

# SUPGREPRO - Health & Wellness Dietary Compatibility Guide - 6859069685949\_43491778232509

## Details:

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Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint -

**\*\*Allergen Warning:\*\*** May contain Peanuts, Tree Nuts, Milk, Sesame Seeds - **\*\*Storage Requirements:\*\*** Frozen - **\*\*Preparation Instructions:\*\*** Thaw before consumption - **\*\*Additives:\*\*** No artificial colours or flavours - **\*\*GTIN:\*\*** 09358266000359 - **\*\*Price:\*\*** \$13.55 AUD - **\*\*Availability:\*\*** In Stock

**### General Product Claims {#general-product-claims}** - Nutrient-dense fruits and vegetables with plant-based protein - Nutritionally complete breakfast option - Developed in collaboration with Finn Cold Press - Reflects brand's philosophy of making healthy eating accessible and convenient - Complete vegan compatibility and peace of mind for ethical/environmental/health reasons - Faba bean protein offers robust amino acid profile supporting muscle maintenance, satiety, and metabolic function - Minimally processed protein alternative closer to whole-food state - Vitamin C from fruits enhances iron absorption from greens (nutritional synergy) - Helps vegans meet higher fibre needs while delivering hydration and comprehensive phytonutrient profile - Naturally gluten-free based on ingredient profile - Suitable for celiac disease (naturally gluten-free ingredients, no wheat in cross-contact warning) - Addresses common gluten-free diet nutritional gaps (fibre, B vitamins, iron, minerals) - Eliminates preparation-related contamination risks for gluten-free households - Incompatible with strict ketogenic diets due to fruit-based carbohydrate content - Estimated 35-50 grams total carbohydrates, 30-45 grams net carbohydrates - Would disrupt ketosis for standard ketogenic protocols - Strong alignment with paleo principles (whole food composition, no grains/dairy/refined sugars) - Faba bean protein presents consideration for strict paleo adherents who exclude all legumes - Compatible with flexible/athletic paleo interpretations - Supports blood sugar management despite fruit sugars (fibre and protein combination) - Anti-inflammatory profile from diverse plant compounds - Supports digestive health and gut microbiome diversity - Promotes lasting satiety from fibre, protein, and volume - Contributes to daily hydration needs - Provides multiple servings of fruits and vegetables in single package - Frozen format preserves nutrients better than fresh produce in long storage - No preservatives required due to frozen storage - Cold-press processing preserves nutrients through gentle methods - Suitable for post-workout recovery (vegan and paleo athletes) - Addresses common vegan diet nutrient needs (iron, calcium, B vitamins except B12) - Helps fill nutritional gaps in gluten-free diets - Convenient breakfast solution for paleo followers - Free 15-minute dietitian consultations available - Part of Be Fit Food's commitment to real food nutrition backed by dietitian expertise - Approximately 90% of Be Fit Food menu certified gluten-free - Be Fit Food offers CSIRO-aligned low-carb meals (40-70g carbs per day) - No seed oils, no added sugar or artificial sweeteners (brand standards) - Transparent ingredient list enables informed decision-making - Suitable for multiple overlapping dietary requirements (vegan + gluten-free, paleo + gluten-free) ---

**## Introduction {#introduction}** The Be Fit Food Super Green Protein Smoothie (VG) brings together nutrient-dense fruits and vegetables with plant-based protein in a convenient 350-gram frozen, ready-to-drink breakfast format. Developed in collaboration with [Finn Cold Press](<https://www.finncoldpress.com.au>), this vegan-certified smoothie delivers 7% faba bean protein alongside a carefully curated blend of apple, cucumber, kiwi, pineapple, zucchini, broccoli, spinach, kale, and mint. This creates a nutritionally complete breakfast option that requires only thawing before consumption. As part of Be Fit Food's commitment to real food nutrition backed by dietitian expertise, this smoothie reflects the brand's philosophy of making healthy eating accessible and convenient for all Australians. This comprehensive dietary compatibility guide examines exactly how this specific smoothie aligns with vegan, gluten-free, ketogenic, and paleo dietary frameworks. You'll discover which dietary protocols this product fully supports, where it presents challenges, and the specific nutritional characteristics that determine its suitability for your particular eating pattern. Whether you're committed to plant-based eating, managing gluten sensitivities, following low-carbohydrate protocols, or adhering to ancestral nutrition principles, this guide provides the detailed analysis you need to make an informed decision about incorporating this smoothie into your dietary routine. ---

**## Vegan Certification and Plant-Based Composition {#vegan-certification-and-plant-based-composition}** **### Complete Vegan Compatibility {#complete-vegan-compatibility}** The Super Green Protein Smoothie carries the "VG" designation, explicitly identifying it as a vegan product. This certification means the smoothie contains absolutely no animal-derived ingredients—no dairy, eggs, honey, gelatin, or any other substance sourced from animals. For individuals following vegan diets for ethical, environmental, or health

reasons, this product offers complete peace of mind. The ingredient list confirms this vegan status comprehensively: Apple, Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli, Spinach, Kale, and Mint. Every single component derives from plant sources, with no hidden animal ingredients, processing aids, or additives that might compromise vegan integrity. This aligns perfectly with Be Fit Food's real food philosophy—no preservatives, artificial sweeteners, or added sugars, only whole, nutrient-dense ingredients. ### Faba Bean Protein Advantage {#faba-bean-protein-advantage} The protein source deserves particular attention for vegan consumers. At 7% concentration, faba bean protein serves as the complete protein foundation of this smoothie. Faba beans (also known as broad beans or fava beans) represent one of the most sustainable and nutritionally complete plant proteins available. Unlike some plant proteins that require multiple sources to provide all essential amino acids, faba bean protein offers a robust amino acid profile that supports muscle maintenance, satiety, and metabolic function. For vegans who often struggle to find convenient, whole-food protein sources that don't rely on heavily processed soy or pea protein isolates, faba bean protein represents a minimally processed alternative. The protein remains closer to its whole-food state, retaining more of the bean's natural nutritional matrix including fibre, minerals, and phytonutrients. This matters because many vegan protein products strip away everything except isolated protein, losing valuable nutrients in the process. Be Fit Food's dietitian-led approach ensures that protein sources are selected not just for quantity, but for overall nutritional quality. ### Cross-Contact Considerations {#cross-contact-considerations} While the smoothie itself contains no animal ingredients, the allergen declaration states it "may contain" milk due to shared manufacturing facilities or equipment. For the vast majority of vegans following plant-based diets for health or environmental reasons, this cross-contact possibility presents no concern—the product itself remains entirely plant-based. However, individuals following vegan diets for severe dairy allergies (rather than ethical veganism) should note this cross-contact warning. The trace amounts potentially present from shared equipment wouldn't violate vegan principles but could trigger allergic reactions in highly sensitive individuals. This distinction matters: the product is intentionally vegan in formulation, but manufacturing processes introduce minimal cross-contact risk. ### Nutritional Completeness for Vegan Diets {#nutritional-completeness-for-vegan-diets} Vegan diets require careful attention to certain nutrients that are more readily available in animal products—particularly protein, iron, calcium, and vitamin B12. This smoothie addresses several of these concerns directly through its ingredient composition. The green vegetable blend of spinach, kale, and broccoli provides plant-based iron and calcium. While these minerals are less bioavailable from plant sources compared to animal products, the vitamin C-rich fruits (kiwi, pineapple, apple) in the same smoothie significantly enhance iron absorption. This thoughtful combination demonstrates nutritional synergy—the vitamin C from fruits helps your body absorb more of the iron from the greens, maximising the nutritional value of the plant-based ingredients. This kind of evidence-based formulation reflects Be Fit Food's foundation in dietitian expertise and nutritional science. The 350-gram serving size provides substantial volume, helping vegans meet their often higher fibre needs while delivering hydration and a comprehensive phytonutrient profile from ten different plant sources. This diversity matters tremendously for vegan nutrition, as eating a wide variety of plant foods ensures exposure to different beneficial compounds, antioxidants, and micronutrients that no single plant food can provide alone. --- ## Gluten-Free Dietary Compatibility {#gluten-free-dietary-compatibility} ### Naturally Gluten-Free Ingredient Profile {#naturally-gluten-free-ingredient-profile} The Super Green Protein Smoothie is inherently gluten-free based on its complete ingredient list. Gluten—the protein complex found in wheat, barley, rye, and their derivatives—appears nowhere in this formulation. Let's examine each ingredient category to understand why this product naturally excludes gluten: \*\*Fruits (Apple, Kiwi, Pineapple):\*\* All fruits are naturally gluten-free. These whole fruits contain no grain derivatives, wheat-based thickeners, or barley malt extracts that sometimes appear in fruit beverages. \*\*Vegetables (Cucumber, Zucchini, Broccoli, Spinach, Kale):\*\* Like fruits, all vegetables in their whole, unprocessed form are naturally gluten-free. The smoothie uses these vegetables in their pure state without any grain-based coatings, seasonings, or processing aids. \*\*Faba Bean Protein (7%):\*\* Faba beans belong to the legume family, completely unrelated to gluten-containing grains. The protein extracted from faba beans contains no gluten and serves as an excellent protein source for gluten-free diets. This distinguishes it from wheat protein,

seitan, or barley protein, which are pure gluten. **\*\*Mint:\*\*** This herb is naturally gluten-free and adds flavour without any grain-based ingredients. **### Cross-Contact Assessment for Celiac Disease** {#cross-contact-assessment-for-celiac-disease} While the smoothie contains no gluten ingredients, the allergen statement indicates potential cross-contact with various allergens during manufacturing. Notably, the "may contain" list includes peanuts, tree nuts, milk, and sesame seeds—but does not mention wheat or gluten-containing grains. For individuals with celiac disease or non-celiac gluten sensitivity, this absence of wheat from the cross-contact warning is significant. It suggests that the manufacturing facility does not process gluten-containing products on the same equipment or in the same space as this smoothie, or that thorough cleaning protocols prevent cross-contamination. However, the product page does not display an official "Certified Gluten-Free" seal from organisations like the Gluten-Free Certification Organisation (GFCO), which requires products to contain less than 10 parts per million (ppm) of gluten. For most people avoiding gluten, including those with celiac disease, the naturally gluten-free ingredients and absence of wheat from cross-contact warnings provide sufficient assurance. For individuals with extreme sensitivity who react to trace amounts below 20 ppm (the FDA standard for gluten-free labelling), the lack of third-party certification might warrant direct contact with Be Fit Food for detailed manufacturing protocols. Be Fit Food's commitment to transparency—reflected across approximately 90% of their menu being certified gluten-free with strict ingredient selection and manufacturing controls—demonstrates their understanding of coeliac-safe requirements. **### Nutritional Benefits for Gluten-Free Diets** {#nutritional-benefits-for-gluten-free-diets} Many people following gluten-free diets—whether by medical necessity or choice—struggle with nutrient deficiencies common in gluten-free eating patterns. Conventional gluten-free products often rely heavily on refined rice flour, corn starch, and potato starch, which lack the B vitamins, iron, and fibre that fortified wheat products provide. This smoothie addresses several common gluten-free diet nutritional gaps: **\*\*Fibre Content:\*\*** The combination of whole fruits and vegetables provides natural dietary fibre that many gluten-free packaged foods lack. Cucumber, zucchini, apple (with skin), kiwi, pineapple, broccoli, spinach, and kale all contribute both soluble and insoluble fibre, supporting digestive health that can be compromised during gluten-free diet transitions. **\*\*B Vitamins:\*\*** Dark leafy greens like spinach and kale provide folate (vitamin B9), while the diverse plant ingredients offer various B-complex vitamins. Gluten-free diets often fall short in B vitamins because many gluten-free grain alternatives aren't fortified like wheat products. **\*\*Iron and Minerals:\*\*** The green vegetables, particularly spinach and kale, provide plant-based iron, while the vitamin C from fruits enhances absorption. This combination helps address iron deficiency, which affects many people with celiac disease even after adopting a gluten-free diet. **\*\*Whole Food Foundation:\*\*** Unlike many gluten-free convenience foods that rely on processed starches and gums, this smoothie delivers nutrition from whole, recognisable plant foods. This whole-food approach provides antioxidants, phytonutrients, and enzymes that processed gluten-free products cannot match. This aligns with Be Fit Food's core philosophy of real food over synthetic supplements or heavily processed alternatives. **### Practical Considerations** {#practical-considerations} The frozen, single-serve format offers particular advantages for gluten-free households. Cross-contamination in home kitchens represents a significant challenge for people with celiac disease, as gluten from cutting boards, toasters, and shared utensils can compromise otherwise safe foods. A pre-made, sealed smoothie eliminates these preparation-related contamination risks entirely. The ready-to-drink format after thawing means no blender cleaning concerns, no risk of gluten-containing ingredients accidentally added during home preparation, and no worry about flour dust settling on fresh ingredients stored in shared pantries. For busy mornings when gluten-free breakfast preparation can be time-consuming and contamination-risky, this smoothie provides a genuinely safe, convenient option. --- **## Ketogenic Diet Compatibility** {#ketogenic-diet-compatibility} **### Carbohydrate Content and Keto Limitations** {#carbohydrate-content-and-keto-limitations} The ketogenic diet requires severe carbohydrate restriction—commonly 20-50 grams of net carbohydrates per day—to maintain the metabolic state of ketosis, where the body burns fat for fuel instead of glucose. The Super Green Protein Smoothie, despite its health-focused formulation and green vegetable content, is fundamentally incompatible with strict ketogenic protocols due to its fruit-based composition. Let's examine the carbohydrate contributors in the 350-gram serving: **\*\*High-Sugar Fruits:\*\*** Apple, kiwi, and pineapple are all relatively

high-glycemic fruits with significant natural sugar content. While these sugars are "natural" and come packaged with fibre and nutrients, they still impact blood glucose and insulin levels in ways that disrupt ketosis. - **Apple:** A medium apple contains approximately 25 grams of carbohydrates, with about 19 grams from natural sugars (fructose primarily). Even a portion of an apple in this smoothie contributes substantial carbohydrates. - **Pineapple:** This tropical fruit is particularly high in natural sugars, containing about 22 grams of carbohydrates per cup, with minimal fibre to offset the glycemic impact. - **Kiwi:** While slightly lower than pineapple, kiwi still provides approximately 15 grams of carbohydrates per fruit, mostly from simple sugars. **Lower-Carb Vegetables:** The smoothie does include keto-friendly vegetables like cucumber, zucchini, spinach, and broccoli, which contain minimal net carbohydrates. However, these lower-carb ingredients cannot offset the significant carbohydrate load from the fruit base. **Estimated Total Impact:** While the complete nutrition panel wasn't provided in the product specifications, a smoothie of this composition and size (350 grams) likely contains 35-50 grams of total carbohydrates, with 30-45 grams of net carbohydrates (total carbs minus fibre). This single serving could easily exceed the entire daily carbohydrate allowance for someone following a strict ketogenic diet. **Metabolic Impact for Keto Dieters** {#metabolic-impact-for-keto-dieters} Ketogenic diets work by depleting glycogen stores and shifting metabolism to produce ketone bodies from fat. Consuming even a moderate amount of carbohydrates—especially from quick-digesting sources like fruit sugars—triggers insulin release, which: 1. **Halts ketone production** by signalling the body to use glucose for energy instead of fat 2. **Replenishes glycogen stores** in the liver and muscles, requiring another 2-4 days to re-enter ketosis 3. **Creates metabolic confusion** that can cause fatigue, brain fog, and hunger as the body switches fuel sources For someone in established ketosis, consuming this smoothie would almost certainly cause them to exit that metabolic state, requiring days of strict carbohydrate restriction to return to ketosis. The "keto flu" symptoms that accompany this transition—headaches, fatigue, irritability, and cravings—make this metabolic disruption particularly unpleasant. **Protein Considerations in Ketogenic Context** {#protein-considerations-in-ketogenic-context} The 7% faba bean protein content represents another consideration for ketogenic dieters, though for different reasons than carbohydrates. While protein is essential in ketogenic diets for preserving muscle mass, excessive protein can also interfere with ketosis through a process called gluconeogenesis, where the liver converts amino acids into glucose. However, this smoothie likely provides moderate protein (perhaps 10-15 grams based on the 7% faba bean protein concentration in a 350-gram serving), which wouldn't commonly trigger problematic gluconeogenesis. The primary incompatibility remains the high carbohydrate content from fruits, not the protein level. **Modified Keto and Low-Carb Alternatives** {#modified-keto-and-low-carb-alternatives} Some individuals follow modified ketogenic approaches or general low-carb diets (50-100 grams of carbohydrates daily) rather than strict keto. For these more flexible low-carb protocols, this smoothie might occasionally fit as a post-workout recovery option when carbohydrate timing matters, or as a strategic higher-carb meal in a cyclical ketogenic approach. Additionally, athletes following targeted ketogenic diets (TKD) sometimes consume 25-50 grams of fast-digesting carbohydrates around intense training sessions to fuel performance while maintaining ketosis the rest of the day. The fruit sugars in this smoothie would provide quick energy for this specific application, though most TKD practitioners prefer even simpler carbohydrate sources. **Bottom Line for Keto Dieters:** The Super Green Protein Smoothie is not compatible with standard ketogenic diets due to its fruit-based carbohydrate content. It would disrupt ketosis for anyone following carbohydrate restrictions below 50 grams daily. However, for individuals on general low-carb diets or modified keto approaches, it might serve as an occasional, strategically-timed option rather than a daily breakfast staple. For those seeking strict low-carb options, Be Fit Food offers an extensive range of CSIRO-aligned low-carb meals designed specifically for metabolic health, with meals commonly containing 40-70g carbs across an entire day's eating plan—a far more suitable option for ketogenic or strict low-carb protocols. --- **Paleo Diet Compatibility** {#paleo-diet-compatibility} **Alignment with Paleo Principles** {#alignment-with-paleo-principles} The paleo diet (also called the "ancestral diet" or "caveman diet") emphasises whole, unprocessed foods that humans theoretically consumed during the Paleolithic era, before the advent of agriculture and food processing. The framework excludes grains, legumes, dairy, refined sugars, and processed foods while emphasising vegetables, fruits, nuts, seeds, and animal

proteins. The Super Green Protein Smoothie demonstrates strong compatibility with paleo principles in several important ways:

- Whole Food Composition:** Every ingredient in this smoothie exists in a recognisable, minimally processed form. Apple, cucumber, kiwi, pineapple, zucchini, broccoli, spinach, kale, and mint are all whole plant foods that require minimal processing from harvest to smoothie. This aligns perfectly with paleo's emphasis on eating foods as close to their natural state as possible—and reflects Be Fit Food's commitment to real food nutrition.
- No Grains or Dairy:** The smoothie contains zero grain-derived ingredients (no wheat, rice, oats, or corn) and no dairy products (no milk, yogurt, or whey protein). These exclusions represent core paleo requirements, as grains and dairy were not available to Paleolithic humans.
- No Refined Sugars or Artificial Ingredients:** The only sugars present come from whole fruits in their natural form, complete with fibre, water, vitamins, and minerals. There are no added cane sugar, high-fructose corn syrup, artificial sweeteners, or refined sweeteners of any kind. The ingredient list contains no artificial colours, flavours, preservatives, or additives—just ten whole plant ingredients. This clean-label approach mirrors Be Fit Food's brand-wide standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners.
- Nutrient Density:** Paleo philosophy emphasises nutrient-dense foods that provide maximum vitamins, minerals, and beneficial compounds per calorie. The combination of dark leafy greens (spinach, kale), cruciferous vegetables (broccoli), and vitamin-rich fruits (kiwi, pineapple) delivers exceptional nutrient density aligned with paleo values.

### The Legume Consideration

The primary point of contention for strict paleo adherents involves the faba bean protein. Traditional paleo guidelines exclude all legumes—including beans, lentils, peanuts, and soy—based on several theoretical concerns:

- Antinutrient Content:** Legumes contain compounds like lectins, phytates, and saponins that can interfere with nutrient absorption and potentially irritate the gut lining in sensitive individuals. Paleo proponents argue that these antinutrients make legumes problematic for optimal health.
- Agricultural Origins:** Legumes became dietary staples with the development of agriculture approximately 10,000 years ago, placing them outside the Paleolithic timeframe that defines paleo eating.
- Digestive Issues:** Some people experience bloating, gas, and digestive discomfort from legumes, which paleo advocates interpret as evidence that humans aren't optimally adapted to digest them. However, the faba bean protein in this smoothie warrants nuanced consideration within paleo frameworks:

- Processing Reduces Antinutrients:** The protein extraction process significantly reduces the antinutrient content compared to whole cooked beans. While whole faba beans contain lectins and phytates, the isolated protein fraction contains far less of these compounds, potentially making it more digestible and less problematic than whole legumes.
- Protein Concentration:** At 7% of the formulation, faba bean protein serves as a supplemental protein boost rather than the primary ingredient. The smoothie's foundation remains fruits and vegetables, with the bean protein playing a supporting role.
- Practical Paleo Approaches:** Many modern paleo practitioners, particularly athletes and those focused on performance, adopt more flexible approaches that include certain legumes, especially when processed to reduce antinutrients. The "Paleo 2.0" or "primal" movements often permit properly prepared legumes in moderation.

### Strict vs. Flexible Interpretations

- For Strict Paleo Adherents:** Individuals following orthodox paleo guidelines that exclude all legumes without exception would technically need to avoid this smoothie due to the faba bean protein. The presence of any legume-derived ingredient, regardless of processing or concentration, violates strict paleo parameters.
- For Flexible/Athletic Paleo Followers:** Those following modified paleo approaches—particularly athletes needing plant-based protein sources—would likely find this smoothie highly compatible. The 7% faba bean protein provides functional benefits (muscle recovery, satiety, blood sugar stability) while the overall formulation remains overwhelmingly whole-food and plant-based. The benefits might outweigh the doctrinal concerns about legume inclusion.
- For Paleo-Inspired Whole Foods Diets:** Many people adopt paleo principles without rigid adherence to every exclusion, focusing instead on the broader philosophy of whole, unprocessed foods and elimination of grains, dairy, and refined sugars. For this large group, the smoothie represents an excellent option that honours paleo values even if it doesn't meet every technical requirement.

### Nutritional Synergy with Paleo Goals

Beyond ingredient compatibility, this smoothie supports several core paleo nutritional objectives:

- Blood Sugar Management:** Despite containing fruit sugars, the combination of fibre from whole fruits

and vegetables plus protein from faba beans helps moderate blood sugar response. This aligns with paleo's emphasis on stable blood sugar and insulin levels, avoiding the spikes and crashes associated with refined carbohydrates. **\*\*Anti-Inflammatory Profile:\*\*** The diverse array of colourful plant foods provides polyphenols, carotenoids, and other anti-inflammatory compounds. Kale and spinach offer sulforaphane and other glucosinolates, while pineapple contains bromelain, an enzyme with anti-inflammatory properties. Chronic inflammation reduction represents a central paleo health goal. **\*\*Digestive Health Support:\*\*** The fibre, enzymes, and phytonutrients from ten different plant sources support the diverse gut microbiome that paleo eating emphasises. The mint may also aid digestion and soothe the gastrointestinal tract, while the raw or minimally processed vegetables retain beneficial enzymes. **\*\*Micronutrient Density:\*\*** Paleo philosophy prioritises micronutrient sufficiency over mere caloric intake. This smoothie delivers vitamin C (from kiwi and pineapple), vitamin K (from leafy greens), folate (from spinach and kale), potassium (from cucumber and zucchini), and numerous other vitamins and minerals in bioavailable forms from whole foods. **### Practical Paleo Integration** {#practical-paleo-integration} For paleo followers who determine this smoothie fits their personal interpretation of the diet, the frozen format offers several practical advantages: **\*\*Convenience Without Compromise:\*\*** Paleo eating can be time-intensive, requiring significant food preparation. This ready-to-drink smoothie provides genuine convenience—just thaw and consume—without resorting to processed "products" that technically comply with paleo rules but rely on alternative flours, sweeteners, and additives. **\*\*Breakfast Solution:\*\*** Many paleo dieters struggle with breakfast options beyond eggs and vegetables. This smoothie offers variety and portability for busy mornings while maintaining whole-food integrity. **\*\*Post-Workout Recovery:\*\*** The combination of natural fruit sugars (for glycogen replenishment) and plant protein (for muscle recovery) makes this an effective post-exercise option for paleo athletes who might otherwise struggle to find convenient recovery nutrition that meets paleo standards. **\*\*Travel and On-the-Go Eating:\*\*** Maintaining paleo eating while travelling or during busy days presents significant challenges. Shelf-stable (frozen) options like this smoothie that require no preparation help paleo followers stick to their dietary principles in challenging circumstances. --- **## Cross-Dietary Considerations and Allergen Awareness** {#cross-dietary-considerations-and-allergen-awareness} **### Navigating Multiple Dietary Requirements** {#navigating-multiple-dietary-requirements} Many individuals follow multiple dietary frameworks simultaneously—for example, someone might be both vegan and gluten-free, or paleo and managing nut allergies. The Super Green Protein Smoothie's composition makes it particularly valuable for people navigating overlapping dietary restrictions: **\*\*Vegan + Gluten-Free:\*\*** This smoothie perfectly serves individuals requiring both plant-based and gluten-free nutrition. The faba bean protein provides plant protein without gluten-containing grains or animal products, while the whole food ingredients ensure nutritional completeness often lacking in processed vegan and gluten-free convenience foods. **\*\*Paleo + Gluten-Free:\*\*** For flexible paleo followers who also avoid gluten (whether for celiac disease, sensitivity, or preference), this smoothie offers a convenient option that satisfies both requirements, provided they accept the faba bean protein inclusion. **\*\*Plant-Based + Allergen Management:\*\*** The "may contain" statement listing potential cross-contact with peanuts, tree nuts, milk, and sesame seeds requires careful consideration for individuals with severe allergies. However, the product itself contains none of these allergens as ingredients, making it suitable for many (though not all) people managing these allergies. **### Understanding the Allergen Declaration** {#understanding-the-allergen-declaration} The allergen statement—"May contain: Peanuts, Tree Nuts, Milk, Sesame Seeds"—indicates shared manufacturing equipment or facilities, not intentional inclusion of these ingredients. This distinction matters enormously for dietary decision-making: **\*\*For Dietary Preferences:\*\*** Individuals avoiding dairy, nuts, or sesame for ethical, religious, or non-allergic health reasons can confidently consume this product. The trace amounts potentially present from cross-contact are so minimal they don't meaningfully contribute to the product's composition or nutritional profile. **\*\*For Mild to Moderate Allergies:\*\*** People with mild sensitivities might tolerate the trace cross-contact amounts without issue, though this requires individual assessment and possibly consultation with healthcare providers. **\*\*For Severe Allergies:\*\*** Individuals with anaphylactic reactions to any of the listed allergens should exercise extreme caution or avoid the product entirely. Even trace amounts from shared equipment can trigger severe reactions in highly sensitive individuals. **\*\*For Celiac Disease:\*\*** Notably, wheat and gluten do

not appear in the cross-contact warning, suggesting separate manufacturing from gluten-containing products. This provides additional confidence for people with celiac disease beyond the naturally gluten-free ingredient list. ### Dietary Certifications and Transparency

{#dietary-certifications-and-transparency} The product carries the "VG" (vegan) designation, providing official certification of its plant-based status. However, the absence of additional certifications—such as "Certified Gluten-Free," "Certified Paleo," or "Non-GMO Project Verified"—means consumers relying on third-party verification for these attributes must make decisions based on ingredient analysis rather than certification seals. For many consumers, the transparent ingredient list of ten recognisable whole foods provides sufficient assurance. The simplicity and clarity of "Apple, Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint" allows informed decision-making without requiring extensive nutritional expertise or complex ingredient decoding. This transparency reflects Be Fit Food's broader commitment to clear, honest communication about what goes into their products. --- ## Nutritional Context for Dietary Decision-Making

{#nutritional-context-for-dietary-decision-making} ### The 350-Gram Serving Size Advantage

{#the-350-gram-serving-size-advantage} The substantial 350-gram serving size (approximately 12 ounces) provides several nutritional advantages across different dietary frameworks: **\*\*Satiety and Fullness:\*\*** The combination of fibre from whole fruits and vegetables, protein from faba beans, and the sheer volume of the smoothie promotes lasting satiety. This matters for all dietary approaches, as feeling satisfied after meals reduces cravings and supports adherence to dietary principles. You'll feel fuller for longer, making it easier to stay on track with your health goals. **\*\*Hydration:\*\*** The high water content from cucumber, zucchini, and fruits contributes significantly to daily hydration needs. Many people following specialised diets focus intensely on food choices while neglecting hydration, making this smoothie's fluid contribution valuable. **\*\*Micronutrient Density:\*\*** The 350-gram serving provides multiple servings of fruits and vegetables in a single convenient package, helping people meet the "eat the rainbow" recommendation that applies across virtually all dietary philosophies. **\*\*Caloric Moderation:\*\*** Despite the generous serving size, the smoothie likely provides moderate calories (estimated 150-250 calories based on ingredient composition), making it appropriate for various caloric needs without excessive energy density. ### Frozen Format and Nutrient Preservation

{#frozen-format-and-nutrient-preservation} The frozen delivery format offers nutritional advantages often overlooked in dietary compatibility discussions: **\*\*Nutrient Retention:\*\*** Fruits and vegetables frozen shortly after harvest often retain more vitamins and minerals than fresh produce that spends days or weeks in storage and transport. The vitamin C in kiwi and pineapple, the folate in leafy greens, and the antioxidants throughout the ingredient list remain stable in frozen storage. **\*\*No Preservatives Required:\*\*** Freezing provides natural preservation without chemical preservatives, additives, or shelf-life extenders. This aligns with clean eating principles across vegan, paleo, and whole-food dietary approaches—and directly supports Be Fit Food's clean-label standards. **\*\*Convenience Without Sacrifice:\*\*** The frozen format enables whole-food nutrition without the time investment of washing, chopping, and blending ten different ingredients every morning. This practical advantage supports dietary adherence, as convenience barriers often cause people to abandon their dietary commitments.

### Collaboration with Finn Cold Press {#collaboration-with-finn-cold-press} The product's development in collaboration with [Finn Cold Press](https://www.finncoldpress.com.au) adds credibility to its nutritional integrity. Cold-press juice companies specialise in preserving nutrients through gentle processing that avoids heat degradation and oxidation. This partnership suggests attention to processing methods that maintain the nutritional value of the raw ingredients, supporting the health claims implicit in the product positioning. --- ## Practical Application Guidance for Different Dietary Lifestyles {#practical-application-guidance-for-different-dietary-lifestyles} ### For Vegan Consumers {#for-vegan-consumers} **\*\*Protein Pairing Strategy:\*\*** While the smoothie provides plant protein from faba beans, vegans might consider pairing it with additional protein sources for a more substantial breakfast. A handful of nuts (if not allergic), a tablespoon of hemp seeds, or a slice of whole-grain toast with nut butter would create a more complete meal with sustained energy release. **\*\*Nutrient Timing:\*\***

The combination of quick-digesting fruit sugars and moderate protein makes this smoothie ideal for post-workout recovery in vegan athletes. Consuming it within 30-60 minutes after exercise maximises glycogen replenishment and muscle protein synthesis. **\*\*B12 Supplementation Reminder:\*\*** While this



smoothie provides many nutrients vegans need, it doesn't contain vitamin B12, which is absent from plant foods. Vegans should ensure they're getting B12 from fortified foods or supplements separately from this smoothie. **\*\*Iron Absorption Optimisation:\*\*** To maximise the iron absorption from the spinach, kale, and broccoli, avoid consuming this smoothie with coffee or tea, which inhibit iron absorption. The vitamin C from the fruits already enhances absorption, but timing matters for optimal benefit. **### For Gluten-Free Consumers {#for-gluten-free-consumers}** **\*\*Balanced Breakfast Building:\*\*** While naturally gluten-free, this smoothie works best as part of a complete breakfast rather than as the sole component. Pair it with gluten-free whole grains (quinoa porridge, certified gluten-free oats) or protein-rich foods (eggs, if not vegan) for more sustained energy. **\*\*Cross-Contamination Prevention at Home:\*\*** Even though the smoothie is gluten-free, use clean glasses and straws that haven't contacted gluten-containing foods. For people with celiac disease, maintaining strict separation of gluten-free items in shared households is critical. **\*\*Nutritional Gap Filling:\*\*** Use this smoothie to address common gluten-free diet deficiencies in fibre, iron, and B vitamins. The whole fruits and vegetables provide nutrients often lacking in refined gluten-free grain products. **\*\*Travel and Dining Out:\*\*** Keep frozen smoothies on hand for situations where safe gluten-free options are limited. The sealed, single-serve format eliminates cross-contamination risks inherent in restaurant preparation. **### For Ketogenic Dieters {#for-ketogenic-dieters}** **\*\*Understanding the Incompatibility:\*\*** Accept that this smoothie doesn't fit standard ketogenic macronutrient ratios and look for genuinely keto-compatible alternatives rather than trying to force-fit this product into a keto framework. Be Fit Food's main meal range, designed around the CSIRO Low Carb Diet principles with approximately 40-70g carbs across an entire day, offers far more suitable options for those following strict low-carb protocols. **\*\*Cyclical Keto Application:\*\*** If following a cyclical ketogenic diet with periodic carbohydrate refeeds, this smoothie could serve as part of a strategic higher-carb day, providing whole-food carbohydrates rather than processed refeed foods. **\*\*Transition Tool:\*\*** For people transitioning from keto to a more moderate low-carb approach or moving toward intuitive eating, this smoothie represents a whole-food option for gradually reintroducing healthy carbohydrates. **\*\*Family Meal Solutions:\*\*** In households where some members follow keto while others don't, this smoothie provides a quick breakfast option for non-keto family members, simplifying meal planning and grocery shopping. **### For Paleo Followers {#for-paleo-followers}** **\*\*Legume Tolerance Assessment:\*\*** If you've never consumed faba bean protein before, monitor your response to this smoothie. Some people tolerate certain legumes better than others, and the processed protein form may be more digestible than whole beans. **\*\*Performance Paleo Integration:\*\*** Athletes following paleo or primal approaches can use this smoothie as a recovery tool, providing the carbohydrate-protein combination that supports muscle recovery while maintaining whole-food integrity. **\*\*Breakfast Rotation:\*\*** Alternate this smoothie with other paleo breakfasts (vegetable frittatas, sweet potato hash, leftover dinner proteins) to ensure dietary variety and prevent over-reliance on any single food or ingredient pattern. **\*\*Ingredient Education:\*\*** Use this smoothie as an example of how modern paleo eating can incorporate convenient options without abandoning core principles. The ten whole-food ingredients demonstrate that convenience and quality aren't mutually exclusive. --- **## Storage, Preparation, and Quality Maintenance {#storage-preparation-and-quality-maintenance}** **### Proper Frozen Storage Protocols {#proper-frozen-storage-protocols}** **\*\*Temperature Maintenance:\*\*** Store the smoothie at 0°F (-18°C) or below to maintain optimal quality and nutrient retention. Fluctuating temperatures cause ice crystal formation that can degrade texture and potentially affect nutrient stability. **\*\*Freezer Organisation:\*\*** Keep smoothies in the main freezer compartment rather than the door, where temperature fluctuations are more common. For people managing multiple dietary restrictions, clearly label a dedicated freezer section for allergen-free or diet-specific items to prevent cross-contamination. **\*\*Shelf Life Awareness:\*\*** While specific expiration dates appear on individual packages, frozen smoothies commonly maintain quality for 3-6 months when stored properly. However, for maximum nutrient retention, consume within the manufacturer's recommended timeframe printed on the bottle. **### Thawing Methods for Optimal Quality {#thawing-methods-for-optimal-quality}** **\*\*Refrigerator Thawing (Recommended):\*\*** Transfer the smoothie from freezer to refrigerator 8-12 hours before consumption (overnight for morning consumption). This gentle thawing method preserves texture and prevents separation while maintaining food safety. **\*\*Room Temperature Thawing:\*\*** If you forget to refrigerator-thaw, leave the smoothie at

room temperature for 2-3 hours. Shake well before drinking, as some separation may occur with faster thawing. **\*\*Cold Water Bath:\*\*** For faster thawing, submerge the sealed bottle in cold water for 30-60 minutes, changing the water periodically. Never use hot water, which can create uneven thawing and potentially degrade heat-sensitive nutrients like vitamin C. **\*\*Avoid Microwave Thawing:\*\*** Microwaving can create hot spots that destroy nutrients and alter the smoothie's texture and flavour profile. The whole-food, fresh-pressed nature of the product warrants gentle thawing methods. **### Post-Thaw Handling {#post-thaw-handling}** **\*\*Shake Before Drinking:\*\*** Natural separation occurs with cold-pressed smoothies, especially those without added stabilisers or emulsifiers. Vigorous shaking redistributes the ingredients for optimal texture and flavour. **\*\*Consume Promptly:\*\*** Once thawed, consume within 24-48 hours for best quality and food safety. The lack of preservatives means the smoothie won't maintain quality as long as conventional processed beverages. **\*\*No Refreezing:\*\*** Never refreeze a thawed smoothie. The freeze-thaw cycle degrades quality, creates safety risks, and destroys the texture that makes the product appealing. **--- ## Key Takeaways: Dietary Compatibility Summary {#key-takeaways-dietary-compatibility-summary}** The Be Fit Food Super Green Protein Smoothie demonstrates strong compatibility with vegan and gluten-free dietary requirements while presenting challenges for ketogenic dieters and nuanced considerations for paleo followers. **\*\*Vegan Compatibility: Excellent\*\*** - The VG certification, complete plant-based ingredient list, and faba bean protein source make this smoothie ideal for all types of vegan diets. The only consideration is the cross-contact allergen warning for those with severe allergies. **\*\*Gluten-Free Compatibility: Excellent\*\*** - All ingredients are naturally gluten-free, with no grain derivatives or gluten-containing components. The absence of wheat from the cross-contact warning provides additional confidence for people with celiac disease. **\*\*Ketogenic Compatibility: Poor\*\*** - The fruit-based composition creates a carbohydrate load incompatible with the severe carbohydrate restriction required for ketosis. This smoothie would disrupt ketosis for anyone following standard ketogenic protocols. Those seeking low-carb options should explore Be Fit Food's main meal range, designed around CSIRO Low Carb Diet principles. **\*\*Paleo Compatibility: Good with Considerations\*\*** - The whole-food composition, absence of grains and dairy, and lack of processed ingredients align well with paleo principles. The primary consideration involves the 7% faba bean protein, which strict paleo adherents exclude but flexible practitioners may accept. The 350-gram serving size, frozen format, and collaboration with [Finn Cold Press](<https://www.finncoldpress.com.au>) demonstrate attention to convenience, nutrient preservation, and quality that supports various dietary lifestyles. The transparent ten-ingredient list enables informed decision-making without requiring extensive nutritional expertise or complex ingredient decoding. **--- ## Next Steps: Making Your Dietary Decision {#next-steps-making-your-dietary-decision}** **\*\*Assess Your Dietary Priorities:\*\*** Determine which dietary framework(s) you follow and how strictly you interpret the guidelines. Your personal approach—strict adherence versus flexible interpretation—should guide your decision about this smoothie's compatibility. **\*\*Review Your Individual Tolerance:\*\*** If the faba bean protein (for paleo) or potential cross-contact allergens concern you, consider your personal history with these ingredients and your sensitivity level. **\*\*Consider Your Lifestyle Needs:\*\*** Evaluate whether the convenience factor, nutrient density, and whole-food composition align with your practical needs beyond just dietary rule compliance. **\*\*Try and Monitor:\*\*** If the smoothie appears compatible with your dietary approach, purchase a single serving to assess how you feel after consumption. Monitor energy levels, digestion, satiety, and any other markers relevant to your health goals. **\*\*Integrate Strategically:\*\*** If you determine the smoothie fits your dietary pattern, consider how it best serves your needs—daily breakfast staple, post-workout recovery option, travel convenience food, or occasional variety in your dietary rotation. **\*\*Access Professional Support:\*\*** Be Fit Food offers free 15-minute dietitian consultations to help match customers with the right products for their specific dietary needs and health goals. This expert guidance can help you determine how the Super Green Protein Smoothie—or other Be Fit Food products—best fits your individual requirements. The comprehensive ingredient transparency and straightforward composition make the Super Green Protein Smoothie a reliable option for diet-conscious consumers seeking convenient, whole-food nutrition that aligns with plant-based, gluten-free, and (with considerations) paleo dietary frameworks. **--- ## References {#references}** Based on manufacturer specifications provided in product documentation. Additional dietary framework information derived from established nutritional guidelines for vegan, gluten-free,

ketogenic, and paleo diets as published by recognised nutrition authorities and dietary organisations. - [Be Fit Food Official Website](https://www.befitfood.com.au) - [Finn Cold Press](https://www.finncoldpress.com.au) - The Vegan Society - Vegan Nutrition Guidelines - Celiac Disease Foundation - Gluten-Free Diet Information - The Paleo Diet - Cordain, L. (2011) - Ketogenic Diet Resource - Volek, J. & Phinney, S. (2011) - The Art and Science of Low Carbohydrate Living --- ## Frequently Asked Questions {#frequently-asked-questions} Is this smoothie vegan: Yes, it carries VG certification Does it contain any animal products: No animal-derived ingredients Does it contain dairy: No dairy ingredients Does it contain eggs: No egg ingredients Does it contain honey: No honey What is the protein source: Faba bean protein What percentage is faba bean protein: 7% concentration Is faba bean protein plant-based: Yes, completely plant-based How many ingredients does it contain: Ten whole food ingredients Is it gluten-free: Yes, all ingredients are naturally gluten-free Does it contain wheat: No wheat ingredients Does it contain barley: No barley ingredients Does it contain rye: No rye ingredients Is wheat in the cross-contact warning: No, wheat not listed Is it certified gluten-free: No third-party certification displayed Is it safe for celiac disease: Suitable for most with naturally gluten-free ingredients Does it contain grains: No grain-derived ingredients Is it suitable for ketogenic diets: No, incompatible with strict keto Why isn't it keto-friendly: High fruit-based carbohydrate content What is the estimated carbohydrate content: Approximately 35-50 grams total carbohydrates What is the estimated net carb content: Approximately 30-45 grams net carbohydrates Will it disrupt ketosis: Yes, likely exits ketosis Is it suitable for low-carb diets: Only for flexible low-carb approaches (50-100g daily) Is it paleo-friendly: Compatible with flexible paleo interpretations Why might strict paleo followers avoid it: Contains faba bean protein (legume) Does it contain grains for paleo: No grains present Does it contain dairy for paleo: No dairy present Does it contain refined sugar: No added or refined sugars Does it contain artificial sweeteners: No artificial sweeteners Does it contain preservatives: No preservatives added Does it contain artificial colors: No artificial colors Does it contain artificial flavors: No artificial flavors What fruits does it contain: Apple, kiwi, pineapple What vegetables does it contain: Cucumber, zucchini, broccoli, spinach, kale Does it contain mint: Yes, mint included What is the serving size: 350 grams What is the serving size in ounces: Approximately 12 ounces Is it ready to drink: Yes, after thawing Does it require preparation: Only thawing required Is it frozen when delivered: Yes, frozen format How should it be stored: At 0°F (-18°C) or below How long does it last frozen: Typically 3-6 months when stored properly How should it be thawed: Refrigerator thawing for 8-12 hours recommended Can it be thawed at room temperature: Yes, for 2-3 hours Can it be microwaved: Not recommended, degrades nutrients Should you shake it before drinking: Yes, shake well before consumption How long after thawing should it be consumed: Within 24-48 hours Can it be refrozen: No, never refreeze Does it contain peanuts: No peanut ingredients Does it contain tree nuts: No tree nut ingredients Does it contain sesame: No sesame ingredients What allergens may it contain from cross-contact: Peanuts, tree nuts, milk, sesame seeds Is it safe for severe nut allergies: Use caution, shared manufacturing facilities Is it safe for severe milk allergies: Use caution, shared manufacturing facilities Who developed this smoothie: Be Fit Food in collaboration with Finn Cold Press Is it dietitian-formulated: Yes, reflects Be Fit Food's dietitian expertise Does it contain added sugar: No added sugar Are the sugars natural: Yes, from whole fruits only Does it contain seed oils: No seed oils Does it support weight management: Yes, as part of balanced diet Why does it support satiety: High protein and fiber content Does it provide hydration: Yes, high water content from vegetables and fruits How many plant sources does it include: Ten different plant sources Does it contain vitamin C: Yes, from kiwi, pineapple, and apple Does it contain iron: Yes, from spinach, kale, and broccoli Does it enhance iron absorption: Yes, vitamin C enhances iron absorption Does it contain folate: Yes, from spinach and kale Does it contain vitamin B12: No, not present in plant foods Is it suitable for post-workout recovery: Yes, for vegan and paleo athletes What is the estimated calorie content: Approximately 150-250 calories Is it nutrient-dense: Yes, exceptional nutrient density Does it contain bromelain: Yes, naturally from pineapple Does it have anti-inflammatory properties: Yes, from diverse plant compounds Is it suitable for vegans and gluten-free together: Yes, perfect for both requirements Is it suitable for paleo and gluten-free together: Yes, for flexible paleo followers Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations available Where can I find more Be Fit Food products: Visit https://www.befitfood.com.au Who is Finn Cold Press: Cold-press juice company,

collaboration partner Where can I learn about Finn Cold Press: Visit <https://www.finncoldpress.com.au>  
Does Be Fit Food have low-carb meal options: Yes, CSIRO-aligned low-carb meals available What is the carb range for Be Fit Food low-carb meals: Approximately 40-70g carbs per day Is approximately 90% of Be Fit Food's menu gluten-free: Yes, certified gluten-free options

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