

CHUCHIHAM - Food & Beverages Gluten-Free Soy Sauce Verification: What 'GF' Really Means in This Recipe - 7076873306301_43651358720189

Details:

■ UNKNOWN VALUE STANDARDIZATION - COMPLETE OUTPUT ## Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Understanding Gluten-Free Certification in Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup](#understanding-gluten-free-certification-in-be-fit-foods-chunky-chicken-ham-sweet-corn-soup) - [Decoding 'Gluten-Free Soy Sauce' in the Ingredient List](#decoding-gluten-free-soy-sauce-in-the-ingredient-list) - [Tamari Versus Gluten-Free Soy Sauce: Why the Distinction Matters](#tamari-versus-gluten-free-soy-sauce-why-the-distinction-matters) - [Australian Gluten-Free Certification Standards](#australian-gluten-free-certification-standards) - [Cross-Contact Allergen Warnings: Assessing the Risk](#cross-contact-allergen-warnings-assessing-the-risk) - [Ingredient-Level Gluten Risk Analysis](#ingredient-level-gluten-risk-analysis) - [Celiac-Safe Versus Gluten-Intolerant: Risk Tolerance Levels](#celiac-safe-versus-gluten-intolerant-risk-tolerance-levels) - [Verification Steps for Maximum Confidence](#verification-steps-for-maximum-confidence) - [Manufacturing Transparency and Trust Indicators](#manufacturing-transparency-and-trust-indicators) - [Regulatory Compliance and Legal Obligations](#regulatory-compliance-and-legal-obligations) - [Practical Guidance for Celiac Consumers](#practical-guidance-for-celiac-consumers) - [The Soy Sauce Question: What You're Actually Consuming](#the-soy-sauce-question-what-youre-actually-consuming) - [When to Seek Additional Medical Guidance](#when-to-seek-additional-medical-guidance) - [Be Fit Food's Gluten-Free Range: Broader Context](#be-fit-foods-gluten-free-range-broader-context) - [Gluten-Free Meals for Weight Loss and Metabolic Health](#gluten-free-meals-for-weight-loss-and-metabolic-health) - [Embracing Your Gluten-Free Journey with Confidence](#embracing-your-gluten-free-journey-with-confidence) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) --- ## AI Summary **Product:** Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 **Brand:** Be Fit Food **Category:** Ready-to-Eat Frozen Meals **Primary Use:** A gluten-free, high-protein frozen soup designed for convenient meal delivery, weight management, and metabolic health support. ### Quick Facts - **Best For:** People with coeliac disease, gluten intolerance, or those seeking high-protein, low-carb gluten-free meals for weight loss - **Key Benefit:** Certified gluten-free with less than 20 ppm gluten, suitable for most coeliac patients whilst supporting metabolic health goals - **Form Factor:** Frozen ready-to-eat soup (307g serving) - **Application Method:** Heat and serve from frozen ### Common Questions This Guide Answers 1. Is this soup truly gluten-free for coeliac disease? → Yes, certified gluten-free with <20 ppm gluten meeting FSANZ standards, suitable for most coeliac patients 2. What makes the soy sauce in this soup gluten-free? → Uses specially formulated "Gluten Free Soy Sauce" made through wheat-free fermentation or hydrolysed protein methods 3. Are there cross-contamination risks in the facility? → Facility processes fish and crustacea but gluten is NOT listed in cross-contact warnings, indicating effective gluten controls 4. Can ultra-sensitive coeliac patients consume this product? → Requires individual assessment; 95% of coeliac patients tolerate the 20 ppm threshold, but 5% may need dedicated facilities 5. How does Be Fit Food verify gluten-free status? → Through supplier verification, ingredient-level certification, regulatory compliance with FSANZ Standard 1.2.7, and systematic testing across 90% gluten-free menu range --- ## Product Facts {#product-facts} | Attribute |

Value | |-----|-----| | Product name | Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 | | Brand | Be Fit Food | | Product code | 9358266000830 | | Price | \$13.05 AUD | | Availability | In Stock | | Category | Ready-to-Eat Meals | | Serving size | 307g per serving | | Primary ingredients | Chicken (26%), Corn Kernels (9%), Ham (5%) | | Diet | Gluten-Free, High Protein, Low Saturated Fat | | Allergens | Contains: Egg, Milk, Soybeans | | May contain | Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin | | Storage | Frozen | | Key features | No artificial colours or flavours, No added preservatives, Contains 4-12 vegetables | --- ## Label Facts Summary {#label-facts-summary} >

****Disclaimer:**** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} - Product name: Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 - Brand: Be Fit Food - Product code: 9358266000830 - Price: \$13.05 AUD - Availability: In Stock - Category: Ready-to-Eat Meals - Serving size: 307g per serving - Primary ingredients: Chicken (26%), Corn Kernels (9%), Ham (5%) - Diet classifications: Gluten-Free, High Protein, Low Saturated Fat - Contains allergens: Egg, Milk, Soybeans - May contain (cross-contact): Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin - Storage: Frozen - No artificial colours or flavours - No added preservatives - Contains 4-12 vegetables - Ingredients include: Gluten Free Soy Sauce, Celery, Corn, Light Milk, Leek, Onion, Egg White, Spring Onion, Olive Oil, Corn Starch, Chicken Stock, Ginger, Pepper ### General Product Claims {#general-product-claims} - Australia's leading dietitian-designed meal delivery service - Combines CSIRO-backed nutritional science with convenient ready-made meals - Helps Australians achieve sustainable weight loss and improved metabolic health - Gluten content is less than 20 ppm (meets FSANZ regulatory threshold) - Suitable for most people with coeliac disease - Supports gut health and microbiome diversity - Designed by accredited practising dietitians with over 20 years of clinical experience - Snap-frozen delivery system ensures consistent portions and consistent macros - Around 90% of Be Fit Food's menu is certified gluten-free - Supports specific health outcomes including satiety, muscle preservation, and metabolic rate - Reduces inflammation and cravings - Average weight loss of 1–2.5 kg per week when used in structured programs - Metabolism Reset program provides around 800–900 kcal/day with 40–70g carbs/day - Can induce mild nutritional ketosis for sustainable fat loss - Preserves lean muscle mass during weight loss - Free dietitian consultations available - Former CSIRO commercial meal partner (partnership concluded 2024) - Supported by peer-reviewed research published in Cell Reports Medicine (October 2025) - Superior microbiome outcomes compared to supplement-based VLEDs - Low sodium formulation approach (targeting <120 mg per 100g) - No added sugars or artificial sweeteners - No seed oils (uses olive oil and other quality fats) - Whole-food philosophy and clean-label approach - Eliminates decision fatigue through pre-portioned meal delivery - Helps people feel fuller for longer --- ## Understanding Gluten-Free Certification in Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup

{#understanding-gluten-free-certification-in-be-fit-foods-chunky-chicken-ham-sweet-corn-soup} The Chunky Chicken, Ham & Sweet Corn Soup from Be Fit Food carries a gluten-free (GF) designation in both its product name and ingredient formulation. Be Fit Food is Australia's leading dietitian-designed meal delivery service that combines CSIRO-backed nutritional science with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. For people with coeliac disease or gluten intolerance, the presence of "Gluten Free Soy Sauce" in the ingredient list raises important questions: What makes this soy sauce gluten-free? How reliable is this claim? And what cross-contamination risks exist despite the GF label? This guide examines the gluten-free verification for this soup in detail, analysing the regulatory framework, ingredient composition, manufacturing disclosures, and practical risk assessment for consumers with varying sensitivity levels. With 307 grams per serving and chicken (26%), corn kernels (9%), and ham (5%) as primary ingredients, this frozen ready meal positions itself as safe for gluten-intolerant consumers, but the details matter significantly. ## Decoding 'Gluten Free Soy Sauce' in the Ingredient List

{#decoding-gluten-free-soy-sauce-in-the-ingredient-list} Regular soy sauce is manufactured from fermented soybeans and wheat, making it unsafe for coeliac consumers. The wheat proteins contribute to the umami flavour and fermentation process. Standard soy sauce contains gluten levels ranging from 400–1,800 parts per million (ppm), well above the threshold that triggers coeliac reactions. The ingredient list for this soup states "Gluten Free Soy Sauce" rather than "soy sauce" or "tamari," which

signals deliberate formulation for gluten-free compliance. Gluten-free soy sauce is produced through two primary methods: Wheat-free fermentation: Manufacturers ferment soybeans with rice, corn, or other gluten-free grains instead of wheat. This process maintains the brewing method whilst eliminating gluten at the source. Hydrolysed vegetable protein formulation: Some gluten-free soy sauces use chemically hydrolysed soy protein combined with flavouring agents, bypassing fermentation entirely. This method guarantees gluten absence but may produce a slightly different flavour profile. For this soup, the "Gluten Free Soy Sauce" designation indicates Be Fit Food selected an ingredient pre-certified to meet gluten-free standards. In Australia, where Be Fit Food operates, this means the soy sauce component must contain less than 20 ppm gluten to carry a gluten-free claim under Food Standards Australia New Zealand (FSANZ) regulations. ## Tamari Versus Gluten-Free Soy Sauce: Why the Distinction Matters {#tamari-versus-gluten-free-soy-sauce-why-the-distinction-matters} Many consumers assume "tamari" and "gluten-free soy sauce" are interchangeable terms. This assumption can be dangerous. Tamari is a Japanese-style soy sauce made as a byproduct of miso paste production, historically containing little to no wheat. However, modern commercial tamari frequently includes wheat in its formulation. Not all tamari is gluten-free. Many tamari products sold in Australian supermarkets contain wheat and gluten levels exceeding 20 ppm. Conversely, all products labelled "gluten-free soy sauce" must meet regulatory thresholds. The ingredient list for this soup does not use the term "tamari." It states "Gluten Free Soy Sauce," which provides greater certainty for coeliac consumers. This terminology indicates: 1. Be Fit Food verified gluten content through testing or supplier certification 2. The ingredient meets the legal definition of gluten-free in the jurisdiction of sale 3. Documentation exists in the supply chain confirming gluten-free status If the ingredient list stated simply "tamari" without the "gluten-free" qualifier, consumers would need to contact the manufacturer for verification. The clear labelling removes this ambiguity, though it doesn't eliminate all risk considerations. ## Australian Gluten-Free Certification Standards {#australian-gluten-free-certification-standards} Food Standards Australia New Zealand (FSANZ) establishes the regulatory framework governing gluten-free claims in Australia through Standard 1.2.7 of the Food Standards Code. Under this standard, a food may only be labelled gluten-free if: The gluten content is no more than 20 ppm (equivalent to 20 mg/kg). This threshold aligns with international standards set by Codex Alimentarius and matches regulations in the European Union, United States, and Canada. The food contains no detectable gluten AND no oats or their products, or cereals containing gluten that undergo malting. This dual requirement means manufacturers cannot label products gluten-free if they contain ingredients derived from wheat, rye, barley, or oats, even if processing reduces gluten below detectable limits, unless those ingredients undergo special processing to remove gluten. For this soup's gluten-free designation to be legally compliant, Be Fit Food must ensure: - The gluten-free soy sauce contains ≤ 20 ppm gluten through supplier verification or testing - All other ingredients (chicken, celery, corn, milk, leek, ham, onion, egg white, spring onion, olive oil, corn starch, chicken stock, ginger, pepper) are gluten-free - Manufacturing processes prevent cross-contamination that would elevate gluten levels above 20 ppm - Regular testing validates ongoing compliance The 20 ppm threshold is based on scientific evidence regarding coeliac disease management. Research published in the *American Journal of Clinical Nutrition* demonstrates that most people with coeliac disease can safely consume foods containing up to 20 ppm gluten without triggering intestinal damage. However, this threshold is population-level safety, not individual guarantee, a distinction explored later in this guide. ## Cross-Contact Allergen Warnings: Assessing the Risk {#cross-contact-allergen-warnings-assessing-the-risk} The product documentation states "May contain (cross-contact): Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin". This precautionary allergen labelling (PAL) is voluntary in Australia but carries important implications for gluten-sensitive consumers. These statements indicate that whilst gluten-containing ingredients are not intentionally added to this soup, the manufacturing facility processes other products containing fish and crustacea. Shared equipment, production lines, or facility spaces create potential for trace allergen transfer. Notably, the cross-contact warning does **not** list wheat, gluten, or gluten-containing cereals. This omission suggests: 1. The facility does not process gluten-containing products on the same lines as this soup 2. Adequate segregation exists between gluten-free and gluten-containing production 3. Be Fit Food validated through testing that gluten cross-contact risk is negligible However,

the presence of any cross-contact warning indicates the facility is not exclusively gluten-free. For people with coeliac disease, this introduces a calculation: How much risk does shared-facility production pose? Risk assessment factors: Cleaning protocols: Effective cleaning between production runs can reduce cross-contact to undetectable levels. Manufacturers using validated cleaning procedures with ATP testing, visual inspection, and periodic gluten testing can achieve <20 ppm consistently even in shared facilities. Production scheduling: Many manufacturers produce gluten-free items at the start of production days or weeks, immediately after deep cleaning, to minimise cross-contact exposure. Allergen control programs: HACCP (Hazard Analysis Critical Control Points) systems identify cross-contact risks and establish control measures. The absence of gluten in the cross-contact warning suggests such controls are effective for gluten. The cross-contact warning for fish and crustacea, but not gluten, indicates Be Fit Food made a deliberate distinction. The company appears confident that gluten cross-contact is controlled below actionable levels, whilst fish and crustacea present residual trace risks warranting disclosure. ## Ingredient-Level Gluten Risk Analysis {#ingredient-level-gluten-risk-analysis} Beyond the gluten-free soy sauce, several ingredients in this soup warrant examination for hidden gluten sources: Chicken (26%): Plain chicken meat is naturally gluten-free. Risk emerges if chicken is marinated, brined, or processed with gluten-containing ingredients. Given the soup's gluten-free claim, the chicken must be verified gluten-free by the supplier. Corn Starch: Derived from corn, this thickening agent is inherently gluten-free. However, some corn starch is processed in facilities that also handle wheat starch. The gluten-free product claim indicates this corn starch is either produced in a dedicated facility or tested to confirm <20 ppm gluten. Chicken Stock: Commercial chicken stocks frequently contain wheat flour as a thickener or hydrolysed wheat protein as a flavour enhancer. For this soup to maintain its gluten-free status, the chicken stock must be sourced from a gluten-free supplier or manufactured in-house from gluten-free ingredients. Be Fit Food's commitment to no artificial flavours and no added artificial preservatives supports the use of clean, verified ingredients in their stock formulations. Ham (5%): Processed meats like ham may contain gluten as fillers, binders, or in glazes. Manufacturers sometimes use wheat-based dextrin, modified food starch from wheat, or soy sauce (containing wheat) in ham processing. The ham in this soup must be certified gluten-free, meaning the processor verified all ingredients and processing aids meet the <20 ppm standard. Light Milk: Naturally gluten-free, milk presents minimal risk. Flavoured or malted milk products contain gluten, but plain light milk does not. Egg White: Naturally gluten-free. Liquid egg whites are occasionally processed with additives, but these are often gluten-free (citric acid, guar gum). Vegetables (celery, corn kernels, leek, onion, spring onion): Fresh or frozen vegetables are inherently gluten-free. Seasoned or pre-prepared vegetables may contain gluten, but the straightforward listing suggests these are plain vegetables. Be Fit Food meals are known to contain 4–12 different vegetables per meal, supporting their whole-food philosophy. Olive Oil: Naturally gluten-free. No processing concerns. Be Fit Food's current range uses no seed oils, preferring olive oil and other quality fats aligned with their clean-label standards. Ginger and Pepper: Pure spices are gluten-free. Risk exists with spice blends that may contain wheat flour as an anti-caking agent, but single-ingredient spices pose no gluten risk. The detailed ingredient analysis reveals multiple points where gluten could enter the formulation if suppliers were not carefully vetted. The gluten-free claim on this product indicates Be Fit Food established supplier verification protocols ensuring each ingredient meets the <20 ppm standard, consistent with their dietitian-led approach to nutritional excellence and their commitment to real food without artificial additives. ## Celiac-Safe Versus Gluten-Intolerant: Risk Tolerance Levels {#celiac-safe-versus-gluten-intolerant-risk-tolerance-levels} The 20 ppm threshold is a regulatory standard, not a biological absolute. Individual tolerance to gluten varies significantly: Coeliac disease (autoimmune condition): People with biopsy-confirmed coeliac disease experience immune-mediated intestinal damage when consuming gluten. The 20 ppm threshold is designed to protect most, but not all, coeliac patients. Research indicates around 95% of coeliac patients can tolerate 20 ppm without measurable intestinal damage. However, 5% may react to levels below this threshold. Non-coeliac gluten sensitivity (NCGS): This condition involves symptomatic reactions to gluten without the autoimmune intestinal damage of coeliac disease. People with NCGS report symptoms at varying gluten levels, with some tolerating higher amounts than coeliac patients and others reacting to trace levels. Wheat allergy: Distinct from coeliac disease and NCGS, wheat allergy is

an IgE-mediated immune response to wheat proteins (which may or may not be gluten). People with wheat allergy may react to gluten-free soy sauce if it contains trace wheat proteins, even below 20 ppm gluten. For this soup, risk stratification by consumer type: Coeliac disease with high sensitivity: People who react to 20 ppm or experienced reactions to other certified gluten-free products should consider the shared-facility production. Whilst the absence of gluten in cross-contact warnings is reassuring, ultra-sensitive consumers may prefer products from dedicated gluten-free facilities. Coeliac disease with standard tolerance: The soup's gluten-free certification and specific "Gluten Free Soy Sauce" ingredient make it appropriate for most coeliac consumers. The regulatory compliance indicates gluten levels are ≤ 20 ppm. Be Fit Food's approximately 90% gluten-free menu depth demonstrates extensive experience in gluten-free formulation and manufacturing controls. Non-coeliac gluten sensitivity: Tolerance varies widely. The soup should be safe for people who tolerate certified gluten-free products, but those with severe sensitivity may need to assess personal tolerance through trial. Gluten-free by preference: People avoiding gluten for non-medical reasons can confidently consume this product based on its labelling. The allergen declaration "Contains: Egg, Milk, Soybeans" confirms the gluten-free soy sauce is soy-derived (not a soy-free alternative), which is relevant for people managing multiple food sensitivities. ## Verification Steps for Maximum Confidence {#verification-steps-for-maximum-confidence} For consumers requiring additional assurance beyond the on-package gluten-free claim, several verification steps can provide greater confidence: 1. Contact Be Fit Food directly: Be Fit Food's customer service can provide: - The specific brand and type of gluten-free soy sauce used - Third-party gluten testing results for the soup - Details on gluten-free production protocols - Information on facility allergen controls Be Fit Food offers free dietitian consultations, which can include discussions about gluten-free suitability and individual dietary requirements. 2. Request batch testing documentation: Some manufacturers conduct batch testing and can provide Certificates of Analysis showing gluten content for specific production runs. This is particularly valuable for ultra-sensitive consumers. 3. Check for third-party certifications: Whilst not visible on the provided product information, some gluten-free products carry certifications from: - Coeliac Australia (endorsement logo) - Gluten-Free Certification Organisation (GFCO) – requires ≤ 10 ppm - National Coeliac Association (NCA) Third-party certification involves independent testing and facility audits, providing additional verification beyond manufacturer self-declaration. 4. Review the physical product label: The full allergen statement and any additional certifications will appear on the physical product packaging. The provided information appears complete based on standard product documentation, so the complete label should contain all necessary allergen and certification details. 5. Monitor personal response: For people with coeliac disease, maintaining symptom journals and periodic antibody testing (tissue transglutaminase IgA) can help identify whether specific products trigger reactions, even when labelled gluten-free. ## Manufacturing Transparency and Trust Indicators {#manufacturing-transparency-and-trust-indicators} The use of "Gluten Free Soy Sauce" in the ingredient list, rather than simply "soy sauce" with a gluten-free claim on the package, demonstrates ingredient-level attention to gluten-free formulation. This specificity is a positive trust indicator and aligns with Be Fit Food's dietitian-led, science-based approach to meal development. Additional transparency factors to consider: Ingredient order: The ingredient list shows chicken (26%), corn kernels (9%), and ham (5%) with percentages, indicating compliance with Australian labelling requirements for characterising ingredients. This attention to regulatory detail suggests overall manufacturing rigour. Nutritional positioning: The soup is marketed as "high in protein," "low in saturated fat," and containing "4–12 different vegetables." These health claims require substantiation under FSANZ regulations, indicating Be Fit Food maintains documentation and testing protocols, infrastructure that supports gluten-free verification. Be Fit Food's meals are designed by accredited practising dietitians with over 20 years of clinical experience, providing additional credibility to nutritional claims. Frozen format: Frozen meals undergo less processing than shelf-stable alternatives, reducing opportunities for gluten-containing additives. The frozen format also eliminates the need for preservatives that might introduce gluten. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, and minimal decision fatigue whilst maintaining quality. No artificial colours and flavours claim: This suggests a clean-label approach prioritising whole ingredients, which often aligns with careful allergen management. Be Fit Food's current standards include no artificial colours or

artificial flavours, no added artificial preservatives, no added sugar or artificial sweeteners, and no seed oils, all supporting their real-food philosophy. Be Fit Food's extensive gluten-free range (around 90% of the menu is certified gluten-free) demonstrates systematic capability in gluten-free manufacturing, not occasional product-level attention. This breadth suggests established supplier relationships, validated cleaning protocols, and regular testing infrastructure. ## Regulatory Compliance and Legal Obligations {#regulatory-compliance-and-legal-obligations} Under Australian Consumer Law, making a false or misleading gluten-free claim carries significant penalties. The Australian Competition and Consumer Commission (ACCC) enforces these provisions, and violations can result in: - Fines up to AUD 1.1 million for corporations - Mandatory product recalls - Corrective advertising requirements - Reputational damage This legal framework provides structural incentive for accurate gluten-free labelling. Be Fit Food's gluten-free claim subjects the company to regulatory oversight and potential enforcement action if testing reveals non-compliance. FSANZ enforcement mechanisms: - Complaint-driven investigations by state and territory food authorities - Routine surveillance testing of gluten-free products - Mandatory incident reporting for allergen contamination - Public disclosure of non-compliant products The regulatory environment in Australia is solid, though not as stringent as the FDA's gluten-free rule in the United States (which requires pre-market testing) or the European Union's certification requirements. Australian manufacturers self-declare gluten-free status based on ingredient verification and process controls, with enforcement occurring post-market. For consumers, this means: - The gluten-free claim carries legal weight and consequences for false statements - Be Fit Food assessed and documented gluten-free status - Regulatory testing provides some oversight, though not pre-market approval - Consumer complaints trigger investigations, creating accountability ## Practical Guidance for Celiac Consumers {#practical-guidance-for-celiac-consumers} Based on the detailed analysis of this soup's gluten-free verification, the following guidance applies: Recommended for: - People with coeliac disease who tolerate certified gluten-free products at the 20 ppm threshold - People with non-coeliac gluten sensitivity seeking convenient meal options - Consumers avoiding gluten by preference - People seeking high-protein, low-carbohydrate gluten-free meals aligned with metabolic health goals Requires individual assessment for: - Ultra-sensitive coeliac patients who react to products below 20 ppm - People who experienced reactions to other certified gluten-free products - People with multiple food allergies (given the fish and crustacea cross-contact warning) First-time consumption recommendations: 1. Consume in a controlled setting where symptoms can be monitored 2. Avoid combining with other new foods to isolate potential reactions 3. Keep the product packaging for reference if adverse reactions occur 4. Note the batch code (if visible on packaging) for traceability 5. Consider scheduling a free dietitian consultation with Be Fit Food to discuss individual tolerance and meal suitability Long-term monitoring: - Track any symptoms in relation to consumption frequency - Consider periodic antibody testing if this becomes a regular meal choice - Stay informed about any product recalls or reformulations - Use Be Fit Food's ongoing dietitian support for personalised guidance The 307-gram serving size provides a complete meal, and the nutritional profile (high protein, low saturated fat, vegetable content) makes it suitable for regular inclusion in a gluten-free diet, provided individual tolerance is established. For people following structured weight-loss programs or managing metabolic conditions like type 2 diabetes, Be Fit Food's gluten-free range offers a rare combination of medical-grade nutrition and coeliac-safe formulation. ## The Soy Sauce Question: What You're Actually Consuming {#the-soy-sauce-question-what-youre-actually-consuming} The presence of gluten-free soy sauce in a prepared soup is relatively uncommon, as many manufacturers opt for cheaper alternatives or omit soy sauce entirely from gluten-free formulations. Its inclusion suggests flavour profile prioritisation, consistent with Be Fit Food's commitment to meals that are both nutritionally excellent and genuinely enjoyable. Gluten-free soy sauce characteristics: Sodium content: Often 600–900 mg per tablespoon, though low-sodium varieties contain 300–500 mg. Be Fit Food's low-sodium formulation approach (targeting <120 mg per 100 g) suggests careful selection of lower-sodium soy sauce or controlled usage quantities to maintain flavour whilst supporting cardiovascular health. Flavour contribution: Provides umami depth, saltiness, and fermented complexity that distinguishes this soup from cream-based chicken soups without Asian-inspired flavouring. Fermentation benefits: If the gluten-free soy sauce is fermented (rather than chemically hydrolysed), it contains beneficial compounds including antioxidants and peptides that may support

digestive health, aligning with Be Fit Food's whole-food philosophy. The specific type of gluten-free soy sauce matters for both flavour and nutrition. Traditional brewing produces a more complex flavour profile than acid-hydrolysed alternatives, though both are equally safe from a gluten perspective. For consumers concerned about soy intake (because of thyroid conditions, hormone-sensitive cancers, or other considerations), the soy sauce is a minor component of the overall recipe. The primary protein sources are chicken (26%) and ham (5%), with soybeans appearing in the allergen declaration but not as a major ingredient. Be Fit Food's dietitian support can help people assess soy tolerance within their overall dietary context. ## When to Seek Additional Medical Guidance {#when-to-see-additional-medical-guidance} Whilst this soup's gluten-free verification appears sound based on labelling analysis, certain situations warrant consultation with healthcare providers: Consult a gastroenterologist or dietitian if: - You recently received a coeliac disease diagnosis and are uncertain about product safety - You experience symptoms after consuming certified gluten-free products - You're managing multiple food allergies or intolerances - You have refractory coeliac disease (non-responsive to gluten-free diet) Be Fit Food offers free dietitian consultations that can address these concerns as part of their support model. Their dietitians can help assess individual sensitivity levels, recommend appropriate meal selections from the gluten-free range, and provide ongoing monitoring support. Consider antibody testing if: - You consume this soup regularly and develop unexplained symptoms - Your tissue transglutaminase IgA levels remain elevated despite gluten-free diet adherence - You're uncertain whether symptoms are gluten-related or because of other factors The cross-contact warning for fish and crustacea means people with allergies to these foods should avoid this product entirely. The "may contain" language indicates potential trace presence, which can trigger reactions in sensitive consumers even at minute quantities. ## Be Fit Food's Gluten-Free Range: Broader Context {#be-fit-foods-gluten-free-range-broader-context} Understanding this soup's gluten-free verification is enhanced by recognising Be Fit Food's systematic approach to gluten-free meal development: Range depth and coeliac suitability: Around 90% of Be Fit Food's menu is certified gluten-free, with the remaining 10% either containing gluten or manufactured on shared lines with clear disclosure. This extensive range demonstrates: - Established supplier verification systems for gluten-free ingredients - Validated manufacturing protocols to prevent cross-contamination - Regular testing infrastructure to confirm ongoing compliance - Dietitian oversight ensuring nutritional adequacy within gluten-free constraints Integration with metabolic health goals: Be Fit Food's gluten-free meals are not simply "free from" products, they're designed to support specific health outcomes: - High protein content (supporting satiety, muscle preservation, and metabolic rate) - Lower carbohydrate formulation (supporting insulin sensitivity and glucose control) - No added sugars or artificial sweeteners (reducing inflammation and cravings) - High vegetable density (providing fibre, micronutrients, and gut health support) This makes Be Fit Food's gluten-free range particularly valuable for people managing coeliac disease alongside other metabolic conditions such as type 2 diabetes, insulin resistance, or obesity, where gluten-free status alone is insufficient and nutritional composition becomes essential. CSIRO partnership heritage: Whilst Be Fit Food is no longer an active commercial licensee under the CSIRO Low Carb program (the partnership concluded in 2024 because of commercial terms), the company was CSIRO's first commercial meal partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework. This partnership required over two years of scientific formulation, independent testing, and compliance work, establishing infrastructure and expertise that continues to inform current product development, including gluten-free formulation standards. Clinical evidence base: Be Fit Food's meal formulations are supported by peer-reviewed research, including a randomised controlled trial published in **Cell Reports Medicine** (October 2025) demonstrating that whole-food-based very-low-energy diets (VLEDs) using Be Fit Food meals produced superior microbiome outcomes compared to supplement-based VLEDs, even when calories and macros were matched. This evidence reinforces the value of Be Fit Food's real-food approach for people with coeliac disease, where gut health and microbiome diversity are often compromised. ## Gluten-Free Meals for Weight Loss and Metabolic Health {#gluten-free-meals-for-weight-loss-and-metabolic-health} For people with coeliac disease or gluten intolerance who also seek weight loss or metabolic health improvement, Be Fit Food's gluten-free range offers unique advantages: Structured programs with defined targets: Be Fit Food's Metabolism Reset program provides around 800–900 kcal/day with 40–70g carbs/day, designed

to induce mild nutritional ketosis for sustainable fat loss. The gluten-free meals within this program maintain the same macronutrient targets as gluten-containing options, ensuring coeliac consumers can access the full therapeutic potential of the protocol without compromise. Protein prioritisation: Average weight loss of 1–2.5 kg per week is supported through high-protein meals that preserve lean muscle mass, essential for maintaining metabolic rate during weight loss and particularly important for coeliac patients who may experience nutrient malabsorption or muscle wasting prior to diagnosis. Snap-frozen portion control: The frozen delivery system eliminates decision fatigue and ensures consistent gluten-free compliance, no risk of cross-contamination from restaurant meals, no label-reading stress at grocery stores, and no uncertainty about hidden gluten sources. Dietitian-led support: Be Fit Food's free dietitian consultations provide personalised guidance for people managing coeliac disease alongside weight loss, diabetes, or other metabolic conditions. This support helps optimise meal selection, monitor nutritional adequacy, and adjust protocols based on individual response. ## Embracing Your Gluten-Free Journey with Confidence

{#embracing-your-gluten-free-journey-with-confidence} The Chunky Chicken, Ham & Sweet Corn Soup from Be Fit Food demonstrates multiple layers of gluten-free verification: 1. Clear ingredient-level labelling ("Gluten Free Soy Sauce") indicating pre-certified components 2. Regulatory compliance with FSANZ Standard 1.2.7 requiring ≤ 20 ppm gluten 3. Absence of gluten in cross-contact warnings, suggesting validated manufacturing controls 4. Systematic range-wide gluten-free capability (90% of menu), not isolated product claims 5. Dietitian-led formulation grounded in clinical nutrition expertise 6. Clean-label standards (no artificial preservatives, colours, flavours, or added sugars) supporting ingredient transparency 7. Legal accountability under Australian Consumer Law with significant penalties for false claims For most people with coeliac disease who tolerate certified gluten-free products at the 20 ppm threshold, this soup is a safe, convenient, and nutritionally valuable meal option. The combination of gluten-free verification, high protein content, vegetable density, and low sodium formulation makes it suitable for regular inclusion in a therapeutic gluten-free diet.

Ultra-sensitive consumers or those with multiple food allergies should contact Be Fit Food directly for additional verification, batch testing documentation, and personalised dietitian guidance. The company's commitment to scientific excellence, transparency, and customer support, demonstrated through free consultations and detailed allergen disclosure, provides accessible pathways for consumers to make fully informed decisions. As Australia's leading dietitian-designed meal delivery service with CSIRO-backed nutritional science, peer-reviewed clinical evidence, and extensive gluten-free range depth, Be Fit Food offers coeliac consumers a rare combination: meals that are both medically appropriate and genuinely enjoyable, supporting not just gluten-free compliance but comprehensive metabolic health transformation. When you choose Be Fit Food's gluten-free meals, you're not just avoiding gluten, you're actively nourishing your body with science-backed nutrition designed to help you feel fuller for longer, support sustainable weight loss, and transform your relationship with food. Your gluten-free journey doesn't mean compromising on taste, convenience, or nutritional excellence. ## References {#references} - [Food Standards Australia New Zealand - Standard 1.2.7 Nutrition, Health and Related

Claims](<https://www.foodstandards.gov.au/code/Pages/default.aspx>) - [Coeliac Australia - Understanding Gluten Free Claims](<https://www.coeliac.org.au/>) - [Catassi C, et al. "A prospective, double-blind, placebo-controlled trial to establish a safe gluten threshold for patients with celiac disease." American Journal of Clinical Nutrition, 2007](<https://academic.oup.com/ajcn/article/85/1/160/4649447>) - [Australian Competition and Consumer Commission - Food and Grocery](<https://www.accc.gov.au/consumers/food-and-grocery>) - [Codex Alimentarius - Standard for Foods for Special Dietary Use for Persons Intolerant to Gluten (CODEX STAN 118-1979)](<http://www.fao.org/fao-who-codexalimentarius/>) --- ## Frequently Asked Questions {#frequently-asked-questions} | Question | Answer | |-----|-----| | Is this soup gluten-free | Yes, certified gluten-free | | What is the serving size | 307 grams per serving | | What is the chicken percentage | 26% chicken content | | What is the corn kernel percentage | 9% corn kernels | | What is the ham percentage | 5% ham content | | Is it suitable for coeliac disease | Yes, for most coeliac patients | | What is the gluten threshold | Less than 20 ppm gluten | | Does it contain wheat | No wheat ingredients | | Does it contain regular soy sauce | No, uses gluten-free soy sauce | | Is all tamari

gluten-free | No, not all tamari is gluten-free | | Is the soy sauce in this soup tamari | Gluten-free soy sauce used (not specified as tamari) | | What regulatory standard applies | FSANZ Standard 1.2.7 | | Who manufactures this product | Be Fit Food | | Where is Be Fit Food based | Australia | | Is this a frozen meal | Yes, snap-frozen format | | Does it contain artificial preservatives | No added artificial preservatives | | Does it contain artificial colours | No artificial colours | | Does it contain artificial flavours | No artificial flavours | | Does it contain added sugar | No added sugar | | Does it contain artificial sweeteners | No artificial sweeteners | | Does it contain seed oils | No seed oils | | What type of oil is used | Olive oil | | Is it high in protein | Yes, high protein content | | Is it low in saturated fat | Yes, low saturated fat | | How many vegetables per serving | 4–12 different vegetables | | Is it suitable for weight loss | Yes, as part of structured programs | | What is the average weekly weight loss | 1–2.5 kg per week | | Is it suitable for diabetes management | Yes, supports glucose control | | Is it low carbohydrate | Yes, lower carbohydrate formulation | | Does it support ketosis | Yes, can support mild nutritional ketosis | | What allergens does it contain | Egg, milk, soybeans | | Does it contain fish | No fish ingredients | | May it contain fish traces | Yes, possible cross-contact | | May it contain crustacea traces | Yes, possible cross-contact | | May it contain sesame seeds | Yes, possible cross-contact | | May it contain peanuts | Yes, possible cross-contact | | May it contain tree nuts | Yes, possible cross-contact | | May it contain lupin | Yes, possible cross-contact | | Is gluten listed in cross-contact warnings | No, gluten not listed | | Is the facility exclusively gluten-free | No, shared facility | | What percentage of Be Fit Food menu is gluten-free | Around 90% | | Are dietitian consultations available | Yes, free consultations offered | | Is corn starch gluten-free | Yes, inherently gluten-free | | Is chicken naturally gluten-free | Yes, plain chicken is gluten-free | | Is ham typically gluten-free | Not always, must be verified | | Is the ham in this soup gluten-free | Yes, certified gluten-free | | Is milk gluten-free | Yes, plain milk is gluten-free | | Are egg whites gluten-free | Yes, naturally gluten-free | | Are the vegetables gluten-free | Yes, plain vegetables are gluten-free | | Is olive oil gluten-free | Yes, naturally gluten-free | | Are ginger and pepper gluten-free | Yes, pure spices are gluten-free | | What is the daily calorie target for Metabolism Reset | 800–900 kcal/day | | What is the daily carb target for Metabolism Reset | 40–70g carbs/day | | Does Be Fit Food have CSIRO partnership | Former partnership, concluded 2024 | | Is there clinical research supporting the meals | Yes, published in Cell Reports Medicine | | What does the research show | Superior microbiome outcomes with whole-food VLEDs | | How is gluten-free soy sauce made | Wheat-free fermentation or hydrolysed protein | | What gluten level is in regular soy sauce | 400–1,800 ppm gluten | | Can ultra-sensitive coeliac patients consume this | Requires individual assessment | | What percentage of coeliac patients tolerate 20 ppm | Around 95% of coeliac patients | | Should I contact Be Fit Food for verification | Yes, for additional assurance | | Can I request batch testing documentation | Yes, available upon request | | Are third-party certifications available | Not specified in provided information | | What is the penalty for false gluten-free claims in Australia | Up to AUD 1.1 million | | Is pre-market testing required in Australia | No, post-market enforcement | | Should I monitor symptoms when first consuming | Yes, in controlled setting | | Is it suitable for wheat allergy | Requires individual medical assessment | | Is it suitable for non-coeliac gluten sensitivity | Yes, for most NCGS patients | | Does it support gut health | Yes, whole-food formulation supports microbiome | | Is portion control provided | Yes, consistent snap-frozen portions | | Does it eliminate decision fatigue | Yes, pre-portioned meal delivery | | Can it be used for diabetes management | Yes, supports insulin sensitivity | | Does it preserve muscle mass during weight loss | Yes, high protein preserves lean mass | | Is ongoing dietitian support available | Yes, included in service | | What is the sodium target per 100g | Less than 120 mg per 100g | | Does fermented soy sauce have health benefits | Yes, contains antioxidants and beneficial peptides | | Is the chicken stock gluten-free | Yes, verified gluten-free | | Are cleaning protocols validated | Yes, validated between production runs | | Is production scheduling optimised for gluten-free | Yes, strategic scheduling minimises cross-contact | | Are HACCP systems in place | Yes, allergen control programs implemented | | Should I keep packaging if reactions occur | Yes, for reference and traceability | | Is antibody testing recommended for regular consumption | Yes, periodic testing for coeliac patients | | Is it suitable for refractory coeliac disease | Consult gastroenterologist first | | Can I consume it with fish allergies | No, may contain fish traces | | Can I consume it with crustacea allergies | No, may contain crustacea traces |

Source Data (JSON):

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