer
What is the serving size	292 grams
Is it a single-serve meal	Yes
Is it gluten-free	Yes, certified gluten-free
What is the main protein source	RSPCA-approved chicken breast
What percentage is chicken	27% of total formulation
How much chicken per serving	Approximately 79 grams
Is the chicken ethically sourced	Yes, RSPCA-approved
What type of sauce	Peanut satay sauce
Does it contain coconut milk	Yes
Does it contain peanut butter	Yes
What vegetables are included	Green cabbage, red cabbage, carrots, spring onions
How many vegetables per meal	4–12 vegetables
Is it a good source of fibre	Yes
Does it contain protein	Yes, substantial protein

content | | Does it contain healthy fats | Yes, from multiple sources | | What type of fats | Monounsaturated fats, MCTs, polyunsaturated fats | | Does it contain MCTs | Yes, from coconut milk | | What are MCTs | Medium-chain triglycerides | | Does it contain olive oil | Yes | | Does it contain turmeric | Yes | | Does it contain cumin | Yes | | Does it contain garlic | Yes | | Does it contain fresh coriander | Yes | | Is it frozen | Yes | | Is it heat-and-eat | Yes | | Does it require preparation | No, just heating | | Does it contain preservatives | No added artificial preservatives | | Does it contain artificial colours | No | | Does it contain artificial flavours | No | | Does it contain added sugar | No | | Does it contain artificial sweeteners | No | | Does it contain seed oils | No | | Is the soy sauce gluten-free | Yes | | What thickener is used | Corn starch | | Is corn starch gluten-free | Yes | | What salt is used | Pink salt | | What is the sodium level | Less than 120 mg per 100g | | Is it low sodium | Yes | | Is it suitable for coeliac disease | Yes, certified gluten-free | | Is it suitable for gluten sensitivity | Yes | | Is it suitable for weight management | Yes | | Is it portion-controlled | Yes | | Does it support blood sugar stability | Yes | | Does it support metabolic health | Yes | | Is it suitable for diabetes | Yes, supports blood sugar management | | Is it suitable for GLP-1 medication users | Yes, specifically designed | | Is it suitable for weight-loss medication users | Yes | | Is it suitable for menopause | Yes, addresses metabolic transitions | | Does it support muscle preservation | Yes, high protein content | | Does it contain B vitamins | Yes, from chicken | | Does it contain vitamin C | Yes, from vegetables | | Does it contain vitamin A | Yes, from carrots and vegetables | | Does it contain vitamin E | Yes, from peanut butter | | Does it contain vitamin K | Yes, from vegetables | | Does it contain selenium | Yes, from chicken | | Does it contain iron | Yes, from spices and coconut milk | | Does it contain potassium | Yes, from vegetables and coconut milk | | Does it contain magnesium | Yes, from peanut butter | | Does it contain beta-carotene | Yes, from carrots | | Does it contain anthocyanins | Yes, from red cabbage | | Does it contain curcumin | Yes, from turmeric | | Does it support cardiovascular health | Yes | | Does it support immune function | Yes | | Does it support bone health | Yes | | Does it support joint health | Yes, anti-inflammatory compounds | | Does it support cognitive function | Yes | | Does it support digestive health | Yes, fibre content | | Is it anti-inflammatory | Yes, multiple anti-inflammatory compounds | | Does it contain antioxidants | Yes, diverse antioxidants | | Is it suitable for active lifestyles | Yes | | Is it suitable for intermittent fasting | Yes | | Can it be consumed for lunch | Yes | | Can it be consumed for dinner | Yes | | Does Be Fit Food offer dietitian consultations | Yes, free 15-minute consultations | | What percentage of Be Fit Food menu is gluten-free | Approximately 90% | | Is it designed by dietitians | Yes | | Is it based on real food | Yes, whole food ingredients | | Does it support gut health | Yes, fibre and whole foods | | Does it contain quercetin | Yes, from coriander and spring onions | | Does it contain resveratrol | Yes, from peanuts | | Does fat content enhance nutrient absorption | Yes, fat-soluble vitamins | | Does it support satiety | Yes, protein, fat, and fibre combination |

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