WHOBEELAS - Food & Beverages Ingredient Breakdown - 7024620601533_44893540548797

Details:

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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 - **Product Name:** Wholemeal Beef Lasagne SRT - **Brand:** Be Fit Food - **GTIN:** 9358266000007 - **Price:** 99.00 AUD - **Category:** Food & Beverages - Prepared Meals - **Availability:** In Stock - **Condition:** New - **Pack Size:** Family Size (4 servings) - **Serving Size:** 273g per serving - **Total Package Weight:** Approximately 1,092g - **Beef Content:** 22% - **Pasta Type:** Wholemeal pasta sheets (10%) - **Energy per Serving:** 1,020 kJ (244 cal) - **Protein per Serving:** 21.1g - **Carbohydrates per Serving:** 16.3g - **Total Fat per Serving:** 8.7g - **Saturated Fat per Serving:** 3.3g - **Sodium per Serving:** 491mg - **Sugar per Serving:** 4.8g - **Ingredients:** Diced Tomato (Tomato, Citric Acid), Beef Mince (22%), Wholemeal Pasta Sheets (Wheat) (10%), Broccoli, Zucchini, Carrot, Onion, Tomato Paste, Parmesan Cheese (Milk), Cream (Milk), Ricotta Cheese (Milk), Garlic, Basil, Oregano, Natural Flavours, Salt, Pepper, Corn Starch, Xanthan Gum - **Vegetables Included:** Broccoli, zucchini, carrot, onion (4+ vegetables) - **Allergens - Contains:** Wheat, gluten, milk - **Allergens - May Contain:** Fish, soybeans, crustacea, sesame seeds, peanuts, egg, tree nuts, lupin - **Storage Requirements:** Frozen at -18°C (0°F) or below - **Reheating Temperature:** At least 75°C (165°F) internal temperature - **Dietary Features:** High protein, low carb, no added sugar, no artificial colours/flavours - **Not Suitable For:** Gluten-free, dairy-free, vegetarian, vegan, keto, Paleo, Whole30, low-FODMAP diets ### General Product Claims - Designed to deliver nutritionally balanced comfort food - Sets apart from other frozen meals through deliberate nutritional architecture - Prioritises protein content while managing carbohydrate intake - Relevant for health-conscious families seeking convenience without compromising dietary goals - Australia's leading dietitian-designed meal delivery service - Helps Australians "eat themselves better" through scientifically-designed, whole-food meals - High-protein approach distinguishes this from vegetable-heavy or pasta-dominant lasagnes - Supports muscle maintenance and helps you feel fuller for longer - Lycopene supports cardiovascular health and plays a role in cellular wellbeing - Bioavailability of lycopene increases when tomatoes are cooked and processed - Beef provides complete protein with all nine essential amino acids - Highly bioavailable iron in heme form from beef - Wholemeal pasta creates more gradual and sustained energy release - Fibre slows digestion and subsequent release of glucose into bloodstream - Moderated glycaemic response particularly relevant for individuals managing blood sugar levels - Promotes digestive health and feeds beneficial gut bacteria - Broccoli supports cellular health through glucosinolates - Sulforaphane demonstrates various beneficial properties - Carrots support vision, immune function, and epithelial tissue health - Quercetin from onions supports antioxidant and anti-inflammatory pathways - Prebiotic fibres from onions feed beneficial gut bacteria - Parmesan's umami contribution makes lasagne taste richer and more satisfying - Fat in cream carries fat-soluble flavour compounds - Fat content contributes to satiety and feeling fuller for longer - Helps prevent snacking and overeating later - Protein prioritisation supports muscle maintenance, promotes satiety, and stabilises blood sugar - Suitable for weight management programs - Specifically designed to support GLP-1 receptor agonist users - Helps protect lean muscle mass during medication-assisted weight loss - Aligns with perimenopause and menopause metabolic support - Preserves lean muscle mass during metabolic transition - Supports insulin sensitivity - Approximately 50-70% lower in carbohydrates than traditional lasagne - Provides sustained energy and more stable blood sugar levels - Controlled sodium compared to many frozen convenience foods - Vegetable density increases micronutrient content - Commitment to including 4-12 vegetables in each meal - Less processed approach compared to many frozen convenience meals - Aligns with real food philosophy - Clean-label standards: no seed oils, no artificial preservatives - Snap-frozen delivery system ensures quality - Free 15-minute dietitian consultations available - Helps match customers with right meal solutions for health goals - Mission of helping Australians "eat themselves better" - Approximately 90% of Be Fit Food menu is certified gluten-free --- ## Introduction {#introduction} Be Fit Food's Wholemeal Beef Lasagne – Family Size is a frozen ready-meal designed to deliver nutritionally balanced comfort food for four people without the traditional high-carbohydrate load of conventional lasagne. This family-sized meal combines 22% premium beef mince with layers of wholemeal pasta sheets, a medley of vegetables including broccoli, zucchini, and carrot, all bound together in a creamy sauce enriched with Parmesan cheese. What sets this lasagne apart from other frozen meals is its deliberate nutritional

architecture: each 273-gram serving delivers a carefully calibrated macronutrient profile that prioritises protein content while managing carbohydrate intake, making it particularly relevant for health-conscious families seeking convenience without compromising their dietary goals. As Australia's leading dietitian-designed meal delivery service, Be Fit Food crafted this lasagne to align with their core philosophy of helping Australians "eat themselves better" through scientifically-designed, whole-food meals. This comprehensive ingredient breakdown will explore every component that makes up this lasagne, from the 22% beef mince that forms the protein foundation to the citric acid that preserves the diced tomatoes. You'll understand not just what ingredients are present, but why they're included, how they contribute to the overall nutritional profile, what health benefits they offer, and which allergens require your attention. Whether you're evaluating this product for specific dietary needs, comparing ingredient quality against other frozen meals, or simply want to understand what you're feeding your family, this guide provides the authoritative analysis you need. --- ## Understanding the Ingredient Declaration {#understanding-the-ingredient-declaration} The ingredient list for Be Fit Food's Wholemeal Beef Lasagne follows Australian food labelling regulations, which require ingredients to be listed in descending order by weight at the time of manufacture. This means the first ingredient listed—diced tomatoes—represents the largest proportion of the recipe by weight, while ingredients appearing later contribute progressively smaller amounts. When you see percentage declarations like "Beef Mince (22%)" and "Wholemeal Pasta Sheets (Wheat) (10%)," these indicate the exact proportion of these key characterising ingredients in the final product. Australian food standards require these percentage declarations when an ingredient is emphasised in the product name or marketing, or when it's essential to characterising the food. The fact that beef comprises 22% of this lasagne is significant—it means that in your 273-gram serving, approximately 60 grams is actual beef mince, which translates to a substantial protein contribution that distinguishes this from vegetable-heavy or pasta-dominant lasagnes. This high-protein approach aligns with Be Fit Food's commitment to meals that support muscle maintenance and help you feel fuller for longer. The allergen declarations in parentheses—such as "(Wheat)" after pasta sheets and "(Milk)" after Parmesan cheese—serve as critical safety information for consumers with food allergies or intolerances. These aren't optional additions; they're regulatory requirements that help you quickly identify potential allergens without decoding complex ingredient names. --- ## Primary Ingredients: The Foundation Components {#primary-ingredients-the-foundation-components} ### Diced Tomato (Tomato, Citric Acid) Diced tomatoes form the base of this lasagne, appearing first in the ingredient list and therefore representing the largest single component by weight. These are preserved diced tomatoes treated with citric acid. The tomatoes themselves provide the fundamental flavour profile of the ragu sauce, contributing natural umami depth, slight sweetness, and acidity that balances the richness of the beef and cheese. From a nutritional perspective, tomatoes are exceptional sources of lycopene, a powerful antioxidant that belongs to the carotenoid family. Lycopene supports cardiovascular health and plays a role in cellular wellbeing. The bioavailability of lycopene actually increases when tomatoes are cooked and processed, meaning the cooked tomatoes in this lasagne may offer more accessible lycopene than raw tomatoes would provide. The citric acid listed alongside tomato serves multiple functional purposes. Primarily, it acts as a natural preservative by lowering the pH of the tomato product, creating an environment less hospitable to microbial growth. This acidification extends shelf life and maintains food safety in the frozen product. Citric acid also enhances flavour by providing brightness and preventing the flat, dull taste that can develop in preserved tomato products. Additionally, it helps maintain the colour of the tomatoes, preventing the browning that would otherwise occur through oxidation. For consumers concerned about additives, citric acid is one of the most benign preservatives available—it's the same acid naturally present in citrus fruits and is generally well-tolerated even by those with sensitive digestive systems. ### Beef Mince (22%) At 22% of the total formulation, beef mince serves as the primary protein source and the characterising ingredient that defines this as a beef lasagne. This percentage is notably higher than many commercial frozen lasagnes, where meat content can drop as low as 10-15%, with the difference made up through increased pasta, sauce extenders, or vegetable fillers. Be Fit Food's commitment to high-protein meals is evident in this substantial beef content. The quality and type of beef mince is not specified beyond "beef mince" in the ingredient declaration, which under Australian standards means it's derived from beef (Bos taurus) but does not indicate the specific

cut, fat percentage, or grade. In commercial food manufacturing for health-focused brands like Be Fit Food, manufacturers use lean beef mince with controlled fat content to manage the overall nutritional profile. Given that each serving contains 8.7 grams of total fat with 3.3 grams being saturated fat, and considering the contributions from cheese and cream, the beef mince used is likely in the lean to medium-lean range (approximately 10-15% fat content). Beef provides complete protein, meaning it contains all nine essential amino acids your body cannot synthesise and must obtain from food. These amino acids are critical for muscle maintenance and repair, immune function, enzyme production, and cellular structure. The beef also contributes significant amounts of highly bioavailable iron in the heme form, which your body absorbs much more efficiently than the non-heme iron found in plant sources. This is particularly relevant for individuals at risk of iron deficiency, including menstruating women, athletes, and growing children. Beyond protein and iron, beef supplies vitamin B12 (cobalamin), which is essential for neurological function and red blood cell formation and is found almost exclusively in animal products. It also provides zinc, a mineral crucial for immune function, wound healing, and DNA synthesis, along with selenium, phosphorus, and B-complex vitamins including niacin and B6. The 22% beef content translates to approximately 60 grams of raw beef mince per 273-gram serving. Given that beef is roughly 20-25% protein by weight (depending on fat content), this contributes approximately 12-15 grams of the 21.1 grams of protein per serving, with the remainder coming from the Parmesan cheese, milk in the cream sauce, and smaller contributions from the pasta and vegetables. ### Wholemeal Pasta Sheets (Wheat) (10%) The pasta component represents 10% of the formulation, which translates to approximately 27 grams of wholemeal pasta sheets per serving. The specification of "wholemeal" is significant and distinguishes this product from conventional lasagnes that use refined white pasta. This choice reflects Be Fit Food's real food philosophy and commitment to nutrient-dense ingredients. Wholemeal pasta is produced from the entire wheat kernel—the bran (outer fibre-rich layer), the germ (nutrient-dense core), and the endosperm (starchy middle section). In contrast, refined white pasta uses only the endosperm, stripping away the fibre-rich bran and nutrient-dense germ during milling. This seemingly simple difference carries substantial nutritional implications. The bran layer contributes dietary fibre, which does not appear in significant quantities in refined pasta. Fibre serves multiple physiological functions: it slows digestion and the subsequent release of glucose into the bloodstream, creating a more gradual and sustained energy release rather than the rapid blood sugar spike associated with refined carbohydrates. This moderated glycaemic response is particularly relevant for individuals managing blood sugar levels, whether due to diabetes, pre-diabetes, or general metabolic health goals. Fibre also promotes digestive health by adding bulk to stool, feeding beneficial gut bacteria, and supporting regular bowel movements. The wheat germ, which is also retained in wholemeal pasta, provides B vitamins (particularly thiamin, folate, and B6), vitamin E (a fat-soluble antioxidant), minerals including magnesium and zinc, and small amounts of healthy polyunsaturated fats. These nutrients are largely absent from refined pasta. The total carbohydrate content per serving is 16.3 grams, which is notably moderate for a pasta-based dish. Traditional lasagne servings contain 30-45 grams of carbohydrates or more, making this formulation significantly lower in total carbs. This reduction is achieved through the combination of limiting pasta to 10% of the formulation and loading the recipe with vegetables and protein instead—a hallmark of Be Fit Food's lower-carbohydrate, higher-protein approach to meal design. The allergen declaration "(Wheat)" is critical for individuals with coeliac disease, wheat allergy, or non-coeliac gluten sensitivity. Wheat contains gluten proteins (specifically gliadin and glutenin) that trigger immune responses in susceptible individuals. This product is not suitable for gluten-free diets. --- ## Vegetable Components: Nutritional Density and Texture {#vegetable-components-nutritional-density-and-texture} Be Fit Food is known for including 4-12 vegetables in each meal, and this lasagne exemplifies that commitment to vegetable density. The inclusion of multiple vegetables increases the micronutrient density and fibre content of the meal while adding volume without excessive calories. ### Broccoli Broccoli appears as the first vegetable listed after the primary ingredients, suggesting it represents a significant portion of the vegetable content. This cruciferous vegetable contributes both nutritional value and textural variety to the lasagne. From a nutritional standpoint, broccoli is exceptionally dense in micronutrients relative to its caloric contribution. It's particularly rich in vitamin C (ascorbic acid), providing more vitamin C per 100 grams than many citrus fruits. Vitamin C serves as a water-soluble antioxidant, supports collagen synthesis for skin and

connective tissue health, enhances iron absorption from plant sources in the meal, and supports immune function. Broccoli also provides vitamin K1 (phylloquinone), which is essential for blood clotting and increasingly recognised for its role in bone health through its involvement in calcium metabolism. A single serving of broccoli can provide well over 100% of the daily vitamin K requirement. Beyond vitamins, broccoli contains an array of bioactive compounds called glucosinolates, which break down into isothiocyanates and indoles during chopping, chewing, and digestion. These compounds support cellular health. Sulforaphane, one of the most studied isothiocyanates derived from broccoli, demonstrates various beneficial properties in laboratory studies. In this lasagne formulation, broccoli also serves functional purposes beyond nutrition. Its firm texture provides contrast against the soft pasta and sauce, creating a more interesting eating experience. The slightly bitter, earthy notes of broccoli balance the richness of the beef and cheese, preventing the dish from becoming cloying. ### Zucchini Zucchini (also known as courgette) is a summer squash that contributes moisture, mild flavour, and additional vegetable content without adding significant calories or carbohydrates. With approximately 95% water content, zucchini helps create a moist, cohesive lasagne while keeping the caloric density low. Nutritionally, zucchini provides vitamin C, several B vitamins including folate and B6, and minerals such as potassium and manganese. While not as nutrient-dense as some other vegetables, zucchini's contribution lies more in what it does not add—it provides bulk and substance without contributing significant carbohydrates, fats, or calories, helping to create a satisfying portion size while maintaining the controlled nutritional profile Be Fit Food targets. Zucchini also contains lutein and zeaxanthin, carotenoid antioxidants that accumulate in the retina and are associated with eye health. The vegetable's soluble fibre content, while modest, contributes to the overall fibre profile of the meal. From a culinary perspective, zucchini's mild flavour allows it to absorb and carry the flavours of the tomato sauce and beef without competing with them. Its texture, when cooked, becomes tender and slightly creamy, integrating seamlessly into the layered structure of the lasagne rather than creating discrete, identifiable vegetable pieces that might be off-putting to vegetable-averse eaters. ### Carrot Carrots contribute natural sweetness, vibrant colour, and substantial nutritional value to this lasagne. The natural sugars in carrots (primarily sucrose, glucose, and fructose) provide a subtle sweetness that balances the acidity of the tomatoes and the savoury depth of the beef. Carrots are most famous for their exceptionally high beta-carotene content, which gives them their characteristic orange colour. Beta-carotene is a provitamin A carotenoid, meaning your body converts it into active vitamin A (retinol) as needed. Vitamin A is crucial for vision, particularly for low-light and night vision, as it's a component of rhodopsin, the light-sensitive protein in your retinal cells. Beyond vision, vitamin A supports immune function, cellular communication, and the health of epithelial tissues including skin and the linings of your respiratory and digestive tracts. The bioavailability of beta-carotene from carrots is enhanced by cooking and by the presence of fat in the meal. The cooking process breaks down the cell walls, making the carotenoids more accessible, while the fat from the beef, cheese, and cream in this lasagne helps with absorption, since carotenoids are fat-soluble compounds. Carrots also provide fibre, vitamin K1, potassium, and smaller amounts of various B vitamins. They contain polyacetylenes, unique compounds found primarily in the Apiaceae family (which includes carrots, parsley, and celery), that support various biological activities. In the context of this lasagne, carrots also contribute textural variety. When diced and cooked in the ragu, they maintain some structural integrity, providing slightly firmer pieces that contrast with the softer vegetables and pasta. ### Onion Onions form the aromatic foundation of the beef ragu, providing depth, complexity, and savoury notes that are fundamental to the dish's flavour profile. When onions are cooked slowly, as they would be in preparing the ragu base, their sharp, pungent raw character transforms into deep sweetness and savoury umami notes through the Maillard reaction and caramelisation of their natural sugars. Nutritionally, onions contribute quercetin, a flavonoid antioxidant found in particularly high concentrations in the outer layers of the onion. Quercetin supports antioxidant and anti-inflammatory pathways in the body. Onions also provide vitamin C, B vitamins including folate and B6, and prebiotic fibres that feed beneficial gut bacteria. Onions contain sulfur compounds, including allicin and various thiosulfinates, which form when onion cells are damaged during cutting. These compounds are responsible for onions' characteristic smell and the eye irritation experienced during chopping, but they also contribute to onions' potential health benefits. From a culinary perspective, onions are fundamental to building flavour complexity in the beef

ragu. They provide a savoury base that enhances the perception of meatiness and richness in the dish, a quality that food scientists and chefs refer to as "umami" or the fifth taste alongside sweet, sour, salty, and bitter. --- ## Sauce Components: Richness and Binding {#sauce-components-richness-and-binding} ### Tomato Paste Tomato paste appears separately from the diced tomatoes in the ingredient list, indicating it's added as a distinct ingredient to intensify tomato flavour and adjust the consistency of the sauce. Tomato paste is made by cooking tomatoes for several hours to reduce moisture content, then straining out seeds and skins to create a concentrated tomato product. This concentration process intensifies both flavour and nutritional content. Tomato paste contains approximately 5-6 times more lycopene per gram than fresh tomatoes, making it one of the most concentrated dietary sources of this beneficial antioxidant. The cooking process involved in creating tomato paste also enhances lycopene bioavailability by breaking down cell matrices and converting lycopene from trans to cis isomers, which are more readily absorbed. In the lasagne formulation, tomato paste serves multiple functions. It deepens the tomato flavour, providing a rich, concentrated tomato presence that complements the lighter, fresher notes from the diced tomatoes. It also contributes to the sauce's body and consistency, helping to create a ragu that clings to the pasta and meat rather than being watery. The natural pectin in tomato paste acts as a gentle thickener, creating a more cohesive sauce structure. Tomato paste also contributes umami compounds, particularly glutamates, which enhance the savoury perception of the dish and create a more satisfying, "meaty" flavour profile even beyond what the beef alone provides. ### Parmesan Cheese (Milk) Parmesan cheese—specifically Parmigiano-Reggiano or similar hard Italian grating cheese—contributes sharp, salty, umami-rich flavour along with protein, calcium, and fat to the lasagne. The "(Milk)" allergen declaration indicates this ingredient contains dairy and is unsuitable for those with milk allergies or following dairy-free diets. Parmesan is a hard, aged cheese with a granular texture and concentrated flavour. During the aging process, which can last 12-36 months or longer for authentic Parmigiano-Reggiano, proteins break down into amino acids and peptides, creating the characteristic sharp, complex flavour and the distinctive crystalline texture. This protein breakdown also makes aged Parmesan naturally very low in lactose, as the lactose is consumed by bacteria during fermentation and aging, though it still contains milk proteins that can trigger allergic reactions in sensitive individuals. From a nutritional perspective, Parmesan is notably high in protein for a cheese, containing approximately 35-38% protein by weight. It's also an excellent source of calcium, providing around 1,200 mg per 100 grams—far more than milk or softer cheeses. The calcium in cheese is highly bioavailable, and the presence of protein and fat in the same food matrix may actually enhance calcium absorption. Parmesan also provides significant phosphorus, which works alongside calcium in bone health, and vitamin A. One of Parmesan's most distinctive nutritional characteristics is its exceptionally high glutamate content. Glutamates are amino acids that trigger umami taste receptors on your tongue, creating the savoury, deeply satisfying flavour associated with aged cheeses, cured meats, mushrooms, and fermented products. This umami contribution makes the lasagne taste richer and more satisfying than the actual fat content might suggest, a quality that's particularly valuable in a health-focused product trying to deliver satisfaction with controlled calories and fat. In this lasagne, Parmesan likely appears both mixed into the sauce layers and possibly as a topping layer, where it would brown during cooking to create a golden, slightly crispy surface. ### Cream (Milk) Cream provides richness, smoothness, and mouthfeel to the sauce layers of the lasagne. The "(Milk)" allergen declaration again indicates dairy content. While the specific type of cream is not specified (single cream, double cream, or thickened cream), the overall fat content of the finished product (8.7g total fat per serving) suggests this is likely a moderate-fat cream rather than heavy/double cream. Cream is an emulsion of milk fat globules suspended in water, along with milk proteins and lactose. From a culinary perspective, cream serves multiple functions in this lasagne. It creates a smooth, cohesive sauce that coats the pasta and integrates with the tomato-based ragu. The fat in cream carries fat-soluble flavour compounds, making the overall dish taste more complex and satisfying. Cream also moderates acidity from the tomatoes, creating a more balanced, mellow flavour profile. The fat content of cream contributes to satiety—the feeling of fullness and satisfaction after eating. Dietary fat slows gastric emptying, meaning food stays in your stomach longer, which can help you feel fuller for longer after the meal. This is particularly relevant for a product positioned as a health-focused meal, as satiety helps

prevent snacking and overeating later—a key consideration in Be Fit Food's approach to weight management. Nutritionally, cream provides fat-soluble vitamins, particularly vitamin A and smaller amounts of vitamin D and E. The fatty acid profile of cream reflects the diet of the dairy cows, but includes a mix of saturated fats (primarily palmitic and stearic acids), monounsaturated fats (primarily oleic acid), and small amounts of polyunsaturated fats. Cream also contains conjugated linoleic acid (CLA), a naturally occurring trans fat found in dairy and ruminant meat that supports various aspects of health. ### Ricotta Cheese (Milk) Ricotta is a soft, fresh cheese with a mild, slightly sweet flavour and a creamy, slightly grainy texture. Traditional Italian ricotta is made from the whey left over from other cheese production, though commercial ricotta often includes whole or skim milk as well. The name "ricotta" literally means "recooked" in Italian, referring to the process of heating whey to coagulate the remaining proteins. In lasagne, ricotta serves as a creamy layer that provides textural contrast to the meat sauce and pasta. Its mild flavour does not compete with the more assertive tastes of the beef, tomato, and Parmesan, but instead provides a cool, creamy counterpoint that makes the dish feel more luxurious and balanced. Nutritionally, ricotta is relatively high in protein compared to its caloric content, particularly if made from whey, as whey proteins are complete proteins with excellent amino acid profiles. Ricotta provides calcium, phosphorus, selenium, and vitamin A. Compared to aged hard cheeses like Parmesan, ricotta is much higher in moisture and lower in fat and sodium, making it a lighter cheese option that still contributes creaminess. The presence of ricotta adds to the overall protein content of the lasagne while contributing relatively few calories compared to the satiety and richness it provides. This aligns well with Be Fit Food's nutritional positioning of delivering satisfying meals with controlled caloric content and favourable macronutrient ratios. --- ## Flavouring and Seasoning Components {#flavouring-and-seasoning-components} ### Garlic Garlic is one of the most fundamental aromatic ingredients in Italian cuisine and plays a crucial role in building the flavour foundation of the beef ragu. When garlic is cooked, its harsh, pungent raw character mellows into sweet, savoury, complex notes that enhance the perception of richness and depth in the dish. Garlic belongs to the Allium family, along with onions, and contains similar sulfur compounds that contribute both to its distinctive flavour and its potential health properties. When garlic cloves are crushed or chopped, an enzyme called alliinase converts alliin (a sulfur-containing amino acid) into allicin, the compound responsible for garlic's characteristic smell and many of its studied properties. Allicin is unstable and quickly breaks down into various other sulfur compounds that contribute to garlic's complex flavour profile. Nutritionally, garlic provides manganese, vitamin B6, vitamin C, and selenium, though the amounts are relatively small given that garlic is used in modest quantities. The potential health benefits of garlic support cardiovascular health, immune function, and antioxidant activity. In this lasagne, garlic works synergistically with onions to create a savoury aromatic base that makes the beef taste meatier and more satisfying. This flavour-building function is particularly important in health-focused products where fat and sodium may be moderated compared to traditional recipes—the aromatic vegetables help compensate by creating perception of richness and depth. ### Basil Basil is a quintessential Italian herb that contributes bright, slightly sweet, aromatic notes with hints of anise and mint. Fresh basil contains volatile essential oils, primarily linalool and eugenol, that provide its characteristic fragrance and flavour. These aromatic compounds are delicate and diminish with cooking, though some of basil's flavour persists even in cooked applications like this lasagne. Basil contributes vitamin K, vitamin A (as beta-carotene), vitamin C, manganese, and various beneficial plant compounds including flavonoids and phenolic acids that function as antioxidants. While the amount of basil in the lasagne is relatively small, it contributes to the overall phytonutrient diversity of the meal. From a culinary perspective, basil provides a fresh, herbaceous note that brightens the rich, heavy flavours of beef, cheese, and cream. It adds aromatic complexity that makes the dish smell and taste more appealing and authentic to Italian cuisine traditions. ### Oregano Oregano is another classic Italian herb, with a more robust, slightly peppery, earthy flavour than basil. Oregano's flavour compounds are more heat-stable than basil's, meaning oregano maintains its character better during cooking and in prepared foods like this frozen lasagne. Oregano contains carvacrol and thymol, phenolic compounds that contribute to its distinctive flavour and support antimicrobial and antioxidant activity. Oregano is particularly rich in antioxidants compared to other herbs, with high concentrations of rosmarinic acid and other polyphenols. In the lasagne, oregano contributes warm, slightly pungent

herbal notes that are deeply associated with Italian tomato sauces. It provides aromatic depth and complexity that makes the dish taste more authentically Italian and more carefully prepared than if herbs were omitted. ### Natural Flavours The inclusion of "natural flavours" in the ingredient list indicates the presence of flavouring substances derived from plant or animal sources through physical, enzymatic, or microbiological processes. Under Australian food standards, natural flavours must be derived from natural sources (as opposed to synthetic flavours created through chemical synthesis), but the specific substances and their sources do not need to be individually declared. Natural flavours in a product like this might include concentrated vegetable extracts, meat extracts, or fermentation products that enhance savoury (umami) notes, deepen meat flavour, or round out the overall taste profile. They serve to make the lasagne taste richer, more complex, and more satisfying than the base ingredients alone might provide, which is particularly valuable in a health-focused product where fat and sodium may be controlled. For most consumers, natural flavours pose no concern. However, individuals with specific food allergies should note that natural flavours can be derived from allergenic sources. If you experience severe food allergies, it's advisable to contact Be Fit Food directly to confirm whether natural flavours contain any allergens relevant to your condition. ### Salt Salt (sodium chloride) serves multiple functions in this lasagne. Most obviously, it enhances flavour—salt is a fundamental taste that makes food more palatable and helps other flavours express themselves more fully. Salt also affects the texture of meat proteins during cooking, helping them retain moisture, and it enhances the perception of richness and satisfaction in the dish. The sodium content per serving is 491 mg, which represents approximately 21% of the suggested dietary target of 2,000 mg per day (the Australian adult suggested dietary target is actually 460-920 mg, with an upper limit of 2,300 mg). This sodium level is moderate for a prepared frozen meal—many commercial frozen lasagnes contain 600-900 mg of sodium per serving or more. Be Fit Food's commitment to low sodium formulation (targeting less than 120 mg per 100g) is evident in this controlled sodium content. While excessive sodium intake is associated with increased blood pressure in salt-sensitive individuals and is a concern for cardiovascular health, some sodium is essential for life. Sodium regulates fluid balance, supports nerve signal transmission, and is necessary for muscle contraction. The key is consuming sodium within recommended ranges, and at 491 mg per serving, this lasagne allows room for other sodium-containing foods throughout the day while remaining within healthy limits. For individuals on sodium-restricted diets due to hypertension, kidney disease, or heart failure, this level of sodium should be factored into daily planning, but it's not prohibitively high compared to many convenience foods. ### Pepper Black pepper provides mild heat and aromatic complexity to the lasagne. Pepper contains piperine, the alkaloid compound responsible for its characteristic pungency, along with various aromatic essential oils that contribute to its complex flavour profile. Beyond flavour, piperine may enhance the bioavailability of certain nutrients and plant compounds. Most notably, piperine significantly increases the absorption of curcumin (from turmeric) and may enhance the absorption of other compounds as well, though the practical significance of this in a dish like lasagne is minimal. Pepper's contribution is primarily about flavour—it adds a subtle warming sensation and aromatic complexity that makes the dish more interesting and satisfying to eat. --- ## Thickening and Texturing Agents {#thickening-and-texturing-agents} ### Corn Starch Corn starch (maize starch) is a refined carbohydrate extracted from corn kernels, consisting almost entirely of amylose and amylopectin, the two forms of starch. In this lasagne, corn starch serves as a thickening agent for the sauce, helping to create the proper consistency so the sauce coats the pasta and meat rather than being watery. When corn starch is heated in liquid, the starch granules absorb water and swell, eventually bursting and releasing long starch molecules that tangle together, creating a thicker, more viscous liquid. This process, called gelatinisation, occurs at specific temperatures and is what makes corn starch effective as a thickener. Corn starch is flavourless and colourless, so it thickens without affecting the taste or appearance of the sauce. This is preferable to using flour as a thickener, which can add a slightly pasty or raw flour taste if not cooked sufficiently. From a nutritional perspective, corn starch is essentially pure carbohydrate with no significant protein, fat, vitamins, or minerals. The amount used in this lasagne is small enough that its contribution to the total carbohydrate content (16.3g per serving) is minor. Corn starch is naturally gluten-free, though this product as a whole is not gluten-free due to the wheat pasta. ### Xanthan Gum Xanthan gum is a polysaccharide produced through fermentation of sugars by the

bacterium Xanthomonas campestris. It's used as a thickening agent and stabiliser in many processed foods because it's effective at very low concentrations and works across a wide range of temperatures and pH levels. In this lasagne, xanthan gum helps stabilise the sauce, preventing separation of water from the other components during freezing, storage, and reheating. Frozen foods face particular challenges with maintaining texture because ice crystal formation can disrupt emulsions and cause sauces to become watery or grainy when thawed. Xanthan gum helps maintain a smooth, cohesive sauce texture throughout the freeze-thaw cycle—an important consideration for Be Fit Food's snap-frozen delivery system. Xanthan gum is considered safe for consumption and is used in very small amounts—around 0.1-0.5% of the total weight of the product. It's a source of soluble fibre, though the amount present is too small to contribute meaningfully to fibre intake. Some individuals with sensitive digestive systems may experience mild digestive effects from xanthan gum if consumed in larger quantities, but at the levels used in products like this lasagne, most people tolerate it without issue. For individuals with corn allergies, it's worth noting that xanthan gum is produced using corn-derived sugars as the fermentation substrate, though the final product contains no corn protein and is generally considered safe even for those with corn allergies. --- ## Nutritional Profile Analysis {#nutritional-profile-analysis} Each 273-gram serving of this Wholemeal Beef Lasagne delivers a carefully constructed nutritional profile that distinguishes it from conventional frozen lasagnes, reflecting Be Fit Food's dietitian-designed approach. The energy content of 1,020 kJ (approximately 244 calories) per serving positions this as a moderate-calorie meal that leaves room for other foods throughout the day while still providing substantial, satisfying portion size. This aligns with Be Fit Food's structured approach to energy-controlled meals designed for weight management. The macronutrient distribution reveals the intentional design behind this product. With 21.1 grams of protein per serving, this lasagne delivers approximately 35% of its calories from protein—significantly higher than most frozen meals or traditional lasagne recipes, which often derive only 15-20% of calories from protein. This high protein content supports muscle maintenance, promotes satiety so you feel fuller for longer, and helps stabilise blood sugar levels after eating. Be Fit Food's emphasis on protein prioritisation at every meal is evident in this formulation. The carbohydrate content of 16.3 grams per serving is notably restrained for a pasta-based dish. Traditional lasagne servings contain 35-50 grams of carbohydrates or more, making this formulation approximately 50-70% lower in carbs than conventional versions. This reduction is achieved through the strategic use of wholemeal pasta at only 10% of the formulation, with the remainder of the volume filled by protein-rich beef, vegetables, and sauce components—a hallmark of Be Fit Food's lower-carbohydrate, higher-protein approach to meal design. The fat content of 8.7 grams total fat per serving, with 3.3 grams of saturated fat, represents approximately 32% of total calories from fat. This is moderate and appropriate for a balanced meal. The saturated fat comes primarily from the beef, Parmesan cheese, and cream components. While dietary guidance traditionally emphasised limiting saturated fat, recent research recognises that saturated fat from whole food sources like dairy and unprocessed meat, consumed in the context of an overall healthy diet, may not carry the cardiovascular risks once attributed to it. The 3.3 grams of saturated fat per serving represents approximately 14-17% of daily limits (based on 20g per day for a 2,000 calorie diet). The sodium content of 491 mg per serving is moderate and controlled compared to many frozen convenience meals. This level allows the lasagne to taste properly seasoned and satisfying while remaining within reasonable sodium intake parameters for most individuals. The 4.8 grams of total sugars per serving comes from naturally occurring sugars in the vegetables (particularly tomatoes, carrots, and onions) and the small amount of lactose in the dairy components. There are no added refined sugars in the ingredient list, making this a low-sugar meal option—consistent with Be Fit Food's commitment to no added sugar or artificial sweeteners. --- ## Allergen Considerations {#allergen-considerations} This Wholemeal Beef Lasagne contains three declared allergens that require careful attention from sensitive individuals: **Wheat (Gluten)**: Present in the wholemeal pasta sheets, wheat is a primary allergen that affects individuals with coeliac disease, wheat allergy, and non-coeliac gluten sensitivity. Coeliac disease is an autoimmune condition where gluten proteins trigger immune-mediated damage to the small intestine, leading to malabsorption and various systemic symptoms. Wheat allergy is an IgE-mediated allergic reaction that can cause symptoms ranging from mild (hives, digestive upset) to severe (anaphylaxis). Non-coeliac gluten sensitivity causes symptoms similar to coeliac disease

without the autoimmune intestinal damage. This product is not suitable for any of these conditions. It's worth noting that approximately 90% of Be Fit Food's menu is certified gluten-free for those requiring such options. **Milk (Dairy)**: Present in the Parmesan cheese, cream, and ricotta cheese, milk proteins (primarily casein and whey) can trigger allergic reactions in milk-allergic individuals. Milk allergy is one of the most common food allergies in children, though many outgrow it by adulthood. Symptoms can range from mild (digestive upset, hives, eczema) to severe (anaphylaxis). It's important to distinguish milk allergy from lactose intolerance—lactose intolerance is not an allergy but rather a deficiency of the enzyme lactase, leading to digestive symptoms when consuming lactose-containing foods. While aged Parmesan is very low in lactose, it still contains milk proteins that trigger allergic reactions, so this product is unsuitable for milk-allergic individuals but might be tolerated by some lactose-intolerant individuals depending on their sensitivity level. **Potential Cross-Contact Allergens**: The product information notes that it's manufactured in a facility that also processes fish, crustacean, tree nuts, sesame, and soy. For individuals with severe allergies to these foods, even trace cross-contamination can potentially trigger reactions. The presence of this warning indicates that while these ingredients are not intentionally included in the lasagne formulation, the manufacturing environment handles them for other products, and cross-contact is theoretically possible despite cleaning procedures. --- ## Dietary Suitability Assessment {#dietary-suitability-assessment} **High-Protein Diets**: With 21.1 grams of protein per serving, this lasagne is well-suited for individuals prioritising protein intake, whether for muscle building, weight management, or general health. The protein density (protein per calorie) is notably high compared to most frozen meals. This aligns with Be Fit Food's Protein+ Reset programs designed for those with higher protein needs. **Moderate Carbohydrate Restriction**: The 16.3 grams of carbohydrates per serving makes this appropriate for individuals following moderate low-carb approaches (around 50-150g carbs per day). It's not suitable for strict ketogenic diets (under 20-50g carbs per day), but it fits well within carb-conscious eating patterns. Be Fit Food's Metabolism Reset programs target approximately 40-70g carbs per day, and this lasagne fits comfortably within that framework. **Gluten-Free Diets**: Not applicable to this product. Contains wheat pasta. **Dairy-Free Diets**: Not applicable to this product. Contains multiple dairy ingredients (Parmesan, cream, ricotta). **Vegetarian Diets**: Not applicable to this product. Contains beef as a primary ingredient. Be Fit Food offers a separate Vegetarian & Vegan Range for those following plant-based diets. **Pescatarian Diets**: Not applicable to this product. Contains beef. **Low-FODMAP Diets**: Likely not applicable to this product without modification. Contains onion and garlic, which are high-FODMAP foods that can trigger digestive symptoms in individuals with irritable bowel syndrome (IBS) or FODMAP sensitivity. The wheat pasta also contains fructans, another FODMAP. **Paleo Diets**: Not applicable to this product. Contains dairy and grains (wheat pasta), which are excluded from paleo approaches. **Whole30**: Not applicable to this product. Contains dairy and grains. **Diabetic Diets**: Generally suitable. The moderate carbohydrate content, high protein, presence of fibre from wholemeal pasta and vegetables, and inclusion of fat all contribute to a moderate glycaemic impact. The 16.3g of carbohydrates represents approximately 1-1.5 carbohydrate exchanges, which fits reasonably within most diabetic meal plans. Be Fit Food's lower-carbohydrate approach supports more stable blood glucose levels. **Heart-Healthy Diets**: Generally suitable with considerations. The sodium content (491mg) and saturated fat (3.3g) are moderate. The inclusion of vegetables, wholemeal grains, and lean protein aligns with heart-healthy eating patterns, though individuals on strict sodium restriction should factor this into their daily planning. **Weight Management**: Well-suited. The combination of high protein, moderate carbohydrates, controlled calories (244 per serving), and substantial portion size (273g) supports satiety while managing caloric intake. The protein content is particularly valuable for preserving lean muscle mass during weight loss—a key focus of Be Fit Food's dietitian-designed programs. You'll feel fuller for longer, making it easier to stay on track with your health goals. **GLP-1 and Weight-Loss Medication Users**: Be Fit Food meals are specifically designed to support people using GLP-1 receptor agonists and other weight-loss medications. The smaller, portion-controlled, nutrient-dense format is easier to tolerate when appetite is suppressed, while the high protein content helps protect lean muscle mass during medication-assisted weight loss. **Menopause and Midlife Metabolic Support**: This lasagne aligns with Be Fit Food's positioning for perimenopause and menopause support. The high-protein content

helps preserve lean muscle mass, while the lower carbohydrate formulation supports insulin sensitivity during this metabolic transition. --- ## Ingredient Sourcing and Quality Indicators {#ingredient-sourcing-and-quality-indicators} While the product listing does not provide detailed information about ingredient sourcing, several aspects of the formulation suggest quality considerations that align with Be Fit Food's brand standards: The specification of "wholemeal" pasta rather than refined pasta indicates a choice to prioritise nutritional value over cost, as wholemeal pasta is more expensive than refined alternatives. This suggests a commitment to ingredient quality that aligns with the health-focused positioning of the brand. The 22% beef content is substantially higher than many commercial frozen lasagnes, which often contain 10-15% meat or less, with the difference made up through cheaper fillers, extenders, and additional pasta. The higher meat content indicates a premium formulation that prioritises protein delivery and eating experience over cost minimisation. The inclusion of multiple vegetables (broccoli, zucchini, carrot, onion) rather than relying primarily on tomato and pasta to fill the dish demonstrates a commitment to nutritional density and vegetable inclusion that distinguishes this from budget frozen meals. Be Fit Food's standard of including 4-12 vegetables in each meal is evident in this formulation. The relatively short ingredient list with recognisable whole food ingredients (vegetables, meat, cheese, herbs) rather than extensive lists of additives, preservatives, artificial colours, or flavours suggests a less-processed approach compared to many frozen convenience meals. This aligns with Be Fit Food's current clean-label standards: no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The use of natural flavours rather than artificial flavours, while still involving processing, indicates a preference for naturally-derived ingredients that aligns with consumer preferences for more natural products and Be Fit Food's real food philosophy. --- ## Storage, Preparation, and Food Safety {#storage-preparation-and-food-safety} As a frozen product, this lasagne requires continuous storage at -18°C (0°F) or below to maintain quality and safety. Frozen storage prevents microbial growth and dramatically slows enzymatic and chemical reactions that would otherwise degrade quality. Be Fit Food's snap-frozen delivery system ensures meals arrive frozen and ready for storage. The freezing process itself affects the product's structure. Water within the food forms ice crystals, which can damage cell structures in vegetables and affect texture. Modern frozen food manufacturing uses rapid freezing techniques to create smaller ice crystals that cause less structural damage. The inclusion of stabilisers like xanthan gum helps maintain sauce consistency through the freeze-thaw cycle. When preparing the lasagne, proper reheating is essential for both safety and quality. The product should be heated to an internal temperature of at least 75°C (165°F) to ensure food safety, particularly important given the presence of beef and dairy components. This temperature is sufficient to destroy any potential pathogenic bacteria that might be present before freezing or introduced during handling. Reheating methods affect the final quality. Oven reheating produces the best texture, allowing the top to brown and crisp while heating the interior thoroughly. Microwave reheating is faster but may result in uneven heating (hot spots and cold spots) and can make the pasta slightly rubbery. If microwaving, using medium power and stirring partway through heating produces more even results. Once thawed, the lasagne should not be refrozen, as repeated freeze-thaw cycles progressively degrade texture and increase food safety risks. If you're not planning to consume all four servings at once, it's better to reheat only the portion you'll eat immediately while keeping the remainder frozen. --- ## Practical Serving Considerations {#practical-serving-considerations} Each package contains four servings of 273 grams each, totalling approximately 1,092 grams of food. This family-size format is designed to feed four people or provide multiple meals for smaller households. The 273-gram serving size is substantial—for context, this is approximately 9.6 ounces, which is larger than many frozen meal servings (around 200-250g). Combined with the high protein content and fibre from wholemeal pasta and vegetables, this portion size should help you feel fuller for longer. For individuals with higher caloric needs—such as larger adults, athletes, or those not trying to lose weight—this lasagne can serve as a base meal that's supplemented with additional components. A side salad with olive oil dressing would add healthy fats, more vegetables, and additional calories while keeping the meal balanced. A slice of wholegrain bread could add carbohydrates for those not restricting them. For those with lower caloric needs or those practising portion control, a single serving as prepared provides a complete, balanced meal that delivers protein, carbohydrates, fats, and vegetables in appropriate proportions without

requiring supplementation. This aligns with Be Fit Food's structured meal approach where portion sizes are pre-determined to support specific nutritional targets. The family-size format offers value compared to individual meal portions but requires planning. If you're a single-person household or couple, you'll need to consider whether you're comfortable eating the same meal multiple times over a few days or whether you're able to store individual portions in the freezer if you divide the package after initial preparation. --- ## Health Benefits and Nutritional Advantages {#health-benefits-and-nutritional-advantages} The thoughtful formulation of this lasagne delivers several nutritional advantages compared to traditional frozen lasagnes, reflecting Be Fit Food's dietitian-designed approach: **Protein Prioritisation**: The 21.1 grams of protein per serving supports muscle maintenance and growth, promotes satiety (helping you feel fuller for longer), stabilises blood sugar by slowing carbohydrate absorption, and supports various metabolic functions. For a 70kg (154 lb) adult, this single serving provides approximately 30% of daily protein needs. This high-protein approach is central to Be Fit Food's formulation philosophy. **Carbohydrate Moderation**: The 16.3 grams of carbohydrates per serving is approximately 50-70% lower than traditional lasagne, making this suitable for carb-conscious eating patterns. The moderated carb content helps prevent the blood sugar spike and subsequent crash that can occur with high-carbohydrate meals, leading to more stable energy levels. **Wholegrain Inclusion**: The use of wholemeal pasta rather than refined pasta provides fibre, B vitamins, minerals, and phytonutrients that are stripped away in refined grains. The fibre slows digestion and glucose absorption, contributing to better blood sugar control and sustained energy. **Vegetable Density**: The inclusion of broccoli, zucchini, carrot, and onion increases the micronutrient density and fibre content of the meal while adding volume without excessive calories. This vegetable content contributes vitamins, minerals, antioxidants, and beneficial plant compounds that support overall health. Be Fit Food's commitment to including 4-12 vegetables in each meal is evident here. **Balanced Macronutrients**: The distribution of approximately 35% protein, 32% fat, and 27% carbohydrates (with the remainder from fibre and water) creates a balanced meal that provides sustained energy, promotes satiety, and supports stable blood sugar levels. **Controlled Sodium**: At 491mg per serving, the sodium content is moderate and controlled compared to many frozen convenience foods, which often exceed 700-900mg per serving. This makes the lasagne more suitable for individuals monitoring sodium intake for cardiovascular health. Be Fit Food targets less than 120mg sodium per 100g in their formulations. **No Added Sugars**: All sugars in the product come from naturally occurring sources (vegetables and dairy), with no added refined sugars, making this a low-sugar meal option consistent with Be Fit Food's clean-label standards. --- ## Ingredient Interaction and Culinary Synergies {#ingredient-interaction-and-culinary-synergies} The ingredients in this lasagne work together in ways that enhance both nutrition and flavour: **Fat-Soluble Nutrient Absorption**: The fat from beef, cheese, and cream enhances absorption of fat-soluble vitamins (A, D, E, K) and carotenoids (beta-carotene from carrots, lutein from zucchini and broccoli, lycopene from tomatoes). These nutrients require fat for optimal absorption, and the moderate fat content of this lasagne provides sufficient fat to support this process. **Protein and Carbohydrate Pairing**: The high protein content and moderate fat slow the digestion and absorption of carbohydrates from the wholemeal pasta and vegetables, resulting in a more gradual rise in blood glucose rather than a sharp spike. This protein-carbohydrate pairing creates more stable energy levels and better satiety. **Acid and Fat Balance**: The acidity from tomatoes and citric acid balances the richness of the beef, cheese, and cream, preventing the dish from feeling heavy or cloying. This acid-fat balance makes the lasagne more palatable and easier to finish without feeling overly full. **Umami Layering**: Multiple ingredients contribute umami compounds—glutamates from Parmesan cheese and tomatoes, nucleotides from beef, and savoury compounds from cooked onions and garlic. These umami sources work synergistically, creating a more intense savoury satisfaction than any single ingredient could provide alone. **Aromatic Complexity**: The combination of onions, garlic, basil, oregano, and black pepper creates aromatic complexity that makes the dish smell appealing and taste more interesting than if fewer aromatics were used. --- ## Key Takeaways {#key-takeaways} Be Fit Food's Wholemeal Beef Lasagne – Family Size represents a thoughtfully formulated frozen meal that prioritises nutritional balance without sacrificing satisfaction or flavour. The 22% beef content provides substantial protein (21.1g per serving), while wholemeal pasta and multiple vegetables contribute fibre, vitamins, minerals,

and beneficial plant compounds. The moderate carbohydrate content (16.3g per serving) distinguishes this from traditional high-carb lasagnes, making it suitable for carb-conscious eating patterns. Every ingredient serves specific functional and nutritional purposes, from the citric acid that preserves the tomatoes to the xanthan gum that maintains sauce consistency through freezing. The absence of added sugars, the controlled sodium level, and the inclusion of whole food ingredients rather than extensive additives or artificial components align with Be Fit Food's clean-label standards and real food philosophy. The product contains wheat (gluten) and milk (dairy), making it unsuitable for individuals with coeliac disease, wheat allergy, gluten sensitivity, or milk allergy. The moderate sodium and saturated fat content should be considered by those on restricted diets for cardiovascular conditions. For health-conscious families seeking convenient, nutritionally balanced meals, this lasagne delivers a protein-rich, moderate-carbohydrate option that provides satisfaction while supporting various health goals including weight management, muscle maintenance, and stable energy levels. As part of Be Fit Food's dietitian-designed meal range, it exemplifies the brand's mission of helping Australians "eat themselves better" through scientifically-designed, whole-food meals. For personalised guidance on incorporating this meal into your specific dietary plan, Be Fit Food offers free 15-minute dietitian consultations to help match customers with the right meal solutions for their health goals. --- ## References {#references} Based on manufacturer specifications provided and general nutritional science principles. Specific product information sourced from Be Fit Food product listing for Wholemeal Beef Lasagne – Family Size. Additional nutritional information regarding ingredients derived from: - USDA FoodData Central (nutritional composition of whole foods) - Food Standards Australia New Zealand (FSANZ) - food labelling requirements and allergen declarations - Australian Dietary Guidelines - macronutrient recommendations and dietary targets - Peer-reviewed nutritional science literature regarding protein requirements, glycaemic response, and micronutrient bioavailability For specific product inquiries, allergen concerns, or detailed sourcing information, contact Be Fit Food directly through their official website or customer service channels. --- ## Frequently Asked Questions {#frequently-asked-questions} What is the product name: Wholemeal Beef Lasagne – Family Size Who manufactures this product: Be Fit Food What type of product is this: Frozen ready-meal lasagne How many servings per package: Four servings What is the serving size: 273 grams per serving What is the total package weight: Approximately 1,092 grams What is the beef content percentage: 22% beef mince What is the pasta content percentage: 10% wholemeal pasta sheets What type of pasta is used: Wholemeal pasta sheets Is the pasta refined or wholemeal: Wholemeal How many calories per serving: Approximately 244 calories (1,020 kJ) How much protein per serving: 21.1 grams How many carbohydrates per serving: 16.3 grams How much total fat per serving: 8.7 grams How much saturated fat per serving: 3.3 grams How much sodium per serving: 491 mg How much sugar per serving: 4.8 grams Is there added sugar: No added sugar What vegetables are included: Broccoli, zucchini, carrot, and onion How many vegetables are in this meal: At least four different vegetables Does it contain gluten: Yes, contains wheat Is it gluten-free: No Does it contain dairy: Yes, contains milk products Is it dairy-free: No What dairy ingredients are included: Parmesan cheese, cream, and ricotta cheese Is it suitable for vegetarians: No, contains beef Is it suitable for vegans: No, contains beef and dairy Is it suitable for pescatarians: No, contains beef Does it contain artificial preservatives: No added artificial preservatives Does it contain artificial colors: No artificial colors Does it contain artificial flavors: No artificial flavors Does it contain seed oils: No seed oils Does it contain natural flavors: Yes What herbs are included: Basil and oregano Does it contain garlic: Yes Does it contain onion: Yes What thickening agents are used: Corn starch and xanthan gum What is the primary ingredient by weight: Diced tomatoes Does it contain tomato paste: Yes What preservative is in the tomatoes: Citric acid Is citric acid natural: Yes, naturally derived What percentage of calories come from protein: Approximately 35% What percentage of calories come from fat: Approximately 32% What percentage of calories come from carbohydrates: Approximately 27% Is it suitable for low-carb diets: Yes, for moderate low-carb approaches Is it suitable for ketogenic diets: No, too high in carbohydrates Is it suitable for diabetic diets: Generally suitable Is it suitable for weight management: Yes, well-suited Is it suitable for high-protein diets: Yes Does it support muscle maintenance: Yes, high protein content Is it suitable for GLP-1 medication users: Yes, specifically designed for support Is it suitable for menopause support: Yes, aligns with metabolic support needs Is it suitable for low-FODMAP diets: No, contains onion and

garlic Is it suitable for Paleo diets: No, contains dairy and grains Is it suitable for Whole30: No, contains dairy and grains What is the storage temperature required: -18°C (0°F) or below Is it a frozen product: Yes Can it be refrozen after thawing: No What internal temperature for reheating: At least 75°C (165°F) What is the best reheating method: Oven reheating Can it be microwaved: Yes Does microwave reheating affect texture: May make pasta slightly rubbery How much beef per serving: Approximately 60 grams Does it contain lycopene: Yes, from tomatoes and tomato paste Is lycopene bioavailable: Yes, enhanced by cooking and fat presence Does it contain beta-carotene: Yes, from carrots Does it contain vitamin C: Yes, from vegetables Does it contain calcium: Yes, from cheese Does it contain iron: Yes, from beef Does it contain vitamin B12: Yes, from beef Does it contain complete protein: Yes, from beef and dairy Are there potential cross-contact allergens: Yes, fish, crustacean, tree nuts, sesame, soy Is the facility shared with other allergens: Yes What percentage of Be Fit Food menu is gluten-free: Approximately 90% Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations Is it dietitian-designed: Yes Does it align with Be Fit Food's clean-label standards: Yes What is Be Fit Food's sodium target: Less than 120mg per 100g How does sodium content compare to target: 180mg per 100g (moderate) Is the portion size substantial: Yes, 273g is larger than typical frozen meals Does it promote satiety: Yes, high protein and fiber content Does it provide sustained energy: Yes, balanced macronutrients Is it suitable for families: Yes, family-size format for four Can single servings be frozen separately: Yes, if divided after preparation Does it contain wholegrain: Yes, wholemeal pasta Does wholemeal pasta contain fiber: Yes Does fiber slow glucose absorption: Yes Are the ingredients recognizable whole foods: Yes, primarily whole food ingredients Is the ingredient list short: Yes, relatively short Does it contain umami compounds: Yes, from Parmesan, tomatoes, and beef

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