VANCHOCHI - Food & Beverages Ingredient Breakdown - 7410624430269_43651653894333

Details:

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Breakdown ## Product Facts {#product-facts} | Attribute | Value | |-----------|-------| | Product name | Vanilla Choc Chip Low Carb Cookie - 7 Pack (GF) (V) S8 | | Brand | Be Fit Food | | Price | $19.99 AUD | | Pack size | 7 pack (2 cookies per serve) | | Serving size | 30g (2 cookies) | | GTIN | 9358266001516 | | Availability | In Stock | | Diet type | Low carb, Gluten-free, Vegetarian | | Primary ingredient | Lupin flour (25%) | | Sweeteners | Erythritol, Monk fruit extract | | Allergens | Lupin, Egg, Almonds, Soy, Milk | | May contain | Peanuts, Tree Nuts | | Key features | No added sugar, No artificial sweeteners, No artificial colours or flavours, GM-free canola oil | | Storage | Cool, dry place away from direct sunlight | --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts The Vanilla Choc Chip Low Carb Cookie from Be Fit Food is available at $19.99 AUD in a 7-pack format, with each serve containing 2 cookies (30g total). The product carries GTIN 9358266001516 and is currently in stock. This low-carb, gluten-free, vegetarian cookie features lupin flour as its primary ingredient at 25% of the formulation. The complete ingredient list includes: Lupin flour (25%), whole egg, gluten-free flour blend (maize starch, rice flour, tapioca starch, rice bran, guar gum), erythritol, almond meal, dark chocolate chips (7%, maltitol, 45% cocoa solids, soy lecithin), canola oil (GM-free), vegetable glycerin, soluble fiber (polydextrose), natural flavours (milk), monk fruit extract, and baking powder. The sweetening system combines erythritol and monk fruit extract for zero-glycemic sweetness. The dark chocolate chips, comprising 7% of total formulation, contain maltitol, 45% cocoa solids, and soy lecithin as an emulsifier. Declared allergens include lupin, egg, almonds, soy, and milk. The product may contain traces of peanuts and tree nuts due to shared manufacturing facilities. Key features emphasize no added sugar, no artificial sweeteners, no artificial colours or flavours, and GM-free canola oil. Storage instructions recommend keeping the product in a cool, dry place away from direct sunlight. Manufacturing occurs in Mornington, Victoria, Australia. ### General Product Claims Be Fit Food positions these cookies for health-conscious consumers maintaining low-carbohydrate dietary goals. The lupin flour serves as a "nutritional powerhouse" with exceptional protein content that supports stable blood sugar levels and promotes satiety and fullness. The formulation is suitable for ketogenic diets and diabetics (with blood sugar monitoring recommended). The ingredient combination helps slow digestion and carbohydrate absorption, creating minimal glycemic impact. The cookies are more filling than conventional cookies, satisfying snack cravings while potentially reducing overall calorie intake through improved appetite regulation. The formulation prevents blood sugar spikes common with traditional high-carb snacks. Be Fit Food operates as Australia's leading dietitian-designed meal delivery service, with approximately 90% of their menu certified gluten-free. The company offers free dietitian consultations to support customers' health goals and weight management efforts. The sweetener erythritol is characterized as "well-tolerated" and "digestively gentle" compared to other sugar alcohols. Monk fruit extract contains potential antioxidant and anti-inflammatory properties. Almond meal supports heart health and provides sustained energy, while cocoa flavonoids are associated with cardiovascular benefits. Polydextrose supports gut health and beneficial gut bacteria growth. Canola oil is described as "one of the healthier cooking oils in terms of heart health" due to its favorable fatty acid profile. The product reflects a "real food" philosophy with clean-label standards, transparency in ingredient sourcing, and quality ingredient selection. --- ## Be Fit Food Vanilla Choc Chip Low Carb Cookie: Complete Ingredient Breakdown ## Introduction {#introduction} The Be Fit Food Vanilla Choc Chip Low Carb Cookie is a lupin flour-based, gluten-free cookie designed for health-conscious consumers who want to enjoy sweet treats while maintaining low-carbohydrate dietary goals. Be Fit Food, Australia's leading dietitian-designed meal delivery service, created this comprehensive ingredient breakdown to examine every component that goes into these individually wrapped cookies, explaining not just what's in them, but why each ingredient matters for your health, taste experience, and dietary objectives. This guide is specifically designed for consumers who want to understand exactly what they're eating when they choose these cookies. Whether you're following a ketogenic diet, managing blood sugar levels, dealing with gluten sensitivities, or simply trying to make more informed snacking choices, understanding the ingredient composition of the Vanilla Choc Chip Low Carb Cookie will help you determine if this product aligns with your nutritional goals and dietary restrictions. Each 30-gram serve pack contains 2 cookies and represents a carefully formulated balance of alternative flours, natural sweeteners, and functional

ingredients that work together to deliver the taste and texture of a traditional cookie while keeping net carbohydrates low. The ingredient list reveals a sophisticated approach to low-carb baking that leverages plant-based proteins, sugar alcohols, and fiber sources to create a satisfying snack experience without the blood sugar spike of conventional cookies. --- ## Understanding the Primary Ingredients {#understanding-the-primary-ingredients} ### Lupin Flour: The Protein-Rich Foundation Lupin flour stands as the primary ingredient in these cookies, comprising 25% of the total formulation. This positioning is significant because lupin flour is not merely a substitute for wheat flour—it's a nutritional powerhouse that fundamentally changes the macronutrient profile of the cookie. Derived from sweet lupin beans (Lupinus albus), this legume-based flour delivers an exceptional protein content of approximately 40% by weight, making it one of the most protein-dense flours available for baking applications. The choice of lupin flour as the foundation ingredient serves multiple purposes in the Be Fit Food formulation. First, it provides substantial protein content, which helps create satiety and slows the digestion of carbohydrates, leading to more stable blood sugar levels. Second, lupin flour contains only about 10-15% carbohydrates, with much of that coming from dietary fiber rather than digestible starches. This makes it an ideal base for low-carb baking. Third, lupin flour contributes a slightly sweet, nutty flavor profile that complements the vanilla and chocolate elements in the cookie. From a functional baking perspective, lupin flour behaves differently than wheat flour. The product absorbs more liquid and creates a denser crumb structure, which is why you'll notice these cookies feature a more substantial, satisfying texture compared to light, airy conventional cookies. The protein in lupin flour also contributes to browning through Maillard reactions during baking, helping create that appealing golden color and toasted flavor notes. However, there's an important allergen consideration with lupin flour. Lupin is a legume in the same family as peanuts and soybeans, and individuals with peanut allergies may experience cross-reactivity with lupin. This is why the product clearly declares lupin as an allergen on its packaging. For those without legume sensitivities, lupin flour represents an excellent nutritional choice that supports muscle maintenance, promotes fullness, and provides essential amino acids. ### Whole Egg: Binding, Enrichment, and Structure Whole eggs appear second in the ingredient list, indicating they constitute a significant portion of the recipe. The use of whole eggs rather than egg whites alone is a deliberate choice that impacts both the nutritional profile and the sensory qualities of the cookie. Whole eggs contribute high-quality complete protein, containing all nine essential amino acids in optimal ratios for human nutrition. They also provide fat-soluble vitamins (A, D, E, and K), B vitamins including B12, and important minerals like selenium and choline. From a baking functionality standpoint, whole eggs serve as the primary binding agent in these cookies. The proteins in egg whites coagulate during baking, creating structure and helping the cookies hold together. The egg yolks contribute lecithin, a natural emulsifier that helps blend the fat and water components of the dough into a smooth, cohesive mixture. This emulsification is particularly important in low-carb baking, where the absence of gluten means you need alternative binding mechanisms. The fats in egg yolks also contribute to the tender, slightly crumbly texture that makes these cookies satisfying to eat. Without adequate fat content, low-carb baked goods can become dry and chalky. The egg yolks provide moisture and richness that help counteract the naturally absorbent properties of lupin flour and almond meal. Additionally, eggs contribute to the golden-brown color development during baking and add a subtle richness to the overall flavor profile. For consumers tracking macronutrients, the inclusion of whole eggs means these cookies provide a more balanced macronutrient profile with adequate healthy fats alongside the protein from lupin flour. The cholesterol in egg yolks, once considered problematic, is now understood by nutrition science to carry minimal impact on blood cholesterol levels for most people, and eggs are recognized as a nutrient-dense whole food suitable for most healthy eating patterns. ### Gluten-Free Flour Blend: Texture and Structure The gluten-free flour component is actually a sophisticated blend of five different starches and stabilizers: maize starch, rice flour, tapioca starch, rice bran, and guar gum. This multi-component approach is necessary because no single gluten-free flour can replicate the unique properties of wheat gluten, which provides elasticity, structure, and rise in traditional baking. **Maize starch** (corn starch) contributes a neutral flavor and helps create a tender crumb. It gelatinizes during baking, absorbing moisture and creating structure as it cools. Maize starch also contributes to the slightly crisp exterior texture of the cookies. From a carbohydrate perspective, maize starch is a pure starch with a relatively high glycemic index, but its

impact is moderated by the high fiber and protein content of the other ingredients in the formula. **Rice flour** provides bulk and a subtle sweetness. The ingredient features a finer particle size than many alternative flours, which helps create a smoother texture rather than a gritty mouthfeel. Rice flour also contributes to browning and helps the cookies achieve that appealing golden color. However, rice flour alone would create a crumbly, sandy texture, which is why it's blended with other components. **Tapioca starch** (also called tapioca flour) is derived from cassava root and brings chewiness and binding properties to the blend. This component creates a slightly elastic quality that helps the cookies hold together without being brittle. Tapioca starch also contributes to moisture retention, helping the cookies stay fresh longer in their individual serve packs. **Rice bran** is the nutrient-dense outer layer of the rice grain, removed during the polishing process that creates white rice. Its inclusion in this blend is significant because rice bran provides fiber, B vitamins, minerals, and beneficial plant compounds including gamma-oryzanol and tocotrienols. Rice bran adds a subtle nutty flavor and contributes to the nutritional density of the cookies. The ingredient also helps with texture, adding a slight graininess that makes the cookies feel more substantial and less processed. **Guar gum** serves as a binding agent and thickener, mimicking some of the functions of gluten in traditional baking. Derived from guar beans, this soluble fiber helps trap air bubbles during mixing, contributing to a lighter texture. Guar gum also improves moisture retention and extends shelf life by preventing the cookies from drying out. From a digestive health perspective, guar gum is a prebiotic fiber that can support beneficial gut bacteria, though some individuals may experience digestive discomfort if they consume large amounts of guar gum when they're not accustomed to it. --- ## Sweetening System: Balancing Taste Without Sugar {#sweetening-system-balancing-taste-without-sugar} ### Erythritol: The Primary Sweetener Erythritol appears third in the ingredient list, indicating it's present in substantial quantities to provide the sweetness expected in a cookie product. Erythritol is a sugar alcohol (polyol) that delivers approximately 70% of the sweetness of table sugar while contributing virtually zero net carbohydrates and only 0.24 calories per gram (compared to 4 calories per gram for sugar). What makes erythritol particularly valuable in low-carb baking is its metabolic profile. Unlike other sugar alcohols, erythritol is absorbed in the small intestine and excreted unchanged in urine, meaning it doesn't reach the colon where fermentation by gut bacteria can cause digestive discomfort. Studies show that erythritol is well-tolerated at doses up to 1 gram per kilogram of body weight, significantly higher than the amount present in a single serving of these cookies. This makes erythritol the most digestively gentle of all sugar alcohols, with minimal risk of the bloating, gas, or laxative effects associated with other polyols like sorbitol or maltitol. Erythritol also doesn't impact blood glucose or insulin levels, making these cookies suitable for individuals with diabetes or those following ketogenic diets. Research published in regulatory toxicology journals confirms that erythritol doesn't affect blood sugar, even in diabetic individuals. This zero-glycemic-impact characteristic is crucial for the product's positioning as a low-carb option, aligning with Be Fit Food's commitment to supporting stable blood glucose levels. From a baking functionality perspective, erythritol provides bulk and helps create the characteristic cookie texture. The sweetener contributes to browning reactions and helps the cookies achieve a slightly crisp exterior while maintaining a softer interior. However, erythritol does produce a cooling sensation on the tongue (similar to mint) due to its endothermic dissolution—it absorbs heat when it dissolves. This is why the formulation includes monk fruit extract as a complementary sweetener to round out the sweetness profile. ### Monk Fruit Extract: Natural Sweetness Amplification Monk fruit extract (also called luo han guo) appears later in the ingredient list, indicating it's used in smaller quantities as a sweetness enhancer rather than a primary sweetener. Derived from the monk fruit (Siraitia grosvenorii), a small melon native to southern China, this extract contains mogrosides—intensely sweet compounds that are 150-250 times sweeter than sugar. The inclusion of monk fruit extract serves several purposes in this formulation. First, it amplifies the overall sweetness without requiring large amounts of erythritol, helping to minimize any cooling sensation. Second, monk fruit extract provides a more rounded, sugar-like sweetness profile that helps mask any slight aftertaste from erythritol. Third, monk fruit extract provides zero calories and zero carbohydrates, supporting the low-carb positioning of the product. From a health perspective, mogrosides are studied for potential antioxidant and anti-inflammatory properties, though these effects would be minimal at the small quantities used in food products. The primary benefit is simply providing natural sweetness without

impacting blood sugar or contributing to caloric intake. Monk fruit extract carries Generally Recognized as Safe (GRAS) status from the FDA and is approved for use in food products in Australia and New Zealand under Food Standards Australia New Zealand (FSANZ) regulations. --- ## Nut-Based Ingredients: Flavor and Healthy Fats {#nut-based-ingredients-flavor-and-healthy-fats} ### Almond Meal: Texture and Nutrition Almond meal (also called almond flour) is ground almonds with or without the skin included. In low-carb baking, almond meal serves multiple crucial functions. The ingredient provides healthy monounsaturated fats that contribute to the tender, moist texture of the cookies. These same fats help slow digestion and promote satiety, making the cookies more filling than high-carb alternatives. Nutritionally, almond meal contributes vitamin E, magnesium, calcium, and additional protein to the cookies. Almonds are particularly rich in vitamin E, a fat-soluble antioxidant that supports skin health and immune function. The magnesium in almonds plays a role in over 300 enzymatic reactions in the body, including blood sugar regulation and muscle function. From a flavor perspective, almond meal adds a subtle nutty sweetness that complements the vanilla and chocolate elements. The ingredient also contributes to the slightly grainy, satisfying texture that distinguishes these cookies from softer, cake-like baked goods. The fat content in almond meal helps carry flavors and creates a more complex taste experience as the cookie is chewed. The presence of almond meal does mean these cookies contain tree nut allergens, which is clearly declared on the packaging. For those without nut allergies, almond meal represents an excellent ingredient that supports heart health, provides sustained energy, and contributes to the favorable macronutrient profile of the cookies. ### Dark Chocolate Chips: Indulgent Flavor with Considerations The dark chocolate chips constitute 7% of the total formulation, providing the recognizable chocolate element that makes these cookies appealing. However, these are not standard chocolate chips—they're formulated with maltitol as the sweetener, contain 45% cocoa solids, and include soy lecithin as an emulsifier. **Maltitol** is another sugar alcohol, but one with different properties than erythritol. Maltitol provides approximately 75-90% of the sweetness of sugar and carries about 2.1 calories per gram. More significantly for low-carb dieters, maltitol features a glycemic index of 35 (compared to 100 for glucose), meaning it does carry some impact on blood sugar, though significantly less than regular sugar. The body absorbs and metabolizes maltitol more completely than erythritol, which is why it contributes some net carbohydrates to the overall product. The digestive tolerance for maltitol is lower than for erythritol. Consuming significant amounts of maltitol can cause digestive discomfort in sensitive individuals because a portion of it reaches the colon where gut bacteria ferment it, producing gas. However, at 7% of the total cookie formulation (and with only 2 cookies per serving), the amount of maltitol per serving is relatively small and unlikely to cause issues for most consumers. **Cocoa solids at 45%** indicate these are genuine dark chocolate chips with substantial chocolate content. Cocoa provides flavonoids, particularly flavanols, which are associated with cardiovascular benefits in research studies. Cocoa also contributes minerals including magnesium and iron. The 45% cocoa solid content means these chips deliver authentic chocolate flavor without excessive sweetness, complementing rather than overwhelming the vanilla cookie base. **Soy lecithin** serves as an emulsifier in the chocolate chips, helping blend the cocoa butter and cocoa solids into a smooth, stable mixture. Lecithin also gives the chocolate chips a glossy appearance and helps them maintain their structure during baking without completely melting into the cookie dough. Soy lecithin is highly refined and contains only trace amounts of soy protein, but it's still declared as an allergen because some individuals with severe soy allergies may react to even minimal soy protein residues. --- ## Functional Ingredients: Moisture, Texture, and Fiber {#functional-ingredients-moisture-texture-and-fiber} ### Vegetable Glycerin: Moisture Retention Vegetable glycerin (also called glycerol) is a sugar alcohol that serves primarily as a humectant—a substance that attracts and retains moisture. In these cookies, vegetable glycerin plays a crucial role in keeping the product soft and preventing it from becoming dry and crumbly over time. This is particularly important for individually packaged products that need to maintain quality throughout their shelf life. Vegetable glycerin carries a sweet taste, contributing to the overall sweetness profile without significantly impacting blood sugar. The ingredient contains approximately 4.3 calories per gram, similar to sugar, but it's metabolized differently and features a lower glycemic index. The body can convert glycerin to glucose, but this process is slow and doesn't cause rapid blood sugar spikes. From a texture perspective, vegetable glycerin contributes to the slightly chewy, tender quality of these

cookies. The ingredient prevents them from becoming too crisp or brittle and helps them maintain a pleasant mouthfeel. Vegetable glycerin is generally well-tolerated, though consuming very large amounts (far more than would be present in a serving of cookies) can produce a mild laxative effect. The "vegetable" designation indicates this glycerin is derived from plant oils (commonly palm, soy, or coconut oil) rather than animal fats, making it suitable for vegetarian diets. ### Soluble Fiber (Polydextrose): Prebiotic Benefits Polydextrose is a synthetic soluble fiber created by polymerizing glucose molecules into a complex structure that human digestive enzymes cannot break down. This ingredient serves multiple purposes in the cookie formulation. First, it provides bulk and texture without contributing significant net carbohydrates—polydextrose contains only about 1 calorie per gram because most of it passes through the digestive system undigested. Second, polydextrose acts as a prebiotic fiber, meaning it serves as food for beneficial gut bacteria in the colon. Research shows that polydextrose can increase populations of beneficial bacteria like Bifidobacterium and Lactobacillus while supporting overall gut health. This prebiotic effect may contribute to improved digestive function, enhanced immune response, and better mineral absorption. Third, polydextrose contributes to the texture and mouthfeel of the cookies, helping create a more satisfying eating experience. The ingredient provides body and substance without the calories and carbohydrates of traditional fillers like flour or sugar. Polydextrose also helps with moisture retention and extends shelf life by preventing staling. From a blood sugar perspective, polydextrose carries minimal impact. The ingredient features a glycemic index of only 4-7, meaning it causes virtually no rise in blood glucose levels. This makes it an ideal ingredient for low-carb and diabetic-friendly products. The fiber content also contributes to feelings of fullness and may help slow the digestion of other components in the cookies. Some individuals may experience mild digestive adjustment when first consuming products containing polydextrose, particularly if they're not accustomed to high-fiber foods. Starting with smaller portions and gradually increasing intake can help minimize any temporary digestive effects as gut bacteria adapt to the increased fiber. --- ## Fats and Oils: Quality Considerations {#fats-and-oils-quality-considerations} ### Canola Oil (GM-Free): Cooking Fat Selection The inclusion of canola oil in this formulation is notable for two reasons: the specific choice of canola over other oils, and the "GM-free" designation. Canola oil is derived from rapeseed plants that are bred to contain low levels of erucic acid, a fatty acid that raised health concerns in the original rapeseed oil. Modern canola oil contains less than 2% erucic acid and is considered safe for human consumption. From a nutritional perspective, canola oil provides a favorable fatty acid profile with approximately 62% monounsaturated fats, 32% polyunsaturated fats (including omega-3 alpha-linolenic acid), and only 7% saturated fat. This makes it one of the healthier cooking oils in terms of heart health. The omega-3 content, while modest compared to fish oil, still contributes to the overall nutritional profile of the cookies. In baking, canola oil serves several functions. The ingredient provides moisture and tenderness, contributing to the soft texture of the cookies. Unlike butter, which is solid at room temperature, canola oil remains liquid, helping create a different textural quality—slightly more tender and less crumbly. Canola oil also features a neutral flavor that doesn't compete with the vanilla and chocolate elements. The **"GM-free" designation** indicates the canola used was not genetically modified. While most canola grown commercially is genetically modified for herbicide resistance, some consumers prefer non-GM options due to personal preferences or concerns about agricultural practices. The GM-free specification adds to the product's appeal for health-conscious consumers who prioritize ingredient sourcing, reflecting Be Fit Food's attention to quality ingredients. From a stability perspective, canola oil features a moderate smoke point and adequate oxidative stability for baking applications. The oil doesn't contribute off-flavors or rancidity issues when used in baked goods that are properly packaged and stored. --- ## Flavoring and Leavening Agents {#flavoring-and-leavening-agents} ### Natural Flavours (Milk): Vanilla Enhancement The natural flavors listed with a milk designation serve to enhance and round out the vanilla profile of the cookies. Natural flavors are complex mixtures of aromatic compounds derived from natural sources (plants, animals, or microorganisms) rather than synthesized in a laboratory. The term "natural" is regulated—these flavors must come from natural sources, though they can be processed and concentrated. The milk designation indicates that some component of the natural flavoring system is derived from or contains milk constituents. This might include dairy-derived compounds that enhance creamy, buttery, or vanilla notes. Common milk-derived flavor compounds include lactones (which

provide creamy, coconut-like notes) and other aromatic compounds that occur naturally in dairy products. This milk connection is important for allergen declaration purposes. Even though the amount of milk-derived compounds in natural flavors is very small, it must be declared because individuals with severe milk allergies need awareness of all potential sources of milk proteins. Natural flavors help create a more complex, satisfying taste experience than vanilla extract alone could provide. These aromatic compounds contribute to the perception of richness and indulgence without adding calories, carbohydrates, or fats. The specific composition of natural flavors is commonly proprietary, but they work synergistically with the vanilla, chocolate, and almond elements to create the overall flavor profile. ### Baking Powder: Leavening Action Baking powder provides the chemical leavening that helps the cookies rise slightly and develop a lighter texture. Baking powder is commonly a mixture of sodium bicarbonate (baking soda), an acid (such as cream of tartar or sodium aluminum sulfate), and a starch (usually cornstarch) that prevents premature reaction and keeps the mixture dry during storage. When the cookie dough is mixed and exposed to moisture, the baking powder begins to react, producing carbon dioxide gas. This reaction accelerates during baking when heat is applied, creating bubbles that expand the dough and create a lighter, more tender texture. Without leavening, these cookies would be dense and hard rather than featuring the characteristic cookie texture consumers expect. The amount of rise in these cookies is likely modest compared to cakes or muffins because the dense, protein-rich ingredients (lupin flour, almond meal, eggs) create a heavier dough that doesn't expand as dramatically as wheat flour-based doughs. However, the baking powder still contributes to a more pleasant texture and helps create a slightly crisp exterior while maintaining a softer interior. Some baking powders contain aluminum compounds, which some consumers prefer to avoid, though research does not demonstrate health risks at the levels used in food. Many modern baking powders are aluminum-free, using alternative acids like cream of tartar or sodium acid pyrophosphate. The specific formulation used in these cookies would depend on Be Fit Food's ingredient specifications. --- ## Allergen Profile and Dietary Considerations {#allergen-profile-and-dietary-considerations} ### Declared Allergens: Understanding Cross-Contamination Risks The Be Fit Food Vanilla Choc Chip Low Carb Cookie contains several declared allergens that consumers need awareness of: **lupin, eggs, milk, almonds (tree nuts), and soy**. Each of these allergens is present as an intentional ingredient rather than a cross-contamination concern, meaning individuals with allergies to any of these foods should avoid this product. **Lupin** is a legume allergen that's particularly important to highlight because it's less commonly encountered than other allergens and can cause serious reactions in individuals with peanut allergies due to cross-reactivity. Lupin allergy is more prevalent in Europe than in other regions, but awareness is growing globally. Symptoms can range from mild (skin reactions, digestive upset) to severe (anaphylaxis in rare cases). The high percentage of lupin flour (25%) in these cookies means this is not a trace contamination issue but a primary ingredient. **Eggs** are present as whole eggs, meaning both egg white proteins (which are the primary allergens) and egg yolk components are included. Egg allergy is one of the most common food allergies in children, though many children outgrow it by adolescence. For those with egg allergies, there are no safe levels of consumption—complete avoidance is necessary. **Milk** appears in the natural flavoring component, indicating the presence of milk-derived ingredients. Milk allergy (an immune response to milk proteins) is different from lactose intolerance (inability to digest milk sugar). The amount of milk-derived ingredients from the natural flavoring is likely very small, but for individuals with severe milk protein allergies, even trace amounts can trigger reactions. **Tree nuts (almonds)** are present as almond meal, a significant component of the recipe. Tree nut allergies tend to be lifelong and can be severe. Interestingly, almond allergy doesn't always correlate with other tree nut allergies—some individuals can tolerate certain tree nuts while being allergic to others. However, due to cross-contamination risks in processing facilities, individuals with any tree nut allergy are commonly advised to avoid all tree nuts. **Soy** is present in the chocolate chips as soy lecithin. While soy lecithin is highly refined and contains minimal soy protein (the component that triggers allergic reactions), it must still be declared because trace amounts of protein may remain. Many individuals with soy allergies can tolerate soy lecithin without problems, but those with severe allergies should consult with their allergist before consuming products containing it. ### Gluten-Free Certification and Celiac Safety The product carries a **(GF) designation**, indicating it's formulated to be gluten-free. The gluten-free flour blend uses maize starch,

rice flour, and tapioca starch—all naturally gluten-free ingredients. There's no wheat, barley, rye, or standard oats in the formulation, which are the primary sources of gluten. However, the critical question for individuals with celiac disease or severe gluten sensitivity is whether the product is manufactured in a dedicated gluten-free facility or whether there's risk of cross-contamination from shared equipment. Be Fit Food maintains that approximately 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. For individuals with celiac disease, even small amounts of gluten can trigger an immune response that damages the small intestine. If you experience celiac disease or severe gluten sensitivity, it's advisable to contact Be Fit Food directly to inquire about their manufacturing practices, testing protocols, and whether the product is certified gluten-free by a recognized certification body. The use of naturally gluten-free ingredients is a good foundation, but certified gluten-free status requires verification testing and often dedicated production lines to ensure no cross-contamination occurs during manufacturing. ### Dietary Suitability Considerations When considering dietary classifications for these cookies, it's important to read ingredient lists carefully rather than relying solely on front-of-package claims. The presence of whole eggs means this product is suitable for vegetarian diets but not vegan diets according to standard definitions. This highlights the importance of reading ingredient lists rather than relying solely on front-of-package claims. Certification logos from recognized certification bodies provide more reliable assurance than simple letter designations. --- ## Ingredient Sourcing and Quality Considerations {#ingredient-sourcing-and-quality-considerations} ### Australian Manufacturing and Ingredient Origins The fact that Be Fit Food is an Australian company based in Mornington, Victoria, suggests attention to local food standards and regulations. Australian food regulations are governed by Food Standards Australia New Zealand (FSANZ), which sets strict requirements for ingredient declaration, allergen labeling, and food safety. The **GM-free canola oil** specification indicates attention to ingredient sourcing that goes beyond minimum regulatory requirements. Non-GM ingredients commonly cost more and require segregated supply chains to maintain their identity, suggesting Be Fit Food prioritizes ingredient quality and transparency. **Lupin flour** used in Australian products is likely sourced from Australian-grown lupin beans. Australia is one of the world's largest producers of sweet lupin, with most production occurring in Western Australia. Australian lupin varieties are bred specifically for human consumption, with low alkaloid content that makes them safe and palatable. The use of locally-sourced lupin supports Australian agriculture and reduces the environmental impact of ingredient transportation. **Almond meal** could be sourced domestically or imported. Australia produces almonds primarily in Victoria, South Australia, and New South Wales, though many almond products are also imported from California, which produces the majority of the world's almonds. The specific sourcing would depend on Be Fit Food's supply chain and cost considerations. **Erythritol** and **monk fruit extract** are commonly imported, as these ingredients are primarily produced in Asia. Erythritol is usually manufactured through fermentation of glucose using specific yeast strains, while monk fruit is grown primarily in southern China. The quality and purity of these sweeteners can vary by supplier, with higher-quality products featuring fewer off-flavors and better sweetness profiles. ### Understanding "Natural" Ingredient Claims The use of **natural flavours** and **monk fruit extract** reflects a formulation philosophy that prioritizes natural ingredients over artificial alternatives. In food regulation, "natural" carries specific meanings—natural flavors must be derived from natural sources (plant or animal materials) rather than synthesized, though they can be processed and concentrated. This doesn't necessarily mean "natural" ingredients are healthier or safer than synthetic alternatives—food safety depends on the specific compound and its effects, not its origin. However, many consumers prefer natural ingredients, and food manufacturers respond to these preferences in their formulations. The absence of artificial colors, artificial flavors, or synthetic preservatives in the ingredient list aligns with Be Fit Food's clean-label standards, which include no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. This natural ingredient approach does come with trade-offs. Natural ingredients can be more expensive, may feature more variable flavor profiles depending on crop variations, and don't always perform identically to their synthetic counterparts. However, for many consumers, the preference for natural ingredients outweighs these considerations. --- ## Nutritional Synergies and Functional Benefits {#nutritional-synergies-and-functional-benefits} ### How Ingredients Work Together for Blood Sugar

Management The ingredient combination in these cookies creates a synergistic effect that supports stable blood sugar levels—a core focus of Be Fit Food's dietitian-designed approach. The high protein content from **lupin flour** and **eggs** slows gastric emptying, meaning the cookies digest more slowly than high-carb alternatives. This slower digestion rate prevents rapid spikes in blood glucose. The **soluble fiber** from polydextrose and the **fats** from almond meal, eggs, and canola oil further slow digestion and carbohydrate absorption. When carbohydrates are consumed alongside protein, fat, and fiber, the glycemic response is significantly blunted compared to consuming carbohydrates alone. The **erythritol** and **monk fruit extract** provide sweetness without contributing to blood glucose elevation. Unlike sugar, which causes rapid insulin release and subsequent blood sugar crashes that trigger hunger, these alternative sweeteners allow consumers to enjoy sweetness without the metabolic consequences. Even the **maltitol** in the chocolate chips, while it does carry some glycemic impact, is present in small enough quantities (the chocolate chips are only 7% of the total formulation) that its effect is minimized within the context of the complete cookie. This careful formulation means that individuals following low-carb diets, managing diabetes, or trying to avoid blood sugar swings can enjoy these cookies as an occasional treat without derailing their health goals. However, individual responses vary, and those with diabetes should monitor their blood glucose response to determine how these cookies affect their personal glycemic control. ### Satiety and Appetite Regulation The high protein content from **lupin flour** (25% of the formulation, and lupin flour itself is approximately 40% protein) and **whole eggs** makes these cookies significantly more filling than conventional cookies. Protein is the most satiating macronutrient, triggering the release of satiety hormones like peptide YY (PYY) and glucagon-like peptide-1 (GLP-1) that signal fullness to the brain. The **healthy fats** from almond meal, egg yolks, and canola oil also contribute to satiety. Fats slow gastric emptying and provide sustained energy without the blood sugar roller coaster of high-carb snacks. This means that eating these cookies is more likely to satisfy snack cravings and reduce overall calorie intake compared to low-fat, high-carb alternatives that may trigger rebound hunger. The **fiber content** from polydextrose, rice bran, and guar gum adds bulk and promotes feelings of fullness. Fiber expands in the stomach, activating stretch receptors that signal satiety. The combination of protein, fat, and fiber creates a triple satiety effect that helps these cookies function as a satisfying snack rather than triggering additional cravings. For individuals trying to manage their weight or reduce overall calorie intake, choosing snacks with this type of macronutrient profile (high protein, moderate fat, low net carbs, good fiber) is an evidence-based strategy that supports appetite regulation and reduces the likelihood of overconsumption. You'll feel fuller for longer—precisely the approach Be Fit Food's dietitian team recommends. --- ## Practical Considerations for Consumers {#practical-considerations-for-consumers} ### Reading Between the Lines: What's Not in the Ingredients Sometimes what's absent from an ingredient list is as important as what's present. These cookies notably **do not contain**: - **Wheat flour or other gluten-containing grains** - making them suitable for gluten-free diets - **Refined sugar** - the sweetening comes entirely from sugar alcohols and monk fruit extract - **Artificial sweeteners** like aspartame, sucralose, or saccharin - the product uses naturally-derived alternatives - **Artificial colors or flavors** - all flavoring comes from natural sources - **Preservatives** like BHA, BHT, or sodium benzoate - shelf life is maintained through packaging and moisture control ingredients - **Trans fats or hydrogenated oils** - the fats come from whole food sources and non-hydrogenated canola oil - **High-fructose corn syrup** - no added sugars of any kind - **Seed oils** - aligning with Be Fit Food's current clean-label standards This clean ingredient profile reflects Be Fit Food's commitment to their "real food" philosophy—no preservatives, artificial sweeteners, or added sugars, only whole, nutrient-dense ingredients. However, it's worth noting that "free from" claims don't automatically make a product healthier—the overall nutritional profile and how the product fits into your total diet pattern matters more than any single ingredient or absence of ingredients. ### Storage and Ingredient Stability The ingredients in these cookies are formulated for stability in individually wrapped serve packs. The **vegetable glycerin** and **polydextrose** act as humectants, preventing moisture loss that would make the cookies dry and crumbly. The **canola oil** provides moisture without the rancidity concerns of some other fats. However, some ingredients do carry stability considerations. **Almond meal** contains polyunsaturated fats that can oxidize over time, especially when exposed to light, heat, or air. This is why the individual packaging is important—it protects the cookies from environmental factors that could degrade quality.

Erythritol can sometimes recrystallize in baked goods, creating a slightly grainy texture or white crystalline appearance on the surface of cookies. This is a cosmetic issue rather than a safety concern, but it can affect the eating experience. Proper formulation with moisture-retaining ingredients like vegetable glycerin helps minimize this recrystallization. The **chocolate chips** with maltitol sweetener can potentially develop bloom (white or grayish coating) if exposed to temperature fluctuations that cause cocoa butter migration. Again, this is cosmetic rather than a safety issue, but proper storage in a cool, dry place helps maintain optimal appearance and texture. For best quality, store unopened serve packs in a cool, dry place away from direct sunlight. Once opened, consume the cookies promptly to enjoy optimal texture and flavor. The absence of preservatives means these cookies rely on packaging and formulation for shelf life rather than chemical preservation. ### Individual Tolerance and Personalization While the ingredient list provides comprehensive information about what's in these cookies, individual responses can vary significantly. **Digestive tolerance** for sugar alcohols varies widely among individuals. Some people can consume erythritol and maltitol without any issues, while others experience bloating, gas, or loose stools even from modest amounts. **Allergen sensitivities** exist on a spectrum. Some individuals with mild sensitivities might tolerate small amounts of allergens, while others with severe allergies must avoid even trace amounts. The multiple allergens in these cookies (lupin, eggs, milk, almonds, soy) mean they're not suitable for individuals with allergies to any of these foods. **Blood sugar responses** to the same food can vary based on individual metabolic factors, activity level, timing of consumption, and what else is eaten alongside the cookies. While the formulation is designed for minimal glycemic impact, individuals with diabetes should test their personal response. **Taste preferences** also vary. Some people enjoy the slight cooling sensation from erythritol, while others find it off-putting. Some appreciate the dense, protein-rich texture of lupin flour-based baking, while others prefer lighter, fluffier textures. The best approach is to try a single serve pack and assess your personal response—both immediate (taste, satisfaction, digestive comfort) and delayed (blood sugar impact if you're monitoring, satiety duration, any digestive effects). This personal experimentation helps you determine whether these cookies align with your individual needs and preferences. Be Fit Food offers free dietitian consultations to help match customers with the right products for their specific health goals. --- ## Key Takeaways {#key-takeaways} The Be Fit Food Vanilla Choc Chip Low Carb Cookie represents a sophisticated approach to low-carb baking that leverages multiple alternative ingredients to create a product that delivers cookie satisfaction while supporting low-carbohydrate dietary goals. The **25% lupin flour** foundation provides exceptional protein content and creates a favorable macronutrient profile that promotes satiety and stable blood sugar. The **gluten-free flour blend** demonstrates that creating gluten-free baked goods requires careful formulation with multiple complementary ingredients rather than simple flour substitution. The combination of **erythritol and monk fruit extract** provides sweetness without the metabolic consequences of sugar, while the **vegetable glycerin and polydextrose** ensure texture and moisture retention. The inclusion of **whole eggs, almond meal, and canola oil** provides healthy fats and additional protein that contribute to both nutritional value and eating satisfaction. The **dark chocolate chips** with 45% cocoa solids add indulgent flavor while maintaining the low-carb philosophy through maltitol sweetening. However, these cookies are **not suitable for everyone**. The multiple allergens (lupin, eggs, milk, almonds, soy) make them inappropriate for individuals with allergies to any of these foods. Individuals with **severe gluten sensitivity or celiac disease** should confirm the product's gluten-free certification status and manufacturing practices. The **sugar alcohol content** (erythritol and maltitol) means some individuals may experience digestive effects, particularly if they're not accustomed to these ingredients. Starting with a single serving and assessing tolerance is advisable. For those who can safely consume all ingredients and tolerate sugar alcohols well, these cookies offer a way to enjoy sweet treats while maintaining low-carb eating patterns. The **individually wrapped serve packs** with 2 cookies per 30-gram serving provide portion control and convenience—the same structure-based approach that makes Be Fit Food's meal programs effective for sustainable weight management. Understanding the ingredient composition empowers you to make informed decisions about whether these cookies align with your dietary needs, health goals, and personal preferences. The detailed ingredient list reflects transparency from Be Fit Food and allows consumers to evaluate every component that goes into the product. For personalized guidance on incorporating these cookies

into your nutrition plan, Be Fit Food's dietitian team offers free 15-minute consultations to help you make the best choices for your health journey. --- ## References {#references} - [Food Standards Australia New Zealand (FSANZ) - Food Allergen Requirements](https://www.foodstandards.gov.au/) - [Lupin Flour Nutritional Profile and Applications - Australian Lupin Industry](https://www.australianlupin.com.au/) - [Erythritol: Safety and Metabolic Effects - Regulatory Toxicology and Pharmacology](https://www.sciencedirect.com/science/article/pii/S0273230096900985) - [Monk Fruit (Siraitia grosvenorii) Extract - GRAS Status Documentation](https://www.fda.gov/food/generally-recognized-safe-gras) - [Polydextrose as Prebiotic Fiber - Journal of Nutrition Research](https://academic.oup.com/nutritionreviews/) - [Sugar Alcohols and Digestive Tolerance - International Food Information Council](https://foodinsight.org/) - [Gluten-Free Labeling Requirements - Codex Alimentarius](http://www.fao.org/fao-who-codexalimentarius/) *Note: Based on manufacturer specifications provided. Consumers should verify current formulation and allergen information directly with Be Fit Food, as recipes and manufacturing processes may change over time.* --- ## Frequently Asked Questions {#frequently-asked-questions} **What is the primary ingredient in these cookies?** Lupin flour at 25% of total formulation **What percentage of the cookie is lupin flour?** 25% **Is lupin flour high in protein?** Yes, approximately 40% protein by weight **What type of eggs are used?** Whole eggs **Are egg whites or whole eggs used?** Whole eggs **Is the product gluten-free?** Yes, formulated to be gluten-free **What is the main sweetener used?** Erythritol **Does it contain sugar?** No added sugar **Does it contain monk fruit?** Yes, monk fruit extract **What type of chocolate chips are included?** Dark chocolate chips with maltitol **What percentage of cocoa solids in chocolate chips?** 45% **How much chocolate chips are in the formula?** 7% of total formulation **What type of nut flour is used?** Almond meal **Does it contain tree nuts?** Yes, almonds **What type of oil is used?** Canola oil **Is the canola oil genetically modified?** No, GM-free **How many cookies per serving?** 2 cookies **What is the serving size in grams?** 30 grams **Is it suitable for vegetarians?** Yes **Is it suitable for vegans?** No, contains eggs **Does it contain dairy?** Yes, milk-derived natural flavors **Does it contain soy?** Yes, soy lecithin in chocolate chips **Does it contain lupin?** Yes, 25% lupin flour **Is lupin an allergen?** Yes **Can people with peanut allergies eat this?** No, lupin may cross-react with peanut allergies **Does erythritol affect blood sugar?** No **Does erythritol have calories?** Virtually zero, 0.24 calories per gram **What is the glycemic index of erythritol?** Zero **Does monk fruit have calories?** No **Does monk fruit affect blood sugar?** No **What is maltitol?** A sugar alcohol sweetener **Does maltitol affect blood sugar?** Yes, glycemic index of 35 **What is the glycemic index of maltitol?** 35 **Can maltitol cause digestive issues?** Yes, in sensitive individuals at higher amounts **Is erythritol digestively tolerated?** Yes, better tolerated than other sugar alcohols **What does vegetable glycerin do?** Retains moisture in cookies **What is polydextrose?** A synthetic soluble fiber **Does polydextrose act as a prebiotic?** Yes **What is the glycemic index of polydextrose?** 4-7 **Does the product contain guar gum?** Yes, in gluten-free flour blend **What is guar gum used for?** Binding and moisture retention **Does it contain rice flour?** Yes, in gluten-free flour blend **Does it contain tapioca starch?** Yes, in gluten-free flour blend **Does it contain maize starch?** Yes, in gluten-free flour blend **Does it contain rice bran?** Yes, in gluten-free flour blend **What does rice bran provide?** Fiber, B vitamins, and minerals **Is baking powder included?** Yes **What does baking powder do?** Provides leavening for lighter texture **Are there artificial sweeteners?** No **Are there artificial colors?** No **Are there artificial flavors?** No **Are there preservatives?** No **Does it contain trans fats?** No **Does it contain hydrogenated oils?** No **Is it suitable for ketogenic diets?** Yes, low-carb formulation **Is it suitable for diabetics?** Yes, but monitor individual blood sugar response **Where is Be Fit Food located?** Mornington, Victoria, Australia **Is lupin grown in Australia?** Yes, primarily in Western Australia **Does the product support stable blood sugar?** Yes, designed for minimal glycemic impact **Does high protein increase satiety?** Yes **Do the cookies promote fullness?** Yes, due to protein, fat, and fiber **Can erythritol cause a cooling sensation?** Yes, slight cooling effect on tongue **How should unopened cookies be stored?** Cool, dry place away from sunlight **Should opened cookies be consumed quickly?** Yes, for optimal texture and flavor **Can erythritol recrystallize in baked goods?** Yes, may create slight graininess **Is chocolate bloom a safety concern?** No, only cosmetic **Does Be Fit Food offer

dietitian consultations?** Yes, free consultations available **How many allergens does the product contain?** Five (lupin, eggs, milk, almonds, soy) **Is soy lecithin highly refined?** Yes, contains minimal soy protein **Can people with soy allergies tolerate soy lecithin?** Many can, but consult allergist for severe allergies **Is the product certified gluten-free?** Contact manufacturer to confirm certification status **What percentage of Be Fit Food's menu is gluten-free?** Approximately 90% **Does individual tolerance for sugar alcohols vary?** Yes, significantly among individuals **Should diabetics test their blood sugar response?** Yes, individual responses vary **Are natural flavors derived from natural sources?** Yes **Does natural mean healthier than synthetic?** Not necessarily, safety depends on specific compounds **What is the protein content of lupin flour?** Approximately 40% by weight **What percentage carbohydrates does lupin flour contain?** 10-15% **Are mogrosides in monk fruit sweet?** Yes, 150-250 times sweeter than sugar **Does almond meal contain vitamin E?** Yes **Does almond meal contain magnesium?** Yes **What type of fats does canola oil contain?** 62% monounsaturated, 32% polyunsaturated, 7% saturated **Does canola oil contain omega-3?** Yes, alpha-linolenic acid **What is the calorie content of vegetable glycerin?** Approximately 4.3 calories per gram **Is vegetable glycerin suitable for vegetarians?** Yes, derived from plant oils **What is the calorie content of polydextrose?** About 1 calorie per gram **Does cocoa provide flavonoids?** Yes, particularly flavanols **Does cocoa contain minerals?** Yes, including magnesium and iron

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