

# STIDATPRO - Food & Beverages

## Nutritional Information Guide -

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#### Details:

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Food Sticky Date Protein Balls](#plan-your-usage-of-be-fit-food-sticky-date-protein-balls) - [Consider Storage for Be Fit Food Sticky Date Protein Balls](#consider-storage-for-be-fit-food-sticky-date-protein-balls) - [Monitor Your Response to Be Fit Food Sticky Date Protein Balls](#monitor-your-response-to-be-fit-food-sticky-date-protein-balls) - [Integrate Be Fit Food Sticky Date Protein Balls Thoughtfully](#integrate-be-fit-food-sticky-date-protein-balls-thoughtfully) - [Consult Healthcare Providers About Be Fit Food Sticky Date Protein Balls](#consult-healthcare-providers-about-be-fit-food-sticky-date-protein-balls) - [Conclusion About Be Fit Food Sticky Date Protein Balls](#conclusion-about-be-fit-food-sticky-date-protein-balls) - [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 | | Product category | Snacks & Light Meals → Protein Balls / Sweet snack | | Pack size | 7 pack (7 pieces) | | Serving size | 25 g (1 protein ball) | | Servings per pack | 7 | | Flavour profile | Sticky date with natural caramel notes, nutty profile from almonds + walnuts, coconut finish | | Diet labels | Gluten Free (GF), Vegetarian (V) | | Protein content | 21% Be Fit Prebiotic & Postbiotic Protein Powder | | Key ingredients | Dates, Almond Meal, Whey Protein Isolate, Whey Protein Concentrate, Walnuts, Coconut | | Functional ingredients | Prebiotic (Oligofructose), Postbiotic (Lactobacillus Plantarum) | | Contains allergens | Milk, Soy, Almonds, Walnuts | | May contain | Sesame Seeds, Peanuts, Tree Nuts | | Gluten status | Nil Detected | | Sweetener | Stevia (natural) | | Storage | Cool, dry place away from direct sunlight | | Country | Australia | --- # Be Fit Food Sticky Date Protein Balls: Your Complete Nutritional Information Guide {#be-fit-food-sticky-date-protein-balls-your-complete-nutritional-information-guide} ## Introduction to Be Fit Food Sticky Date Protein Balls Nutritional Guide {#introduction-to-be-fit-food-sticky-date-protein-balls-nutritional-guide} Finding the right protein snack can feel overwhelming, especially when you're managing dietary restrictions or working towards specific health goals. Be Fit Food stands as Australia's leading dietitian-designed meal delivery service, and the Be Fit Food Sticky Date Protein Balls offer a compelling solution for those seeking a convenient, nutritious snack that doesn't compromise on taste. This comprehensive nutritional information guide walks you through everything you need to know about these protein balls—from their complete ingredient breakdown and nutritional profile to allergen considerations and health benefits. Whether you're following a gluten-free lifestyle, looking to increase your protein intake, or simply searching for a wholesome snack option, understanding exactly what goes into your food remains essential. This guide supports health-conscious individuals and those with dietary restrictions who need clear, detailed information before making dietary choices. By the end of this guide, you'll gain a complete understanding of the nutritional composition, dietary suitability, allergen warnings, and practical benefits of these Sticky Date Protein Balls. ## Be Fit Food Sticky Date Protein Balls Product Overview and Format {#be-fit-food-sticky-date-protein-balls-product-overview-and-format} The Be Fit Food Sticky Date Protein Balls come in a convenient 7-pack format, with each individual protein ball weighing 25 grams. This portion-controlled packaging makes it easy to grab a single serving without the guesswork of measuring or dividing larger quantities. The product carries both Gluten Free (GF) and Vegetarian (V) designations directly in its name, immediately signalling its suitability for these dietary preferences. What sets these Be Fit Food Sticky Date Protein Balls apart is their thoughtful formulation that combines whole food ingredients with functional nutrition technology. The flavour profile draws inspiration from the classic Australian sticky date pudding, delivering natural caramel notes from dates, a satisfying nutty character from almonds and walnuts, and a pleasant coconut finish. This isn't just another bland protein snack—it's designed to satisfy sweet cravings while delivering meaningful nutritional benefits, aligning with Be Fit Food's commitment to real food solutions rather than synthetic supplements. The Be Fit Food Sticky Date Protein Balls fall within Be Fit Food's Snacks & Light Meals category, specifically positioned as a protein ball and sweet snack hybrid. This dual classification reflects the product's versatility as both a functional protein delivery system and an enjoyable treat that can replace less nutritious sweet options in your diet. ## Dates as Primary Ingredient in Be Fit Food Sticky Date Protein Balls {#dates-as-primary-ingredient-in-be-fit-food-sticky-date-protein-balls} Understanding exactly what you're consuming is fundamental to making informed dietary choices. The

Be Fit Food Sticky Date Protein Balls contain dates as their primary ingredient, listed first on the label which indicates their proportion is highest among all ingredients. \*General health information: Dates serve as the foundation of these Be Fit Food Sticky Date Protein Balls. As a whole food, dates provide natural sweetness without the need for refined sugars or artificial sweeteners. They're rich in natural fibre, which supports digestive health and helps moderate the glycemic response when consuming the product. Dates also contain essential minerals including potassium, magnesium, and copper.\* Their sticky, caramel-like texture when processed creates the binding matrix that holds the protein balls together while delivering that signature "sticky date" flavour profile that gives these Be Fit Food protein balls their name. ## Almond Meal Component in Be Fit Food Sticky Date Protein Balls

{#almond-meal-component-in-be-fit-food-sticky-date-protein-balls} Almond meal appears as the second ingredient in the Be Fit Food Sticky Date Protein Balls, contributing both nutritional value and textural elements. \*General health information: Ground from whole almonds, this ingredient provides healthy monounsaturated fats, plant-based protein, vitamin E, and magnesium.\* Almond meal also contributes to the Be Fit Food Sticky Date Protein Balls' gluten-free status, serving as a flour alternative that adds substance without wheat-based ingredients. The nutty flavour from almond meal in the Be Fit Food Sticky Date Protein Balls complements the sweetness of dates and adds depth to the overall taste experience. This ingredient works synergistically with the other nut components to create a satisfying texture while delivering heart-healthy fats and additional protein beyond the whey-based protein powder. ## Be Fit Prebiotic & Postbiotic Protein Powder in Sticky Date Protein Balls

{#be-fit-prebiotic--postbiotic-protein-powder-in-sticky-date-protein-balls} The Be Fit Prebiotic & Postbiotic Protein Powder constitutes 21% of the Be Fit Food Sticky Date Protein Balls product and represents the functional nutrition core of these protein balls. This proprietary protein blend contains several components worth understanding individually for consumers evaluating the nutritional profile of the Be Fit Food Sticky Date Protein Balls. ### Whey Protein Isolate in Be Fit Food Sticky Date Protein Balls {#whey-protein-isolate-in-be-fit-food-sticky-date-protein-balls} Whey Protein Isolate in the Be Fit Food Sticky Date Protein Balls is a highly refined form of whey protein with most lactose and fat removed. \*General health information: This component provides a complete amino acid profile, including all essential amino acids your body cannot produce on its own. The whey protein isolate in the Be Fit Food Sticky Date Protein Balls absorbs rapidly, making it effective for muscle protein synthesis and recovery.\* ### Whey Protein Concentrate in Be Fit Food Sticky Date Protein Balls

{#whey-protein-concentrate-in-be-fit-food-sticky-date-protein-balls} Whey Protein Concentrate in the Be Fit Food Sticky Date Protein Balls complements the isolate by providing additional protein along with small amounts of lactose and fat. \*General health information: The combination of isolate and concentrate in the Be Fit Food Sticky Date Protein Balls delivers a balanced protein delivery system that offers both rapid and sustained amino acid release.\* ### Prebiotic Oligofructose in Be Fit Food Sticky Date Protein Balls {#prebiotic-oligofructose-in-be-fit-food-sticky-date-protein-balls} The Prebiotic (Oligofructose) in the Be Fit Food Sticky Date Protein Balls is a type of fibre that feeds beneficial gut bacteria. \*General health information: Unlike probiotics, which are live bacteria, the prebiotics in the Be Fit Food Sticky Date Protein Balls serve as food for the good bacteria already residing in your digestive system. Oligofructose specifically promotes the growth of Bifidobacteria, which are associated with improved gut health, enhanced immune function, and better mineral absorption.\* This aligns with Be Fit Food's broader commitment to supporting digestive wellness through whole-food approaches. ###

Flavoring and Sweetening Components in Be Fit Food Sticky Date Protein Balls

{#flavoring-and-sweetening-components-in-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein Balls contain vanilla flavour that provides subtle flavour enhancement, rounding out the taste profile without overpowering the natural date and nut flavours. Salt is included in the Be Fit Food Sticky Date Protein Balls in small quantities for flavour balance, helping to enhance the perception of sweetness and create a more complex taste experience. Stevia in the Be Fit Food Sticky Date Protein Balls is a natural, zero-calorie sweetener derived from the Stevia rebaudiana plant. Its inclusion in the Be Fit Food Sticky Date Protein Balls allows for enhanced sweetness without adding sugar or calories, supporting the product's positioning as a health-conscious snack option. ### Postbiotic Lactobacillus Plantarum in Be Fit Food Sticky Date Protein Balls

{#postbiotic-lactobacillus-plantarum-in-be-fit-food-sticky-date-protein-balls} The Postbiotic

(Lactobacillus Plantarum) in the Be Fit Food Sticky Date Protein Balls represents cutting-edge nutritional science. \*General health information: Postbiotics are the beneficial compounds produced when probiotics (live bacteria) ferment prebiotics. These include short-chain fatty acids, enzymes, and other metabolites that support gut health, immune function, and overall wellbeing.\* Including postbiotics directly in the Be Fit Food Sticky Date Protein Balls means you receive these benefits without relying on live bacteria survival through digestion. #### Functional Ingredients: Guar Gum and Soy Lecithin in Be Fit Food Sticky Date Protein Balls

{#functional-ingredients-guar-gum-and-soy-lecithin-in-be-fit-food-sticky-date-protein-balls} Guar Gum in the Be Fit Food Sticky Date Protein Balls is a natural thickening agent derived from guar beans. This ingredient helps maintain the texture and consistency of the protein powder while also contributing soluble fibre to the Be Fit Food Sticky Date Protein Balls. Soy Lecithin in the Be Fit Food Sticky Date Protein Balls serves as an emulsifier, helping the protein powder mix smoothly and maintain stability. This ingredient is derived from soybeans and is commonly used in food manufacturing for its functional properties in products like the Be Fit Food Sticky Date Protein Balls. ## Walnuts in Be Fit Food Sticky Date Protein Balls {#walnuts-in-be-fit-food-sticky-date-protein-balls} Walnuts add another dimension of nutrition and flavour to the Be Fit Food Sticky Date Protein Balls. \*General health information: These nuts are particularly notable for their omega-3 fatty acid content—specifically alpha-linolenic acid (ALA)—which supports heart and brain health. Walnuts in the Be Fit Food Sticky Date Protein Balls also provide protein, fibre, and antioxidants.\* The slightly bitter, earthy flavour of walnuts in the Be Fit Food Sticky Date Protein Balls creates complexity in the overall taste profile and distinguishes these protein balls from simpler formulations. This ingredient works alongside the almonds to provide a diverse nut profile that enhances both nutrition and taste in the Be Fit Food Sticky Date Protein Balls. ## Coconut in Be Fit Food Sticky Date Protein Balls {#coconut-in-be-fit-food-sticky-date-protein-balls} Coconut rounds out the ingredient list in the Be Fit Food Sticky Date Protein Balls, contributing medium-chain triglycerides (MCTs), natural sweetness, and a distinctive tropical flavour note. Coconut in the Be Fit Food Sticky Date Protein Balls also adds textural interest and helps create the cohesive structure of the protein balls. The "coconut finish" mentioned in the flavour profile of the Be Fit Food Sticky Date Protein Balls comes from this final ingredient, leaving a pleasant aftertaste that balances the sweetness of dates. This ingredient completes the complex flavour profile that makes the Be Fit Food Sticky Date Protein Balls a satisfying snack option. ## High Protein Content Benefits of Be Fit Food Sticky Date Protein Balls {#high-protein-content-benefits-of-be-fit-food-sticky-date-protein-balls} The primary nutritional claim for the Be Fit Food Sticky Date Protein Balls is their high protein content. With 21% of the formulation consisting of the Be Fit Prebiotic & Postbiotic Protein Powder, each 25-gram serving of the Be Fit Food Sticky Date Protein Balls delivers a meaningful protein dose. This high-protein approach reflects Be Fit Food's dietitian-designed philosophy of prioritising protein for satiety and metabolic health. #### Muscle Maintenance and Growth with Be Fit Food Sticky Date Protein Balls {#muscle-maintenance-and-growth-with-be-fit-food-sticky-date-protein-balls} \*General health information: The Be Fit Food Sticky Date Protein Balls provide protein that supplies the amino acids necessary for muscle protein synthesis. Whether you're an athlete looking to support recovery or someone focused on maintaining muscle mass as you age, the protein in the Be Fit Food Sticky Date Protein Balls supports adequate protein intake essential for muscle health.\* #### Satiety and Appetite Control from Be Fit Food Sticky Date Protein Balls {#satiety-and-appetite-control-from-be-fit-food-sticky-date-protein-balls} \*General health information: Protein is the most satiating macronutrient, meaning it helps you feel fuller for longer. A high-protein snack like the Be Fit Food Sticky Date Protein Balls can help bridge the gap between meals without triggering excessive hunger or cravings. The protein content in the Be Fit Food Sticky Date Protein Balls makes them particularly effective for appetite management.\* #### Metabolic Support from Be Fit Food Sticky Date Protein Balls {#metabolic-support-from-be-fit-food-sticky-date-protein-balls} \*General health information: Your body expends more energy digesting protein compared to carbohydrates or fats—a phenomenon known as the thermic effect of food. The protein content in the Be Fit Food Sticky Date Protein Balls can support metabolic health and weight management goals through this increased energy expenditure during digestion.\* ## Gut Health Support from Be Fit Food Sticky Date Protein Balls {#gut-health-support-from-be-fit-food-sticky-date-protein-balls} The inclusion of both prebiotics

(oligofructose) and postbiotics (Lactobacillus Plantarum metabolites) in the Be Fit Food Sticky Date Protein Balls creates a comprehensive gut health support system within these protein balls. ###  
Prebiotic Benefits in Be Fit Food Sticky Date Protein Balls

{#prebiotic-benefits-in-be-fit-food-sticky-date-protein-balls} \*General health information: Oligofructose in the Be Fit Food Sticky Date Protein Balls feeds beneficial gut bacteria, promoting a healthy microbiome balance. A thriving gut microbiome supported by the prebiotics in the Be Fit Food Sticky Date Protein Balls is associated with improved digestion, enhanced immune function, better mood regulation, and even improved skin health.\* ### Postbiotic Benefits in Be Fit Food Sticky Date Protein Balls

{#postbiotic-benefits-in-be-fit-food-sticky-date-protein-balls} \*General health information: The Lactobacillus Plantarum postbiotic in the Be Fit Food Sticky Date Protein Balls delivers the beneficial compounds that result from bacterial fermentation directly to your system. This includes short-chain fatty acids like butyrate, which nourishes the cells lining your intestines and supports gut barrier function. The postbiotic content in the Be Fit Food Sticky Date Protein Balls provides these benefits without requiring live bacteria to survive the digestive process.\* ## Natural Energy from Be Fit Food Sticky Date Protein Balls Whole Food Ingredients

{#natural-energy-from-be-fit-food-sticky-date-protein-balls-whole-food-ingredients} Unlike many protein snacks that rely on synthetic ingredients or excessive added sugars, the Be Fit Food Sticky Date Protein Balls derive their energy primarily from whole food sources. This aligns with Be Fit Food's "real food" philosophy—the company explicitly positions itself as providing nutritionally balanced real food, not synthetic supplements, shakes, bars or detox teas.\* \*General health information: Dates in the Be Fit Food Sticky Date Protein Balls provide natural carbohydrates that your body can efficiently convert to energy, while the nuts and coconut contribute healthy fats for sustained energy release.\* \*General health information: This combination in the Be Fit Food Sticky Date Protein Balls helps avoid the blood sugar spikes and crashes associated with highly processed snacks.\* The whole food approach in the Be Fit Food Sticky Date Protein Balls ensures that you receive energy from recognizable, natural ingredients rather than artificial sources. ## Heart-Healthy Fats in Be Fit Food Sticky Date Protein Balls {#heart-healthy-fats-in-be-fit-food-sticky-date-protein-balls} The combination of almonds, walnuts, and coconut in the Be Fit Food Sticky Date Protein Balls provides a diverse array of healthy fats that support cardiovascular health.\* \*General health information: Monounsaturated fats from almonds in the Be Fit Food Sticky Date Protein Balls support cardiovascular health and help maintain healthy cholesterol levels. Omega-3 fatty acids from walnuts in the Be Fit Food Sticky Date Protein Balls provide anti-inflammatory benefits and support brain health. Medium-chain triglycerides from coconut in the Be Fit Food Sticky Date Protein Balls are efficiently metabolised for energy and may support cognitive function.\* This diverse fat profile in the Be Fit Food Sticky Date Protein Balls ensures that consumers receive multiple types of beneficial fats from natural food sources rather than isolated oils or synthetic additives. ## Fibre Content in Be Fit Food Sticky Date Protein Balls

{#fibre-content-in-be-fit-food-sticky-date-protein-balls} Multiple ingredients in the Be Fit Food Sticky Date Protein Balls contribute dietary fibre: dates, almond meal, oligofructose (prebiotic fibre), guar gum, walnuts, and coconut. The fibre content in the Be Fit Food Sticky Date Protein Balls supports multiple aspects of health.\* \*General health information: Adequate fibre intake from the Be Fit Food Sticky Date Protein Balls supports regular digestive function, healthy blood sugar management, cardiovascular health, and prolonged feelings of fullness. The combination of soluble and insoluble fibres in the Be Fit Food Sticky Date Protein Balls provides comprehensive digestive support.\* ## Confirmed Allergens in Be Fit Food Sticky Date Protein Balls {#confirmed-allergens-in-be-fit-food-sticky-date-protein-balls} Understanding allergen content is crucial for anyone managing food sensitivities or allergies. The Be Fit Food Sticky Date Protein Balls contain several allergens that require careful consideration before consumption. ### Milk Allergen in Be Fit Food Sticky Date Protein Balls

{#milk-allergen-in-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein Balls contain milk because the whey protein isolate and whey protein concentrate are derived from milk. Anyone with a milk allergy or severe lactose intolerance should avoid the Be Fit Food Sticky Date Protein Balls. However, whey protein isolate contains very low lactose levels, which may be tolerable for those with mild lactose sensitivity—though individual responses vary and should be evaluated personally before consuming the Be Fit Food Sticky Date Protein Balls. ### Soy Allergen in Be Fit Food

Sticky Date Protein Balls {#soy-allergen-in-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein Balls contain soy because soy lecithin is included as an emulsifier in the protein powder. While soy lecithin contains minimal soy protein (the component that triggers most soy allergies), those with severe soy allergies should exercise caution and consult their healthcare provider before consuming the Be Fit Food Sticky Date Protein Balls. ### Almond Allergen in Be Fit Food Sticky Date Protein Balls {#almond-allergen-in-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein Balls contain almonds as almond meal is a primary ingredient. This is a tree nut allergen that poses serious risks for those with tree nut allergies. Anyone with almond or tree nut allergies must avoid the Be Fit Food Sticky Date Protein Balls completely. ### Walnut Allergen in Be Fit Food Sticky Date Protein Balls {#walnut-allergen-in-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein Balls contain walnuts as they are explicitly included as an ingredient. This is another tree nut allergen requiring strict avoidance by those with tree nut allergies. The presence of walnuts in the Be Fit Food Sticky Date Protein Balls means the product is unsuitable for anyone with walnut or tree nut allergies. ## Cross-Contact Warnings for Be Fit Food Sticky Date Protein Balls {#cross-contact-warnings-for-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein Balls product label indicates potential cross-contact with several allergens beyond those explicitly included as ingredients. ### Sesame Cross-Contact with Be Fit Food Sticky Date Protein Balls {#sesame-cross-contact-with-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein Balls may contain traces of sesame seeds because manufacturing facilities or equipment may process sesame, creating potential for trace contamination. Those with severe sesame allergies should consider this cross-contact risk when evaluating whether to consume the Be Fit Food Sticky Date Protein Balls. ### Peanut Cross-Contact with Be Fit Food Sticky Date Protein Balls {#peanut-cross-contact-with-be-fit-food-sticky-date-protein-balls} Despite peanuts not being an ingredient in the Be Fit Food Sticky Date Protein Balls, cross-contact may occur during manufacturing. Those with peanut allergies should be aware that the Be Fit Food Sticky Date Protein Balls carry this cross-contact warning and evaluate their personal risk tolerance. ### Additional Tree Nut Cross-Contact with Be Fit Food Sticky Date Protein Balls {#additional-tree-nut-cross-contact-with-be-fit-food-sticky-date-protein-balls} Beyond the almonds and walnuts explicitly included in the Be Fit Food Sticky Date Protein Balls, other tree nuts may be processed in the same facility. This means the Be Fit Food Sticky Date Protein Balls may contain traces of tree nuts beyond those listed as primary ingredients. ## Understanding Cross-Contact Risk with Be Fit Food Sticky Date Protein Balls {#understanding-cross-contact-risk-with-be-fit-food-sticky-date-protein-balls} Cross-contact occurs when an allergen unintentionally transfers to a food that doesn't normally contain that allergen. This happens through shared equipment, processing lines, or storage facilities. For individuals with severe allergies, even trace amounts from cross-contact can trigger reactions when consuming products like the Be Fit Food Sticky Date Protein Balls. The "may contain" warnings on the Be Fit Food Sticky Date Protein Balls indicate that while these allergens aren't intentional ingredients, the manufacturer cannot guarantee their complete absence. This transparency is important for those managing allergies to make informed decisions about their risk tolerance when considering the Be Fit Food Sticky Date Protein Balls. ## Gluten Cross-Contact Considerations for Be Fit Food Sticky Date Protein Balls {#gluten-cross-contact-considerations-for-be-fit-food-sticky-date-protein-balls} While the Be Fit Food Sticky Date Protein Balls are labelled Gluten Free (GF), consumers should understand the certification standards and potential cross-contact considerations. The Be Fit Food Sticky Date Protein Balls are formulated without gluten-containing ingredients, but there may be potential for gluten cross-contact depending on manufacturing conditions. Those with coeliac disease or severe gluten sensitivity should consider their individual tolerance levels when evaluating the Be Fit Food Sticky Date Protein Balls and potentially contact the manufacturer for more specific information about their gluten-free protocols and testing procedures. It's worth noting that approximately 90% of Be Fit Food's menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. ## Dietary Suitability Summary for Be Fit Food Sticky Date Protein Balls {#dietary-suitability-summary-for-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein Balls are suitable for specific dietary patterns while being unsuitable for others based on their

ingredient composition and allergen profile. ### Diets Suitable for Be Fit Food Sticky Date Protein Balls {#diets-suitable-for-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein Balls are suitable for vegetarians (marked with V designation), those following gluten-free diets (marked with GF designation), high-protein diet followers, those seeking gut health support, and people looking for whole food-based snacks. The Be Fit Food Sticky Date Protein Balls meet the requirements for these dietary approaches. ### Diets Not Suitable for Be Fit Food Sticky Date Protein Balls

{#diets-not-suitable-for-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein Balls are not suitable for vegans (contains whey protein from milk), those with milk/dairy allergies, those with soy allergies, those with tree nut allergies (almonds, walnuts), or those with severe allergies to sesame or peanuts (due to cross-contact risk). Anyone following these dietary restrictions should avoid the Be Fit Food Sticky Date Protein Balls. ## Be Fit Food Sticky Date Protein Balls for Morning Breakfast {#be-fit-food-sticky-date-protein-balls-for-morning-breakfast} \*General health information: Starting your day with protein helps stabilise blood sugar levels and provides sustained energy throughout the morning.\* The Be Fit Food Sticky Date Protein Balls can serve as a quick standalone breakfast when time is limited, a protein boost alongside lighter breakfast options like fruit or yoghurt, or a satisfying component of a balanced breakfast plate. \*General health information: The natural sweetness from dates in the Be Fit Food Sticky Date Protein Balls satisfies morning sweet cravings while the protein content helps you avoid the mid-morning energy crash that often follows high-carbohydrate breakfasts.\* Using the Be Fit Food Sticky Date Protein Balls as part of your morning routine can support sustained energy and focus throughout the morning hours. ## Be Fit Food Sticky Date Protein Balls as Afternoon Snack {#be-fit-food-sticky-date-protein-balls-as-afternoon-snack} \*General health information: The afternoon slump is a common challenge, and reaching for the right snack can make the difference between productive focus and energy drain.\* The Be Fit Food Sticky Date Protein Balls are ideal for afternoon snacking for several reasons. \*General health information: The protein and healthy fats in the Be Fit Food Sticky Date Protein Balls provide sustained energy without sugar crashes.\* The portion-controlled 25g serving of the Be Fit Food Sticky Date Protein Balls prevents oversnacking. The satisfying taste of the Be Fit Food Sticky Date Protein Balls addresses sweet cravings that often peak in the afternoon. \*General health information: The prebiotic and postbiotic content in the Be Fit Food Sticky Date Protein Balls supports digestive comfort through the rest of the day.\* ## Be Fit Food Sticky Date Protein Balls for Post-Workout Recovery

{#be-fit-food-sticky-date-protein-balls-for-post-workout-recovery} \*General health information: After exercise, your body enters a critical window for recovery and muscle repair.\* The Be Fit Food Sticky Date Protein Balls support post-workout nutrition through multiple mechanisms. \*General health information: The Be Fit Food Sticky Date Protein Balls deliver protein for muscle protein synthesis, provide carbohydrates from dates to replenish glycogen stores,\* offer convenient, portable nutrition that doesn't require refrigeration, and supply electrolytes from the natural mineral content of dates and nuts. \*General health information: For optimal post-workout benefits, consume the Be Fit Food Sticky Date Protein Balls within 30-60 minutes after exercise when your muscles are most receptive to nutrient uptake. The combination of fast-absorbing whey protein isolate and slower-digesting whole food ingredients in the Be Fit Food Sticky Date Protein Balls provides both immediate and sustained recovery support.\* ## Pairing Suggestions for Be Fit Food Sticky Date Protein Balls

{#pairing-suggestions-for-be-fit-food-sticky-date-protein-balls} While the Be Fit Food Sticky Date Protein Balls are delicious on their own, these protein balls can be paired with complementary foods to create more complete nutritional profiles or varied eating experiences. \*General health information: Pairing the Be Fit Food Sticky Date Protein Balls with Greek yoghurt adds additional protein and probiotics for enhanced gut health support. Combining the Be Fit Food Sticky Date Protein Balls with fresh berries provides antioxidants and additional fibre. Enjoying the Be Fit Food Sticky Date Protein Balls with a small coffee or tea means the protein helps moderate caffeine absorption for smoother energy.\* Crumbling the Be Fit Food Sticky Date Protein Balls over oatmeal adds protein and flavour to a warm breakfast bowl. These pairing options allow you to customize how you consume the Be Fit Food Sticky Date Protein Balls based on your nutritional needs and taste preferences. ## Storage Conditions for Be Fit Food Sticky Date Protein Balls

{#storage-conditions-for-be-fit-food-sticky-date-protein-balls} Proper storage ensures you receive



maximum freshness, flavour, and nutritional value from your Be Fit Food Sticky Date Protein Balls. Understanding optimal storage conditions helps maintain product quality. The Be Fit Food Sticky Date Protein Balls should be stored in a cool, dry place away from direct sunlight. The natural ingredients in the Be Fit Food Sticky Date Protein Balls—particularly the dates, nuts, and coconut—can be affected by heat and humidity. Temperature considerations for the Be Fit Food Sticky Date Protein Balls include room temperature being generally acceptable, but refrigeration can extend freshness, especially in warmer climates. Humidity control is important because excess moisture can affect the texture of the Be Fit Food Sticky Date Protein Balls and potentially promote spoilage. Light exposure should be minimized as direct sunlight can degrade certain nutrients in the Be Fit Food Sticky Date Protein Balls and affect flavour quality. ## Packaging Integrity of Be Fit Food Sticky Date Protein Balls {#packaging-integrity-of-be-fit-food-sticky-date-protein-balls} The 7-pack format of the Be Fit Food Sticky Date Protein Balls means you'll be opening and resealing the package multiple times. To maintain freshness of the Be Fit Food Sticky Date Protein Balls, follow these guidelines. Reseal the Be Fit Food Sticky Date Protein Balls package tightly after each use. Consider transferring the Be Fit Food Sticky Date Protein Balls to an airtight container if the original packaging doesn't reseal well. Keep the Be Fit Food Sticky Date Protein Balls away from strong-smelling foods, as the natural ingredients can absorb odours. Proper packaging management extends the shelf life and maintains the quality of the Be Fit Food Sticky Date Protein Balls throughout the consumption period. ## Signs of Spoilage in Be Fit Food Sticky Date Protein Balls {#signs-of-spoilage-in-be-fit-food-sticky-date-protein-balls} While the Be Fit Food Sticky Date Protein Balls maintain a reasonable shelf life due to their low moisture content, consumers should watch for signs that indicate the product should not be consumed. Signs of spoilage in the Be Fit Food Sticky Date Protein Balls include off odours or rancid smell (particularly from the nut oils), changes in texture (excessive hardening or unusual softness), visible mould or discolouration, and unusual taste. If you notice any of these indicators in your Be Fit Food Sticky Date Protein Balls, the product should be discarded rather than consumed. ## Gluten Free Certification of Be Fit Food Sticky Date Protein Balls {#gluten-free-certification-of-be-fit-food-sticky-date-protein-balls} The Gluten Free (GF) label on the Be Fit Food Sticky Date Protein Balls indicates that the product meets standards for gluten-free classification. In Australia, foods labelled "gluten free" like the Be Fit Food Sticky Date Protein Balls must contain no detectable gluten, which means less than 3 parts per million. This standard is among the strictest in the world. For those with coeliac disease, the Gluten Free designation on the Be Fit Food Sticky Date Protein Balls provides assurance that the product is formulated without gluten-containing ingredients. However, as noted in the allergen section, individual sensitivity levels vary, and those with extreme sensitivity should consider the cross-contact information provided about the Be Fit Food Sticky Date Protein Balls. ## Vegetarian Certification of Be Fit Food Sticky Date Protein Balls {#vegetarian-certification-of-be-fit-food-sticky-date-protein-balls} The Vegetarian (V) label on the Be Fit Food Sticky Date Protein Balls confirms that no meat, poultry, fish, or their derivatives are included in the product. The whey protein in the Be Fit Food Sticky Date Protein Balls, while derived from milk, is acceptable under vegetarian dietary guidelines as it doesn't require animal slaughter. This Vegetarian designation on the Be Fit Food Sticky Date Protein Balls is important for the growing population of vegetarians seeking convenient protein sources. \*General health information: Plant-based protein options can sometimes lack complete amino acid profiles, making whey-based products like the Be Fit Food Sticky Date Protein Balls valuable for vegetarians wanting complete protein nutrition.\* ## Incorporating Be Fit Food Sticky Date Protein Balls into a Balanced Diet {#incorporating-be-fit-food-sticky-date-protein-balls-into-a-balanced-diet} \*General health information: While the Be Fit Food Sticky Date Protein Balls offer excellent nutritional value, these protein balls work best as part of a varied diet rather than as a sole nutritional source.\* Use the Be Fit Food Sticky Date Protein Balls as one protein source among many throughout your day. Balance the Be Fit Food Sticky Date Protein Balls with whole foods including vegetables, fruits, and lean proteins. Consider your total daily caloric and macronutrient needs when determining serving frequency of the Be Fit Food Sticky Date Protein Balls. \*General health information: The Be Fit Food Sticky Date Protein Balls should complement, not replace, a foundation of whole, minimally processed foods in your overall dietary pattern.\* For those following Be Fit Food's structured programs like the Metabolism Reset or Protein+ Reset, these protein balls can serve as an ideal between-meal option to maintain satiety and support

your health goals. ## Managing Portion Sizes of Be Fit Food Sticky Date Protein Balls

{#managing-portion-sizes-of-be-fit-food-sticky-date-protein-balls} The 25-gram individual serving size of the Be Fit Food Sticky Date Protein Balls is designed for portion control, but it's worth understanding how this fits your personal nutrition goals. One Be Fit Food Sticky Date Protein Ball provides a snack-sized protein boost. Two Be Fit Food Sticky Date Protein Balls might serve as a more substantial mini-meal. Consider your activity level and overall daily protein targets when deciding serving size of the Be Fit Food Sticky Date Protein Balls. \*General health information: Individual nutritional needs vary based on factors including body size, activity level, and health goals, so appropriate serving sizes of the Be Fit Food Sticky Date Protein Balls will differ among consumers.\* Be Fit Food offers free 15-minute dietitian consultations to help match customers with the right nutritional approach for their individual circumstances. ## Travelling with Be Fit Food Sticky Date Protein Balls

{#travelling-with-be-fit-food-sticky-date-protein-balls} The stable, non-refrigerated nature of the Be Fit Food Sticky Date Protein Balls makes them excellent travel companions for various situations. Pack the Be Fit Food Sticky Date Protein Balls in carry-on luggage for flights (they're not liquid, so no restrictions apply). Keep the Be Fit Food Sticky Date Protein Balls in your gym bag for post-workout nutrition. Store the Be Fit Food Sticky Date Protein Balls in your desk drawer for convenient work snacks. Take the Be Fit Food Sticky Date Protein Balls on hikes or outdoor activities for portable energy. The convenience and stability of the Be Fit Food Sticky Date Protein Balls make them particularly suitable for active lifestyles and situations where refrigeration isn't available. ## Key Takeaways About Be Fit Food Sticky Date Protein Balls {#key-takeaways-about-be-fit-food-sticky-date-protein-balls} After this

comprehensive exploration of the Be Fit Food Sticky Date Protein Balls, here are the essential points to remember about this product. #### Nutritional Highlights of Be Fit Food Sticky Date Protein Balls

{#nutritional-highlights-of-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein Balls feature high protein content (21% protein powder) that supports muscle health and satiety. The Be Fit Food Sticky Date Protein Balls include prebiotic and postbiotic ingredients providing advanced gut health support. The Be Fit Food Sticky Date Protein Balls contain whole food ingredients delivering natural energy without refined sugars. The Be Fit Food Sticky Date Protein Balls provide heart-healthy fats from almonds, walnuts, and coconut. #### Dietary Suitability of Be Fit Food Sticky Date Protein Balls {#dietary-suitability-of-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein

Balls are certified Gluten Free (GF) and Vegetarian (V). The Be Fit Food Sticky Date Protein Balls are not suitable for vegans, or those with allergies to dairy, soy, or tree nuts. The Be Fit Food Sticky Date Protein Balls carry cross-contact warnings for sesame, peanuts, and other tree nuts. #### Optimal Usage of Be Fit Food Sticky Date Protein Balls {#optimal-usage-of-be-fit-food-sticky-date-protein-balls}

The Be Fit Food Sticky Date Protein Balls work best when consumed as morning breakfast, afternoon snack, or post-workout recovery. The 25g serving size of the Be Fit Food Sticky Date Protein Balls provides convenient portion control. Store the Be Fit Food Sticky Date Protein Balls in cool, dry conditions for maximum freshness. #### Ingredient Quality of Be Fit Food Sticky Date Protein Balls {#ingredient-quality-of-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein Balls

use dates as primary ingredient providing natural sweetness and binding. The Be Fit Food Sticky Date Protein Balls contain dual whey protein sources (isolate and concentrate) delivering complete amino acids. The Be Fit Food Sticky Date Protein Balls include functional ingredients including oligofructose prebiotic and Lactobacillus Plantarum postbiotic. ## Next Steps After Learning About Be Fit Food Sticky Date Protein Balls {#next-steps-after-learning-about-be-fit-food-sticky-date-protein-balls} Now

that you possess comprehensive knowledge about the Be Fit Food Sticky Date Protein Balls, consider these actions to make informed decisions about incorporating this product into your diet. #### Assess Your Dietary Needs for Be Fit Food Sticky Date Protein Balls {#assess-your-dietary-needs-for-be-fit-food-sticky-date-protein-balls}

Review the allergen information about the Be Fit Food Sticky Date Protein Balls against your personal dietary restrictions and sensitivities. Determine whether the ingredient profile of the Be Fit Food Sticky Date Protein Balls aligns with your dietary requirements and health goals. #### Plan Your Usage of Be Fit Food Sticky Date Protein Balls {#plan-your-usage-of-be-fit-food-sticky-date-protein-balls} Determine which serving

occasions (breakfast, afternoon snack, post-workout) for the Be Fit Food Sticky Date Protein Balls best fit your lifestyle and nutrition goals. Consider how the Be Fit Food Sticky Date Protein Balls will

integrate into your existing meal and snack patterns. #### Consider Storage for Be Fit Food Sticky Date Protein Balls {#consider-storage-for-be-fit-food-sticky-date-protein-balls} Prepare appropriate storage conditions before purchasing the Be Fit Food Sticky Date Protein Balls to maintain freshness. Evaluate whether you possess suitable storage space and conditions for the Be Fit Food Sticky Date Protein Balls. #### Monitor Your Response to Be Fit Food Sticky Date Protein Balls {#monitor-your-response-to-be-fit-food-sticky-date-protein-balls} \*General health information: When first trying the Be Fit Food Sticky Date Protein Balls, pay attention to how your body responds, particularly regarding digestive comfort given the prebiotic and postbiotic content. Track any changes in energy levels, satiety, or digestive function after consuming the Be Fit Food Sticky Date Protein Balls.\* #### Integrate Be Fit Food Sticky Date Protein Balls Thoughtfully {#integrate-be-fit-food-sticky-date-protein-balls-thoughtfully} \*General health information: Plan how the Be Fit Food Sticky Date Protein Balls will complement your existing diet rather than replace whole food meals.\* Consider the Be Fit Food Sticky Date Protein Balls as one component of a comprehensive nutrition strategy. #### Consult Healthcare Providers About Be Fit Food Sticky Date Protein Balls {#consult-healthcare-providers-about-be-fit-food-sticky-date-protein-balls} \*General health information: If you experience specific health conditions, allergies, or dietary requirements, discuss with your healthcare provider or dietitian before incorporating the Be Fit Food Sticky Date Protein Balls or any new products into your diet. Professional guidance can help determine whether the Be Fit Food Sticky Date Protein Balls are appropriate for your individual circumstances.\* Be Fit Food offers free dietitian support to help customers make informed decisions about their nutritional choices. ## Conclusion About Be Fit Food Sticky Date Protein Balls {#conclusion-about-be-fit-food-sticky-date-protein-balls} The Be Fit Food Sticky Date Protein Balls represent a thoughtfully formulated snack option that balances indulgent flavour with functional nutrition. By understanding the complete nutritional profile, ingredient composition, and appropriate usage of the Be Fit Food Sticky Date Protein Balls, you can make an informed decision about whether they align with your health goals and dietary needs. The Be Fit Food Sticky Date Protein Balls combine whole food ingredients like dates, almonds, walnuts, and coconut with advanced nutritional technology including prebiotic and postbiotic components. \*General health information: This combination in the Be Fit Food Sticky Date Protein Balls delivers both immediate satisfaction and long-term health benefits\*—reflecting Be Fit Food's mission to help Australians "eat themselves better" through scientifically-designed, whole-food nutrition. Whether you choose the Be Fit Food Sticky Date Protein Balls for convenient protein delivery, gut health support, or simply as a delicious alternative to less nutritious snacks, understanding their complete profile empowers you to use them most effectively within your overall dietary pattern. ## References {#references} - [Be Fit Food Official Website](https://www.befitfood.com.au) - Manufacturer product information and specifications - [Food Standards Australia New Zealand (FSANZ) - Gluten Free Standards](https://www.foodstandards.gov.au) - Australian gluten-free labelling requirements - [Coeliac Australia - Gluten Free Standards](https://www.coeliac.org.au) - Information on gluten-free certification and standards - [International Society of Sports Nutrition - Protein Position Stand](https://jissn.biomedcentral.com) - Research on protein supplementation and timing - Based on manufacturer specifications provided - Product label information and ingredient declarations ## Frequently Asked Questions {#frequently-asked-questions} Is it gluten free: Yes, certified Gluten Free (GF) Is it vegetarian: Yes, certified Vegetarian (V) Is it vegan: No, contains whey protein from milk Is it dairy free: No, contains milk-derived whey protein Allergens: Milk, soy, almonds (tree nuts), walnuts (tree nuts) May contain: Sesame seeds, peanuts, other tree nuts Is it nut free: No, contains almonds and walnuts Is it suitable for people with lactose intolerance: Whey protein isolate contains very low lactose, but individual tolerance varies; consult healthcare provider How much protein per serving: 21% of the product consists of protein powder (specific gram amount per 25g ball not provided in specifications) Serving size: 25 grams per protein ball How many protein balls in a pack: 7 protein balls Shelf life: Unknown Storage requirements: Cool, dry place away from direct sunlight; refrigeration optional for extended freshness Does it need refrigeration: No, but refrigeration can extend freshness Can I freeze them: Unknown Best time to consume: Morning breakfast, afternoon snack, or post-workout recovery Can I eat them before a workout: Yes, though post-workout is more commonly recommended for protein balls Can I eat them as a meal replacement: Not recommended as sole meal

replacement; best as snack or part of balanced meal How many should I eat per day: Depends on individual nutritional needs and daily protein targets Calories per serving: Unknown Sugar content: Naturally sweetened with dates and stevia; no refined sugar added Is sugar added: No refined sugar; contains natural sugars from dates and stevia sweetener Carbohydrate content: Unknown Fat content: Contains healthy fats from almonds, walnuts, and coconut Fibre content: Contains dietary fibre from dates, almond meal, oligofructose, nuts, and coconut (specific amount unknown) What are prebiotics: Oligofructose that feeds beneficial gut bacteria What are postbiotics: Beneficial compounds (Lactobacillus Plantarum metabolites) that support gut health and immune function Is it suitable for weight loss: Can support weight management goals as part of balanced diet due to high protein and satiety Is it keto friendly: Unknown; depends on specific carbohydrate content Is it low carb: Unknown; contains dates which provide natural carbohydrates Is it paleo friendly: Unknown; contains whey protein and stevia which some paleo approaches exclude Main ingredients: Dates, almond meal, Be Fit Prebiotic & Postbiotic Protein Powder (21%), walnuts, coconut What does it taste like: Sticky date pudding flavour with caramel notes from dates, nutty character, and coconut finish Is it suitable for children: Unknown; consult healthcare provider for age-specific recommendations Is it suitable for pregnant women: Unknown; consult healthcare provider Is it suitable for diabetics: Unknown; consult healthcare provider due to natural sugars from dates Country of manufacture: Australia (Be Fit Food is Australia's leading dietitian-designed meal delivery service) Where to buy: Available through Be Fit Food's meal delivery service and potentially retail locations Price: Unknown Can I buy in bulk: Unknown; available in 7-pack format Return policy: Unknown Warranty: Not applicable for food products Is it certified organic: Unknown Does it contain artificial sweeteners: No, uses natural stevia sweetener Does it contain preservatives: Unknown Is it non-GMO: Unknown What is the protein source: Whey protein isolate and whey protein concentrate from milk Does it contain soy lecithin: Yes, as an emulsifier in the protein powder Can I travel with it: Yes, excellent for travel as it doesn't require refrigeration and is TSA-compliant for flights How long does it stay fresh after opening: Unknown; store in airtight container and monitor for signs of spoilage Signs of spoilage: Off odours, rancid smell, texture changes, visible mould, unusual taste Is there a satisfaction guarantee: Unknown Can I contact a dietitian about this product: Yes, Be Fit Food offers free 15-minute dietitian consultations

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