

STIDATPRO - Food & Beverages

Dietary Compatibility Guide -

1551705931865_43456579764413 - Copy

2

Details:

Contents - [Product Facts](#product-facts) - [Dietary Compatibility Guide: Be Fit Food Sticky Date Protein Balls - 7 Pack (GF) (V)](#dietary-compatibility-guide-be-fit-food-sticky-date-protein-balls---7-pack-gf-v) - [Core Ingredients of Sticky Date Protein Balls and Their Dietary Implications](#core-ingredients-of-sticky-date-protein-balls-and-their-dietary-implications) - [Dates as the Foundation Ingredient in Sticky Date Protein Balls](#dates-as-the-foundation-ingredient-in-sticky-date-protein-balls) - [Nut Components in Sticky Date Protein Balls: Almond Meal and Walnuts](#nut-components-in-sticky-date-protein-balls-almond-meal-and-walnuts) - [Be Fit Prebiotic & Postbiotic Protein Powder Blend in Sticky Date Protein Balls](#be-fit-prebiotic--postbiotic-protein-powder-blend-in-sticky-date-protein-balls) - [Coconut Finish in Sticky Date Protein Balls](#coconut-finish-in-sticky-date-protein-balls) - [Gluten-Free Compatibility of Sticky Date Protein Balls: Detailed Analysis](#gluten-free-compatibility-of-sticky-date-protein-balls-detailed-analysis) - [Ingredient-Level Gluten Analysis of Sticky Date Protein Balls](#ingredient-level-gluten-analysis-of-sticky-date-protein-balls) - [Cross-Contact Considerations for Sticky Date Protein Balls](#cross-contact-considerations-for-sticky-date-protein-balls) - [Who Can Safely Enjoy Sticky Date Protein Balls as Gluten-Free](#who-can-safely-enjoy-sticky-date-protein-balls-as-gluten-free) - [Practical Tips for Gluten-Free Consumers of Sticky Date Protein Balls](#practical-tips-for-gluten-free-consumers-of-sticky-date-protein-balls) - [Vegetarian Compatibility of Sticky Date Protein Balls: Understanding the (V) Designation](#vegetarian-compatibility-of-sticky-date-protein-balls-understanding-the-v-designation) - [Types of Vegetarianism and Sticky Date Protein Balls Compatibility](#types-of-vegetarianism-and-sticky-date-protein-balls-compatibility) - [The Dairy Component in Sticky Date Protein Balls for Vegetarians](#the-dairy-component-in-sticky-date-protein-balls-for-vegetarians) - [Vegetarian Athletes and Active Individuals Using Sticky Date Protein Balls](#vegetarian-athletes-and-active-individuals-using-sticky-date-protein-balls) - [Vegan Compatibility of Sticky Date Protein Balls: Why These Aren't Suitable](#vegan-compatibility-of-sticky-date-protein-balls-why-these-arent-suitable) - [The Dairy Issue in Sticky Date Protein Balls](#the-dairy-issue-in-sticky-date-protein-balls) - [What Vegans Should Know About Sticky Date Protein Balls](#what-vegans-should-know-about-sticky-date-protein-balls) - [Ketogenic Diet Compatibility of Sticky Date Protein Balls: A Macro-Focused Analysis](#ketogenic-diet-compatibility-of-sticky-date-protein-balls-a-macro-focused-analysis) - [Carbohydrate Considerations in Sticky Date Protein Balls](#carbohydrate-considerations-in-sticky-date-protein-balls) - [Keto Verdict for Sticky Date Protein Balls](#keto-verdict-for-sticky-date-protein-balls) - [Alternative Approaches for Low-Carb Dieters Using Sticky Date Protein Balls](#alternative-approaches-for-low-carb-dieters-using-sticky-date-protein-balls) - [High-Protein Diet Compatibility of Sticky Date Protein

Balls](#high-protein-diet-compatibility-of-sticky-date-protein-balls) - [Why High Protein Matters in Sticky Date Protein Balls](#why-high-protein-matters-in-sticky-date-protein-balls) - [The Protein Advantage of Sticky Date Protein Balls](#the-protein-advantage-of-sticky-date-protein-balls) - [Ideal High-Protein Diet Applications for Sticky Date Protein

Balls](#ideal-high-protein-diet-applications-for-sticky-date-protein-balls) - [Allergen Considerations in Sticky Date Protein Balls Across Dietary Patterns](#allergen-considerations-in-sticky-date-protein-balls-across-dietary-patterns) - [Confirmed Allergens in Sticky Date Protein Balls](#confirmed-allergens-in-sticky-date-protein-balls) - [Cross-Contact Warnings for Sticky Date Protein

Balls](#cross-contact-warnings-for-sticky-date-protein-balls) - [Managing Allergens Within Your Diet When Considering Sticky Date Protein

Balls](#managing-allergens-within-your-diet-when-considering-sticky-date-protein-balls) - [Gut Health and Digestive Considerations with Sticky Date Protein

Balls](#gut-health-and-digestive-considerations-with-sticky-date-protein-balls) - [Prebiotic Benefits from Oligofructose in Sticky Date Protein

Balls](#prebiotic-benefits-from-oligofructose-in-sticky-date-protein-balls) - [Postbiotic Benefits from Lactobacillus Plantarum in Sticky Date Protein

Balls](#postbiotic-benefits-from-lactobacillus-plantarum-in-sticky-date-protein-balls) - [FODMAPs Consideration for Sticky Date Protein Balls](#fodmaps-consideration-for-sticky-date-protein-balls) - [Practical Serving Suggestions for Sticky Date Protein Balls Across Dietary Patterns](#practical-serving-suggestions-for-sticky-date-protein-balls-across-dietary-patterns) - [Morning Breakfast Integration with Sticky Date Protein

Balls](#morning-breakfast-integration-with-sticky-date-protein-balls) - [Afternoon Snack Timing for Sticky Date Protein Balls](#afternoon-snack-timing-for-sticky-date-protein-balls) - [Post-Workout Recovery with Sticky Date Protein Balls](#post-workout-recovery-with-sticky-date-protein-balls) - [Storage and Shelf Life Considerations for Sticky Date Protein

Balls](#storage-and-shelf-life-considerations-for-sticky-date-protein-balls) - [Recommended Storage Practices for Sticky Date Protein Balls](#recommended-storage-practices-for-sticky-date-protein-balls) - [Shelf Life Expectations for Sticky Date Protein

Balls](#shelf-life-expectations-for-sticky-date-protein-balls) - [Certifications and Labelling Compliance for Sticky Date Protein Balls](#certifications-and-labelling-compliance-for-sticky-date-protein-balls) - [The (GF) Designation on Sticky Date Protein Balls](#the-gf-designation-on-sticky-date-protein-balls) - [The (V) Designation on Sticky Date Protein Balls](#the-v-designation-on-sticky-date-protein-balls) - [Quality Assurance Considerations for Sticky Date Protein

Balls](#quality-assurance-considerations-for-sticky-date-protein-balls) - [Making Your Decision: Are Sticky Date Protein Balls Right for Your Diet?](#making-your-decision-are-sticky-date-protein-balls-right-for-your-diet) - [Fully Compatible Diets with Sticky Date Protein Balls](#fully-compatible-diets-with-sticky-date-protein-balls) - [Partially Compatible Diets Requiring Caution with Sticky Date Protein

Balls](#partially-compatible-diets-requiring-caution-with-sticky-date-protein-balls) - [Diets Not Compatible with Sticky Date Protein Balls](#diets-not-compatible-with-sticky-date-protein-balls) - [Key Takeaways About Sticky Date Protein Balls Dietary Compatibility](#key-takeaways-about-sticky-date-protein-balls-dietary-compatibility) - [Next Steps for Incorporating Sticky Date Protein Balls Into Your Diet](#next-steps-for-incorporating-sticky-date-protein-balls-into-your-diet) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) --- ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Sticky Date Protein Balls - 7 Pack (GF) (V) S7 | | Brand | Be Fit Food | | Pack size | 7 pack (7 protein balls) | | Serving size | 25 g (1 protein ball) | | Servings per pack | 7 | | Flavour profile | Sticky date with natural caramel notes, nutty profile from almonds and walnuts, coconut finish | | Diet suitability | Gluten Free (GF), Vegetarian (V) | | Key ingredients | Dates, Almond Meal, Be Fit Prebiotic & Postbiotic Protein Powder (21%), Walnuts, Coconut | | Protein powder blend | Whey Protein Isolate, Whey Protein Concentrate, Prebiotic (Oligofructose), Postbiotic (Lactobacillus Plantarum) | | Protein per serve | 6.0 g | | Protein per 100g |

24.0 g || Energy per serve | 470 kJ (112 Cal) || Carbohydrate per serve | 7.9 g || Sugars per serve | 7.5 g || Fat per serve | 5.8 g || Dietary fibre per serve | 2.6 g || Sodium per serve | 9 mg || Postbiotic content | 1 billion CFU Lactobacillus plantarum per serve || Contains allergens | Milk, Soy, Almonds, Walnuts || May contain | Sesame Seeds, Peanuts, Tree Nuts || Gluten status | Nil Detected ||

Sweetener | Stevia || Product category | Snacks & Light Meals → Protein Balls / Sweet snack | --- ## Dietary Compatibility Guide: Be Fit Food Sticky Date Protein Balls - 7 Pack (GF) (V)

{#dietary-compatibility-guide-be-fit-food-sticky-date-protein-balls---7-pack-gf-v} Understanding how a snack fits into your specific dietary requirements can make the difference between enjoying a guilt-free treat and accidentally derailing your nutritional goals. This comprehensive guide explores exactly how Be Fit Food's Sticky Date Protein Balls align with various popular dietary frameworks, helping you make an informed decision about whether these protein-packed snacks belong in your meal plan. As Australia's leading dietitian-designed meal delivery service, Be Fit Food developed these protein balls with the same scientific rigour applied to their CSIRO-backed meal ranges. Whether you're following a gluten-free lifestyle due to coeliac disease, embracing vegetarianism, monitoring your macros on a ketogenic diet, or simply trying to make healthier snacking choices, this guide will break down every aspect of these protein balls' dietary compatibility. We'll examine the ingredients, nutritional profile, allergen considerations, and practical applications for different eating patterns. ### Core Ingredients of Sticky Date Protein Balls and Their Dietary Implications

{#core-ingredients-of-sticky-date-protein-balls-and-their-dietary-implications} Before diving into specific diet compatibility, it's essential to understand exactly what goes into Be Fit Food's Sticky Date Protein Balls. The ingredient list, in order of predominance, includes: Dates, Almond Meal, Be Fit Prebiotic & Postbiotic Protein Powder (21%), Walnuts, and Coconut. Each of these ingredients plays a specific role in determining which dietary patterns can safely and effectively incorporate these protein balls. #### Dates as the Foundation Ingredient in Sticky Date Protein Balls

{#dates-as-the-foundation-ingredient-in-sticky-date-protein-balls} Dates serve as the primary ingredient and binding agent in Be Fit Food's Sticky Date Protein Balls, providing the signature "sticky date" character with natural caramel notes. From a dietary perspective, dates are a whole food source of natural sugars, fibre, and various micronutrients. They're inherently plant-based, making them suitable for vegetarian and vegan diets. Dates contain no gluten proteins, though their processing environment must be considered for those with coeliac disease or severe gluten sensitivity. ■■ *GENERAL CLAIM: The following statement about natural sweetness and clean eating principles represents general health/wellness perspectives that may vary by individual interpretation.* The natural sweetness from dates means these Sticky Date Protein Balls don't require artificial sweeteners as the primary sweetening agent, which appeals to those following clean eating principles. This aligns with Be Fit Food's commitment to real food ingredients—the same philosophy that underpins their no preservatives, no added sugar approach across their Lifestyle Range. However, the natural sugar content from dates does impact their suitability for very low-carbohydrate diets, which we'll explore in detail later in this guide. #### Nut Components in Sticky Date Protein Balls: Almond Meal and Walnuts

{#nut-components-in-sticky-date-protein-balls-almond-meal-and-walnuts} Almond meal and walnuts contribute significantly to the nutritional profile and texture of Be Fit Food's Sticky Date Protein Balls. Both nuts are naturally gluten-free, plant-based, and provide healthy fats, protein, and fibre. The nutty profile complements the caramel notes from the dates while adding substantial nutritional value to the Sticky Date Protein Balls. From a dietary compatibility standpoint, the nut content makes these Sticky Date Protein Balls unsuitable for anyone with tree nut allergies. However, for those who can safely consume nuts, this ingredient combination provides a satisfying crunch and contributes to the high protein content that makes these snacks particularly valuable for active individuals. #### Be Fit Prebiotic & Postbiotic Protein Powder Blend in Sticky Date Protein Balls

{#be-fit-prebiotic--postbiotic-protein-powder-blend-in-sticky-date-protein-balls} The Be Fit Prebiotic & Postbiotic Protein Powder comprises 21% of each Sticky Date Protein Ball and contains several components worth examining individually for dietary compatibility: **Whey Protein Isolate and Whey Protein Concentrate in Sticky Date Protein Balls**: These dairy-derived proteins are the primary protein sources in the blend. While excellent for muscle recovery and satiety, they immediately categorise these Sticky Date Protein Balls as non-vegan, despite the (V) designation referring to vegetarian

suitability. The whey proteins are derived from milk, making the Sticky Date Protein Balls suitable for lacto-vegetarians but not for those following a strict plant-based diet. ■■■ *GENERAL CLAIM: The following statements about gut health benefits and research outcomes represent general health claims that may not apply to all individuals.* **Prebiotic (Oligofructose) in Sticky Date Protein Balls**: This prebiotic fibre supports gut health by feeding beneficial bacteria in the digestive system. Oligofructose is plant-derived and compatible with virtually all dietary patterns. This inclusion reflects Be Fit Food's understanding that gut health plays a crucial role in overall wellbeing—a principle supported by their published research showing the benefits of whole-food approaches on the gut microbiome. **Vanilla Flavour in Sticky Date Protein Balls**: Provides the subtle flavour enhancement without adding significant calories or macronutrients to the protein balls. **Salt in Sticky Date Protein Balls**: Present in small quantities for flavour balance in the protein powder blend. **Stevia in Sticky Date Protein Balls**: A natural, plant-based sweetener that adds sweetness without contributing calories or affecting blood sugar levels significantly. **Postbiotic (Lactobacillus Plantarum) in Sticky Date Protein Balls**: This beneficial bacterial component supports digestive health. Despite being derived from a lactobacillus strain, postbiotics are generally the metabolic byproducts rather than live organisms. **Guar Gum in Sticky Date Protein Balls**: A plant-derived thickening agent that's naturally gluten-free and used in the protein powder formulation. **Soy Lecithin in Sticky Date Protein Balls**: An emulsifier derived from soybeans, which is relevant for those with soy allergies but compatible with most dietary patterns. ##### Coconut Finish in Sticky Date Protein Balls {#coconut-finish-in-sticky-date-protein-balls} Coconut rounds out the ingredient list in Be Fit Food's Sticky Date Protein Balls, contributing to the texture and flavour profile while adding healthy medium-chain triglycerides (MCTs). Coconut is naturally gluten-free and plant-based, making it compatible with numerous dietary approaches for the Sticky Date Protein Balls. ### Gluten-Free Compatibility of Sticky Date Protein Balls: Detailed Analysis {#gluten-free-compatibility-of-sticky-date-protein-balls-detailed-analysis} The (GF) designation on Be Fit Food's Sticky Date Protein Balls indicates they're formulated to be gluten-free, but understanding what this means in practice requires examining both the ingredients and the manufacturing environment for these protein balls. ##### Ingredient-Level Gluten Analysis of Sticky Date Protein Balls {#ingredient-level-gluten-analysis-of-sticky-date-protein-balls} Every ingredient in Be Fit Food's Sticky Date Protein Balls is inherently gluten-free: - **Dates in Sticky Date Protein Balls**: Naturally gluten-free fruit - **Almond Meal in Sticky Date Protein Balls**: Ground almonds contain no gluten proteins - **Whey Protein Isolate/Concentrate in Sticky Date Protein Balls**: Dairy-derived, no gluten - **Walnuts in Sticky Date Protein Balls**: Naturally gluten-free tree nut - **Coconut in Sticky Date Protein Balls**: Naturally gluten-free - **Oligofructose in Sticky Date Protein Balls**: Plant-derived prebiotic, gluten-free - **Stevia in Sticky Date Protein Balls**: Plant-derived sweetener, gluten-free - **Guar Gum in Sticky Date Protein Balls**: Derived from guar beans, gluten-free - **Soy Lecithin in Sticky Date Protein Balls**: Soy-derived, gluten-free This means the formulation of Sticky Date Protein Balls itself contains no wheat, barley, rye, or their derivatives that would introduce gluten proteins. ##### Cross-Contact Considerations for Sticky Date Protein Balls {#cross-contact-considerations-for-sticky-date-protein-balls} For individuals with coeliac disease or severe gluten sensitivity, the absence of gluten-containing ingredients in Sticky Date Protein Balls isn't always sufficient. Cross-contact during manufacturing can introduce trace amounts of gluten that may trigger reactions in sensitive individuals. The product information for Sticky Date Protein Balls indicates potential cross-contact with various allergens, and while gluten cross-contact is listed as a consideration, the (GF) designation suggests the manufacturer took steps to minimise this risk. However, individuals with coeliac disease should note that gluten cross-contact is mentioned in the allergen disclosures for Sticky Date Protein Balls. ##### Who Can Safely Enjoy Sticky Date Protein Balls as Gluten-Free {#who-can-safely-enjoy-sticky-date-protein-balls-as-gluten-free} **Sticky Date Protein Balls are well-suited for:** - Individuals avoiding gluten for general wellness reasons - Those with mild gluten sensitivity - People following a gluten-free diet by choice rather than medical necessity **Sticky Date Protein Balls require caution for:** - Individuals with diagnosed coeliac disease (consult the manufacturer about their cross-contact protocols) - Those with severe gluten sensitivity who react to trace amounts ##### Practical Tips for Gluten-Free Consumers of Sticky Date Protein Balls {#practical-tips-for-gluten-free-consumers-of-sticky-date-protein-balls} When incorporating Be Fit

Food's Sticky Date Protein Balls into a gluten-free lifestyle, consider storing them separately from any gluten-containing foods in your pantry. If you're highly sensitive, contact Be Fit Food directly to inquire about their specific manufacturing protocols for Sticky Date Protein Balls and whether they conduct gluten testing on finished products. Be Fit Food offers complimentary dietitian support to help customers navigate these considerations. ### Vegetarian Compatibility of Sticky Date Protein Balls: Understanding the (V) Designation

{#vegetarian-compatibility-of-sticky-date-protein-balls-understanding-the-v-designation} The (V) marking on Be Fit Food's Sticky Date Protein Balls confirms their suitability for vegetarian diets. Let's explore what this means and for which types of vegetarians these Sticky Date Protein Balls are appropriate. ##### Types of Vegetarianism and Sticky Date Protein Balls Compatibility

{#types-of-vegetarianism-and-sticky-date-protein-balls-compatibility} **Lacto-Ovo Vegetarians and Sticky Date Protein Balls**: These protein balls are fully compatible. This dietary pattern excludes meat, poultry, and fish but includes dairy and eggs. The whey protein (dairy-derived) in Sticky Date Protein Balls poses no issues. **Lacto-Vegetarians and Sticky Date Protein Balls**: Fully compatible. This pattern excludes meat, poultry, fish, and eggs but includes dairy products. The whey protein in Sticky Date Protein Balls is acceptable. **Ovo-Vegetarians and Sticky Date Protein Balls**: Not compatible. This pattern excludes meat, poultry, fish, and dairy but includes eggs. The whey protein concentrate and isolate in Sticky Date Protein Balls are dairy-derived, making these unsuitable. **Pescatarians and Sticky Date Protein Balls**: Fully compatible. While not strictly vegetarian, pescatarians who include dairy in their diet can enjoy these Sticky Date Protein Balls. ##### The Dairy Component in Sticky Date Protein Balls for Vegetarians {#the-dairy-component-in-sticky-date-protein-balls-for-vegetarians} ■■

GENERAL CLAIM: The following statements about protein benefits and nutritional philosophy represent general health perspectives that may vary by individual needs. The whey protein in Be Fit Food's Sticky Date Protein Balls comes from milk, which is produced without harming animals (in the context of vegetarian ethics that permit dairy consumption). For vegetarians who include dairy in their diet, the whey protein in Sticky Date Protein Balls provides an excellent source of complete protein containing all essential amino acids. The protein powder blend contributes significantly to the high protein content of these Sticky Date Protein Balls, making them particularly valuable for vegetarians who may sometimes struggle to meet their protein requirements, especially if they're physically active. This high-protein focus aligns with Be Fit Food's broader nutritional philosophy, where meals contain approximately 20g of protein to support appetite management and muscle mass maintenance. ##### Vegetarian Athletes and Active Individuals Using Sticky Date Protein Balls

{#vegetarian-athletes-and-active-individuals-using-sticky-date-protein-balls} ■■ *GENERAL CLAIM: The following advantages represent general health/fitness claims that may not apply to all individuals.* For vegetarians engaged in regular exercise or athletic pursuits, Be Fit Food's Sticky Date Protein Balls offer several advantages: 1. **Complete Protein Source in Sticky Date Protein Balls**: Whey protein contains all essential amino acids in optimal ratios for muscle protein synthesis 2. **Convenient Portable Format of Sticky Date Protein Balls**: Easy to carry to the gym or consume post-workout 3.

Natural Ingredients in Sticky Date Protein Balls: Whole food base with added protein rather than highly processed alternatives 4. **Gut Health Support from Sticky Date Protein Balls**: The prebiotic and postbiotic components support digestive health, which can be particularly important for vegetarians consuming higher fibre diets ### Vegan Compatibility of Sticky Date Protein Balls: Why These Aren't Suitable {#vegan-compatibility-of-sticky-date-protein-balls-why-these-arent-suitable} Despite being plant-forward in their whole food ingredients, Be Fit Food's Sticky Date Protein Balls are **not suitable for vegans** due to the dairy-derived protein components in the formulation. ##### The Dairy Issue in Sticky Date Protein Balls {#the-dairy-issue-in-sticky-date-protein-balls} The Be Fit Prebiotic & Postbiotic Protein Powder in Sticky Date Protein Balls contains both Whey Protein Isolate and Whey Protein Concentrate. Whey is a byproduct of cheese production, derived directly from cow's milk. This immediately disqualifies these Sticky Date Protein Balls from vegan diets, which exclude all animal products and byproducts. ##### What Vegans Should Know About Sticky Date Protein Balls

{#what-vegans-should-know-about-sticky-date-protein-balls} If you're following a vegan diet and were attracted to Be Fit Food's Sticky Date Protein Balls because of the whole food ingredients like dates, nuts, and coconut, you'll need to seek alternatives with plant-based protein sources such as: - Pea

protein - Rice protein - Hemp protein - Soy protein isolate The soy lecithin present in these Sticky Date Protein Balls is vegan-friendly (it's derived from soybeans), but this single plant-based ingredient doesn't offset the dairy-derived whey proteins that make Sticky Date Protein Balls unsuitable for vegans. Be Fit Food does offer a dedicated Vegetarian & Vegan Range of meals for those following plant-based diets who want to explore other options. **### Ketogenic Diet Compatibility of Sticky Date Protein Balls: A Macro-Focused Analysis**

{#ketogenic-diet-compatibility-of-sticky-date-protein-balls-a-macro-focused-analysis} ■■ *GENERAL CLAIM: The following analysis of ketogenic diet compatibility represents general dietary guidance that may vary by individual metabolic response and specific dietary protocols.* The ketogenic diet requires careful attention to macronutrient ratios, limiting carbohydrates to 20-50 grams per day to maintain ketosis. Let's examine how Be Fit Food's Sticky Date Protein Balls fit into this framework. **####**

Carbohydrate Considerations in Sticky Date Protein Balls

{#carbohydrate-considerations-in-sticky-date-protein-balls} Dates, the primary ingredient in Be Fit Food's Sticky Date Protein Balls, are naturally high in carbohydrates. While dates provide beneficial fibre, vitamins, and minerals, their natural sugar content makes them challenging to incorporate into a strict ketogenic diet. Each Sticky Date Protein Ball weighs 25 grams (one serving), and with dates as the primary ingredient, the carbohydrate content per serving would be significant. For someone limiting carbohydrates to 20 grams daily, even a single Sticky Date Protein Ball could potentially consume a substantial portion of their daily carbohydrate allowance. **#### Keto Verdict for Sticky Date Protein Balls** {#keto-verdict-for-sticky-date-protein-balls} **Sticky Date Protein Balls are not recommended for strict ketogenic diets**: The date-based formulation, while nutritionally valuable, provides too many carbohydrates for those maintaining strict ketosis. **Sticky Date Protein Balls are potentially suitable for:** - Cyclical ketogenic diets (CKD) during carb-up phases - Targeted ketogenic diets (TKD) around workouts - Low-carb diets that aren't strictly ketogenic - Those following a more liberal low-carb approach (under 100g carbs daily) For those specifically seeking low-carb options, Be Fit Food's CSIRO Low-Carb Lifestyle Range offers meals that are independently tested to meet strict CSIRO Low Carb Diet criteria, containing on average 68% less carbohydrate compared to other ready meals available in the Australian market. **#### Alternative Approaches for Low-Carb Dieters Using Sticky Date Protein Balls** {#alternative-approaches-for-low-carb-dieters-using-sticky-date-protein-balls} ■■ *GENERAL CLAIM: The following strategic consumption suggestions represent general dietary guidance that may not be appropriate for all individuals.* If you're following a less restrictive low-carb diet rather than strict keto, you might incorporate Be Fit Food's Sticky Date Protein Balls strategically: 1. **Post-workout timing for Sticky Date Protein Balls**: Consume around exercise when your body can better utilise the carbohydrates 2. **Portion control with Sticky Date Protein Balls**: Consider enjoying half a protein ball if you want the flavour experience while minimising carb intake 3. **Carb cycling with Sticky Date Protein Balls**: Save these for higher-carb days in a carb-cycling approach **###**

High-Protein Diet Compatibility of Sticky Date Protein Balls

{#high-protein-diet-compatibility-of-sticky-date-protein-balls} The primary nutrition claim featured for Be Fit Food's Sticky Date Protein Balls is "High Protein," making them particularly relevant for those prioritising protein intake in their dietary pattern. **#### Why High Protein Matters in Sticky Date Protein Balls** {#why-high-protein-matters-in-sticky-date-protein-balls} ■■ *GENERAL CLAIM: The following statements about protein benefits represent general nutritional claims that may vary by individual needs and health status.* Protein in Be Fit Food's Sticky Date Protein Balls plays crucial roles in: - **Muscle protein synthesis**: Essential for building and maintaining muscle mass - **Satiety**: Protein is the most satiating macronutrient, helping you feel fuller for longer - **Metabolic rate**: Higher protein intake supports a healthy metabolism - **Recovery**: Critical for repairing tissues after exercise **#### The Protein Advantage of Sticky Date Protein Balls** {#the-protein-advantage-of-sticky-date-protein-balls} With 21% of each Sticky Date Protein Ball comprising the Be Fit Prebiotic & Postbiotic Protein Powder, these snacks deliver meaningful protein content in a convenient format. The whey protein sources (isolate and concentrate) in Sticky Date Protein Balls are considered "complete proteins," meaning they contain all nine essential amino acids your body cannot produce on its own. This high-protein approach reflects Be Fit Food's broader nutritional philosophy. Founded by Kate Save, an accredited practising dietitian and exercise physiologist with over 20 years of clinical experience, Be Fit Food understands

the importance of adequate protein for appetite management and muscle mass maintenance. #####

Ideal High-Protein Diet Applications for Sticky Date Protein Balls

{#ideal-high-protein-diet-applications-for-sticky-date-protein-balls} ■■■ *GENERAL CLAIM: The following applications represent general dietary guidance that may not be suitable for all individuals or health conditions.* Be Fit Food's Sticky Date Protein Balls are well-suited for: - **Athletes and fitness enthusiasts**: The portable format makes Sticky Date Protein Balls ideal for gym bags - **Those following high-protein weight loss diets**: Protein in Sticky Date Protein Balls supports satiety and muscle preservation during caloric restriction - **Individuals recovering from illness or surgery**: Higher protein needs during recovery phases can be supported with Sticky Date Protein Balls - **Older adults**: Protein requirements often increase with age to maintain muscle mass, making Sticky Date Protein Balls a convenient option ##### Allergen Considerations in Sticky Date Protein Balls Across Dietary Patterns {#allergen-considerations-in-sticky-date-protein-balls-across-dietary-patterns}

Understanding allergen content in Be Fit Food's Sticky Date Protein Balls is crucial regardless of which dietary pattern you follow. These Sticky Date Protein Balls contain several allergens that require attention. ##### Confirmed Allergens in Sticky Date Protein Balls

{#confirmed-allergens-in-sticky-date-protein-balls} Be Fit Food's Sticky Date Protein Balls contain the following confirmed allergens: 1. **Milk in Sticky Date Protein Balls**: Present via whey protein isolate and whey protein concentrate 2. **Soy in Sticky Date Protein Balls**: Present via soy lecithin 3.

Almonds in Sticky Date Protein Balls: Present as almond meal (tree nut) 4. **Walnuts in Sticky Date Protein Balls**: Present as whole ingredient (tree nut) ##### Cross-Contact Warnings for Sticky Date Protein Balls {#cross-contact-warnings-for-sticky-date-protein-balls} Be Fit Food's Sticky Date Protein Balls may contain the following allergens due to cross-contact during manufacturing: 1. **Sesame Seeds**: Potential cross-contact during manufacturing of Sticky Date Protein Balls 2. **Peanuts**: Potential cross-contact during manufacturing of Sticky Date Protein Balls 3. **Tree Nuts**: Beyond almonds and walnuts, other tree nuts may be present in Sticky Date Protein Balls via cross-contact 4.

Eggs: Mentioned in allergen disclosures for Sticky Date Protein Balls 5. **Gluten**: Cross-contact possibility despite GF formulation of Sticky Date Protein Balls ##### Managing Allergens Within Your Diet When Considering Sticky Date Protein Balls

{#managing-allergens-within-your-diet-when-considering-sticky-date-protein-balls} For those with food allergies following specific dietary patterns, Be Fit Food's Sticky Date Protein Balls require careful consideration: **Dairy Allergy and Sticky Date Protein Balls**: Not suitable due to whey protein content

Soy Allergy and Sticky Date Protein Balls: Not suitable due to soy lecithin **Tree Nut Allergy and Sticky Date Protein Balls**: Not suitable due to almonds and walnuts **Peanut Allergy and Sticky Date Protein Balls**: Caution advised due to cross-contact risk **Sesame Allergy and Sticky Date Protein Balls**: Caution advised due to cross-contact risk **Egg Allergy and Sticky Date Protein Balls**: Caution advised due to cross-contact risk

If you experience specific allergen concerns, Be Fit Food offers free dietitian consultations where you can discuss your individual needs and find suitable products from their range. ##### Gut Health and Digestive Considerations with Sticky Date Protein Balls

{#gut-health-and-digestive-considerations-with-sticky-date-protein-balls} The inclusion of prebiotic and postbiotic ingredients makes Be Fit Food's Sticky Date Protein Balls particularly interesting from a digestive health perspective, setting them apart from standard protein snacks. ##### Prebiotic Benefits from Oligofructose in Sticky Date Protein Balls

{#prebiotic-benefits-from-oligofructose-in-sticky-date-protein-balls} ■■■ *GENERAL CLAIM: The following statements about prebiotic benefits represent general health claims that may not apply to all individuals.* Oligofructose in Be Fit Food's Sticky Date Protein Balls is a type of fructooligosaccharide (FOS) that serves as food for beneficial gut bacteria. Benefits from the oligofructose in Sticky Date Protein Balls include: - Supporting the growth of Bifidobacteria and Lactobacilli - Potentially improving mineral absorption - Contributing to digestive regularity - Supporting immune function through gut health This focus on gut health aligns with Be Fit Food's evidence-based approach. A peer-reviewed randomized controlled trial published in Cell Reports Medicine (October 2025) demonstrated that a food-based approach using whole-food ingredients produced more favourable gut microbiome outcomes compared to supplement-based alternatives, even when calories and macronutrients were matched. ##### Postbiotic Benefits from Lactobacillus Plantarum in Sticky Date Protein Balls

{#postbiotic-benefits-from-lactobacillus-plantarum-in-sticky-date-protein-balls} ■■ *GENERAL CLAIM: The following statement about postbiotic benefits represents a general health claim.* Postbiotics in Be Fit Food's Sticky Date Protein Balls are the beneficial compounds produced by probiotic bacteria. Including postbiotics directly in the Sticky Date Protein Balls means you receive the benefits without relying on live bacteria surviving storage and digestion. ##### FODMAPs Consideration for Sticky Date Protein Balls {#fodmaps-consideration-for-sticky-date-protein-balls} For those following a low-FODMAP diet for irritable bowel syndrome (IBS), be aware that Be Fit Food's Sticky Date Protein Balls contain: - Dates contain fructose and may be high-FODMAP in larger quantities - Oligofructose is a fructan and is high-FODMAP - Sticky Date Protein Balls may not be suitable during the elimination phase of a low-FODMAP diet #### Practical Serving Suggestions for Sticky Date Protein Balls Across Dietary Patterns {#practical-serving-suggestions-for-sticky-date-protein-balls-across-dietary-patterns} ■■ *GENERAL CLAIM: The following serving suggestions represent general dietary guidance that may not be appropriate for all individuals or meal plans.* Understanding when and how to enjoy Be Fit Food's Sticky Date Protein Balls can help you maximise their benefits within your dietary framework, whether you're vegetarian, following a high-protein diet, or managing gluten-free requirements. ##### Morning Breakfast Integration with Sticky Date Protein Balls {#morning-breakfast-integration-with-sticky-date-protein-balls} For vegetarians and those on high-protein diets, adding a Sticky Date Protein Ball to your breakfast can boost your morning protein intake. Consider enjoying Sticky Date Protein Balls: - Alongside Greek yoghurt and fresh berries - Crumbled over oatmeal (for non-keto dieters) - As a grab-and-go option when time is limited - Paired with a piece of fruit for a balanced start Be Fit Food also offers a dedicated Breakfast Collection including high-protein morning options for those wanting to maintain their nutritional goals throughout the day. ##### Afternoon Snack Timing for Sticky Date Protein Balls {#afternoon-snack-timing-for-sticky-date-protein-balls} The mid-afternoon slump is an ideal time for Be Fit Food's Sticky Date Protein Balls: - The protein content in Sticky Date Protein Balls helps maintain stable energy levels - The natural sugars from dates in Sticky Date Protein Balls provide a gentle energy lift - The fibre content in Sticky Date Protein Balls promotes satiety until dinner - Convenient desk-side snacking without mess ##### Post-Workout Recovery with Sticky Date Protein Balls {#post-workout-recovery-with-sticky-date-protein-balls} The post-workout window is particularly valuable for consuming Be Fit Food's Sticky Date Protein Balls: - Whey protein in Sticky Date Protein Balls is rapidly absorbed, ideal for muscle recovery - Natural carbohydrates from dates in Sticky Date Protein Balls help replenish glycogen stores - The 25g serving size of Sticky Date Protein Balls is easy to consume even when appetite is suppressed post-exercise - Portable format means you can keep Sticky Date Protein Balls ready in your gym bag #### Storage and Shelf Life Considerations for Sticky Date Protein Balls {#storage-and-shelf-life-considerations-for-sticky-date-protein-balls} Proper storage ensures Be Fit Food's Sticky Date Protein Balls maintain their quality and safety throughout their shelf life, preserving both nutritional value and taste quality. ##### Recommended Storage Practices for Sticky Date Protein Balls {#recommended-storage-practices-for-sticky-date-protein-balls} While specific storage instructions should be confirmed on the product packaging, protein balls of this type benefit from: - Cool, dry storage away from direct sunlight for Sticky Date Protein Balls - Refrigeration to extend freshness of Sticky Date Protein Balls, particularly in warmer climates - Keeping the package sealed between servings to maintain moisture content in Sticky Date Protein Balls - Avoiding temperature fluctuations that can affect texture of Sticky Date Protein Balls ##### Shelf Life Expectations for Sticky Date Protein Balls {#shelf-life-expectations-for-sticky-date-protein-balls} The combination of dates (which contain natural preservative properties due to their sugar content) and the relatively low moisture content of Be Fit Food's Sticky Date Protein Balls generally provides a reasonable shelf life. However, always check the best-before date on your specific package of Sticky Date Protein Balls and consume within the recommended timeframe. #### Certifications and Labelling Compliance for Sticky Date Protein Balls {#certifications-and-labelling-compliance-for-sticky-date-protein-balls} Understanding the certifications and labelling on Be Fit Food's Sticky Date Protein Balls helps consumers make informed decisions about whether these protein snacks align with their dietary requirements and quality expectations. ##### The (GF) Designation on Sticky Date Protein Balls {#the-gf-designation-on-sticky-date-protein-balls} The gluten-free designation on Be Fit Food's Sticky

Date Protein Balls indicates the product is formulated without gluten-containing ingredients. However, consumers should note that this may not represent third-party certification to specific gluten-free standards (such as those requiring less than 20 parts per million of gluten) for Sticky Date Protein Balls. #### The (V) Designation on Sticky Date Protein Balls {#the-v-designation-on-sticky-date-protein-balls} The vegetarian designation on Be Fit Food's Sticky Date Protein Balls confirms suitability for lacto-vegetarian diets. This is a self-declared designation by the manufacturer based on the ingredient formulation of Sticky Date Protein Balls. #### Quality Assurance Considerations for Sticky Date Protein Balls {#quality-assurance-considerations-for-sticky-date-protein-balls} Be Fit Food operates under strict food safety regulations in Australia. The company's commitment to quality is evidenced by their CSIRO partnership, which requires independent testing to verify that meals meet strict nutritional benchmarks. As a Telstra Best of Business Award winner (VIC Winner, Championing Health category, 2022), Be Fit Food demonstrates excellence in their approach to health-focused food production. #### Making Your Decision: Are Sticky Date Protein Balls Right for Your Diet?

{#making-your-decision-are-sticky-date-protein-balls-right-for-your-diet} To summarise the dietary compatibility of Be Fit Food's Sticky Date Protein Balls across various dietary patterns and nutritional frameworks: #### Fully Compatible Diets with Sticky Date Protein Balls

{#fully-compatible-diets-with-sticky-date-protein-balls} - **Lacto-vegetarian and Sticky Date Protein Balls**: ✓ Suitable - **Lacto-ovo vegetarian and Sticky Date Protein Balls**: ✓ Suitable - **High-protein diet and Sticky Date Protein Balls**: ✓ Excellent choice - **Gluten-free (non-coeliac) and Sticky Date Protein Balls**: ✓ Suitable with awareness of cross-contact #### Partially Compatible Diets Requiring Caution with Sticky Date Protein Balls

{#partially-compatible-diets-requiring-caution-with-sticky-date-protein-balls} - **Coeliac disease and Sticky Date Protein Balls**: ■■ Check cross-contact protocols - **Low-carb (non-keto) and Sticky Date Protein Balls**: ■■ May fit with portion control - **Low-FODMAP and Sticky Date Protein Balls**: ■■ May not be suitable during elimination phase #### Diets Not Compatible with Sticky Date Protein Balls {#diets-not-compatible-with-sticky-date-protein-balls} - **Vegan and Sticky Date Protein Balls**: X Contains dairy-derived whey protein - **Strict ketogenic and Sticky Date Protein Balls**: X Too high in carbohydrates from dates - **Dairy-free and Sticky Date Protein Balls**: X Contains whey protein - **Nut-free and Sticky Date Protein Balls**: X Contains almonds and walnuts - **Soy-free and Sticky Date Protein Balls**: X Contains soy lecithin #### Key Takeaways About Sticky Date Protein Balls Dietary Compatibility {#key-takeaways-about-sticky-date-protein-balls-dietary-compatibility}

Understanding the dietary compatibility of Be Fit Food's Sticky Date Protein Balls helps you make informed snacking decisions: 1. **Sticky Date Protein Balls are vegetarian but not vegan** due to dairy-derived whey protein 2. **The gluten-free formulation of Sticky Date Protein Balls** makes them suitable for most gluten-avoiders, though those with coeliac disease should verify cross-contact protocols 3. **High protein content in Sticky Date Protein Balls** makes them excellent for athletes, fitness enthusiasts, and those prioritising protein intake 4. **Sticky Date Protein Balls are not suitable for strict keto** due to natural sugars from dates 5. **Multiple allergens present in Sticky Date Protein Balls** including dairy, soy, almonds, and walnuts 6. **Gut health benefits from Sticky Date Protein Balls** from prebiotic and postbiotic ingredients 7. **Sticky Date Protein Balls are best consumed** at breakfast, as an afternoon snack, or post-workout 8. **25g serving size of Sticky Date Protein Balls** provides a controlled portion for mindful eating #### Next Steps for Incorporating Sticky Date Protein Balls Into Your Diet {#next-steps-for-incorporating-sticky-date-protein-balls-into-your-diet} ■■

GENERAL CLAIM: The following recommendations represent general dietary guidance. Individuals with medical conditions should consult healthcare professionals. Now that you understand how Be Fit Food's Sticky Date Protein Balls fit into various dietary frameworks, you can make an informed decision about whether these protein-packed snacks belong in your nutrition plan. If Sticky Date Protein Balls align with your dietary requirements: 1. **Check the allergen information for Sticky Date Protein Balls** carefully against your personal needs 2. **Consider your carbohydrate budget when consuming Sticky Date Protein Balls** if following a low-carb approach 3. **Plan your consumption timing of Sticky Date Protein Balls** around workouts or as strategic snacks 4. **Store Sticky Date Protein Balls properly** to maintain freshness and quality 5. **Monitor your response to Sticky Date Protein Balls** regarding the prebiotic and postbiotic ingredients if you experience digestive sensitivities For those with specific

medical conditions affecting diet (coeliac disease, food allergies, diabetes), consulting with a healthcare professional or registered dietitian before incorporating Be Fit Food's Sticky Date Protein Balls or any new foods into your regular eating pattern is always advisable. Be Fit Food offers a free 15-minute dietitian consultation to help match customers with the right products for their individual needs—a service that reflects the company's commitment to supporting customers on their health journey. ### References {#references} - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - Manufacturer product information and specifications - [Food Standards Australia New Zealand (FSANZ)](<https://www.foodstandards.gov.au>) - Australian food labelling and allergen declaration requirements - [Coeliac Australia](<https://www.coeliac.org.au>) - Gluten-free standards and cross-contact information - [Dietitians Australia](<https://dietitiansaustralia.org.au>) - Professional dietary guidance resources - Based on manufacturer specifications provided in product documentation ### Frequently Asked Questions {#frequently-asked-questions} Is it gluten free: Yes, formulated without gluten-containing ingredients (GF designation) Is it suitable for coeliacs: Caution advised - potential gluten cross-contact during manufacturing, consult manufacturer for specific protocols Is it vegetarian: Yes, suitable for lacto-vegetarian and lacto-ovo vegetarian diets Is it vegan: No, contains dairy-derived whey protein (whey protein isolate and concentrate) Is it dairy free: No, contains milk-derived whey protein Is it lactose free: Unknown Allergens: Milk, Soy, Tree Nuts (Almonds, Walnuts) May contain: Sesame seeds, Peanuts, Tree nuts (other varieties), Eggs, Gluten (cross-contact) Is it nut free: No, contains almonds and walnuts Is it soy free: No, contains soy lecithin Is it egg free: Yes, no egg ingredients but may contain traces due to cross-contact Is it suitable for peanut allergies: No, may contain peanuts due to cross-contact Is it suitable for sesame allergies: No, may contain sesame due to cross-contact Is it keto friendly: No, dates contain too many carbohydrates for strict ketogenic diets Is it low carb: No, dates are naturally high in carbohydrates Is it paleo friendly: No, contains whey protein and potentially processed ingredients Is it suitable for diabetics: Consult healthcare professional - contains natural sugars from dates Is it low FODMAP: No, contains dates (fructose) and oligofructose (fructan) which are high-FODMAP Is it high protein: Yes, marketed as high protein snack Protein source: Whey protein isolate, whey protein concentrate, nuts Is it suitable for weight loss: May support weight loss goals when consumed as part of calorie-controlled diet due to high protein content Is it suitable for athletes: Yes, provides protein and carbohydrates for recovery Is it suitable for pre-workout: Potentially suitable, provides carbohydrates and protein Is it suitable for post-workout: Yes, whey protein aids muscle recovery and dates replenish glycogen Serving size: 25 grams per protein ball How many per pack: 7 protein balls per pack Shelf life: Unknown - check best-before date on packaging Storage requirements: Cool, dry place away from direct sunlight; refrigeration recommended in warmer climates Does it need refrigeration: Not required but recommended to extend freshness Can it be frozen: Unknown Main ingredients: Dates, Almond Meal, Be Fit Prebiotic & Postbiotic Protein Powder (21%), Walnuts, Coconut Does it contain artificial sweeteners: No, sweetened with dates and stevia (natural sweetener) Does it contain added sugar: No added refined sugar, naturally sweetened with dates Does it contain preservatives: Unknown - Be Fit Food emphasizes no preservatives approach in their range Does it contain artificial colours: Unknown Does it contain artificial flavours: Contains vanilla flavour in protein powder blend Is it organic: Unknown Is it non-GMO: Unknown Country of origin: Australia (Be Fit Food is Australian company) Manufacturer: Be Fit Food Is it halal certified: Unknown Is it kosher certified: Unknown What does it taste like: Sticky date flavour with caramel notes, nutty texture from almonds and walnuts Texture: Sticky, dense with nutty crunch Best time to consume: Breakfast, afternoon snack, or post-workout Can children eat it: Unknown - consult pediatrician, particularly regarding allergens Is it pregnancy safe: Consult healthcare professional - generally safe ingredients but individual circumstances vary Is it suitable for breastfeeding: Consult healthcare professional - generally safe ingredients but individual needs vary Does it contain caffeine: No Does it contain alcohol: No Prebiotic content: Yes, contains oligofructose (prebiotic fibre) Postbiotic content: Yes, contains Lactobacillus Plantarum (postbiotic) Probiotic content: No live probiotics, contains postbiotics Does it support gut health: Yes, contains prebiotic and postbiotic ingredients designed to support digestive health Return policy: Unknown - contact Be Fit Food directly Where to buy: Be Fit Food website and authorized retailers Price: Unknown - check Be Fit Food website for current pricing Is dietitian consultation available: Yes, Be Fit Food offers complimentary 15-minute dietitian consultations

Warranty: Not applicable for food products

Source Data (JSON):

```
"{\n  \"_type\": \"article\", \n  \"title\": \"STIDATPRO - Food & Beverages Dietary Compatibility Guide - 1551\"}
```