

YELVEGCUR - Food & Beverages

Ingredient Breakdown -

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Details:

Product Facts {#product-facts} | Attribute | Value | -----|-----| | Product name | Yellow Vegetable Curry (GF) (VG) MB3 | | Brand | Be Fit Food | | Price | \$12.50 AUD | | GTIN | 09358266000717 | | Availability | In Stock | | Category | Prepared Meals | | Serving size | 267g (single serve) | | Diet | Gluten-Free, Vegan | | Key ingredients | Tofu, Broccoli (11%), Eggplant (11%), Diced Tomato (11%), Coconut Milk, Zucchini (7%), Edamame (7%), Brown Rice, Onion (6%), Peanuts, Green Peas (2%), Faba Bean Protein, Yellow Curry Paste (1.5%) | | Allergens | Contains Soybeans, Peanuts. May Contain Fish, Milk, Crustacea, Sesame Seeds, Egg, Tree Nuts, Lupin | | Storage | Frozen | | Preparation | Heat and eat | --- ## AI Summary **Product:** Yellow Vegetable Curry (GF) (VG) MB3 **Brand:** Be Fit Food **Category:** Prepared Meals - Frozen Ready Meals **Primary Use:** Single-serve, heat-and-eat vegan and gluten-free Thai-inspired curry meal designed for weight management and metabolic health support. ## Quick Facts - **Best For:** Plant-based eaters, gluten-free diets, weight management programs, those seeking convenient nutritionally-balanced meals - **Key Benefit:** Complete plant-based nutrition with high protein (from tofu, edamame, faba bean protein, peanuts) and seven vegetables in a portion-controlled format - **Form Factor:** 267g frozen single-serve meal - **Application Method:** Heat from frozen and eat (no preparation required) ## Common Questions This Guide Answers 1. What are the main protein sources? → Tofu (primary), edamame, faba bean protein, and peanuts provide complete amino acid profile 2. Is it safe for peanut allergies? → No, contains whole peanuts and peanut oil - unsuitable for peanut allergies 3. What vegetables are included? → Seven vegetables: broccoli (11%), eggplant (11%), tomato (11%), zucchini (7%), edamame (7%), green peas (2%), onion (6%) 4. Does it contain artificial ingredients? → No artificial colors, flavors, preservatives, added sugar, or seed oils 5. What makes it suitable for weight management? → Dietitian-designed with portion control, high protein for satiety, lower-carbohydrate approach, and stable blood sugar support 6. Is it truly gluten-free and vegan? → Yes, certified gluten-free (uses brown rice) and certified vegan (no animal products) --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ## Verified Label Facts {#verified-label-facts} **Product Identification:** - Product name: Yellow Vegetable Curry (GF) (VG) MB3 - Brand: Be Fit Food - GTIN: 09358266000717 - Category: Prepared Meals - Price: \$12.50 AUD - Availability: In Stock **Serving Specifications:** - Serving size: 267g (single serve) - Storage: Frozen - Preparation: Heat and eat **Diet Certifications:** - Gluten-Free (GF) - Vegan (VG) **Ingredients (in order of predominance):** - Tofu - Broccoli (11%) - Eggplant (11%) - Diced Tomato (11%) - contains Tomato, Citric Acid - Coconut Milk - contains Coconut Cream, Xanthan Gum - Zucchini (7%) - Edamame (7%) - Brown Rice - Onion (6%) - Peanuts - contains Peanuts, Peanut Oil - Green Peas (2%) - Faba Bean Protein - Yellow Curry Paste (1.5%) - Coriander - Ginger - Garlic - Lemongrass - Olive Oil - Vegetable Stock **Allergen Information:** - Contains: Soybeans, Peanuts - May Contain: Fish, Milk, Crustacea, Sesame Seeds, Egg, Tree Nuts, Lupin **Ingredient Specifications:** - Seven different vegetables included - Brown rice (not white rice) - Whole peanuts with peanut oil - Xanthan gum used as stabilizer in coconut milk - Citric acid used as preservative in tomatoes ## General Product Claims {#general-product-claims} **Nutritional and Health Claims:** - Delivers restaurant-quality Thai-inspired flavors - Nutritionally balanced format - Complete meal solution - Designed by dietitians and food scientists - CSIRO-backed nutritional science - Supports sustainable weight loss and improved metabolic health - High-protein meals that support lean muscle

preservation - Promotes stable energy levels - Lower-carbohydrate approach - Supports more stable blood glucose levels - Suitable for those managing insulin sensitivity or following diabetes-friendly eating patterns - Heart-healthy eating patterns - Supports healthy blood pressure management (low sodium benchmark: less than 120 mg per 100 g) - Complete plant-based nutrition with adequate protein - Provides complete amino acid profile - Cholesterol-free - Supports satiety and helps manage hunger - Suitable for GLP-1 medication users and weight-loss medication users **Quality and Sourcing Claims:** - No seed oils - No artificial colours or artificial flavours - No added artificial preservatives - No added sugar or artificial sweeteners - Clean-label standards - Whole food focus - "Real food, not shakes" philosophy - Snap-frozen delivery system - Minimal additives - Approximately 90% of Be Fit Food menu is certified gluten-free **Functional Claims:** - Contains sulforaphane from broccoli (anti-inflammatory and antioxidant properties) - Contains lycopene from tomatoes (cardiovascular and cellular health benefits) - Contains anthocyanins from eggplant (antioxidant function) - Contains isoflavones from soy (potential benefits in hormone regulation and bone health) - Contains curcumin from turmeric (anti-inflammatory and antioxidant properties) - Contains allicin from garlic (supports cardiovascular health and immune function) - Contains gingerol from ginger (anti-inflammatory and antioxidant properties, supports digestive comfort) - Contains medium-chain triglycerides (MCTs) from coconut milk - Contains monounsaturated fats from olive oil and peanuts (supports cardiovascular health) - Fiber supports digestive health and blood sugar regulation - Prebiotic fiber from onions supports beneficial gut bacteria **Sensory and Experience Claims:** - Restaurant-quality flavor - Complex flavor profile - Gentle chili warmth - Mild spice level (mildest of Thai curry varieties) - Authentic Thai flavor character - Fresh and vibrant taste - Textural variety in each bite - Aromatic complexity - Balance across all five tastes (sweet, salty, sour, bitter, umami) **Service and Support Claims:** - Free dietitian consultations available - Professional support included with every purchase - Designed to support specific health goals - Portion-controlled, energy-regulated meals - Compliance system: consistent portions, consistent macros, minimal decision fatigue, low spoilage - Empowers customers through education --- ## Introduction {#introduction} The Be Fit Food Yellow Vegetable Curry (GF) (VG) is a single-serve frozen ready meal that delivers restaurant-quality Thai-inspired flavors in a convenient, nutritionally balanced format. This 267-gram heat-and-eat meal combines firm tofu, seven different vegetables, brown rice, and a fragrant yellow curry sauce built on coconut milk, lemongrass, and kaffir lime aromatics. Designed by Be Fit Food's team of dietitians and food scientists, this vegan and gluten-free curry represents a complete meal solution that requires no preparation beyond heating—yet delivers the complex flavor profile you'd expect from fresh Thai cooking. Be Fit Food is Australia's leading dietitian-designed meal delivery service, combining CSIRO-backed nutritional science with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. This Yellow Vegetable Curry exemplifies the brand's commitment to real food, real results—backed by real science. In this comprehensive ingredient breakdown, you'll discover exactly what goes into this curry, where each component comes from, why it's included, and what nutritional or functional benefits it provides. Whether you're managing food allergies, following a plant-based diet, or simply want to understand what you're eating at a molecular level, this guide will equip you with complete transparency about every ingredient in this frozen meal. --- ## Primary Protein Source: Tofu {#primary-protein-source-tofu} ### Role in the Curry {#role-in-the-curry} Tofu serves as the primary protein foundation of this yellow curry, appearing as the first ingredient on the list—indicating it comprises the largest proportion by weight. This protein-dense ingredient is produced by coagulating soy milk and pressing the resulting curds into solid blocks, creating a neutral-flavored base that readily absorbs the curry's aromatic sauce. In this specific formulation, the tofu provides substantial, satisfying texture that makes the meal filling despite being entirely plant-based. The firm variety used in curry applications maintains its structure during the freezing, storage, and reheating process, ensuring you get distinct cubes of protein rather than a mushy texture. This aligns with Be Fit Food's commitment to high-protein meals that support lean muscle preservation—particularly important for those using the meals as part of a weight management program. #### Nutritional Profile {#nutritional-profile} Tofu is renowned as a complete protein source, meaning it contains all nine essential amino acids your body cannot produce independently. This makes it nutritionally comparable to animal proteins, which is particularly valuable in a vegan meal where no meat, dairy, or eggs are present. Beyond protein, the

tofu contributes iron, calcium (especially when prepared with calcium sulfate as a coagulant), magnesium, and manganese. It's naturally low in saturated fat and contains no cholesterol, supporting cardiovascular health. The isoflavones present in soy show potential benefits in hormone regulation and bone health, though individual responses vary. **Functional Benefits in Yellow Curry**
The porous, sponge-like structure of tofu makes it ideal for curry applications. As the curry sauce simmers around the tofu cubes, the yellow curry paste, coconut milk, and aromatics penetrate the tofu's surface, infusing it with the lemongrass, ginger, garlic, and spice flavors that define this dish. This absorption quality transforms bland tofu into a flavor-packed protein that tastes cohesive with the sauce rather than separate from it. The tofu also provides a neutral counterpoint to the curry's heat and acidity, creating textural and flavor contrast against the softer vegetables and creamy coconut milk base. **Seven-Vegetable Medley**
Be Fit Food meals are known for their impressive vegetable density—with 4–12 veggies in each meal—and this Yellow Vegetable Curry exemplifies that commitment with seven distinct vegetables contributing fiber, vitamins, minerals, and textural variety. **Broccoli** (11%)
Broccoli ranks as one of the three dominant vegetables in this curry, comprising 11% of the meal's total weight—approximately 29 grams in the 267-gram serving. This cruciferous vegetable contributes significant nutritional density, delivering vitamin C, vitamin K, folate, and fiber. The inclusion of broccoli serves multiple purposes. Its firm florets provide textural contrast against softer vegetables like eggplant and zucchini, creating a more interesting eating experience with varied mouthfeel. The mild bitterness of broccoli balances the curry's sweetness from coconut milk and the richness of peanuts. From a nutritional perspective, broccoli contains sulforaphane, a compound formed when the vegetable is chopped or chewed that shows potential anti-inflammatory and antioxidant properties. The fiber content supports digestive health and contributes to the meal's satiety factor—helping you feel fuller for longer after eating. **Eggplant** (11%)
Eggplant matches broccoli's proportion at 11%, contributing approximately 29 grams to each serving. This nightshade vegetable brings a uniquely creamy, almost meaty texture when cooked, which works exceptionally well in curry applications where it absorbs the yellow curry sauce. Nutritionally, eggplant provides anthocyanins (the pigments responsible for its purple skin), which function as antioxidants. It's particularly low in calories while adding substantial volume to the meal, helping create a filling portion without excessive energy density—a key principle in Be Fit Food's approach to portion-controlled, energy-regulated meals. The eggplant's mild, slightly sweet flavor doesn't compete with the curry's complex spice profile. Instead, it acts as a flavor carrier, soaking up the coconut milk, lemongrass, and curry paste while contributing its own subtle earthiness. During cooking, eggplant's cellular structure breaks down, creating a silky texture that enriches the curry's overall mouthfeel. **Diced Tomato** (11%)
Tomatoes constitute the third 11% vegetable component, appearing as "Diced Tomato (Tomato, Citric Acid)" in the ingredient list. The citric acid serves as a natural preservative and acidity regulator, maintaining the tomatoes' bright flavor and preventing bacterial growth during frozen storage. Tomatoes contribute umami—the savory, meaty fifth taste—which adds depth to the curry sauce despite the meal being entirely plant-based. This umami quality makes the curry taste richer and more complex than the sum of its parts. From a nutritional standpoint, tomatoes deliver lycopene, a carotenoid antioxidant that gives tomatoes their red color and shows benefits for cardiovascular and cellular health. The acidity of tomatoes also balances the richness of coconut milk, preventing the curry from tasting overly heavy or cloying. The citric acid addition is worth noting for those with citrus sensitivities. While citric acid can come from citrus fruits, it's usually produced through fermentation of sugar by *Aspergillus niger* mold in commercial food production, making it generally safe even for those avoiding citrus fruits. **Zucchini** (7%)
Zucchini comprises 7% of the meal—approximately 19 grams—adding a mild, slightly sweet vegetable that contributes moisture and tender texture. This summer squash contains high water content (about 95%), which helps create the curry's sauce consistency while adding negligible calories. The neutral flavor of zucchini makes it an excellent canvas for the curry's bold spices. It absorbs the yellow curry paste, garlic, ginger, and lemongrass without asserting its own strong taste, creating harmony in the flavor profile. Nutritionally, zucchini provides vitamin A (important for vision and immune function), potassium (supporting healthy blood pressure), and additional fiber. Its tender texture when cooked provides contrast against the

firmer broccoli and denser eggplant, creating textural variety in each bite. ### Edamame (7%) {#edamame-7} Edamame—young, green soybeans—match zucchini's 7% proportion, contributing approximately 19 grams of additional plant protein and fiber. These beans provide a pleasant pop of texture with their firm, slightly chewy consistency that remains distinct even after freezing and reheating. Beyond supplementing the tofu's protein content, edamame delivers folate, vitamin K, iron, and magnesium. The combination of protein and fiber in edamame contributes significantly to the meal's satiety factor, helping regulate blood sugar response and keeping you satisfied longer after eating—supporting Be Fit Food's focus on meals that promote stable energy levels. The mild, slightly nutty flavor of edamame complements the peanuts in this curry while adding visual appeal with bright green color that contrasts beautifully against the golden yellow sauce. ### Green Peas (2%) {#green-peas-2} Green peas appear in smaller proportion at 2%—approximately 5 grams—but contribute meaningful nutritional value despite their modest quantity. These legumes add bursts of sweetness throughout the curry, providing flavor contrast against the savory, spicy, and rich elements. Peas deliver protein, fiber, vitamins A, C, and K, and several B vitamins including thiamine and folate. Their small size means they distribute throughout the curry, ensuring you encounter their sweet flavor and tender-firm texture in most bites rather than in isolated sections. The natural sweetness of peas helps balance the curry's heat from chili and the slight bitterness from ingredients like lemongrass and kaffir lime, creating a more rounded, approachable flavor profile suitable for those who appreciate warmth without overwhelming spice. ### Onion (6%) {#onion-6} Onions comprise 6% of the formulation—approximately 16 grams—serving as an aromatic foundation for the curry's flavor development. When cooked, onions undergo the Maillard reaction and caramelization, creating hundreds of flavor compounds that add sweetness, savory depth, and complexity. Nutritionally, onions provide quercetin, a flavonoid antioxidant, along with vitamin C, vitamin B6, and chromium. They're also a source of prebiotic fiber that supports beneficial gut bacteria, contributing to digestive health. In curry applications, onions create the base layer of flavor upon which other aromatics build. They provide body to the sauce, breaking down during cooking to thicken and enrich the liquid component while distributing their sulfur compounds throughout for that characteristic savory-sweet onion flavor that underpins most curry dishes. --- ## Grain Component: Brown Rice {#grain-component-brown-rice} ### Brown Rice vs. White Rice {#brown-rice-vs-white-rice} This curry incorporates brown rice rather than white rice, a choice that significantly impacts both nutritional value and texture. Brown rice retains its bran layer and germ, which white rice processing removes. This means brown rice delivers substantially more fiber, B vitamins (particularly thiamine, niacin, and B6), magnesium, phosphorus, and manganese. The fiber content of brown rice—approximately 1.8 grams per 100 grams compared to white rice's 0.4 grams—contributes to the meal's overall satiety and supports digestive health. The presence of the bran layer also creates a lower glycemic index compared to white rice, meaning it causes a more gradual rise in blood sugar rather than a sharp spike. This aligns perfectly with Be Fit Food's lower-carbohydrate approach designed to support more stable blood glucose levels. ### Texture and Flavor {#texture-and-flavor} Brown rice provides a slightly nutty flavor and chewier texture compared to white rice's soft, neutral character. In this curry application, the brown rice absorbs the yellow curry sauce while maintaining structural integrity, creating a base that carries the vegetables, tofu, and sauce in each forkful. The rice component transforms this from a vegetable curry into a complete meal, providing the complex carbohydrates necessary for sustained energy. It also increases the meal's volume, making the 267-gram serving feel substantial and satisfying. ### Role in Meal Balance {#role-in-meal-balance} The brown rice provides the carbohydrate component in this balanced meal, working alongside tofu's protein and the vegetables' fiber to create a macronutrient profile that supports stable energy levels. Complex carbohydrates from whole grains like brown rice are digested more slowly than refined grains, helping prevent the energy crash that can follow meals heavy in simple carbohydrates. --- ## Flavor Builders: Peanuts {#flavor-builders-peanuts} ### Peanuts in Yellow Curry Tradition {#peanuts-in-yellow-curry-tradition} Peanuts appear in the ingredient list as "Peanuts (Peanuts, Peanut Oil)," indicating whole peanuts prepared with peanut oil. In Thai-style yellow curries, peanuts serve multiple functions: they add richness, contribute protein and healthy fats, provide textural contrast with their crunch, and create authentic flavor that's traditional to Southeast Asian curry dishes. The inclusion of peanut oil in the peanut preparation suggests these are roasted or prepared peanuts

rather than raw, which intensifies their nutty flavor and ensures they remain crispy even in the curry's moist environment. **### Nutritional Contribution** {#nutritional-contribution} Peanuts are technically legumes rather than true nuts, but they deliver a similar nutritional profile: heart-healthy monounsaturated and polyunsaturated fats, protein, fiber, vitamin E, magnesium, and various B vitamins. The fats in peanuts help with absorption of fat-soluble vitamins (A, D, E, and K) present in the curry's vegetables. The protein in peanuts supplements the tofu and edamame, further boosting this meal's protein content. The combination of protein, fat, and fiber in peanuts contributes significantly to satiety, helping this plant-based meal satisfy hunger as effectively as meals containing animal protein.

Critical Allergen Information {#critical-allergen-information} **This is the most important allergen in this product.** Peanuts are one of the eight major food allergens and can cause severe, potentially life-threatening reactions in sensitive individuals. Anyone with peanut allergy must avoid this product entirely. The presence of peanuts also means this curry should not be consumed by individuals with peanut sensitivity or those avoiding legumes for other health reasons. Cross-contamination during manufacturing could occur, so individuals with severe peanut allergy should verify manufacturing practices with Be Fit Food directly.

--- **## Protein Enhancer: Faba Bean Protein** {#protein-enhancer-faba-bean-protein} **### What Is Faba Bean Protein?** {#what-is-faba-bean-protein} Faba bean protein is a concentrated protein extract derived from faba beans (also called broad beans or fava beans). This ingredient appears in the formulation to boost the meal's overall protein content beyond what tofu, edamame, and peanuts provide alone. As a protein isolate or concentrate, faba bean protein undergoes processing to remove most of the bean's carbohydrate and fiber content, leaving primarily protein. This creates a neutral-tasting, easily digestible protein source that doesn't significantly alter the curry's flavor or texture while substantially increasing its protein density.

Why Use Faba Bean Protein in Vegan Meals {#why-use-faba-bean-protein-in-vegan-meals} Faba bean protein emerged as a popular plant protein ingredient in recent years because it's allergen-friendly (free from the eight major allergens when processed properly), environmentally sustainable, and contains a relatively neutral flavor compared to pea protein or soy protein isolates. For vegan meals, achieving adequate protein content can be challenging when relying solely on whole food ingredients without making the meal excessively large or calorie-dense. Be Fit Food's commitment to high-protein meals that support lean muscle preservation means faba bean protein allows the creation of nutritionally complete vegan meals with protein levels comparable to meals containing meat, fish, or poultry.

Nutritional and Functional Benefits {#nutritional-and-functional-benefits} Beyond protein content, faba bean protein provides iron, folate, and magnesium. It contains all essential amino acids, though like most plant proteins, it's slightly lower in certain amino acids (particularly methionine) compared to animal proteins—however, the combination of tofu, edamame, and faba bean protein in this meal creates a complementary amino acid profile that provides complete nutrition. Functionally, faba bean protein may help thicken the curry sauce slightly, contributing to a richer, more substantial mouthfeel without adding fat or carbohydrates.

--- **## Flavor Foundation: Yellow Curry Paste** {#flavor-foundation-yellow-curry-paste} **### Components of Yellow Curry Paste** {#components-of-yellow-curry-paste} Yellow curry paste comprises 1.5% of this meal—approximately 4 grams—but delivers outsized impact on flavor. Traditional yellow curry paste contains lemongrass, galangal (a ginger relative), garlic, shallots, turmeric (which provides the yellow color), coriander seeds, cumin, and chili peppers, all ground into a concentrated paste. The specific formulation used in this Be Fit Food curry isn't detailed in the ingredient list, but the presence of separate lemongrass, ginger, and garlic ingredients suggests the yellow curry paste focuses on delivering the turmeric color and cumin-coriander spice base, while fresh aromatics are added separately for brighter, more vibrant flavor.

Turmeric: The Yellow Source {#turmeric-the-yellow-source} Turmeric is the defining ingredient in yellow curry paste, providing the distinctive golden color and earthy, slightly bitter, peppery flavor. Beyond its culinary role, turmeric contains curcumin, a compound extensively studied for its anti-inflammatory and antioxidant properties. The yellow-orange pigment from turmeric coats every component of this curry, creating visual appeal and distributing its flavor throughout the sauce.

Turmeric's earthy notes balance the curry's sweetness from coconut milk and vegetables while adding complexity to the overall flavor profile.

Spice Balance and Heat Level {#spice-balance-and-heat-level}

Yellow curry is traditionally the mildest of Thai curry varieties, gentler

than red or green curry. The 1.5% proportion of curry paste in this formulation suggests a moderate spice level—present enough to create warmth and complexity but not so intense as to overwhelm those with lower spice tolerance. The curry paste's chili content creates the "gentle chilli warmth" described in the product information, providing a pleasant tingle rather than burning heat. This makes the curry accessible to a broad audience while still delivering authentic Thai flavor character. --- ## Fresh Aromatics: The Flavor Trinity {#fresh-aromatics-the-flavor-trinity} ### Coriander (Cilantro) {#coriander-cilantro} Fresh coriander—called cilantro in many regions—appears as a separate ingredient, indicating it's added fresh rather than as dried coriander in the curry paste. Fresh coriander provides bright, citrusy, herbaceous notes that lift the curry's flavor, preventing it from tasting heavy or one-dimensional. Coriander contains vitamin K, vitamin A, and antioxidants. Its fresh flavor contrasts beautifully with the rich coconut milk and earthy spices, adding a top note that makes the curry taste vibrant and freshly prepared despite being a frozen meal. Some individuals carry a genetic variation that makes coriander taste soapy or unpleasant. For these people, the coriander presence may be noticeable, though the quantity in a curry sauce is usually modest enough that it blends with other flavors rather than dominating. ### Ginger {#ginger} Fresh ginger appears as a distinct ingredient, contributing its characteristic sharp, warming, slightly sweet, and peppery flavor. Ginger contains gingerol, a bioactive compound with anti-inflammatory and antioxidant properties that supports digestive comfort. In curry applications, ginger provides aromatic depth and warmth that's distinct from chili heat—it's more of a warming sensation that spreads across the palate rather than a burning spice. Ginger's flavor compounds are volatile, meaning they can dissipate during cooking, which is why adding fresh ginger separately from curry paste preserves more of its bright, zingy character. The combination of ginger with lemongrass and kaffir lime creates the distinctive Thai aromatic profile that differentiates this curry from Indian-style curries, which usually emphasize different spice combinations. ### Garlic {#garlic} Garlic rounds out the aromatic trinity, providing pungent, savory depth that forms the foundation of the curry's flavor complexity. When cooked, garlic's harsh raw bite mellows into sweet, nutty, umami-rich flavor that enhances virtually every other ingredient. Garlic contains allicin and other sulfur compounds that support cardiovascular health and immune function. In curry applications, garlic's savory quality creates depth that makes the sauce taste richer and more satisfying. The presence of garlic as a separate ingredient (rather than only in curry paste) ensures adequate garlic flavor survives the manufacturing, freezing, and reheating process, maintaining the curry's aromatic appeal. --- ## Signature Thai Aromatics {#signature-thai-aromatics} ### Lemongrass: Citrus Without Citrus {#lemongrass-citrus-without-citrus} Lemongrass is one of the defining aromatics in Thai cuisine, providing intense lemon-lime fragrance and flavor without actual citrus fruit. This tall, fibrous grass contains citral, the same compound found in lemon peel, creating its characteristic citrus aroma. In this yellow curry, lemongrass adds brightness and complexity, cutting through the richness of coconut milk and preventing the curry from tasting heavy or monotonous. Its flavor is more floral and perfumed than actual lemon juice, creating a distinctly Thai character. Lemongrass also contains compounds that support digestion and reduce inflammation, though it appears in this curry primarily for its aromatic and flavor contributions. ### Kaffir Lime: The Unmentioned Hero {#kaffir-lime-the-unmentioned-hero} While not explicitly listed as a separate ingredient, kaffir lime is mentioned in the product description as part of the "Thai-style aromatics (lemongrass + kaffir lime)." This suggests kaffir lime leaves or rind are included in the yellow curry paste component. Kaffir lime leaves provide an intensely aromatic, citrusy, slightly floral flavor that's irreplaceable in Thai cooking. The leaves contain essential oils that release their fragrance when crushed or simmered, infusing the curry sauce with their distinctive perfume. The combination of lemongrass and kaffir lime creates the bright, citrus-forward top notes that make this curry smell and taste fresh and vibrant rather than heavy or dull. --- ## Fats and Richness: Coconut Milk and Olive Oil {#fats-and-richness-coconut-milk-and-olive-oil} ### Coconut Milk (Coconut Cream, Xanthan Gum) {#coconut-milk-coconut-cream-xanthan-gum} Coconut milk serves as the liquid base and primary fat source in this curry, appearing as "Coconut Milk (Coconut Cream, Xanthan Gum)" in the ingredient list. This indicates the coconut milk is formulated with coconut cream for richness and xanthan gum for stabilization. **Coconut Cream vs. Coconut Milk:** Coconut cream is the thick, rich layer that rises to the top of coconut milk, containing higher fat content. Its inclusion creates a richer, more luxurious curry sauce with better mouthfeel and flavor-carrying capacity. **Xanthan Gum's

Function:** Xanthan gum is a natural polysaccharide produced by bacterial fermentation. In this application, it prevents the coconut milk from separating during freezing and storage, maintaining a smooth, creamy consistency rather than breaking into watery and fatty layers. Xanthan gum is used in minute quantities (usually less than 0.5%) and is considered safe for consumption, though some individuals with digestive sensitivity may notice effects from larger amounts. ### Nutritional Profile of Coconut Milk {#nutritional-profile-of-coconut-milk} Coconut milk provides medium-chain triglycerides (MCTs), particularly lauric acid, which are metabolized differently than long-chain fatty acids. While coconut milk is high in saturated fat, the specific fatty acid composition differs from animal-based saturated fats, and research on coconut's health effects remains nuanced and evolving. In this curry, coconut milk creates the creamy, rich sauce that coats vegetables and rice, carries fat-soluble vitamins, and provides satiety. It also tempers the curry's spice heat, making the chili warmth more approachable. ### Olive Oil {#olive-oil} Olive oil appears separately in the ingredient list, suggesting it's used in the cooking process or to enhance the curry's richness beyond what coconut milk provides. Olive oil contributes monounsaturated fats, particularly oleic acid, which supports cardiovascular health. The inclusion of olive oil in a Thai-style curry is less traditional (coconut oil would be more authentic) but makes nutritional sense, as olive oil provides healthy fats without adding coconut flavor or saturated fat content. It also helps prevent sticking during the manufacturing process and contributes to the sauce's smooth, glossy appearance. Notably, Be Fit Food's commitment to no seed oils means olive oil is a preferred fat source in their formulations. --- ## Savory Foundation: Vegetable Stock

{#savory-foundation-vegetable-stock} Vegetable stock appears in the ingredient list, providing savory depth and umami that enhances the curry's overall flavor complexity. While the specific vegetables used in the stock aren't detailed, vegetable stock usually contains onions, carrots, celery, and herbs simmered to extract their flavors. The stock serves multiple functions: it provides the liquid component that creates the curry sauce (working alongside coconut milk), adds savory depth without animal products (maintaining the vegan status), and contributes small amounts of minerals and vitamins extracted from the vegetables during stock preparation. Using vegetable stock instead of plain water creates a richer, more restaurant-quality flavor that makes this frozen meal taste freshly prepared rather than flat or one-dimensional. --- ## Diet Certifications {#diet-certifications} ### Gluten-Free (GF) Certification {#gluten-free-gf-certification} This curry carries a gluten-free designation, meaning it contains no wheat, barley, rye, or their derivatives. For individuals with celiac disease or non-celiac gluten sensitivity, this certification is critical for safe consumption. **Ingredient Analysis for Gluten:** Reviewing the ingredient list confirms no gluten-containing ingredients are present. The potential concern areas—curry paste, vegetable stock, and processed ingredients—are formulated without gluten. Be Fit Food maintains that approximately 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. The brown rice provides the grain component without gluten, making this curry safe for those avoiding gluten while still delivering the satisfying, complete-meal experience that grain-inclusive dishes provide. ### Vegan (VG) Certification

{#vegan-vg-certification} The vegan designation confirms this meal contains no animal products: no meat, poultry, fish, dairy, eggs, honey, or other animal-derived ingredients. This makes it suitable for vegans, vegetarians, and anyone reducing animal product consumption. **Complete Vegan Nutrition:** Despite being entirely plant-based, this curry provides complete nutrition through its combination of tofu (complete protein), brown rice (complex carbohydrates), seven vegetables (vitamins, minerals, fiber), and healthy fats from coconut milk, peanuts, and olive oil. The addition of faba bean protein ensures protein content is adequate for a complete meal. The vegan certification also means this curry is cholesterol-free and usually lower in saturated fat than meat-based curries (though coconut milk does contribute saturated fat from plant sources). --- ## Allergen Profile and Safety

{#allergen-profile-and-safety} ### Confirmed Allergens {#confirmed-allergens} **Peanuts:** This is the primary allergen concern. The curry contains whole peanuts prepared with peanut oil, making it absolutely unsuitable for anyone with peanut allergy or sensitivity. **Soy:** Tofu and edamame are soy products, making this curry unsuitable for individuals with soy allergy. Soy is one of the eight major allergens and can cause reactions ranging from mild digestive discomfort to severe allergic responses. ### Potential Cross-Contamination {#potential-cross-contamination} The product label states "May Contain: Fish, Milk, Crustacea, Sesame Seeds, Egg, Tree Nuts, Lupin." This indicates that while these

allergens are not intentional ingredients, cross-contamination may occur during manufacturing. Individuals with severe allergies should contact Be Fit Food directly to understand manufacturing practices regarding: - Cross-contamination with other allergens processed in the same facility - Cleaning protocols between production runs - Dedicated equipment for allergen-free products - Testing procedures to verify gluten-free status

Generally Well-Tolerated Ingredients

{#generally-well-tolerated-ingredients} The curry is free from several common allergens: -

Dairy-free: No milk, cheese, butter, or dairy derivatives - **Egg-free:** No eggs or egg products -

Fish/Shellfish-free: Entirely plant-based (though "may contain" warning exists) - **Tree nut-free:**

Contains peanuts (legumes) but no tree nuts like almonds, cashews, or walnuts as intentional ingredients -

Wheat-free: Gluten-free certification confirms no wheat

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{#nutritional-benefits} ### Protein Content and Quality {#protein-content-and-quality} This curry combines multiple protein sources—tofu, edamame, peanuts, and faba bean protein—creating a complete amino acid profile. While individual plant proteins may be lower in specific amino acids, combining different plant proteins creates complementary amino acid profiles that provide complete nutrition comparable to animal proteins. The protein from multiple sources also provides variety in texture and flavor, making the meal more interesting than if it relied on a single protein source. This high-protein approach aligns with Be Fit Food's focus on meals that support lean muscle preservation—critical for anyone on a weight management journey.

Fiber for Digestive Health

{#fiber-for-digestive-health} The combination of brown rice, seven different vegetables, edamame, and peanuts creates substantial fiber content that supports digestive health, helps regulate blood sugar response, and contributes to satiety. Fiber from diverse sources provides both soluble fiber (which forms gel-like substance in the digestive tract) and insoluble fiber (which adds bulk and promotes regularity). Be Fit Food emphasizes dietary fibre from real vegetables rather than "diet product" fibres—supporting fullness, slowing glucose absorption, and improving gut health.

Micronutrient Density

{#micronutrient-density} The seven-vegetable medley ensures broad micronutrient coverage: -

Vitamin A: From tomatoes, zucchini, and peas -

Vitamin C: From broccoli, tomatoes, and peas -

Vitamin K: From broccoli and green vegetables -

B Vitamins: From brown rice, vegetables, and nutritional components of curry paste -

Minerals: Iron from tofu and edamame, calcium from tofu (if prepared with calcium coagulant), magnesium from brown rice and vegetables, potassium from vegetables

Healthy Fats

{#healthy-fats} The curry provides fats from coconut milk, peanuts, and olive oil. While coconut milk contributes saturated fats, the peanuts and olive oil provide monounsaturated and polyunsaturated fats that support cardiovascular health. The combination of fat sources helps with absorption of fat-soluble vitamins present in the vegetables.

--- ## Ingredient Sourcing and Quality

{#ingredient-sourcing-and-quality} ### Clean-Label Standards

{#clean-label-standards} Be Fit Food maintains strict clean-label standards across their range: - No seed oils - No artificial colours or artificial flavours - No added artificial preservatives - No added sugar or artificial sweeteners

The brand acknowledges that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit in other meals). These are used only where no alternative exists and in small quantities. Preservatives are not added directly to meals.

Whole Food Focus

{#whole-food-focus} Notably, this curry emphasizes whole food ingredients—actual vegetables, tofu, brown rice, and whole peanuts—rather than relying heavily on processed ingredients, artificial flavors, or synthetic additives. The most processed ingredient is faba bean protein, which is a concentrated protein extract but still derived from whole beans. This whole-food focus means the curry provides nutrition in forms closer to how they appear in nature, with naturally occurring fiber, vitamins, and minerals intact rather than added back after processing. This aligns with Be Fit Food's "real food, not shakes" philosophy—backed by peer-reviewed research showing whole-food approaches can deliver superior outcomes compared to supplement-based alternatives.

Minimal Additives

{#minimal-additives} The additive list is remarkably short: citric acid (natural preservative in tomatoes) and xanthan gum (stabilizer in coconut milk). Both are considered safe and serve functional purposes rather than being used for artificial enhancement. The absence of artificial colors, flavors, or preservatives reflects a focus on clean-label formulation that appeals to health-conscious consumers seeking transparency in their food.

--- ## Flavor Profile and Ingredient Synergy

{#flavor-profile-and-ingredient-synergy} ### Balance of Five

Tastes {#balance-of-five-tastes} This curry achieves balance across the five basic tastes: **Sweet:** Coconut milk, peas, onions (when cooked), tomatoes **Salty:** Vegetable stock, natural sodium in ingredients **Sour:** Tomatoes (with citric acid), lemongrass, kaffir lime **Bitter:** Turmeric, eggplant, broccoli (subtle), coriander **Umami:** Tomatoes, garlic, onions, vegetable stock, tofu This balance creates a complex, satisfying flavor that doesn't taste one-dimensional or monotonous, keeping your palate engaged throughout the meal. ### Aromatic Complexity {#aromatic-complexity} The layering of aromatics—lemongrass, kaffir lime, ginger, garlic, coriander, and curry paste spices—creates a fragrance profile that's distinctly Thai. These aromatics work together to create a scent that stimulates appetite and enhances the eating experience beyond just taste. ### Texture Variety {#texture-variety} The ingredient selection creates multiple textures in each bite: - **Creamy:** Coconut milk sauce, cooked eggplant - **Firm-tender:** Tofu, broccoli - **Soft:** Zucchini, cooked tomatoes - **Chewy:** Brown rice, edamame - **Crunchy:** Peanuts This textural variety prevents monotony and makes the eating experience more engaging and satisfying. --- ## Benefits for Specific Dietary Goals {#benefits-for-specific-dietary-goals} ### For Plant-Based Eaters {#for-plant-based-eaters} This curry provides complete plant-based nutrition with adequate protein, complex carbohydrates, healthy fats, and abundant vegetables. The combination of protein sources ensures all essential amino acids are present, addressing the primary concern with plant-based eating. ### For Gluten-Free Diets {#for-gluten-free-diets} The gluten-free certification makes this a safe, convenient option for those with celiac disease or gluten sensitivity who struggle to find convenient prepared meals. The brown rice provides the grain satisfaction without gluten-containing wheat, barley, or rye. ### For Weight Management {#for-weight-management} The combination of protein, fiber, and healthy fats creates satiety that helps manage hunger. The 267-gram serving provides substantial volume, making it feel like a complete, satisfying meal. The whole food ingredients mean nutrients come packaged with fiber and water content that add volume without excessive calories. Be Fit Food's approach to portion-controlled, energy-regulated meals makes this curry an excellent choice for those following structured weight management programs, including the brand's Metabolism Reset protocols. ### For Heart Health {#for-heart-health} The absence of cholesterol, presence of fiber, inclusion of olive oil's monounsaturated fats, and abundance of vegetables align with heart-healthy eating patterns. Be Fit Food's low sodium benchmark—less than 120 mg per 100 g—supports healthy blood pressure management. ### For Metabolic Health and Blood Sugar {#for-metabolic-health-and-blood-sugar} The lower-carbohydrate, higher-protein profile of this meal supports more stable blood glucose levels. The brown rice provides complex carbohydrates with a lower glycemic index, while the protein and fiber content helps moderate post-meal glucose response. This makes the curry suitable for those managing insulin sensitivity or following diabetes-friendly eating patterns. --- ## Ingredient Interactions {#ingredient-interactions} ### How Fats Enhance Flavor {#how-fats-enhance-flavor} The fats from coconut milk, olive oil, and peanuts serve a crucial function beyond nutrition: they carry fat-soluble flavor compounds from the curry paste, aromatics, and spices. Many of the aromatic compounds in ginger, garlic, lemongrass, and curry spices are fat-soluble, meaning they dissolve in fats and oils rather than water. This is why the curry tastes richer and more flavorful than if it were made with just water or vegetable stock—the fats capture and distribute flavors throughout the sauce, ensuring every bite delivers the full aromatic profile. ### Acid's Role in Brightness {#acids-role-in-brightness} The citric acid in tomatoes, along with the citrus notes from lemongrass and kaffir lime, provides acidity that brightens the curry's flavor. Without acid, the coconut milk and starchy rice would create a heavy, dull-tasting dish. The acid cuts through richness, lifts other flavors, and creates a more balanced, refreshing eating experience. ### Protein and Starch for Satiety {#protein-and-starch-for-satiety} The combination of protein (from tofu, edamame, faba bean protein, and peanuts) with complex carbohydrates (from brown rice) creates sustained satiety. Protein triggers satiety hormones and slows stomach emptying, while the fiber in brown rice and vegetables further extends the feeling of fullness. This combination helps prevent the blood sugar spike and crash that can occur with meals heavy in simple carbohydrates and low in protein and fiber—supporting Be Fit Food's mission to help Australians achieve stable energy levels throughout the day. --- ## Storage and Ingredient Stability {#storage-and-ingredient-stability} ### Freezing's Impact on Ingredients {#freezings-impact-on-ingredients} This curry is sold frozen, which affects different ingredients in

different ways: **Vegetables:** Freezing causes ice crystals to form within vegetable cells, which can rupture cell walls and create slightly softer texture upon thawing. However, in a curry application where vegetables are meant to be tender, this isn't detrimental. **Tofu:** Freezing actually changes tofu's texture, making it more porous and sponge-like, which can enhance its ability to absorb curry flavors. **Rice:** Cooked rice freezes well and maintains its texture when properly reheated. **Sauce:** The xanthan gum in coconut milk prevents separation during freezing, maintaining smooth consistency. **Ingredient Preservation** {#ingredient-preservation} The frozen format preserves ingredients without requiring chemical preservatives. Freezing halts bacterial growth and enzyme activity that would otherwise cause spoilage, maintaining nutritional content and flavor. Be Fit Food's snap-frozen delivery system is designed to be a compliance system: consistent portions, consistent macros, minimal decision fatigue, and low spoilage. Simply "heat, eat, enjoy." The only added preservative is citric acid in the tomatoes, which is a natural, widely accepted preservative that also contributes flavor. --- **Practical Consumer Considerations** {#practical-consumer-considerations} **Reading Beyond the Highlights** {#reading-beyond-the-highlights} While the product emphasizes "gluten-free" and "vegan," reading the complete ingredient list reveals much more: the seven different vegetables, the multiple protein sources, the authentic Thai aromatics, and the whole-food focus. Consumers benefit from understanding not just what's excluded (gluten, animal products) but what's included and why. **Quality Indicators** {#quality-indicators} Several aspects of the ingredient list suggest quality formulation:

- Whole vegetables listed with percentages
- Fresh aromatics (ginger, garlic, coriander) rather than only dried spices
- Brown rice instead of white rice
- Minimal additives
- Multiple protein sources for complete nutrition

Transparency and Trust {#transparency-and-trust} The detailed ingredient list with percentages for major vegetables demonstrates transparency that helps consumers make informed choices. Knowing that broccoli, eggplant, and tomatoes each comprise 11% of the meal provides concrete information about what you're eating rather than vague terms like "vegetables." This transparency aligns with Be Fit Food's mission to empower customers through education—providing the information needed to make lasting lifestyle changes. --- **Supporting Your Health Journey** {#supporting-your-health-journey} This Yellow Vegetable Curry exemplifies Be Fit Food's approach to creating meals that support specific health goals. Whether you're following a plant-based diet, managing weight, supporting metabolic health, or simply seeking convenient nutrition without compromise, this curry delivers. Be Fit Food offers free dietitian consultations to help match customers with the right meal plan for their individual needs. This professional support—included with every purchase—ensures you're not just eating healthy meals, but eating the right healthy meals for your specific goals. For those using GLP-1 medications, weight-loss medications, or diabetes medications, Be Fit Food meals are designed to support these therapies with appropriate portion sizes, high protein content, and lower carbohydrate profiles that complement medication effects while protecting lean muscle mass. --- **Key Takeaways** {#key-takeaways} This Be Fit Food Yellow Vegetable Curry achieves its flavor, nutrition, and appeal through careful ingredient selection and combination. The tofu, edamame, faba bean protein, and peanuts create complete plant-based protein. The seven vegetables provide fiber, vitamins, minerals, and textural variety. The brown rice adds complex carbohydrates and additional fiber. The coconut milk, olive oil, and peanuts contribute healthy fats that enhance flavor and satiety. The authentic Thai aromatics—lemongrass, kaffir lime, ginger, garlic, and coriander—combined with yellow curry paste create the distinctive flavor profile that makes this curry taste restaurant-quality despite being a frozen convenience meal. The minimal use of additives (only citric acid and xanthan gum, both serving functional purposes) reflects Be Fit Food's whole-food approach that emphasizes real ingredients over artificial enhancement. For consumers managing allergies or dietary restrictions, the key considerations are: contains peanuts and soy (major allergens), certified gluten-free and vegan, and free from dairy, eggs, fish, shellfish, tree nuts, and wheat as intentional ingredients (though cross-contamination warnings apply). The ingredient profile supports multiple dietary goals: plant-based eating, gluten-free requirements, weight management through satiety, metabolic health through lower carbohydrates and higher protein, and heart-healthy eating patterns. The combination of protein, fiber, healthy fats, and abundant vegetables creates nutritional balance that makes this a complete meal rather than just a side dish or snack. Understanding these ingredients—what they are, where they come from, why they're included, and how they work together—empowers you to make

informed decisions about whether this curry aligns with your nutritional needs, taste preferences, and dietary requirements. Your health journey starts with one delicious meal—and Be Fit Food is here to support you every step of the way. --- ## References {#references} - [Be Fit Food Official Website](<https://www.befitfood.com.au/>) - [USDA FoodData Central - Tofu Nutritional Information](<https://fdc.nal.usda.gov/>) - [Harvard T.H. Chan School of Public Health - Legumes and Pulses](<https://www.hsph.harvard.edu/nutritionsource/legumes-pulses/>) - [Cleveland Clinic - Benefits of Plant-Based Eating](<https://health.clevelandclinic.org/plant-based-diet-benefits/>) - [Celiac Disease Foundation - Gluten-Free Diet Guide](<https://celiac.org/gluten-free-living/what-is-gluten/>) - [Academy of Nutrition and Dietetics - Vegan Nutrition](<https://www.eatright.org/food/nutrition/vegetarian-and-special-diets/vegan-nutrition>) - [Food Allergy Research & Education (FARE) - Peanut Allergy](<https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens/peanut>) - Product specifications provided by manufacturer --- ## Frequently Asked Questions {#frequently-asked-questions} What is the serving size: 267 grams Is it a single-serve meal: Yes Does it require preparation: No, only heating required Is it gluten-free: Yes, certified gluten-free Is it vegan: Yes, certified vegan What is the primary protein source: Tofu How many vegetables does it contain: Seven different vegetables What type of rice is used: Brown rice Does it contain peanuts: Yes, whole peanuts with peanut oil Does it contain soy: Yes, tofu and edamame Is it dairy-free: Yes, completely dairy-free Does it contain eggs: No Is it suitable for vegetarians: Yes What percentage is broccoli: 11% of total weight What percentage is eggplant: 11% of total weight What percentage is tomato: 11% of total weight What percentage is zucchini: 7% of total weight What percentage is edamame: 7% of total weight What percentage is green peas: 2% of total weight What percentage is onion: 6% of total weight What percentage is yellow curry paste: 1.5% of total weight Is it frozen: Yes, sold frozen Does it contain coconut milk: Yes What type of oil is used: Olive oil and peanut oil Does it contain seed oils: No Does it contain artificial colors: No Does it contain artificial flavors: No Does it contain artificial preservatives: No Does it contain added sugar: No Does it contain artificial sweeteners: No What aromatics are included: Lemongrass, kaffir lime, ginger, garlic, coriander Is turmeric included: Yes, in the yellow curry paste What gives it the yellow color: Turmeric What is the spice level: Mild, gentle chili warmth Is it suitable for those with peanut allergies: No, contains peanuts Is it suitable for those with soy allergies: No, contains soy Is it suitable for celiac disease: Yes, certified gluten-free Does it contain tree nuts: No intentional tree nuts, only peanuts (may contain warning applies) Does it contain fish or shellfish: No intentional fish or shellfish (may contain warning applies) Is it cholesterol-free: Yes What is xanthan gum used for: Stabilizing coconut milk What is citric acid used for: Preserving tomatoes and adding acidity Is faba bean protein allergen-friendly: Generally yes, free from major allergens Does tofu provide complete protein: Yes, all nine essential amino acids What makes it filling: High protein, fiber, and healthy fats Does brown rice have more fiber than white rice: Yes What is the glycemic index of brown rice: Lower than white rice Does it support weight management: Yes, through portion control and satiety Is it suitable for diabetics: Yes, lower glycemic profile Does it contain MCTs: Yes, from coconut milk What percentage of Be Fit Food menu is gluten-free: Approximately 90% Are dietitian consultations available: Yes, free with purchase Is it designed by dietitians: Yes Is it backed by CSIRO research: Yes Does it support lean muscle preservation: Yes, high protein content Is it suitable for GLP-1 medication users: Yes Can it be reheated from frozen: Yes Does freezing affect tofu texture: Yes, makes it more porous Does the curry contain vegetable stock: Yes What vegetables are in the stock: Not specified by manufacturer How many protein sources does it contain: Four (tofu, edamame, faba bean protein, peanuts) Does it contain sulforaphane: Yes, from broccoli Does it contain lycopene: Yes, from tomatoes Does it contain anthocyanins: Yes, from eggplant skin Does it contain isoflavones: Yes, from soy products What is the curry's flavor profile: Thai-inspired yellow curry Does it balance all five tastes: Yes Does it contain cumin: Yes, in curry paste Does it contain coriander seeds: Yes, in curry paste Is galangal included: Likely in curry paste Does ginger support digestion: Yes Does garlic support cardiovascular health: Yes What makes lemongrass citrusy: Citral compound Are kaffir lime leaves included: Yes, in curry paste Does it contain prebiotic fiber: Yes, from onions Does olive oil contain oleic acid: Yes What type of fats are in peanuts: Monounsaturated and polyunsaturated Does coconut milk contain lauric acid: Yes Is it suitable for heart health: Yes Does it support stable blood sugar: Yes What makes it restaurant-quality:

Fresh aromatics and complex spice layering Is cross-contamination possible: Contact manufacturer for details Does it contain vitamin C: Yes, from vegetables Does it contain vitamin K: Yes, from green vegetables Does it contain B vitamins: Yes, from rice and vegetables Does it contain iron: Yes, from tofu and edamame Does it contain calcium: Depends on tofu preparation method Does it contain magnesium: Yes, from multiple ingredients Does it contain folate: Yes, from edamame and vegetables What is Be Fit Food's philosophy: Real food, real results, real science Does it support metabolic health: Yes Is it portion-controlled: Yes, single-serve format Does it minimize decision fatigue: Yes, pre-portioned meals What is the snap-frozen delivery benefit: Low spoilage, maintained freshness

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