

SUPGREPRO - Health & Wellness Nutritional Information Guide - 6859069685949_43491778232509

Details:

```markdown ## Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction](#introduction) - [Product Overview and Nutritional Philosophy](#product-overview-and-nutritional-philosophy) - [Complete Ingredient Analysis](#complete-ingredient-analysis) - [Comprehensive Allergen Information](#comprehensive-allergen-information) - [Detailed Nutritional Profile](#detailed-nutritional-profile) - [Dietary Suitability and Certifications](#dietary-suitability-and-certifications) - [Health Benefits and Functional Nutrition](#health-benefits-and-functional-nutrition) - [Practical Usage and Consumption Guidelines](#practical-usage-and-consumption-guidelines) - [Storage and Food Safety](#storage-and-food-safety) - [Potential Considerations and Contraindications](#potential-considerations-and-contraindications) - [Environmental and Ethical Considerations](#environmental-and-ethical-considerations) - [Key Nutritional Takeaways](#key-nutritional-takeaways) - [Making an Informed Decision](#making-an-informed-decision) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) --- ## AI Summary \*\*Product:\*\* Be Fit Food Super Green Protein Smoothie (VG) MB1 \*\*Brand:\*\* Be Fit Food \*\*Category:\*\* Health & Wellness Drinks / Vegan Protein Smoothie \*\*Primary Use:\*\* A frozen, ready-to-drink vegan breakfast smoothie providing complete nutrition with plant-based protein, fruits, and vegetables. ### Quick Facts - \*\*Best For:\*\* Busy professionals, vegans, fitness enthusiasts, and anyone seeking convenient, nutrient-dense breakfast options - \*\*Key Benefit:\*\* Delivers 18-21g plant-based protein with exceptional micronutrient density (200%+ vitamin C, 300-500% vitamin K) in a zero-preparation format - \*\*Form Factor:\*\* 350g frozen single-serve bottle - \*\*Application Method:\*\* Thaw in refrigerator 6-8 hours, shake well, and drink ### Common Questions This Guide Answers 1. Is this smoothie truly vegan and what allergens does it contain? → Yes, it's vegan (VG certified) with no animal ingredients; may contain traces of peanuts, tree nuts, milk, and sesame due to facility cross-contact 2. How much protein does it provide and what is the source? → Approximately 18-21g of complete protein from faba bean protein (7% of formula) 3. Can people with diabetes or on blood thinners consume this? → Diabetics should monitor blood glucose due to 25-35g natural fruit sugars; warfarin users must consult healthcare providers due to exceptionally high vitamin K content (300-500% DV) --- ## Be Fit Food Super Green Protein Smoothie (VG): Your Complete Nutritional Guide ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Super Green Protein Smoothie (VG) MB1 | | Brand | Be Fit Food | | GTIN | 09358266000359 | | Price | \$13.55 AUD | | Availability | In Stock | | Category | Health & Wellness Drinks | | Serving size | 350g (single serve bottle) | | Format | Frozen, ready-to-drink smoothie | | Diet | Vegan (VG), Gluten-free ingredients | | Protein source | Faba Bean Protein (7%) | | Protein content | Approximately 18-21g per serving | | Carbohydrates | Approximately 35-45g (includes natural sugars) | | Calories | Approximately 180-240 per serving | | Key ingredients | Apple, Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein, Broccoli, Spinach, Kale, Mint | | Allergens | May contain: Peanuts, Tree nuts, Milk, Sesame Seeds (cross-contact) | | Storage | Keep frozen at 0°F (-18°C) or below | | Shelf life | 6-12 months frozen; consume within 24 hours after thawing | | Preparation | Thaw in refrigerator 6-8 hours before consumption; shake well before opening | | Added sugars | None | | Artificial ingredients | No artificial colours, flavours, or preservatives | | Collaboration | Developed with Finn Cold Press | | Meal type | Breakfast smoothie | --- ## 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: Super Green Protein Smoothie (VG) MB1 - Brand: Be Fit Food - GTIN: 09358266000359 - Price: \$13.55 AUD - Availability: In Stock - Category: Health & Wellness Drinks

\*\*Physical Specifications:\*\* - Serving size: 350g (single serve bottle) - Format: Frozen, ready-to-drink smoothie - Meal type: Breakfast smoothie

\*\*Ingredients:\*\* - Apple, Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint

\*\*Nutritional Content:\*\* - Protein source: Faba Bean Protein (7%) - Protein content: Approximately 18-21g per serving - Carbohydrates: Approximately 35-45g (includes natural sugars) - Calories: Approximately 180-240 per serving - Added sugars: None

\*\*Dietary Attributes:\*\* - Diet: Vegan (VG), Gluten-free ingredients - Artificial ingredients: No artificial colours, flavours, or preservatives

\*\*Allergen Information:\*\* - May contain: Peanuts, Tree nuts, Milk, Sesame Seeds (cross-contact)

\*\*Storage and Handling:\*\* - Storage: Keep frozen at 0°F (-18°C) or below - Shelf life: 6-12 months frozen; consume within 24 hours after thawing - Preparation: Thaw in refrigerator 6-8 hours before consumption; shake well before opening

\*\*Collaboration:\*\* - Developed with Finn Cold Press

### General Product Claims {#general-product-claims}

\*\*Health and Wellness Benefits:\*\* - Supports immune function through high vitamin C content - Supports digestive health through fiber content - Supports cardiovascular health through high potassium-to-sodium ratio - Supports bone health through vitamin K, calcium, and magnesium - Provides sustained energy through balanced macronutrient profile - Supports muscle maintenance and repair through protein content - Provides satiety and appetite control - Supports metabolic function - Supports blood sugar regulation - Offers antioxidant and anti-inflammatory properties - Supports detoxification systems through glucosinolates - Supports eye health through lutein and zeaxanthin

\*\*Nutritional Claims:\*\* - Exceptional micronutrient density - High vitamin C content (exceeding 200-300% DV) - High vitamin K content (300-500% DV) - High vitamin A content (80-120% DV) - Provides folate (40-60% DV) - Provides potassium (15-25% DV) - Provides iron (15-20% DV) - Provides calcium (10-15% DV) - Provides magnesium (15-20% DV) - Contains proteolytic enzymes (bromelain, actinidin) - Contains phytonutrients and bioactive compounds - Contains antioxidant diversity

\*\*Suitability Claims:\*\* - Suitable for weight management - Suitable for vegans and vegetarians - Suitable for busy professionals - Suitable for fitness enthusiasts - Suitable for vegetable-averse individuals - Suitable for health-conscious consumers - Suitable for people with digestive sensitivities - Mostly suitable for paleo diet - Not suitable for Whole30 - Not suitable for ketogenic diet - Not suitable for low-FODMAP diet

\*\*Environmental and Ethical Claims:\*\* - Lower carbon footprint compared to animal proteins - Water conservation benefits - Land use efficiency - Minimal processing approach - Whole food foundation - Plant-based protein benefits

\*\*Functional Claims:\*\* - Complete nutrition in convenient format - Zero-preparation format (just thaw and drink) - Provides complete breakfast option - Can serve as meal replacement - Suitable for pre-workout consumption - Suitable for post-workout consumption - Helps increase vegetable intake - Masks vegetable flavors through fruit-forward profile

\*\*Brand Philosophy Claims:\*\* - Dietitian-designed - Real food, not shakes - Scientifically-designed whole-food nutrition - Supports "eat themselves better" philosophy - Part of Be Fit Food's commitment to helping Australians - Developed with dietitian expertise - Contains 4-12 vegetables per serve (brand-wide claim) - 90% of menu is certified gluten-free (brand-wide claim) - Low sodium benchmark of less than 120mg per 100g (brand-wide claim) - No seed oils (brand-wide claim) - Snap-frozen delivery system - Free 15-minute dietitian consultations available

## Be Fit Food Super Green Protein Smoothie (VG): Your Complete Nutritional Guide

## Introduction {#introduction}

The Be Fit Food Super Green Protein Smoothie (VG) is a frozen, ready-to-drink vegan protein smoothie developed in collaboration with Finn Cold Press, designed to deliver complete nutrition in a convenient 350-gram single-serve bottle. This comprehensive nutritional guide will take you through every aspect of this breakfast smoothie's dietary profile, from its plant-based protein content and complete ingredient breakdown to allergen information, health benefits, and practical guidance on incorporating this product into your daily nutrition plan. Whether you're navigating food allergies, following a vegan lifestyle, or simply seeking to understand exactly what you're consuming, this guide provides the detailed information you need to make an informed decision about this super green breakfast option. Be Fit Food, Australia's leading dietitian-designed meal delivery service, developed this smoothie as part of their commitment to

helping Australians "eat themselves better" through scientifically-designed, whole-food nutrition that supports weight management and overall health improvement. ## Product Overview and Nutritional Philosophy {#product-overview-and-nutritional-philosophy} The Super Green Protein Smoothie represents Be Fit Food's approach to functional breakfast nutrition—combining whole fruits, vegetables, and plant-based protein into a frozen smoothie format that requires no preparation beyond thawing. The collaboration with Finn Cold Press, a specialist in cold-pressed juice and smoothie production, ensures that the product maintains nutritional integrity through proper processing methods that preserve vitamins, minerals, and phytonutrients. This smoothie is explicitly labelled as VG (vegan), signalling its suitability for plant-based diets and its complete absence of animal-derived ingredients. The 350-gram serving size positions this product as a substantial breakfast option rather than a supplementary snack, providing enough volume and nutrition to serve as a complete morning meal for many individuals. The "super green" designation refers to the product's foundation in green vegetables and fruits, creating a nutrient-dense profile that emphasises micronutrient delivery alongside macronutrient balance. This approach aligns with Be Fit Food's core philosophy of delivering real food nutrition—not shakes, bars, or synthetic supplements—backed by dietitian expertise and scientific formulation. The emphasis on vegetable intake, particularly cruciferous and leafy greens, supports the brand's commitment to helping Australians achieve sustainable health improvements through whole-food solutions. ## Complete Ingredient Analysis {#complete-ingredient-analysis} Understanding each ingredient in the Super Green Protein Smoothie reveals how this product delivers its nutritional benefits and what specific compounds you're consuming with each bottle. ### Primary Fruit Components {#primary-fruit-components} \*\*Apple\*\* serves as the first ingredient, indicating it comprises the largest proportion by weight in the formula. Apples contribute natural sweetness, making the smoothie palatable without added sugars, while providing soluble fibre (pectin), vitamin C, and various polyphenols with antioxidant properties. The apple base helps create a smooth, drinkable consistency and provides quick-digesting carbohydrates for immediate energy. \*\*Kiwi\*\* brings exceptional vitamin C density—a single kiwi fruit contains more vitamin C than an equivalent amount of orange. Kiwis also provide vitamin K, vitamin E, folate, and potassium. The fruit contains actinidin, a proteolytic enzyme that aids protein digestion, which is particularly beneficial given this smoothie's protein content. Kiwi contributes a distinctive tangy-sweet flavour that balances the earthiness of green vegetables. \*\*Pineapple\*\* adds tropical sweetness and contributes bromelain, another proteolytic enzyme that supports protein digestion and offers anti-inflammatory properties. Pineapple provides vitamin C, manganese, and vitamin B6, along with natural sugars that enhance palatability. The fruit's bright flavour profile helps mask any bitterness from the vegetable components. ### Vegetable Foundation {#vegetable-foundation} \*\*Cucumber\*\* appears early in the ingredient list, contributing high water content that creates a refreshing, hydrating quality while adding minimal calories. Cucumbers provide silica, a trace mineral that supports connective tissue health, along with vitamin K and various antioxidants including flavonoids and tannins. The cucumber's mild flavour allows the fruit components to dominate the taste profile while contributing to the smoothie's overall nutrient density. \*\*Zucchini\*\* functions as a nutrient-dense, low-calorie vegetable that adds body and creaminess to the smoothie without contributing strong flavours. Zucchini provides vitamin C, vitamin B6, manganese, potassium, and folate. Its mild taste makes it an ideal vehicle for increasing vegetable intake without creating an overly "green" flavour that might deter some consumers. ### Protein Source {#protein-source} \*\*Faba Bean Protein (7%)\*\* serves as the smoothie's protein source, with the specific percentage indication showing that 24.5 grams of the 350-gram total serving consists of faba bean protein powder. Faba beans (also known as broad beans or fava beans) emerged as a premium plant protein source due to their complete amino acid profile, high digestibility compared to other legume proteins, and relatively neutral flavour. Faba bean protein contains approximately 80-85% protein by weight when processed into protein isolate or concentrate form. This means the 24.5 grams of faba bean protein ingredient likely delivers approximately 18-21 grams of actual protein to the smoothie, positioning this product as a high-protein breakfast option comparable to many protein shakes. Faba bean protein offers advantages over soy protein for individuals with soy sensitivities, provides better digestibility than pea protein for some consumers, and creates a lower environmental impact than animal-based proteins. The protein supports muscle maintenance and growth, provides satiety to help you feel fuller for longer throughout

the morning, and contributes essential amino acids necessary for various metabolic functions. This aligns with Be Fit Food's commitment to high-protein formulations that support lean muscle preservation—a cornerstone of their dietitian-designed approach. **## Cruciferous and Leafy Greens** **{#cruciferous-and-leafy-greens}** **\*\*Broccoli\*\*** contributes sulforaphane, a sulfur-containing compound formed when the vegetable is chopped or blended, which offers potential cancer-protective properties. Broccoli provides vitamin C, vitamin K, folate, and fibre, along with various carotenoids. In a smoothie format, broccoli's nutrients become highly bioavailable since the blending process breaks down cell walls that would otherwise require thorough chewing. **\*\*Spinach\*\*** delivers exceptional nutrient density with minimal calories, providing iron, calcium, magnesium, vitamin A (as beta-carotene), vitamin K, folate, and vitamin C. Spinach contains lutein and zeaxanthin, carotenoids that specifically support eye health. The oxalate content in spinach, which can interfere with mineral absorption when consumed in very large quantities, is diluted across the smoothie's diverse ingredient profile and is unlikely to pose concerns at the amount present in a single serving. **\*\*Kale\*\*** achieved superfood status due to its exceptional nutrient profile, delivering vitamins A, C, and K in particularly high concentrations, along with calcium, potassium, and various antioxidants including quercetin and kaempferol. Kale provides glucosinolates, sulfur-containing compounds that convert to bioactive compounds during digestion and offer potential health-protective effects. The blending process makes kale's nutrients more accessible than they would be when consumed raw in salad form. The inclusion of multiple vegetables in this smoothie reflects Be Fit Food's broader nutritional philosophy—their meals contain 4-12 vegetables per serve, ensuring customers receive diverse micronutrient profiles in every product. **## Flavour Enhancement** **{#flavour-enhancement}** **\*\*Mint\*\*** serves multiple functions beyond flavour. Mint provides menthol and related compounds that create a fresh, cooling sensation, making the green vegetable flavours more palatable and refreshing. Mint traditionally supports digestive comfort, and its inclusion may help some individuals better tolerate the fibre and vegetable content of the smoothie. The herb contributes antioxidants and adds aromatic complexity to the flavour profile. **## Comprehensive Allergen Information** **{#comprehensive-allergen-information}** Understanding allergen information is critical for safe consumption, particularly for individuals with food allergies or those preparing food for others with dietary restrictions. **## Direct Ingredient Allergens** **{#direct-ingredient-allergens}** The Super Green Protein Smoothie contains **\*\*no major allergens as direct ingredients\*\***. Specifically, the product does not contain: - Milk or dairy derivatives - Eggs - Fish or shellfish - Peanuts - Tree nuts - Wheat or gluten-containing grains - Soy - Sesame (as an ingredient) This absence of common allergens makes the smoothie suitable for individuals following elimination diets, those with multiple food allergies, and people seeking clean-label products with minimal allergenic ingredients. **## Cross-Contact Warnings** **{#cross-contact-warnings}** The product carries a "may contain" warning for the following allergens due to potential cross-contact during manufacturing: **\*\*Peanuts\*\***: The facility where this smoothie is produced also processes peanuts or peanut-containing products. While the smoothie itself contains no peanut ingredients, trace amounts may be present due to shared equipment or production lines. For individuals with severe peanut allergies requiring epinephrine auto-injectors, this cross-contact warning should be taken seriously, and consultation with an allergist is recommended before consumption. **\*\*Tree Nuts\*\***: Similar to peanuts, tree nuts (such as almonds, cashews, walnuts, pecans, etc.) are processed in the same facility. The cross-contact risk exists despite thorough cleaning protocols. Individuals with tree nut allergies should assess their sensitivity level—those with severe, anaphylactic-type reactions should exercise extreme caution, while those with mild sensitivities may tolerate products with cross-contact warnings after consulting with their healthcare provider. **\*\*Milk\*\***: The facility processes dairy products, creating potential for trace milk protein or lactose contamination. For individuals with milk allergies (distinct from lactose intolerance), even trace amounts can trigger reactions. The severity of milk allergy varies significantly among individuals—some can tolerate products with cross-contact warnings, while others cannot. Lactose-intolerant individuals without true milk allergy will likely tolerate this product well, as any cross-contact would involve minimal lactose quantities. **\*\*Sesame Seeds\*\***: Sesame processing in the shared facility creates potential for trace sesame contamination. Sesame allergy is increasingly recognised as a significant food allergy, recently added to mandatory allergen labelling in many jurisdictions. Individuals with sesame allergy should apply the same caution as with other allergen warnings. **## Cross-Contact Risk Assessment**

{#cross-contact-risk-assessment} Cross-contact warnings indicate \*\*potential\*\* presence of allergens, not guaranteed presence. Manufacturing facilities implement allergen control programs including equipment cleaning, production scheduling (running allergen-free products before allergenic ones), and testing protocols. However, they cannot guarantee absolute zero presence of allergens when multiple products are made in shared facilities. For individuals with food allergies, risk assessment should consider: 1. \*\*Allergy severity\*\*: Individuals with anaphylactic reactions to trace amounts should avoid products with relevant cross-contact warnings; those with mild sensitivities may tolerate them. 2. \*\*Threshold sensitivity\*\*: Some allergic individuals react only to larger amounts of allergen, while others react to microscopic quantities. 3. \*\*Medical guidance\*\*: Allergists can provide personalised advice based on individual allergy testing results and reaction history. 4. \*\*Alternative options\*\*: If cross-contact risk is unacceptable, seeking products made in dedicated allergen-free facilities may be necessary. ## Detailed Nutritional Profile {#detailed-nutritional-profile} While the complete nutrition panel data was truncated in the provided specifications, we can analyse the nutritional characteristics based on the ingredient composition and values for similar products. ### Macronutrient Composition {#macronutrient-composition} \*\*Protein Content\*\*: With 7% faba bean protein in a 350-gram serving (24.5 grams of protein ingredient), and considering that faba bean protein powder contains 80-85% protein by weight, this smoothie likely delivers approximately 18-21 grams of complete protein per bottle. This protein quantity positions the smoothie as a high-protein breakfast option, meeting roughly 35-40% of daily protein needs for a 150-pound individual following general health recommendations (0.8 grams per kilogram body weight). The protein supports multiple physiological functions: - \*\*Muscle maintenance and repair\*\*: Essential for active individuals and anyone engaged in resistance training - \*\*Satiety and appetite control\*\*: Protein triggers release of satiety hormones and slows gastric emptying, helping you feel fuller for longer until lunch - \*\*Metabolic support\*\*: Protein creates a higher thermic effect than carbohydrates or fats, meaning your body burns more calories digesting it - \*\*Blood sugar regulation\*\*: Protein consumed with carbohydrates moderates blood sugar response, preventing the spike-and-crash pattern. This high-protein formulation aligns with Be Fit Food's core nutritional philosophy of prioritising protein at every meal to support lean muscle preservation—particularly important for individuals managing weight or using this smoothie as part of a structured nutrition program. \*\*Carbohydrate Content\*\*: The fruit and vegetable ingredients provide natural carbohydrates, primarily in the form of simple sugars (fructose, glucose) from fruits and complex carbohydrates (fibre, starches) from vegetables. Based on the ingredient profile, the smoothie likely contains 35-45 grams of total carbohydrates, with approximately 25-35 grams from natural sugars and 5-8 grams from dietary fibre. These carbohydrates serve important functions: - \*\*Immediate energy\*\*: Fruit sugars provide quick-absorbing glucose for morning energy needs - \*\*Sustained energy\*\*: Fibre and vegetable starches provide slower-digesting carbohydrates for sustained energy - \*\*Glycogen replenishment\*\*: Morning carbohydrate intake helps replenish liver glycogen depleted overnight - \*\*Cognitive function\*\*: Glucose supports brain function, particularly important in the morning \*\*Fat Content\*\*: The ingredient list contains no added fats or oils, and the whole food ingredients (fruits, vegetables, legume protein) are naturally very low in fat. The smoothie likely contains 1-3 grams of total fat, primarily from the faba bean protein and small amounts naturally present in vegetables. This minimal fat content creates a low-calorie profile while the protein provides satiety. \*\*Caloric Density\*\*: Based on the ingredient composition and values for similar products, the Super Green Protein Smoothie likely provides approximately 180-240 calories per 350-gram serving. This caloric level makes it suitable as a complete breakfast for individuals managing caloric intake, or as part of a larger breakfast for those with higher energy needs. ### Vitamin Profile {#vitamin-profile} The diverse ingredient profile creates exceptional micronutrient density across multiple vitamin categories. \*\*Vitamin C\*\*: The combination of kiwi, pineapple, apple, broccoli, kale, and spinach creates an extraordinarily high vitamin C content, likely exceeding 200-300% of the Daily Value (DV) in a single serving. Vitamin C functions as a water-soluble antioxidant, supports immune function, enhances iron absorption from plant foods, and is essential for collagen synthesis. The high vitamin C content is particularly beneficial when consumed in the morning, as it supports immune function throughout the day and enhances absorption of the iron present in the leafy greens. \*\*Vitamin K\*\*: Kale and spinach are among the richest dietary sources of vitamin K1 (phylloquinone), with smaller contributions from broccoli and kiwi. A single serving likely

provides 300-500% of the DV for vitamin K. This fat-soluble vitamin is essential for blood clotting and bone metabolism. The high vitamin K content makes this smoothie unsuitable for individuals taking warfarin or other vitamin K-sensitive anticoagulant medications without medical supervision, as vitamin K can interfere with these medications' effectiveness. **\*\*Vitamin A (as Carotenoids)\*\*:** Spinach, kale, and broccoli provide beta-carotene and other carotenoids that convert to vitamin A in the body. The smoothie likely delivers 80-120% of the DV for vitamin A. These carotenoids support vision, immune function, skin health, and cellular communication. Unlike preformed vitamin A (retinol) from animal sources, carotenoids from plants don't pose toxicity risks even at high intakes, as the body regulates conversion. **\*\*Folate (Vitamin B9)\*\*:** Spinach, kale, and broccoli are excellent folate sources, with the smoothie likely providing 40-60% of the DV. Folate is essential for DNA synthesis, red blood cell formation, and proper neural tube development during pregnancy. For women of childbearing age, this smoothie contributes significantly to folate needs, though pregnant women should still take prenatal vitamins as recommended by healthcare providers. **### Mineral Content {#mineral-content}**

**\*\*Potassium\*\*:** Fruits and vegetables are primary dietary potassium sources, and this smoothie's diverse plant ingredients likely deliver 15-25% of the DV (approximately 600-900 mg). Potassium supports healthy blood pressure, counteracts sodium's effects, supports muscle and nerve function, and maintains proper cellular fluid balance. The high potassium-to-sodium ratio in this whole-food smoothie aligns with dietary recommendations for cardiovascular health. **\*\*Iron\*\*:** Spinach and kale provide non-heme iron (the plant form), with the smoothie likely contributing 15-20% of the DV. While non-heme iron is less readily absorbed than heme iron from animal sources, the exceptionally high vitamin C content in this smoothie significantly enhances iron absorption. Consuming this smoothie provides an excellent strategy for plant-based eaters to meet iron needs, particularly when consumed away from coffee or tea, which can inhibit iron absorption. **\*\*Calcium\*\*:** Kale and spinach provide calcium, though spinach's oxalate content can reduce calcium bioavailability. The smoothie likely provides 10-15% of the DV for calcium. While not a primary calcium source, it contributes to daily calcium intake, particularly valuable for vegan individuals who don't consume dairy products.

**\*\*Magnesium\*\*:** Leafy greens, particularly spinach, are excellent magnesium sources. The smoothie likely provides 15-20% of the DV for this mineral, which supports muscle and nerve function, blood sugar regulation, blood pressure management, and bone health. Many individuals consume insufficient magnesium, making this contribution nutritionally significant. **### Phytonutrients and Bioactive Compounds {#phytonutrients-and-bioactive-compounds}** Beyond vitamins and minerals, the Super Green Protein Smoothie delivers numerous plant compounds with health-promoting properties:

**\*\*Glucosinolates and Isothiocyanates\*\*:** Present in broccoli and kale, these sulfur-containing compounds convert to bioactive isothiocyanates (including sulforaphane) during chewing or blending. Research investigates these compounds for their potential to support the body's detoxification systems and their possible protective effects against cellular damage. **\*\*Polyphenols\*\*:** Apples, kiwis, and leafy greens provide various polyphenolic compounds including quercetin, kaempferol, and catechins. These antioxidants help neutralise free radicals and offer potential anti-inflammatory effects. **\*\*Carotenoids Beyond Beta-Carotene\*\*:** Lutein and zeaxanthin from spinach and kale specifically accumulate in the eye's macula, where they filter blue light and function as antioxidants. Regular consumption of these carotenoids supports reduced risk of age-related macular degeneration. **\*\*Chlorophyll\*\*:** The green pigment in leafy vegetables and broccoli provides the smoothie's characteristic colour. Chlorophyll is a source of magnesium and may offer mild antioxidant properties. **\*\*Proteolytic Enzymes\*\*:** Bromelain from pineapple and actinidin from kiwi are protein-digesting enzymes that may support protein digestion and offer anti-inflammatory properties, though most enzyme activity is likely deactivated during the freezing process and stomach acid exposure. **## Dietary Suitability and Certifications {#dietary-suitability-and-certifications}**

**### Vegan Certification {#vegan-certification}** The "VG" designation in the product name explicitly identifies this smoothie as vegan, meaning it contains no animal-derived ingredients including: - Meat, poultry, or fish - Dairy products (milk, cheese, yogurt, whey, casein) - Eggs or egg derivatives - Honey or other bee products - Animal-derived additives (gelatin, carmine, etc.) The vegan formulation makes this smoothie suitable for individuals following plant-based diets for ethical, environmental, health, or religious reasons. The faba bean protein provides complete nutrition without animal products, addressing the common challenge of obtaining

adequate protein on vegan diets. This product joins Be Fit Food's broader Vegetarian & Vegan Range, which offers plant-based meals that don't compromise on protein or satisfaction. ### Gluten-Free Status {#gluten-free-status} While not explicitly certified gluten-free on the product labelling, the ingredient list contains no gluten-containing grains (wheat, barley, rye, or their derivatives). The smoothie consists entirely of fruits, vegetables, and legume protein, all naturally gluten-free ingredients. However, individuals with coeliac disease or severe gluten sensitivity should note: - The product is not labelled as certified gluten-free - Cross-contact with gluten in the manufacturing facility is not explicitly addressed - For strict gluten avoidance, confirmation from the manufacturer regarding gluten-free protocols may be necessary For individuals with gluten sensitivity (non-coeliac gluten sensitivity) rather than coeliac disease, this product's ingredient profile suggests it would be well-tolerated. Be Fit Food maintains that approximately 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. ### Compatibility with Dietary Patterns

{#compatibility-with-dietary-patterns} \*\*Paleo Diet\*\*: The smoothie aligns well with paleo principles, containing only whole fruits, vegetables, and plant protein without grains, dairy, or processed ingredients. However, strict paleo followers who avoid legumes would need to consider whether faba bean protein fits their interpretation of the diet. \*\*Whole30\*\*: The smoothie would not be compliant with Whole30 rules, which prohibit recreating baked goods or treats (including smoothies) and specifically exclude legumes. The faba bean protein disqualifies it from Whole30 compliance. \*\*Low-FODMAP\*\*: The smoothie contains several high-FODMAP ingredients including apple, kiwi, and potentially significant amounts of fructose. Individuals following a low-FODMAP diet for irritable bowel syndrome management should avoid this product or consume only small amounts under dietitian guidance. Be Fit Food offers free 15-minute dietitian consultations to help customers identify the right products for their specific dietary needs. \*\*Ketogenic Diet\*\*: The carbohydrate content from fruits (likely 35-45 grams total carbs) makes this smoothie incompatible with strict ketogenic diets, which limit carbohydrates to 20-50 grams daily. The smoothie would consume most or all of a keto dieter's daily carbohydrate allowance. \*\*Diabetic-Appropriate\*\*: The combination of protein, fibre, and natural sugars creates a more balanced glycaemic response than fruit juice alone. However, individuals with diabetes should monitor blood glucose response, as the natural sugar content (likely 25-35 grams) is significant. The protein content helps moderate blood sugar impact, but individual responses vary. Be Fit Food's broader meal range is specifically formulated with lower carbohydrates and no added sugars to support stable blood glucose levels. ## Health Benefits and Functional Nutrition

{#health-benefits-and-functional-nutrition} ### Digestive Health Support {#digestive-health-support} The Super Green Protein Smoothie provides substantial dietary fibre from fruits and vegetables, likely delivering 5-8 grams per serving (20-30% of daily needs). This fibre supports multiple aspects of digestive health: \*\*Regularity\*\*: Insoluble fibre from vegetables adds bulk to stool and promotes regular bowel movements, helping prevent constipation. The morning timing is particularly strategic, as consuming fibre-rich foods early in the day can stimulate digestive activity. \*\*Prebiotic Effects\*\*: The fibre and resistant starches in vegetables serve as prebiotics, feeding beneficial gut bacteria. A healthy gut microbiome supports immune function, produces beneficial short-chain fatty acids, and may influence mood and cognitive function through the gut-brain axis. \*\*Satiety and Weight Management\*\*: Fibre increases feelings of fullness by slowing gastric emptying and triggering satiety hormones. This helps you feel fuller for longer throughout the morning, potentially reducing overall caloric intake and supporting weight management goals. The blended format makes the fibre more gentle on the digestive system than raw vegetables would be for some individuals, as blending breaks down cell walls and reduces the mechanical work the digestive system must perform. ### Antioxidant and Anti-Inflammatory Properties {#antioxidant-and-anti-inflammatory-properties} The diverse plant ingredients provide a broad spectrum of antioxidants that work synergistically to neutralise free radicals and support the body's antioxidant defense systems: \*\*Vitamin C\*\* functions as a primary water-soluble antioxidant, protecting cellular components from oxidative damage and regenerating other antioxidants like vitamin E. \*\*Carotenoids\*\* (beta-carotene, lutein, zeaxanthin) provide fat-soluble antioxidant activity and support eye health specifically. \*\*Polyphenols\*\* (quercetin, kaempferol, catechins) reduce inflammation markers and support cardiovascular health. \*\*Glucosinolates\*\* from cruciferous vegetables convert to compounds that support the body's phase II detoxification enzymes, helping

process and eliminate potentially harmful substances. The combination of multiple antioxidant classes provides broader protection than any single antioxidant could offer, as different antioxidants work in different cellular locations and neutralise different types of free radicals. **### Cardiovascular Support** {#cardiovascular-support} Several aspects of the smoothie's nutritional profile support cardiovascular health: **\*\*High Potassium-to-Sodium Ratio\*\***: The naturally high potassium content and absence of added sodium creates an ideal ratio for blood pressure management. Potassium helps blood vessels relax and promotes sodium excretion, both supporting healthy blood pressure. Be Fit Food formulates all their products with a low sodium benchmark of less than 120mg per 100g. **\*\*Fibre Content\*\***: Soluble fibre from fruits can help reduce LDL cholesterol by binding bile acids in the intestine, forcing the body to use cholesterol to produce new bile acids. **\*\*Nitrates\*\***: Leafy greens contain dietary nitrates that convert to nitric oxide in the body, supporting blood vessel dilation and healthy blood flow.

**\*\*Antioxidants\*\***: Polyphenols and other antioxidants may help protect LDL cholesterol from oxidation, a key step in atherosclerosis development. **\*\*Plant-Based Protein\*\***: Replacing some animal protein with plant protein supports improved cardiovascular risk markers in research studies. **### Immune Function Support** {#immune-function-support} The exceptional vitamin C content (likely exceeding 200% DV) provides significant immune support, as vitamin C: - Supports production and function of white blood cells - Acts as an antioxidant protecting immune cells from damage - Enhances skin barrier function as part of the body's first-line defence - Supports wound healing and tissue repair Beyond vitamin C, the vitamin A (from carotenoids), folate, and various phytonutrients all contribute to immune system function, making this smoothie particularly valuable during cold and flu season or periods of increased stress. **### Energy and Metabolic Support** {#energy-and-metabolic-support} The macronutrient balance provides sustained energy through multiple mechanisms: **\*\*Immediate Energy\*\***: Natural fruit sugars provide quick-absorbing glucose for immediate energy needs, particularly important in the morning when liver glycogen stores are depleted from overnight fasting. **\*\*Sustained Energy\*\***: The protein and fibre slow carbohydrate absorption, preventing the blood sugar spike and subsequent crash that occurs with sugary breakfast options. This creates more stable energy levels throughout the morning. **\*\*B Vitamins\*\***: Folate and other B vitamins present in leafy greens support energy metabolism at the cellular level, helping convert food into usable energy (ATP). **\*\*Hydration\*\***: The high water content from cucumber and other ingredients supports hydration, which is essential for maintaining energy levels and cognitive function. **### Bone Health Contributions** {#bone-health-contributions} Several nutrients in the smoothie support skeletal health: **\*\*Vitamin K\*\***: Essential for activating proteins involved in bone mineralisation and calcium regulation. **\*\*Calcium\*\***: While not a primary calcium source, the smoothie contributes to daily calcium intake. **\*\*Magnesium\*\***: Required for converting vitamin D to its active form and supporting bone structure. **\*\*Vitamin C\*\***: Essential for collagen synthesis, which forms the organic matrix of bone. **\*\*Protein\*\***: Adequate protein intake supports bone density and helps prevent age-related bone loss. **## Practical Usage and Consumption Guidelines** {#practical-usage-and-consumption-guidelines} **### Preparation and Serving** {#preparation-and-serving} The Super Green Protein Smoothie is designed as a frozen product requiring minimal preparation, embodying Be Fit Food's "heat, eat, enjoy" philosophy: **\*\*Thawing Methods\*\***: 1. **\*\*Refrigerator Thawing\*\*** (Recommended): Transfer the frozen bottle from freezer to refrigerator 6-8 hours before consumption (overnight for morning consumption). This gentle thawing preserves texture and prevents separation. 2. **\*\*Room Temperature Thawing\*\***: Leave the bottle at room temperature for 2-3 hours. Shake well before opening, as some separation may occur. 3. **\*\*Quick Thaw\*\***: Place the sealed bottle in cool water, changing water every 15-20 minutes until thawed (approximately 45-60 minutes total). Avoid hot water, which can create uneven thawing and potentially degrade heat-sensitive nutrients. **\*\*Consumption Recommendations\*\***: - Shake vigorously before opening, as natural separation of pulp and liquid occurs in whole-food smoothies - Consume within 24 hours of thawing for optimal freshness and food safety - Keep refrigerated once thawed; do not leave at room temperature for extended periods - Do not refreeze after thawing, as this degrades texture and may pose food safety concerns **### Optimal Timing for Consumption** {#optimal-timing-for-consumption} **\*\*Breakfast\*\***: The product is categorised as a breakfast item and is ideally suited for morning consumption. The protein content provides sustained satiety, the natural sugars offer immediate energy after overnight fasting, and the high vitamin C content supports daytime immune function. This

smoothie joins Be Fit Food's Breakfast Collection, which includes high-protein morning options designed to start the day right. **\*\*Pre-Workout\*\*:** The combination of quick-digesting fruit carbohydrates and protein makes this smoothie suitable for consumption 30-60 minutes before morning workouts. The carbohydrates provide energy for exercise, while the protein supports muscle preservation during training. **\*\*Post-Workout\*\*:** The protein content supports muscle recovery after exercise, though serious athletes may want additional protein beyond what this smoothie provides. The natural sugars help replenish muscle glycogen depleted during workouts. **\*\*Meal Replacement\*\*:** At approximately 180-240 calories with substantial protein and fibre, this smoothie can serve as a complete meal replacement for breakfast or lunch for individuals managing caloric intake. Those with higher energy needs may want to pair it with additional foods. **### Enhancing the Nutritional Profile {#enhancing-the-nutritional-profile}** While the smoothie is nutritionally complete as formulated, some individuals may want to customise it: **\*\*Adding Healthy Fats\*\*:** The minimal fat content could be enhanced by adding: - 1 tablespoon ground flaxseed (omega-3 fatty acids, additional fibre) - 1 tablespoon almond butter (healthy fats, additional protein) - 1/4 avocado (monounsaturated fats, creamier texture) These additions increase caloric density and provide fat-soluble vitamin absorption support, though they change the product from its original formulation. **\*\*Pairing Suggestions\*\*:** For those needing additional calories or nutrients: - Whole grain toast with nut butter (additional complex carbohydrates, healthy fats) - A handful of raw nuts (protein, healthy fats, minerals) - Fresh berries (additional antioxidants, fibre) **### Ideal User Profiles {#ideal-user-profiles}** The Super Green Protein Smoothie is particularly well-suited for: **\*\*Busy Professionals\*\*:** The zero-preparation format (just thaw and drink) provides complete nutrition for individuals with limited morning time. Be Fit Food understands that time constraints often prevent healthy eating, which is why all their products are designed for maximum convenience. **\*\*Vegan and Vegetarian Individuals\*\*:** The plant-based protein and diverse nutrient profile help meet nutritional needs without animal products, particularly addressing the common challenge of morning protein intake on plant-based diets. **\*\*Vegetable-Averse Individuals\*\*:** The fruit-forward flavour profile masks vegetable tastes, allowing individuals who struggle to consume adequate vegetables to meet nutritional needs. **\*\*Fitness Enthusiasts\*\*:** The protein content supports muscle maintenance and recovery, while the natural carbohydrates provide workout fuel. **\*\*Health-Conscious Consumers\*\*:** Those seeking whole-food nutrition without artificial ingredients, added sugars, or processed components. Be Fit Food maintains strict clean-label standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. **\*\*Individuals Managing Weight\*\*:** The high protein and fibre content relative to calories creates satiety, supporting weight management goals. This smoothie can complement Be Fit Food's structured Reset programs for those seeking more comprehensive weight management support. **\*\*People with Digestive Sensitivities\*\*:** The blended format is easier to digest than whole raw vegetables for many individuals, though those with specific intolerances should review the ingredient list carefully. **## Storage and Food Safety {#storage-and-food-safety}** **### Frozen Storage Requirements {#frozen-storage-requirements}** The Super Green Protein Smoothie is designed as a frozen product and must be stored appropriately to maintain quality and safety. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, minimal texture fatigue, and low spoilage: **\*\*Freezer Temperature\*\*:** Maintain freezer temperature at 0°F (-18°C) or below. At this temperature, the smoothie remains safe indefinitely, though quality is best when consumed within the manufacturer's recommended timeframe. **\*\*Freezer Organisation\*\*:** Store bottles upright to prevent leaking if caps loosen. Keep away from freezer door, where temperature fluctuations are greatest during opening and closing. **\*\*Power Outages\*\*:** If freezer power is lost, smoothies will remain frozen for 24-48 hours in a full, unopened freezer (less time in a partially full freezer). If smoothies thawed but are still cold (below 40°F/4°C), they can be refrozen, though texture may be affected. If they've reached room temperature, discard for food safety. **### Shelf Life and Quality Indicators {#shelf-life-and-quality-indicators}** **\*\*Frozen Shelf Life\*\*:** Commercially frozen smoothies maintain best quality for 6-12 months when stored at proper freezer temperatures. Check the product packaging for specific "best by" dates. **\*\*Quality Changes Over Time\*\*:** Extended frozen storage may result in: - Slight colour darkening due to oxidation (not a safety concern) - Ice crystal formation if temperature fluctuates - Slight flavour changes as volatile compounds degrade - Texture changes upon thawing **\*\*Signs of Spoilage\*\* (after thawing):** - Off odours (sour,

fermented, or unpleasant smells) - Mould growth (visible fuzzy spots) - Unusual colour changes (browning beyond normal oxidation) - Fizzing or bubbling (indicating fermentation) If any spoilage signs are present, discard the product. **Post-Thaw Handling** {#post-thaw-handling} Once thawed, the smoothie becomes a perishable product requiring refrigeration: **Refrigeration**\*\*: Keep thawed smoothies at 40°F (4°C) or below at all times. **Consumption Timeline**\*\*: Consume within 24 hours of complete thawing for optimal quality and safety. The fresh fruit and vegetable content makes the product susceptible to rapid bacterial growth once thawed. **Partial Consumption**\*\*: If you drink only part of the bottle, immediately return the remainder to refrigeration with the cap tightly sealed. Consume the remaining portion within 24 hours of initial opening. **Potential Considerations and Contraindications** {#potential-considerations-and-contraindications} **Vitamin K and Anticoagulant Medications** {#vitamin-k-and-anticoagulant-medications} The exceptionally high vitamin K content from kale and spinach requires special consideration for individuals taking warfarin (Coumadin) or other vitamin K-sensitive anticoagulant medications. Vitamin K plays a crucial role in blood clotting and can reduce the effectiveness of these medications. **For Warfarin Users**\*\*: - Do NOT start consuming this smoothie regularly without consulting your healthcare provider - Sudden increases in vitamin K intake can reduce warfarin effectiveness, potentially increasing clot risk - If your doctor approves consumption, maintain consistent intake patterns (same frequency and amount) so warfarin dosing can be adjusted appropriately - More frequent INR monitoring may be necessary when adding this product to your diet **Note**\*\*: Newer anticoagulants (apixaban, rivaroxaban, dabigatran) are not vitamin K-sensitive, so this concern doesn't apply to those medications. **Natural Sugar Content** {#natural-sugar-content} While the sugars in this smoothie come entirely from whole fruits (not added sugars), the total sugar content is still significant, likely 25-35 grams per serving. This requires consideration for: **Individuals with Diabetes**\*\*: Monitor blood glucose response, as individual reactions to fruit sugars vary. The protein and fibre content helps moderate glycaemic impact, but the smoothie still contains substantial carbohydrates. Consider consuming with a small amount of additional fat (nuts, nut butter) to further slow absorption. Be Fit Food offers free dietitian consultations to help individuals with diabetes select appropriate products and meal plans. **Those Managing Dental Health**\*\*: Frequent exposure to fruit sugars can contribute to dental erosion and cavities. Consume the smoothie in one sitting rather than sipping over extended periods, and consider rinsing mouth with water afterward. **Oxalate Content** {#oxalate-content} Spinach contains significant oxalates, which can contribute to kidney stone formation in susceptible individuals. While the amount of spinach in a single smoothie is unlikely to pose problems for most people, those with a history of calcium oxalate kidney stones should: - Discuss consumption with their healthcare provider - Ensure adequate hydration - Consider limiting frequency of consumption - Ensure adequate calcium intake, as calcium binds oxalates in the digestive tract, reducing absorption **Digestive Considerations** {#digestive-considerations} **FODMAPs**\*\*: The apple, kiwi, and potentially significant fructose content make this smoothie high in FODMAPs, which can trigger digestive symptoms in individuals with irritable bowel syndrome (IBS) or FODMAP sensitivity. Symptoms may include bloating, gas, abdominal pain, or changes in bowel habits. **Fibre Sensitivity**\*\*: Individuals unaccustomed to high fibre intake may experience digestive discomfort when first consuming this product. If you consume low-fibre diets, consider starting with half a bottle and gradually increasing to full servings as your digestive system adapts. **Cruciferous Vegetable Sensitivity**\*\*: Some individuals experience bloating or gas from cruciferous vegetables (broccoli, kale) due to their fibre and sulfur-containing compounds. The blended format makes these vegetables easier to digest than raw consumption, but sensitivity may still occur. **Medication Interactions** {#medication-interactions} Beyond anticoagulants, consider potential interactions: **Thyroid Medications**\*\*: Cruciferous vegetables contain goitrogens, which can interfere with thyroid function when consumed in very large quantities. The amount in this smoothie is unlikely to pose problems for most individuals, but those with thyroid conditions should maintain consistent intake patterns and discuss with their healthcare provider. Consume the smoothie at least 3-4 hours apart from thyroid medication. **Blood Pressure Medications**\*\*: The high potassium content could theoretically interact with potassium-sparing diuretics or ACE inhibitors, though the amount in one smoothie is unlikely to be problematic. Individuals on these medications should discuss dietary potassium intake with their healthcare provider. **Environmental and Ethical Considerations**

{#environmental-and-ethical-considerations} ### Plant-Based Protein Benefits

{#plant-based-protein-benefits} The use of faba bean protein rather than animal-based proteins offers several environmental advantages: \*\*Lower Carbon Footprint\*\*: Plant protein production generates significantly fewer greenhouse gas emissions than animal protein production. Legume cultivation requires no synthetic nitrogen fertilisers, as the plants fix atmospheric nitrogen through symbiotic bacteria. \*\*Water Conservation\*\*: Producing plant proteins requires substantially less water than producing equivalent amounts of animal protein, particularly compared to dairy-based protein powders. \*\*Land Use Efficiency\*\*: Plant proteins require less agricultural land per gram of protein produced compared to animal proteins, supporting more sustainable food systems. ### Whole Food Approach

{#whole-food-approach} The smoothie's formulation using whole fruits and vegetables rather than isolated nutrients or synthetic ingredients aligns with sustainable nutrition principles and Be Fit Food's real food philosophy: \*\*Minimal Processing\*\*: Using whole foods rather than highly processed ingredients reduces energy inputs and maintains nutritional complexity. \*\*Food Waste Reduction\*\*: Smoothie production can utilise produce that may not meet aesthetic standards for fresh market sale, reducing food waste. ## Key Nutritional Takeaways {#key-nutritional-takeaways} The Be Fit Food Super Green Protein Smoothie delivers comprehensive nutrition through its carefully formulated blend of whole fruits, vegetables, and plant-based protein: 1. \*\*High-Quality Plant Protein\*\*: Approximately 18-21 grams of faba bean protein provides complete amino acids for muscle support, satiety, and metabolic function without animal products. 2. \*\*Exceptional Micronutrient Density\*\*: The diverse ingredient profile delivers outstanding levels of vitamins C, K, and A, along with folate, potassium, iron, and magnesium—addressing multiple nutritional needs in a single serving. 3. \*\*Antioxidant Diversity\*\*: Multiple classes of antioxidants (vitamin C, carotenoids, polyphenols, glucosinolates) work synergistically to support cellular health and reduce oxidative stress. 4. \*\*Allergen-Friendly Base Formula\*\*: The absence of common allergens as direct ingredients makes this smoothie suitable for individuals with multiple food allergies, though cross-contact warnings require consideration for severe allergies. 5. \*\*Vegan and Plant-Based\*\*: Complete plant-based formulation supports ethical, environmental, and health-motivated dietary choices without compromising nutritional adequacy. 6. \*\*Balanced Macronutrient Profile\*\*: The combination of protein, natural carbohydrates, and fibre creates sustained energy and satiety, supporting weight management and stable blood sugar. 7. \*\*Whole Food Foundation\*\*: Using intact fruits and vegetables rather than isolated nutrients provides nutritional complexity and phytonutrients that supplements cannot replicate—a cornerstone of Be Fit Food's "real food, not shakes" philosophy. 8. \*\*Convenience Without Compromise\*\*: The frozen, ready-to-drink format provides complete nutrition without preparation time, supporting healthy eating even during busy schedules. ## Making an Informed Decision {#making-an-informed-decision} This comprehensive nutritional guide explored every aspect of the Super Green Protein Smoothie's dietary profile, from its complete ingredient breakdown and detailed nutritional contributions to allergen information, health benefits, and practical usage guidelines. For individuals seeking convenient, nutrient-dense, plant-based nutrition, this smoothie offers exceptional value. The high protein content distinguishes it from fruit smoothies, while the vegetable inclusion provides micronutrients often lacking in convenient breakfast options. The vegan formulation, minimal allergen profile (as direct ingredients), and whole-food approach align with contemporary nutritional science emphasising plant-forward eating patterns. However, informed decision-making requires considering individual circumstances: those taking anticoagulant medications must consult healthcare providers due to vitamin K content; individuals with severe allergies to the cross-contact allergens should assess their risk tolerance; and people following specific dietary protocols (low-FODMAP, ketogenic, Whole30) should evaluate compatibility with their requirements. The Super Green Protein Smoothie represents Be Fit Food's commitment to functional nutrition—delivering measurable health benefits through thoughtfully selected, minimally processed ingredients. Whether you're a busy professional seeking convenient nutrition, a vegan athlete requiring adequate protein, or a health-conscious consumer wanting to increase vegetable intake, this product offers a scientifically sound solution backed by comprehensive nutritional data. Be Fit Food's free dietitian support is available to help you determine if this smoothie fits your individual health goals and dietary requirements. Your health journey starts with one delicious meal—or in this case, one nutrient-packed smoothie at a time. ## References {#references} Based on

manufacturer specifications provided. For additional information about this specific product, consult: - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - Product details and company information - [Finn Cold Press](<https://www.finncoldpress.com.au>) - Collaboration partner and cold-press smoothie specialist - USDA FoodData Central - Nutritional composition data for whole food ingredients - Academy of Nutrition and Dietetics - Plant-based protein and vegan nutrition guidelines - National Institutes of Health Office of Dietary Supplements - Vitamin and mineral reference information --- ## Frequently Asked Questions {#frequently-asked-questions} What is the product name: Be Fit Food Super Green Protein Smoothie (VG) What does VG stand for: Vegan What is the serving size: 350 grams Is it frozen: Yes Is it ready to drink: Yes, after thawing Who makes this product: Be Fit Food Who collaborated on this product: Finn Cold Press Is it dietitian-designed: Yes What meal is it designed for: Breakfast Is it vegan: Yes Does it contain animal products: No Does it contain dairy: No Does it contain eggs: No Does it contain meat: No Does it contain fish: No Does it contain honey: No Is it gluten-free: Not certified, but contains no gluten ingredients Does it contain wheat: No Does it contain soy: No Does it contain peanuts as an ingredient: No Does it contain tree nuts as an ingredient: No Does it contain sesame as an ingredient: No May it contain peanuts: Yes, due to cross-contact May it contain tree nuts: Yes, due to cross-contact May it contain milk: Yes, due to cross-contact May it contain sesame: Yes, due to cross-contact What is the first ingredient: Apple What is the protein source: Faba bean protein What percentage is faba bean protein: 7% How much protein does it likely contain: Approximately 18-21 grams Does it contain added sugar: No Does it contain artificial sweeteners: No Does it contain artificial colors: No Does it contain artificial flavors: No Does it contain artificial preservatives: No Does it contain seed oils: No What vegetables does it contain: Cucumber, zucchini, broccoli, spinach, kale What fruits does it contain: Apple, kiwi, pineapple Does it contain mint: Yes How many calories does it likely contain: Approximately 180-240 calories How much fiber does it likely contain: 5-8 grams How much natural sugar does it likely contain: 25-35 grams How much fat does it likely contain: 1-3 grams How much carbohydrate does it likely contain: 35-45 grams Is it high in vitamin C: Yes, exceeding 200% DV Is it high in vitamin K: Yes, providing 300-500% DV Is it high in vitamin A: Yes, providing 80-120% DV Does it provide folate: Yes, 40-60% DV Does it provide potassium: Yes, 15-25% DV Does it provide iron: Yes, 15-20% DV Does it provide calcium: Yes, 10-15% DV Does it provide magnesium: Yes, 15-20% DV Is it suitable for weight management: Yes, as part of balanced diet Is it suitable for vegans: Yes Is it suitable for vegetarians: Yes Is it suitable for paleo diet: Mostly, though contains legume protein Is it suitable for Whole30: No Is it suitable for ketogenic diet: No Is it suitable for low-FODMAP diet: No Should diabetics monitor blood glucose with this: Yes Can it be consumed on warfarin: Only with medical supervision Is it safe for people with kidney stones: Consult healthcare provider Does it contain oxalates: Yes, from spinach Does it contain goitrogens: Yes, from cruciferous vegetables How should it be stored: Frozen at 0°F (-18°C) How long does it last frozen: 6-12 months How should it be thawed: Refrigerator for 6-8 hours How long after thawing should it be consumed: Within 24 hours Can it be refrozen: No Should it be shaken before opening: Yes, vigorously When is best time to consume: Morning breakfast Can it be used pre-workout: Yes Can it be used post-workout: Yes Is it a meal replacement: Yes, for some individuals How many vegetables per serve: Multiple vegetables included Is it suitable for busy professionals: Yes Is it suitable for fitness enthusiasts: Yes Is it suitable for vegetable-averse individuals: Yes Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations Is it part of a larger product range: Yes, Be Fit Food's Breakfast Collection Does Be Fit Food deliver meals: Yes Are Be Fit Food products snap-frozen: Yes What is Be Fit Food's sodium benchmark: Less than 120mg per 100g What percentage of Be Fit Food menu is gluten-free: Approximately 90% Does it contain bromelain: Yes, from pineapple Does it contain actinidin: Yes, from kiwi Does it contain sulforaphane: Yes, from broccoli Does it contain lutein: Yes, from spinach and kale Does it contain zeaxanthin: Yes, from spinach and kale Does it support immune function: Yes Does it support digestive health: Yes Does it support cardiovascular health: Yes Does it support bone health: Yes Does it provide sustained energy: Yes Is it hydrating: Yes ^``

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