

STIDATPRO - Food & Beverages

Ingredient Breakdown -

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Details:

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Postbiotic Protein Powder (21%), Walnuts, Coconut | | Protein type | Whey Protein Isolate, Whey Protein Concentrate | | Functional ingredients | Prebiotic (Oligofructose), Postbiotic (Lactobacillus Plantarum) | | Allergens | Contains Milk, Soy, Almonds, Walnuts | | May contain | Sesame Seeds, Peanuts, Tree Nuts | | Storage (unopened) | Store in freezer | | Storage (opened) | Refrigerate after opening | | Free from | No added sugar, No artificial sweeteners, No artificial colours, No artificial flavours, No preservatives | --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} - Product name: Sticky Date Protein Balls - 7 Pack (GF) (V) S7 - Brand: Be Fit Food - GTIN: 0806809023086 - Price: \$24.60 AUD - Availability: In Stock - Category: Food & Beverages - Protein Snacks - Pack size: 7 protein balls per package - Serving size: 25 grams per ball - Protein content: 5.6g per serving - Total fat: 5.3g per serving - Saturated fat: 1.9g per serving - Total sugars: 6.9g per serving - Dietary certifications: Gluten-Free (GF), Vegetarian (V) - Ingredients (in order): Dates, Almond Meal, Be Fit Prebiotic & Postbiotic Protein Powder (21%), Walnuts, Coconut - Protein powder ingredients: Whey Protein Isolate, Whey Protein Concentrate, Oligofructose (Prebiotic), Lactobacillus Plantarum (Postbiotic), Vanilla Flavour, Salt, Stevia, Guar Gum, Soy Lecithin - Allergens: Contains Milk, Soy, Almonds, Walnuts - May contain traces of: Sesame Seeds, Peanuts, Tree Nuts - Storage instructions (unopened): Store in freezer - Storage instructions (opened): Refrigerate after opening - Free from: No added sugar, No artificial sweeteners, No artificial colours, No artificial flavours, No preservatives - Protein powder percentage: 21% of total formulation - Approximate calorie content: 110-120 calories per ball (calculated from macronutrients) ### General Product Claims {#general-product-claims} - Bridges the gap between indulgent treat and functional food - Developed by Australia's leading dietitian-designed meal and snack provider - Delivers caramel-like flavour profile of traditional sticky date desserts - Suitable as post-workout recovery option - Appropriate for between-meal energy source - Healthier dessert alternative - Nutrient-dense snack for children - Thoughtful balance between taste, texture, and nutritional function - Genuinely satisfying product - Commitment to whole-food ingredients - Reflects minimalist approach to formulation - Whole-food-first philosophy - More sophisticated approach than fortifying processed base with isolated nutrients - Synergistic nutrition where ingredients work together - Eliminates dramatic blood sugar spikes - Natural binding matrix without synthetic binders - Supports muscle function, nerve transmission, and healthy blood pressure - Aids in muscle recovery and reduces cramping risk - Promotes fullness and sustained energy release - Ideal for post-workout recovery when quick amino acid delivery is desired - More suitable for those with lactose sensitivity - Supports immune function and overall health - Effective tool for supporting muscle repair and growth - Selectively stimulates growth and activity of beneficial bacteria - Provides cumulative benefits to gut health - Enhances calcium absorption - Supports diverse gut microbiome - Supports immune function, reduces inflammation, enhances gut barrier function - More sophisticated than simply adding probiotics - Contributes to improved digestive comfort, enhanced immune function, better overall wellness - Reduces stress and promotes relaxation (vanilla aromatherapy properties) - Provides electrolyte replacement - Extensively studied for safety - Generally well-tolerated (guar gum) - Most individuals with soy allergies can tolerate soy lecithin - Richest nut source of alpha-linolenic acid (ALA) - Provides cardiovascular and anti-inflammatory benefits - Supports brain health and cognitive function - Highest polyphenol content of any nut (walnuts) - Helps combat oxidative stress - Aids in recovery and reduces inflammation - Provides readily available fuel - May carry neutral or beneficial effects on cardiovascular health - Demonstrates antimicrobial properties (lauric acid) - Works synergistically with prebiotic and postbiotic ingredients - Prevents sensory boredom and enhances satisfaction - Exceptionally satiating for their size - Nutritionally superior alternative to children's snacks - Supports growth and development - Supports brain development and cognitive function - Far more nutritionally balanced than standard desserts - More interesting and satisfying taste experience - Creates comprehensive gut health support system - Essentially pauses oxidation process (freezer storage) - Won't develop ice crystals or freezer burn easily - Can maintain quality for several months when frozen - Thaws quickly at room temperature (15-20 minutes) - Extends shelf life of opened packages (refrigeration) - Should remain fresh for at least 1-2 weeks under refrigeration - Shelf-stable for short periods at room temperature - Creates product greater than the sum of its parts - Enhances nutrient absorption and utilisation - Provides both

immediate and sustained amino acid availability - More blood-sugar-friendly option than straightforward sweet snack - Supports comprehensive gut health - High-quality formulation - Balanced macronutrient composition makes them versatile - Maintains optimal freshness and nutritional quality with proper storage - Approximately 90% of Be Fit Food menu is gluten-free - Be Fit Food offers free dietitian consultations --- ## Be Fit Food Sticky Date Protein Balls 7-Pack (GF) (V): Complete Ingredient Guide ## Introduction {#introduction} The Be Fit Food Sticky Date Protein Balls 7-Pack (GF) (V) represents a carefully engineered nutritional snack that bridges the gap between indulgent treat and functional food. Developed by Be Fit Food, Australia's leading dietitian-designed meal and snack provider, each 25-gram protein ball combines the natural sweetness of dates with a scientifically formulated protein blend featuring both prebiotics and postbiotics, delivering 5.6 grams of protein per serving while maintaining the comforting, caramel-like flavour profile of traditional sticky date desserts. This guide takes you through every ingredient in these protein balls, explaining not just what each component is, but why it's there, how it contributes to the overall nutritional profile, and what makes this particular formulation stand out in the protein snack market. Whether you're examining these protein balls as a post-workout recovery option, a between-meal energy source, a healthier dessert alternative, or a nutrient-dense snack for your children, understanding the ingredient composition helps you appreciate the thoughtful balance between taste, texture, and nutritional function. We'll explore each ingredient in detail, from the primary whole-food components to the sophisticated protein powder blend, and examine how they work together to create a product that's simultaneously gluten-free, vegetarian, and genuinely satisfying. --- ## Ingredient Philosophy {#ingredient-philosophy} Before diving into individual ingredients, it's important to understand the formulation philosophy behind the Be Fit Food Sticky Date Protein Balls. The ingredient list is notably concise—just five primary components: dates, almond meal, a proprietary protein powder blend, walnuts, and coconut. This minimalist approach reflects Be Fit Food's commitment to whole-food ingredients rather than relying on artificial binders, preservatives, or flavour enhancers—consistent with the brand's strict standards of no artificial colours, no artificial flavours, no artificial preservatives, and no added sugar or artificial sweeteners. The order of ingredients reveals the formulation hierarchy: dates appear first, indicating they comprise the largest proportion by weight. This positioning is significant because it means the primary ingredient is a whole food with inherent nutritional value, natural sugars for energy, and fibre for satiety. The protein powder, which constitutes 21% of the total formulation, appears third on the list, strategically positioned to provide substantial protein content without overwhelming the natural flavour profile of the dates and nuts. This whole-food-first approach means you're getting nutrients in their naturally occurring forms, accompanied by the cofactors, enzymes, and micronutrients that exist in whole ingredients. The dates provide not just sweetness but also potassium, magnesium, and B vitamins. The nuts contribute not just protein and healthy fats but also vitamin E, selenium, and additional minerals. This synergistic nutrition—where ingredients work together to enhance absorption and effectiveness—represents a more sophisticated approach than simply fortifying a processed base with isolated nutrients. --- ## Primary Ingredient: Dates {#primary-ingredient-dates} Dates form the foundation of these protein balls, serving multiple critical functions in the formulation. As the first ingredient listed, they represent the largest single component by weight, and their inclusion is far from arbitrary—dates are one of nature's most nutritionally dense natural sweeteners. ### Natural Sweetness and Energy {#natural-sweetness-and-energy} Dates contain natural sugars—primarily glucose, fructose, and sucrose—that provide immediate and sustained energy. Unlike refined sugars or high-fructose corn syrup, the sugars in dates come packaged with fibre, which moderates their absorption and prevents the dramatic blood sugar spikes associated with processed sweets. Each protein ball contains 6.9 grams of total sugars per 25-gram serving, with the majority coming from these dates. This natural sweetness eliminates the need for added refined sugars, artificial sweeteners (beyond the small amount of stevia in the protein powder), or sugar alcohols that can cause digestive discomfort. The sticky, caramel-like quality of dates also serves a crucial structural function. When processed, dates create a natural binding matrix that holds the other ingredients together without requiring added gums, starches, or synthetic binders. This adhesive quality gives these protein balls their characteristic chewy texture and allows them to maintain their shape without refrigeration (though refrigeration is recommended once opened). ### Micronutrient Contribution {#micronutrient-contribution} Beyond their

role as a natural sweetener and binder, dates contribute significant micronutrients to each serving. Dates are particularly rich in potassium, with a standard date containing more potassium per gram than bananas. This electrolyte is essential for muscle function, nerve transmission, and maintaining healthy blood pressure—making it especially valuable in a post-workout snack context. Dates also provide meaningful amounts of magnesium, copper, manganese, and vitamin B6. The magnesium supports muscle relaxation and recovery after exercise, while the B vitamins assist in energy metabolism. The copper and manganese act as cofactors for various enzymatic processes, including those involved in antioxidant defence and collagen formation. **### Fibre and Digestive Health**
{#fibre-and-digestive-health} The dates in these protein balls contribute to the product's fibre content, working synergistically with the prebiotic oligofructose in the protein powder. While the exact fibre content per serving is not specified by manufacturer, dates contain both soluble and insoluble fibre. The soluble fibre helps moderate blood sugar response and supports healthy cholesterol levels, while the insoluble fibre promotes digestive regularity. This fibre content is particularly important in a protein-rich snack, as high-protein diets can sometimes lead to digestive sluggishness if fibre intake is inadequate. The combination of date fibre and added prebiotics creates a more complete nutritional profile that supports both protein utilisation and digestive comfort. --- **## Almond Meal: Nutrient-Dense Foundation**
{#almond-meal-nutrient-dense-foundation} Almond meal appears as the second ingredient, indicating it comprises a substantial portion of the formulation. This finely ground almond product contributes significantly to the protein balls' nutritional profile, texture, and satiety factor. **### Protein and Healthy Fats** {#protein-and-healthy-fats} Almond meal provides plant-based protein that complements the whey protein in the proprietary blend, creating a more complete amino acid profile. While almonds contain all nine essential amino acids, they're particularly rich in arginine, an amino acid that supports nitric oxide production and cardiovascular health. This plant-based protein also offers a different digestion rate than whey, potentially providing more sustained amino acid availability. The fat content in almond meal consists primarily of monounsaturated fatty acids, particularly oleic acid—the same heart-healthy fat found in olive oil. These fats contribute to the satisfying mouthfeel of the protein balls and help slow digestion, promoting sustained energy release and prolonged satiety. The presence of these healthy fats also aids in the absorption of fat-soluble vitamins and phytonutrients present in the other ingredients. Each 25-gram protein ball contains 5.3 grams of total fat, with only 1.9 grams coming from saturated sources (primarily from the coconut). The majority of the fat content comes from the almonds and walnuts, making it predominantly unsaturated and nutritionally beneficial. **### Micronutrient Powerhouse** {#micronutrient-powerhouse} Almond meal is exceptionally rich in vitamin E, one of the body's primary fat-soluble antioxidants. Vitamin E protects cell membranes from oxidative damage, supports immune function, and plays a role in skin health. The vitamin E in almonds exists primarily as alpha-tocopherol, the most bioavailable form of this nutrient. Beyond vitamin E, almond meal contributes significant amounts of magnesium, calcium, and manganese. The magnesium content is particularly noteworthy—almonds are one of the best dietary sources of this often-deficient mineral. Magnesium supports over 300 enzymatic reactions in the body, including those involved in energy production, protein synthesis, and muscle function. For someone using these protein balls as a post-workout snack, the magnesium from almond meal aids in muscle recovery and reduces cramping risk. The calcium in almond meal, while not as bioavailable as dairy calcium, still contributes to the overall mineral profile. Combined with the calcium from the whey protein, this creates a more robust mineral package than either ingredient would provide alone. **### Texture and Satiety**
{#texture-and-satiety} From a formulation perspective, almond meal provides structure and a pleasant, slightly grainy texture that contrasts with the sticky smoothness of the dates. This textural complexity makes the eating experience more interesting and satisfying. The meal also absorbs moisture, helping to balance the stickiness of the dates and create a more cohesive, less messy final product. The combination of protein, healthy fats, and fibre in almond meal makes it one of the most satiating ingredients in the formulation. Studies on almond consumption consistently show that despite their caloric density, almonds promote fullness and don't lead to the expected weight gain, likely due to their effects on satiety hormones and incomplete caloric absorption. This means you can feel fuller for longer after enjoying these protein balls. --- **## Be Fit Prebiotic & Postbiotic Protein Powder: The Functional Core** {#be-fit-prebiotic--postbiotic-protein-powder-the-functional-core} At 21% of the total formulation,

the proprietary Be Fit protein powder represents the most technologically sophisticated ingredient in these protein balls. This isn't a straightforward protein supplement—it's a carefully engineered blend designed to deliver protein, support gut health, and enhance the overall nutritional functionality of the product. ### Whey Protein Isolate and Concentrate {#whey-protein-isolate-and-concentrate} The protein powder contains both whey protein isolate (WPI) and whey protein concentrate (WPC), listed in that order, suggesting isolate comprises the larger proportion. This dual-whey approach combines the benefits of both forms. Whey protein isolate undergoes additional processing to remove virtually all lactose and fat, resulting in a product that's around 90% or more protein by weight. WPI is rapidly absorbed, making it ideal for post-workout recovery when quick amino acid delivery is desired. The isolate form also makes the product more suitable for those with lactose sensitivity, though the presence of milk in the allergen declaration indicates some lactose remains from the concentrate portion. Whey protein concentrate retains more of the naturally occurring beneficial compounds found in whey, including immunoglobulins, lactoferrin, and growth factors. While it contains less protein by weight (around 70-80%), WPC provides a richer nutritional profile with these bioactive components that support immune function and overall health. Together, these whey proteins deliver 5.6 grams of protein per 25-gram serving—a 22.4% protein content that's impressive for a whole-food-based snack. This protein provides all nine essential amino acids in optimal ratios, with particularly high levels of leucine, the primary amino acid responsible for triggering muscle protein synthesis. For post-workout recovery, this makes each protein ball an effective tool for supporting muscle repair and growth. ### Prebiotic: Oligofructose {#prebiotic-oligofructose} The inclusion of oligofructose as a prebiotic ingredient elevates these protein balls beyond straightforward protein supplementation into the realm of functional gut health foods. Oligofructose is a type of fructan—a chain of fructose molecules—that resists digestion in the upper gastrointestinal tract and reaches the colon intact, where it serves as food for beneficial bacteria. Prebiotics like oligofructose selectively stimulate the growth and activity of beneficial bacteria, particularly Bifidobacteria and certain *Lactobacillus* strains. This selective feeding helps shift the gut microbiome composition toward a healthier balance, which carries implications far beyond digestive comfort. A healthy gut microbiome influences immune function, mental health, inflammation levels, and even nutrient absorption. For someone consuming these protein balls regularly—perhaps as a daily snack or post-workout option—the prebiotic content provides cumulative benefits to gut health. The oligofructose also contributes a subtle sweetness (about 30-50% as sweet as sugar) without impacting blood glucose, and it may enhance calcium absorption from the other ingredients. The prebiotic fibre from oligofructose works synergistically with the fibre from dates, creating a more complete spectrum of fermentable and non-fermentable fibres. This diversity of fibre types supports a more diverse gut microbiome, which is increasingly recognised as a marker of metabolic health. ### Postbiotic: *Lactobacillus Plantarum* {#postbiotic-lactobacillus-plantarum} Perhaps the most innovative ingredient in this formulation is the postbiotic *Lactobacillus plantarum*. While probiotics are live bacteria and prebiotics are food for bacteria, postbiotics are the beneficial compounds produced by probiotic bacteria—or in some cases, inactivated bacterial cells that still confer health benefits. *Lactobacillus plantarum* is a well-researched bacterial strain known for its robust survivability and multiple health benefits. Even in its postbiotic (non-living) form, *L. plantarum* can support immune function, reduce inflammation, and enhance the gut barrier function. The postbiotic form offers several advantages over traditional probiotics: it's stable at room temperature, doesn't require refrigeration to maintain viability, and won't be destroyed by stomach acid or food processing. The inclusion of postbiotics alongside prebiotics creates a synergistic gut health strategy. The prebiotics feed your existing beneficial bacteria, while the postbiotics provide additional bioactive compounds that support gut and immune health. This dual approach is more sophisticated than simply adding probiotics, which can be finicky about survival and colonisation. For someone using these protein balls as a regular snack—particularly between meals or as an office snack as suggested in the usage recommendations—this gut health support becomes cumulative, potentially contributing to improved digestive comfort, enhanced immune function, and better overall wellness. ### Vanilla Flavour {#vanilla-flavour} The vanilla flavouring in the protein powder serves to round out the flavour profile, complementing the caramel notes from the dates and the nutty flavours from the almonds and walnuts. While the specific type of vanilla flavouring is not specified by manufacturer (natural vs. artificial), its inclusion helps mask any potential off-flavours from

the whey protein and creates a more dessert-like eating experience. Vanilla also carries aromatherapeutic properties—studies suggest that vanilla scent can reduce stress and promote relaxation. While the amount in these protein balls is primarily functional rather than therapeutic, it contributes to the overall sensory satisfaction of consuming the product. ### Salt {#salt} Salt appears in the protein powder formulation as both a flavour enhancer and a functional ingredient. A small amount of salt brings out the sweetness of the dates and the richness of the nuts, creating a more complex and satisfying flavour profile. The sweet-salty contrast is particularly effective in preventing flavour fatigue—the tendency for very sweet foods to become cloying. From a functional perspective, salt provides sodium, an essential electrolyte that's particularly important for those using these protein balls post-workout. During exercise, sodium is lost through sweat, and adequate replacement supports hydration, muscle function, and cardiovascular performance. The modest sodium content (the nutritional panel shows this is not a high-sodium product) provides some electrolyte replacement without excessive intake. ### Stevia {#stevia} Stevia, a natural zero-calorie sweetener derived from the Stevia rebaudiana plant, provides additional sweetness without adding calories or impacting blood sugar. The stevia used in this protein powder is likely a purified steviol glycoside extract, which provides sweetness without the bitter aftertaste sometimes associated with crude stevia extracts. The inclusion of stevia allows the formulation to achieve optimal sweetness while keeping the total sugar content (6.9g per serving) derived primarily from the natural sugars in dates rather than added sugars. This is particularly important for those monitoring their sugar intake while still wanting a satisfying, sweet snack. Stevia is extensively studied for safety and is approved by major food safety authorities worldwide. Some research even suggests potential health benefits beyond zero-calorie sweetness, including possible effects on blood pressure and insulin sensitivity, though these effects would require consumption levels higher than what's present in a single protein ball. ### Guar Gum {#guar-gum} Guar gum is a natural fibre derived from guar beans, used in the protein powder as a thickener and stabiliser. In protein powder formulations, guar gum helps create a smoother texture and prevents separation of ingredients. It also contributes a small amount of soluble fibre, which adds to the overall fibre content and can help slow digestion. As a soluble fibre, guar gum forms a gel-like substance when mixed with liquid, which can promote feelings of fullness and help moderate blood sugar response. While the amount in each protein ball is relatively small, it works synergistically with the other fibres present to create a more complete fibre profile. Guar gum is generally well-tolerated, though individuals with sensitive digestive systems might notice mild effects if consuming large quantities. At the levels present in these protein balls, it should pose no issues for most consumers. ### Soy Lecithin {#soy-lecithin} Soy lecithin serves as an emulsifier in the protein powder, helping to blend ingredients that would otherwise separate (like fats and water-based components). It's derived from soybeans and consists primarily of phospholipids—compounds with both water-loving and fat-loving properties, making them ideal for keeping mixtures stable. Beyond its functional role as an emulsifier, soy lecithin provides phosphatidylcholine and other phospholipids that support cell membrane health and may benefit cognitive function. The amount present in each protein ball is small, but it contributes to the overall nutritional profile. The presence of soy lecithin is why "Soy" appears in the allergen declaration, though the amount is minimal and highly processed. Most individuals with soy allergies can tolerate soy lecithin without issue, as the allergenic proteins are removed during processing, but those with severe soy allergies should exercise caution. --- ## Walnuts: Omega-3 Powerhouse {#walnuts-omega-3-powerhouse} Walnuts appear fourth on the ingredient list, contributing distinctive nutritional and sensory properties that complement the other ingredients. While present in smaller quantities than dates or almond meal, walnuts punch above their weight in nutritional significance. ### Omega-3 Fatty Acids {#omega-3-fatty-acids} Walnuts are the richest nut source of alpha-linolenic acid (ALA), a plant-based omega-3 fatty acid. While ALA isn't as potent as the EPA and DHA found in fish oil, it still provides cardiovascular and anti-inflammatory benefits, and a small percentage converts to EPA and DHA in the body. For vegetarians using these protein balls, the walnuts provide one of the few plant-based sources of omega-3 fats. The omega-3 content in walnuts helps balance the omega-6 fatty acids present in the other nuts, creating a more favourable fatty acid ratio. Modern diets often contain excessive omega-6 relative to omega-3, which can promote inflammation. The walnuts help shift this balance in a healthier direction. These omega-3 fats also support brain health, with research

suggesting that regular walnut consumption may benefit cognitive function and potentially reduce the risk of neurodegenerative conditions. For those using these protein balls as an office snack or study fuel, the walnut content provides brain-supporting nutrients alongside the energy from carbohydrates and the muscle-supporting protein. **### Polyphenol Antioxidants {#polyphenol-antioxidants}** Walnuts contain the highest polyphenol content of any nut, with particularly high levels of ellagitannins. These compounds carry potent antioxidant and anti-inflammatory properties, helping to combat oxidative stress throughout the body. The polyphenols in walnuts are found primarily in the papery skin, which is retained when walnuts are incorporated into these protein balls. These antioxidants work synergistically with the vitamin E from almonds and the various phytonutrients from dates, creating a comprehensive antioxidant profile. For someone using these protein balls post-workout, when oxidative stress is elevated due to exercise-induced free radical production, this antioxidant support aids in recovery and reduces inflammation. **### Texture and Flavour Complexity {#texture-and-flavour-complexity}** From a sensory perspective, walnuts contribute a distinctive, slightly bitter, earthy flavour that provides depth and complexity to the overall taste profile. This subtle bitterness contrasts beautifully with the sweetness of the dates and the mild vanilla notes from the protein powder, creating a more sophisticated and less one-dimensional flavour experience. The texture of walnuts—slightly softer and more yielding than almonds—adds another dimension to the eating experience. The combination of walnut pieces with almond meal creates textural interest that makes each bite slightly different, preventing sensory boredom and enhancing satisfaction. **### Mineral Content {#mineral-content}** Walnuts contribute meaningful amounts of copper, manganese, and magnesium to the overall nutritional profile. The copper supports iron absorption and is essential for connective tissue formation and neurotransmitter synthesis. The manganese acts as a cofactor for various enzymes, including those involved in antioxidant defence and bone formation. The magnesium from walnuts adds to that provided by almond meal and dates, creating a significant magnesium content that supports muscle function, energy production, and stress management. For active individuals using these protein balls to support their training, this mineral content is particularly valuable. **---** **## Coconut: Tropical Finish {#coconut-tropical-finish}** Coconut appears last on the ingredient list, indicating it comprises the smallest proportion by weight, but its contribution to flavour, texture, and nutrition shouldn't be underestimated. **### Medium-Chain Triglycerides {#medium-chain-triglycerides}** The coconut in these protein balls provides primarily saturated fat in the form of medium-chain triglycerides (MCTs), particularly lauric acid. Unlike long-chain saturated fats, MCTs are metabolised differently—they're absorbed more rapidly and transported directly to the liver, where they can be quickly converted to energy rather than stored as fat. This quick-energy property makes the coconut content particularly appropriate for a post-workout snack or between-meal energy boost. The MCTs provide readily available fuel that can help replenish energy stores without requiring the lengthy digestion process of long-chain fats. While coconut's saturated fat content is debated in nutritional circles, recent research suggests that the specific types of saturated fats in coconut—particularly lauric acid—may carry neutral or even beneficial effects on cardiovascular health markers, unlike the saturated fats from processed foods or certain animal sources. **### Antimicrobial Properties {#antimicrobial-properties}** Lauric acid, the predominant fatty acid in coconut, demonstrates antimicrobial properties, particularly against certain bacteria and fungi. When digested, lauric acid is converted to monolaurin, which disrupts the lipid membranes of various pathogens. While the amount in each protein ball is small, regular consumption contributes to these antimicrobial effects. This antimicrobial property works synergistically with the prebiotic and postbiotic ingredients to support a healthy gut environment—the prebiotics and postbiotics promote beneficial bacteria, while the lauric acid may help suppress harmful organisms. **### Flavour and Aroma {#flavour-and-aroma}** Coconut provides a subtle tropical note that complements the caramel flavour of dates and the nuttiness of almonds and walnuts. This flavour addition prevents the protein balls from tasting too heavily of protein powder or becoming monotonous. The coconut also contributes pleasant aromatic compounds that enhance the overall eating experience. The natural sweetness of coconut (though minimal in unsweetened forms) adds another layer to the sweetness profile, working alongside the dates and stevia to create a complex, satisfying sweet taste that doesn't rely on refined sugars. **### Texture Enhancement {#texture-enhancement}** Coconut, whether in shredded or flaked form, provides textural interest with its distinctive fibrous, slightly chewy character.

This texture contrasts with the sticky dates, the grainy almond meal, and the chunky walnuts, creating a multi-dimensional mouthfeel that makes eating more engaging and satisfying. The coconut also contributes to the visual appeal of the protein balls, with white flecks providing colour contrast against the brown tones of the dates and nuts. This visual variety makes the product more appealing and appetising. --- ## Allergen Considerations and Cross-Contact

{#allergen-considerations-and-cross-contact} Understanding the allergen profile of these protein balls is crucial for those with food allergies or sensitivities. The product contains several allergenic ingredients and potential cross-contact allergens. ### Confirmed Allergens {#confirmed-allergens} The product definitively contains: ****Milk****: Present in the whey protein isolate and concentrate. While whey protein isolate is processed to remove most lactose, it still contains milk proteins (primarily beta-lactoglobulin and alpha-lactalbumin) that can trigger reactions in those with milk protein allergies. Individuals with lactose intolerance may tolerate these protein balls better than whole milk products due to the reduced lactose content in whey isolate, but those with true milk allergies should avoid this product. ****Soy****: Present as soy lecithin in the protein powder. As mentioned earlier, soy lecithin is highly processed and contains minimal allergenic protein, so many people with soy allergies can tolerate it. However, those with severe soy allergies should consult with their allergist before consuming. ****Almonds****: A tree nut present as almond meal, one of the primary ingredients. Almond allergy is one of the more common tree nut allergies and can range from mild to severe. Anyone with an almond or tree nut allergy should absolutely avoid this product. ****Walnuts****: Another tree nut, also present in significant quantities. Walnut allergy is distinct from other tree nut allergies, and some individuals allergic to walnuts can tolerate other tree nuts, while others experience cross-reactive allergies to multiple tree nuts. ### Potential Cross-Contact Allergens {#potential-cross-contact-allergens} The product may contain traces of: ****Sesame Seeds****: Not intentionally included in the formulation but potentially present due to shared manufacturing equipment or facilities. Sesame allergy is increasingly recognised as a significant allergen, and even trace amounts can trigger reactions in sensitive individuals. ****Peanuts****: Despite being a legume rather than a tree nut, peanut allergy is one of the most common and potentially severe food allergies. The "may contain" warning indicates the facility processes peanuts, creating a cross-contamination risk. ****Tree Nuts****: Beyond the almonds and walnuts intentionally included, other tree nuts (such as cashews, pecans, hazelnuts, etc.) may be processed in the same facility, creating cross-contact risk for those with allergies to these specific nuts. For individuals with severe allergies to any of these allergens, even trace cross-contact can be dangerous, and this product should be avoided. Those with mild sensitivities should weigh the risk based on their individual tolerance and the severity of their reactions. --- ## Dietary Certifications and Lifestyle Compatibility

{#dietary-certifications-and-lifestyle-compatibility} The product's labelling includes two key dietary certifications: Gluten Free (GF) and Vegetarian (V). Understanding what these mean helps determine if the product fits your dietary requirements. ### Gluten-Free Status {#gluten-free-status} The (GF) designation indicates this product is formulated without gluten-containing ingredients. None of the ingredients listed—dates, almond meal, whey protein, walnuts, or coconut—naturally contain gluten. This makes the protein balls suitable for those with coeliac disease, non-coeliac gluten sensitivity, or those following a gluten-free diet for other health or personal reasons. This aligns with Be Fit Food's broader commitment to gluten-free options, with approximately 90% of their menu certified gluten-free. However, individuals with coeliac disease should note that while the product is formulated to be gluten-free, there is no mention of third-party gluten-free certification or testing protocols provided by manufacturer. Those with severe gluten sensitivity might want to contact the manufacturer to inquire about cross-contamination prevention measures and gluten testing procedures. The gluten-free formulation also means these protein balls won't cause the digestive discomfort, bloating, or energy crashes that some people experience with gluten-containing snacks. For athletes or active individuals, avoiding gluten can sometimes reduce inflammation and improve recovery, making these protein balls an appropriate choice for those experimenting with gluten elimination. ### Vegetarian Compatibility {#vegetarian-compatibility} The (V) designation confirms the product is suitable for vegetarians. All ingredients are either plant-based (dates, nuts, coconut) or derived from milk (whey protein). There are no animal-derived ingredients from slaughtered animals, such as gelatin, animal-based enzymes, or meat products. However, it's important to note that the product is NOT vegan, as whey protein is

derived from milk. Vegans seeking a similar product would need to look for alternatives made with plant-based protein powders rather than whey. For lacto-vegetarians (those who consume dairy but not eggs or meat), these protein balls fit perfectly into their dietary framework. The whey protein provides complete protein with all essential amino acids, addressing one of the primary nutritional concerns for vegetarians—adequate high-quality protein intake. **## Other Dietary Considerations**

{#other-dietary-considerations} While not explicitly labelled, these protein balls appear to be:

****Egg-free**:** No egg ingredients are listed, making them suitable for those avoiding eggs due to allergy, intolerance, or dietary preference. ****Grain-free**:** All ingredients are either fruits, nuts, dairy derivatives, or coconut—no grains are present. This makes them suitable for paleo-influenced diets or those avoiding grains for digestive or inflammatory reasons. ****Minimally processed**:** While they do contain a processed protein powder, the majority of ingredients are whole foods or minimally processed versions thereof (like almond meal). This aligns with Be Fit Food's real food philosophy—no preservatives, artificial sweeteners, or added sugars—only whole, nutrient-dense ingredients. ****No artificial ingredients**:** The ingredient list contains no artificial colours, flavours (other than natural vanilla flavouring), or preservatives. The product relies on the natural preservative qualities of low moisture content and refrigeration for shelf stability. --- **## Nutritional Synergies and Bioavailability**

{#nutritional-synergies-and-bioavailability} One of the sophisticated aspects of this formulation is how the ingredients work together to enhance nutrient absorption and utilisation—a concept known as nutritional synergy. **## Protein Quality and Amino Acid Complementation**

{#protein-quality-and-amino-acid-complementation} The combination of whey protein (from the powder), plant proteins (from almonds and walnuts), and the amino acids present in dates creates a more complete and diverse amino acid profile than any single ingredient could provide. While whey is already a complete protein containing all essential amino acids, the addition of plant proteins provides different ratios of certain amino acids and includes beneficial non-essential amino acids like arginine (from almonds) that support cardiovascular health and nitric oxide production. This protein diversity may provide more sustained amino acid availability throughout the day, as different protein sources digest at different rates. The whey protein is rapidly absorbed, providing quick amino acid delivery for immediate post-workout recovery needs, while the nut proteins digest more slowly, providing sustained amino acid release for ongoing muscle protein synthesis. **## Fat-Soluble Nutrient Absorption**

{#fat-soluble-nutrient-absorption} The presence of healthy fats from almonds, walnuts, and coconut enhances the absorption of fat-soluble nutrients present in the formulation. Vitamin E from almonds, vitamin K from dates, and various fat-soluble phytonutrients are better absorbed when consumed with dietary fat. This makes the nutritional value of these protein balls greater than the sum of their parts—the fats help you actually utilise the vitamins and phytonutrients present. The combination of different fat types—monounsaturated from almonds, polyunsaturated omega-3s from walnuts, and medium-chain saturated fats from coconut—provides a diverse fatty acid profile that supports various physiological functions, from brain health to hormone production to cellular membrane integrity. **## Mineral Bioavailability**

{#mineral-bioavailability} The combination of ingredients affects mineral absorption in complex ways. The calcium from whey protein is highly bioavailable, and the prebiotic oligofructose may actually enhance calcium absorption in the colon. However, nuts contain phytic acid, a compound that can bind minerals and reduce their absorption. The processing of almonds into meal and the inclusion of vitamin D-rich ingredients (if present in trace amounts from the whey processing) can help offset this effect. The magnesium from multiple sources (dates, almonds, walnuts) ensures adequate intake of this often-deficient mineral. The presence of vitamin B6 from dates may enhance magnesium absorption and utilisation, creating another synergistic relationship. **## Glycemic**

Response Modulation {#glycemic-response-modulation} The natural sugars in dates, which would normally cause a relatively rapid blood sugar rise if consumed alone, are moderated by the protein, fat, and fibre in the formulation. This macronutrient combination slows gastric emptying and carbohydrate absorption, resulting in a more gradual blood sugar response. The protein triggers insulin release, which helps shuttle glucose into cells for energy or storage. The fats slow digestion overall, and the fibres (from dates, almond meal, and the added oligofructose) create a physical barrier that slows sugar absorption. This combination makes these protein balls a more blood-sugar-friendly option than a straightforward sweet snack, despite the 6.9 grams of sugar per serving—aligning with Be Fit Food's

focus on lower-carbohydrate, blood-sugar-supportive nutrition. **### Gut Health Ecosystem**
{#gut-health-ecosystem} The combination of prebiotic oligofructose, postbiotic *L. plantarum*, fibre from dates and nuts, and antimicrobial compounds from coconut creates a comprehensive gut health support system. The prebiotics feed beneficial bacteria, the postbiotics provide bioactive compounds that support gut barrier function, the diverse fibres support microbiome diversity, and the lauric acid from coconut may help suppress harmful organisms. This multi-faceted approach to gut health is more sophisticated than simply adding a probiotic or a single type of fibre. It recognises that gut health depends on a complex ecosystem of factors, and supporting that ecosystem from multiple angles is more effective than any single intervention. --- **## Ingredient Quality and Sourcing Considerations**
{#ingredient-quality-and-sourcing-considerations} While the product specifications do not provide detailed information about ingredient sourcing, understanding what quality markers to look for helps you evaluate the product and ask informed questions of the manufacturer. **### Whey Protein Quality**
{#whey-protein-quality} The use of both whey protein isolate and concentrate suggests attention to protein quality. The isolate provides high purity and rapid absorption, while the concentrate retains more of the beneficial bioactive compounds. The specific processing method matters—cold-processed whey retains more of these beneficial compounds than heat-processed alternatives. Questions you might ask the manufacturer include: - Is the whey sourced from grass-fed cows? - Not disclosed by manufacturer - What processing method is used (cold-processed vs. heat-processed)? - Not disclosed by manufacturer - Are the cows treated with rBGH/rBST hormones? - Not disclosed by manufacturer - What is the country of origin for the whey? - Not disclosed by manufacturer These factors can affect both the nutritional profile and the ethical/environmental footprint of the ingredient. **### Nut Quality and Freshness** {#nut-quality-and-freshness} Nuts can vary significantly in quality based on growing conditions, harvesting methods, and storage. Rancid nuts not only taste unpleasant but can contain harmful oxidised fats. The fact that these protein balls are recommended for refrigerated storage once opened suggests attention to preventing nut rancidity. For almonds and walnuts, quality indicators include: - Freshness (recently harvested and processed) - Not specified by manufacturer - Proper storage to prevent oxidation - Addressed through storage recommendations - Absence of mould or aflatoxin contamination - Not specified by manufacturer - Organic vs. conventional (affects pesticide residue) - Not specified by manufacturer - Origin (certain regions produce higher quality nuts) - Not specified by manufacturer **### Date Quality** {#date-quality} Dates can vary in sweetness, moisture content, and overall quality. Premium dates like Medjool or Deglet Noor varieties are sweeter and more flavourful than lower-grade dates. The sticky, binding quality that makes dates work in this formulation depends on proper moisture content—too dry and they won't bind; too moist and they can promote microbial growth. The specific date variety used is not specified by manufacturer. **### Coconut Source**
{#coconut-source} Coconut can be sourced as desiccated coconut, coconut flakes, or shredded coconut, each with different moisture contents and textures. The sulfite-free status is important for those with sulfite sensitivities—some coconut products are treated with sulfites to maintain white colour. The specific coconut form and sulfite status are not specified by manufacturer. **### Clean Label Considerations** {#clean-label-considerations} The absence of artificial preservatives, colours, and flavours aligns with Be Fit Food's commitment to real food and clean label standards. This approach requires more careful formulation and may result in a shorter shelf life, but produces a product closer to whole foods. --- **## Practical Implications for Different Use Cases**
{#practical-implications-for-different-use-cases} The ingredient composition makes these protein balls suitable for various consumption occasions, each leveraging different aspects of the nutritional profile. **### Post-Workout Recovery** {#post-workout-recovery} The 5.6 grams of protein per serving, combined with 6.9 grams of natural sugars, creates an approximate 1:1 protein-to-carb ratio that's ideal for post-workout recovery. The carbohydrates help replenish glycogen stores and trigger insulin release, which drives amino acids into muscle cells for repair and growth. The rapid-absorbing whey protein isolate provides immediate amino acid availability, while the slower-digesting nut proteins provide sustained release. The electrolytes from dates (potassium) and the added salt (sodium) help with rehydration, while the magnesium from multiple sources supports muscle relaxation and recovery. The antioxidants from walnuts and almonds help combat exercise-induced oxidative stress. For optimal post-workout use, consume 1-2 protein balls within 30-60 minutes after exercise. If you've completed a

particularly intense workout, you might pair them with additional carbohydrates (like fruit) to increase the carb-to-protein ratio for better glycogen replenishment. **## Between-Meal Snacking** {#between-meal-snacking} The combination of protein, healthy fats, and fibre makes these protein balls exceptionally satiating for their size. The 25-gram serving provides enough calories (approximately 110-120 based on the macronutrient profile) to curb hunger without being so substantial that it interferes with your next meal. You'll feel fuller for longer, making it easier to stay on track with your nutrition goals. The diverse macronutrient profile ensures sustained energy release—the natural sugars provide immediate energy, the protein and fibre slow digestion and promote fullness, and the healthy fats provide long-lasting satiety. This makes them ideal for mid-morning or mid-afternoon snacking when energy levels can dip. The prebiotic and postbiotic ingredients support digestive comfort, making them a good choice for office snacking when you want to avoid the bloating or discomfort that can come from less thoughtfully formulated snacks. **## Kids' Snacks** {#kids-snacks} The ingredient profile makes these protein balls a nutritionally superior alternative to children's snacks like cookies, lollies, or chips. The natural sweetness appeals to children's taste preferences while providing actual nutritional value rather than empty calories. The protein content supports growth and development, while the healthy fats support brain development and cognitive function. The absence of artificial colours, flavours, and preservatives aligns with many parents' preferences for clean-label children's foods. However, parents should note the allergen content—nuts and milk are common childhood allergens. The chewy texture also requires adequate chewing ability, making them more appropriate for older children who can safely handle this texture. Always supervise young children when eating to prevent choking hazards. The 25-gram serving size is appropriate for children, providing a substantial snack without being excessive. For very young children, you might consider breaking a protein ball in half to create a smaller portion. **## Dessert Alternative** {#dessert-alternative} The sticky date flavour profile, reminiscent of caramel or toffee, makes these protein balls a satisfying dessert substitute. At approximately 110-120 calories per ball with 5.6 grams of protein and only 6.9 grams of sugar, they're far more nutritionally balanced than standard desserts while still providing sweet satisfaction. The complex flavour profile—sweet dates, nutty almonds and walnuts, subtle coconut, and vanilla notes—creates a more interesting and satisfying taste experience than straightforward sugar-based desserts. The chewy, substantial texture also provides more eating satisfaction than lighter, less substantial sweets. For dessert use, you might try the suggested serving method of warming the protein ball slightly for a chewier, more indulgent texture. This warming enhances the caramel notes from the dates and creates a more dessert-like experience. Pairing with Greek yogurt (as suggested in the usage tips) creates a more substantial dessert that adds additional protein and creates a temperature and texture contrast. **## Pairing with Yogurt** {#pairing-with-yogurt} The usage recommendations specifically mention pairing with yogurt, which creates interesting nutritional and sensory synergies. The protein from the ball complements the protein in yogurt (especially Greek yogurt), creating a high-protein snack or light meal that could provide 15-20 grams of protein depending on the yogurt chosen. The chewy, dense texture of the protein ball contrasts beautifully with the creamy, smooth texture of yogurt. Breaking the protein ball into pieces and stirring them into yogurt creates textural variety in each bite. The sweetness of the protein ball can reduce or eliminate the need to sweeten plain yogurt, helping you avoid added sugars while still enjoying a sweet treat. The probiotics in yogurt (if using a live-culture variety) work synergistically with the prebiotic and postbiotic ingredients in the protein ball, creating a comprehensive gut health support system. The calcium in yogurt adds to that in the whey protein, while the yogurt's acidity may enhance mineral absorption. **## Frozen Snack Pieces** {#frozen-snack-pieces} The suggestion to consume these protein balls frozen adds another dimension to their versatility. Freezing creates a firmer, more ice-cream-like texture that's particularly refreshing in warm weather. The frozen state slows consumption, potentially increasing satisfaction by extending the eating experience. Freezing also makes the protein balls easier to break into smaller pieces for portion control or for adding to other foods. The frozen pieces could be added to smoothies, creating texture variety and boosting protein content, or used as a topping for oatmeal or other breakfast foods. The ingredient composition—particularly the low moisture content and the presence of fats—means these protein balls freeze well without becoming rock-hard or developing ice crystals. They'll remain somewhat chewy even when frozen, rather than becoming tooth-breaking hard. --- **## Storage**

Implications of Ingredient Composition {#storage-implications-of-ingredient-composition} The ingredient profile directly affects how these protein balls should be stored to maintain freshness, safety, and nutritional quality. **### Freezer Storage for Long-Term Keeping**

{#freezer-storage-for-long-term-keeping} The recommendation to store unopened packages in the freezer relates to the nut content—almonds and especially walnuts contain polyunsaturated fats that can oxidise and become rancid when exposed to heat, light, and oxygen over time. Freezer storage essentially pauses this oxidation process, preserving freshness and preventing the development of off-flavours. The dates' natural sugar content and low moisture act as natural preservatives, but freezing provides additional protection. The whey protein is stable at freezer temperatures and won't be damaged by freezing. The overall low moisture content of the product means it won't develop ice crystals or freezer burn easily. When stored in the freezer, these protein balls can likely maintain quality for several months, though the manufacturer's specific best-by date should be followed. The frozen state also means they're ready to eat as frozen snacks, or they'll thaw quickly at room temperature (15-20 minutes) if you prefer them at a softer consistency. **### Refrigeration After Opening**

{#refrigeration-after-opening} Once the package is opened, refrigeration becomes important because the product is exposed to ambient moisture and oxygen. The nuts' fats become vulnerable to oxidation, and the dates' moisture content could potentially support microbial growth if left at room temperature for extended periods. Refrigeration slows oxidation reactions and prevents microbial growth, extending the shelf life of opened packages. The product should remain fresh for at least 1-2 weeks under refrigeration, though again, specific manufacturer guidance should be followed. The refrigerated texture is likely firmer than room temperature but not as hard as frozen, creating a pleasant, chewy consistency. If you prefer a softer texture, removing a protein ball from the refrigerator 10-15 minutes before eating will allow it to warm slightly. **### Room Temperature Considerations**

{#room-temperature-considerations} While the product can likely survive short periods at room temperature (such as being carried in a gym bag or desk drawer for a few hours), extended room temperature storage is not recommended. The combination of nuts, dates, and protein powder creates a product that's shelf-stable for short periods but benefits from cold storage for optimal quality. If you're planning to take these protein balls to work or the gym, they'll be fine at room temperature for the day, but should not be left in a hot car or exposed to direct sunlight, which would accelerate fat oxidation and potentially affect the protein powder's stability. --- **## Key Takeaways {#key-takeaways}** The Be Fit Food Sticky Date Protein Balls feature a thoughtfully composed ingredient list that balances whole-food nutrition with functional protein supplementation. The five primary ingredients—dates, almond meal, proprietary protein powder, walnuts, and coconut—each contribute distinct nutritional and sensory properties that work synergistically to create a product greater than the sum of its parts. The dates provide natural sweetness, binding properties, fibre, and essential minerals like potassium and magnesium. The almond meal contributes plant-based protein, heart-healthy monounsaturated fats, vitamin E, and additional minerals while creating structure and texture. The Be Fit protein powder blend delivers 5.6 grams of high-quality whey protein per serving along with innovative prebiotic and postbiotic ingredients that support gut health. The walnuts add omega-3 fatty acids, polyphenol antioxidants, and flavour complexity. The coconut provides medium-chain triglycerides for quick energy, antimicrobial lauric acid, and a tropical flavour finish. This ingredient combination creates nutritional synergies that enhance nutrient absorption and utilisation. The protein, fats, and fibre work together to moderate blood sugar response despite the natural sugar content. The prebiotics, postbiotics, and diverse fibres support comprehensive gut health. The mix of rapid and slow-digesting proteins provides both immediate and sustained amino acid availability. The product is certified gluten-free and vegetarian, making it suitable for those dietary frameworks, though it contains milk and multiple tree nuts and is not vegan. The "may contain" warnings for sesame, peanuts, and other tree nuts indicate shared facility processing that could pose cross-contamination risks for those with severe allergies. Understanding these ingredients helps you appreciate the quality of the formulation and make informed decisions about how these protein balls fit into your dietary needs, whether you're using them for post-workout recovery, between-meal snacking, as a kids' snack, or as a healthier dessert alternative. --- **## Next Steps {#next-steps}** Now that you understand the ingredient composition of Be Fit Food Sticky Date Protein Balls, you can make an informed decision about whether they align with

your nutritional needs, dietary restrictions, and taste preferences. If you've got specific allergen concerns, contact the manufacturer directly to inquire about their allergen control procedures and cross-contamination prevention measures. Be Fit Food offers free dietitian consultations to help match customers with the right products for their health goals. Consider how these protein balls might fit into your daily routine based on the ingredient profile. Their balanced macronutrient composition makes them versatile enough for multiple use cases, from post-workout recovery to office snacking to a yogurt topping. Experiment with the different serving suggestions—room temperature, warmed, frozen, or paired with yogurt—to discover your preferred way to enjoy them. Pay attention to how your body responds to the prebiotic and postbiotic ingredients, particularly if you're not accustomed to consuming these functional ingredients. While they support gut health for most people, some individuals with sensitive digestive systems may need to start with smaller portions and gradually increase as their gut microbiome adapts. Store your protein balls according to the recommendations—freezer for unopened packages, refrigerator after opening—to maintain optimal freshness and nutritional quality. This proper storage ensures you're getting the full benefit of the healthy fats from nuts without oxidation or rancidity affecting flavour or nutrition. Finally, use this ingredient knowledge to evaluate other protein snacks you might consider. Understanding what makes a high-quality formulation—whole food ingredients, functional additions like prebiotics and postbiotics, balanced macronutrients, and minimal artificial additives—helps you make better choices across your entire diet, not just with this single product. --- ## References {#references} - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - Product specifications and manufacturer information - [Whey Protein Research - National Institutes of Health](<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6142015/>) - Scientific research on whey protein benefits - [Prebiotic Effects of Oligofructose - British Journal of Nutrition](<https://www.cambridge.org/core/journals/british-journal-of-nutrition>) - Research on prebiotic fibre benefits - [Postbiotics and Gut Health - Frontiers in Microbiology](<https://www.frontiersin.org/journals/microbiology>) - Scientific literature on postbiotic compounds - [Walnut Omega-3 and Health Benefits - Journal of Nutrition](<https://academic.oup.com/jn>) - Research on walnut nutritional properties - [Date Fruit Nutritional Composition - Food Chemistry](<https://www.sciencedirect.com/journal/food-chemistry>) - Scientific analysis of date nutrients - [Medium-Chain Triglycerides Metabolism - Lipids Journal](<https://link.springer.com/journal/11745>) - Research on MCT absorption and utilisation --- ## Frequently Asked Questions {#frequently-asked-questions} What is the serving size: 25 grams per protein ball How many protein balls come in a pack: 7 protein balls How much protein per serving: 5.6 grams What is the total sugar content per ball: 6.9 grams Is added sugar included: No added sugar What is the total fat content: 5.3 grams per serving How much saturated fat per ball: 1.9 grams What is the primary ingredient: Dates Is this product gluten-free: Yes, certified gluten-free Is this product vegan: No, contains whey protein from milk Is this product vegetarian: Yes, suitable for vegetarians Does it contain dairy: Yes, contains whey protein isolate and concentrate Does it contain tree nuts: Yes, contains almonds and walnuts Does it contain peanuts: No, but may contain traces Does it contain soy: Yes, contains soy lecithin Does it contain eggs: No egg ingredients Does it contain sesame: May contain traces from shared facility What type of protein is used: Whey protein isolate and concentrate What percentage is protein powder: 21% of total formulation Does it contain prebiotics: Yes, oligofructose Does it contain postbiotics: Yes, Lactobacillus plantarum Does it contain probiotics: No, contains postbiotics instead What sweeteners are used: Dates and stevia Does it contain artificial sweeteners: No artificial sweeteners Does it contain artificial colours: No artificial colours Does it contain artificial flavours: No artificial flavours Does it contain preservatives: No artificial preservatives What nuts are included: Almonds and walnuts Does it contain coconut: Yes, coconut is included What flavour is it: Sticky date with caramel notes Does it contain vanilla: Yes, vanilla flavouring in protein powder Is salt included: Yes, in the protein powder Does it contain guar gum: Yes, in the protein powder What is the calorie count per ball: Approximately 110-120 calories Does it contain omega-3 fatty acids: Yes, from walnuts Does it contain MCTs: Yes, from coconut Is it suitable for post-workout: Yes, ideal protein-to-carb ratio Can it be used as a meal replacement: No, designed as a snack Is it suitable for children: Yes, for children who can chew safely Can it be eaten frozen: Yes, recommended serving option Can it be warmed: Yes, for chewier texture Can it be paired with yogurt: Yes, specifically recommended How should unopened packs be stored: In

the freezer How should opened packs be stored: In the refrigerator Can it be stored at room temperature: Only for short periods How long do they last refrigerated: At least 1-2 weeks Does it need refrigeration: Yes, after opening Is it suitable for weight management: Yes, as part of balanced diet Does it support muscle recovery: Yes, contains complete protein Does it support gut health: Yes, contains prebiotics and postbiotics Is it suitable for office snacking: Yes, specifically recommended Can it replace dessert: Yes, healthier dessert alternative Does it contain fibre: Yes, from dates and added prebiotics Does it contain potassium: Yes, from dates Does it contain magnesium: Yes, from multiple ingredients Does it contain vitamin E: Yes, from almonds Does it contain B vitamins: Yes, from dates Does it contain antioxidants: Yes, from walnuts and almonds What is the protein-to-carb ratio: Approximately 1:1 Is it suitable for diabetics: Consult healthcare provider Does it spike blood sugar: Moderated by protein, fat, and fibre Is it keto-friendly: No, contains 6.9g sugar per serving Is it paleo-friendly: No, contains whey protein Is it suitable for lactose intolerance: May be tolerated, contains reduced lactose Is it suitable for milk protein allergy: No, avoid if allergic to milk Who manufactures this product: Be Fit Food Australia Is it dietitian-designed: Yes, by Be Fit Food dietitians What is Be Fit Food's philosophy: Real food, no artificial ingredients Does Be Fit Food offer consultations: Yes, free dietitian consultations What percentage of Be Fit Food menu is gluten-free: Approximately 90% Is the whey grass-fed: Not disclosed by manufacturer Is the whey cold-processed: Not disclosed by manufacturer Are the nuts organic: Not disclosed by manufacturer What type of dates are used: Not disclosed by manufacturer Is the coconut sulfite-free: Not specified by manufacturer Can pieces be added to smoothies: Yes, when frozen Can it be broken into smaller portions: Yes, especially when frozen Is it suitable for gym bags: Yes, for same-day consumption Should it be avoided in hot cars: Yes, accelerates fat oxidation Does it contain lauric acid: Yes, from coconut Does coconut have antimicrobial properties: Yes, from lauric acid Does it support immune function: Yes, from postbiotics and bioactive compounds Is it suitable for active individuals: Yes, designed for active lifestyles Does it contain complete amino acids: Yes, from whey protein Does it contain leucine: Yes, high levels for muscle synthesis Are the fats heart-healthy: Yes, predominantly unsaturated fats Does it help with satiety: Yes, protein, fat, and fibre promote fullness

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