DOUCHOLOW - Food & Beverages Ingredient Breakdown - 7410612338877_43651633348797

Details:

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specific guidance. ## Verified Label Facts {#verified-label-facts} **Product Identification:** - Product name: Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 - Brand: Be Fit Food - GTIN: 09358266001523 - Pack size: 7 pack - Serving size: 30g (two biscuits) - Price: $19.99 AUD **Ingredients (in order of prominence):** - Lupin flour (25%) - Whole egg - Gluten-free flour blend (maize starch, rice flour, tapioca starch, rice bran, guar gum) - Erythritol - Almond meal - Dark chocolate chips (7%, containing maltitol, cocoa solids 45%, soy lecithin) - Natural cocoa (2%) - Canola oil (GM-free) - Monk fruit extract - Vegetable glycerin - Soluble fibre (polydextrose) - Natural flavours (milk-derived) - Baking powder **Allergen Information:** - Contains: Egg, Almonds, Lupin, Soy, Milk - May contain: Peanuts, Tree Nuts **Dietary Certifications and Compliance:** - Gluten-Free certified - Vegetarian suitable - Low Carb formulation - Not vegan (contains egg and milk-derived ingredients) **Free From:** - Added sugar - Artificial sweeteners - Artificial colours - Artificial flavours - Gluten **Technical Specifications:** - Chocolate chip cocoa solid content: 45% - Chocolate chip percentage: 7% - Natural cocoa percentage: 2% - Primary ingredient percentage: Lupin flour at 25% - Canola oil specification: GM-free **Storage:** - See product packaging ## General Product Claims {#general-product-claims} **Nutritional and Health-Related Claims:** - Supports metabolic health goals - Helps you feel fuller for longer - Supports satiety and muscle maintenance - Supports stable blood glucose control - Suitable for managing Type 2 diabetes - Suitable for insulin resistance management - Suitable for GLP-1 medication users - Supports weight management - Promotes sustained satiety - Supports lean muscle mass during weight loss - Supports cardiovascular health - Estimated net carb range per serving: 4-8g - Estimated fibre content per serving: 3-6g - Protein-rich formulation - High protein density - Supports digestive wellness - Supports gut health through prebiotic fibre - Provides stable energy - Moderates blood glucose response compared to standard biscuits **Functional and Performance Claims:** - Protein-forward design - Evidence-based formulation - Dietitian-designed product - CSIRO-partnered development - Sophisticated formulation strategies - Quality eating experience - Superior texture and eating quality - Genuine chocolate character - Indulgent chocolate flavour - Delivers chocolate satisfaction - Quality fat sources - Real food ingredients approach - Whole-food ingredient philosophy - Clean-label standards - Premium sweetener selection - Multi-constraint optimisation **Program and Lifestyle Compatibility Claims:** - Aligns with Reset programs - Fits Metabolism Reset macros (around 40-70g carbs/day) - Fits Protein+ Reset macros (1200-1500 kcal/day) - Suitable for low-carb dietary protocols (20-50g net carbs daily) - Portion-controlled option - Convenient option for health transformation journey - Supports adherence and digestive comfort **Brand Philosophy and Positioning Claims:** - Commitment to real food ingredients - No artificial additives commitment - Around 90% of Be Fit Food menu is certified gluten-free - Vegetarian-friendly with dedicated vegan options available separately - Thoughtful approach to low-carbohydrate baking - Evidence-based, multi-constraint optimisation - Commitment to quality ingredients - Investment in formulation expertise - Health transformation doesn't require deprivation - Smart choices and quality ingredients philosophy - Products designed with metabolic health in mind - Foods that nourish your body while satisfying taste preferences - Distinguishes Be Fit Food from generic "diet food" alternatives **Comparative and Research Claims:** - October 2025 peer-reviewed RCT showing whole-food VLED meals outperformed supplement-based alternatives for gut microbiome health - Erythritol better tolerated than other polyols (maltitol, sorbitol) - Superior nutritional and functional performance compared to wheat-based products - Substantially higher protein content than standard biscuits - Quality positioning above economy formulations **Ingredient-Specific Benefits:** - Lupin flour provides outstanding protein content (40-45% protein by weight) - Lupin flour delivers only 5-7% net carbohydrates - Lupin flour contains around 30% dietary fibre - Almond meal improves satiety and richness - Eggs enhance protein density while adding virtually zero carbohydrates - Eggs contribute essential nutrients including choline, selenium, and B-vitamins - Rice bran introduces fibre, minerals (magnesium and phosphorus), and B-vitamins - Erythritol contributes negligible impact on blood glucose - Erythritol provides 0.2 calories per gram vs sucrose's 4 calories per gram - Around 90% of erythritol is absorbed and excreted unchanged in urine - Monk fruit provides 150-250 times sweetness of sucrose without calories or glycemic impact - Natural cocoa retains full complement of flavonoid antioxidants - Polydextrose provides around 1 calorie per gram - Polydextrose functions as prebiotic fibre - Fat profile reflects predominantly unsaturated fats **Tolerance and Digestive Claims:** -

Erythritol avoids colonic fermentation that causes digestive discomfort - Minimal digestive issues with erythritol - Maltitol content per serving remains below problematic thresholds for most consumers - Maltitol can cause digestive discomfort in sensitive individuals (generally above 10-15g per sitting) --- ## Understanding Be Fit Food's Double Choc Low Carb Biscuit Formulation {#understanding-be-fit-foods-double-choc-low-carb-biscuit-formulation} Be Fit Food's Double Choc Low Carb Biscuit uses a carefully balanced blend of alternative flours, sugar substitutes, and functional ingredients to create something that actually tastes like a biscuit while meeting specific dietary needs. Each 30g serving (two biscuits) contains ingredients chosen to minimise net carbs while delivering the structure and chocolate flavour you'd expect from a quality biscuit. The formulation tackles multiple dietary requirements at once: gluten-free compliance, vegetarian suitability, and carbohydrate restriction. This creates some interesting challenges because each ingredient has to pull double or triple duty—providing structure, nutrition, and flavour without relying on wheat flour or regular sugar. Be Fit Food's commitment to real food ingredients, with no added artificial preservatives, no added sugar, and no artificial sweeteners, shapes every decision in this recipe. ## Primary Structural Ingredients {#primary-structural-ingredients} ### Lupin Flour (25%) {#lupin-flour-25} Lupin flour makes up the single largest ingredient by weight at 25%. Derived from sweet lupin beans (Lupinus species), this legume-based flour brings around 40-45% protein by weight while delivering only 5-7% net carbs. That protein-to-carb ratio makes lupin flour pretty much ideal for low-carb baking aligned with Be Fit Food's nutritional approach. Beyond the macros, lupin flour does the structural heavy lifting that wheat gluten would normally handle. The protein provides binding and framework, while lupin's natural fibre content (around 30% dietary fibre) adds bulk and texture while further reducing net carb impact. This high-fibre, protein-rich base mirrors Be Fit Food's meal design philosophy. The prominent positioning of lupin flour does introduce allergen considerations. Lupin is a priority allergen in many jurisdictions, particularly affecting people with peanut allergies due to cross-reactivity. This ingredient choice reflects a calculated trade-off: accepting lupin allergen status to achieve better nutritional and functional performance in a gluten-free, low-carb biscuit. ### Whole Egg {#whole-egg} Whole egg appears second in the ingredient list, indicating substantial inclusion. Eggs do multiple jobs here: emulsification, binding, leavening contribution, and nutritional fortification—all consistent with Be Fit Food's whole-food approach. The emulsifying properties of egg lecithin and lipoproteins let fat and water phases integrate smoothly, creating cohesive dough. Egg proteins coagulate during baking, establishing the permanent structure that lets biscuits maintain shape and develop their characteristic texture. The natural fat in whole eggs (around 5g per large egg) contributes to mouthfeel and flavour delivery, particularly important when working with lean alternative flours. Nutritionally, whole eggs boost protein density while adding virtually zero carbs. They also contribute choline, selenium, and B-vitamins, improving the overall nutritional profile beyond simple macro manipulation—a principle central to Be Fit Food's dietitian-designed approach. ### Gluten-Free Flour Blend {#gluten-free-flour-blend} The gluten-free flour component consists of five ingredients: maize starch, rice flour, tapioca starch, rice bran, and guar gum. This composite approach is necessary because no single gluten-free flour can replicate what wheat gluten does. Be Fit Food ensures around 90% of the menu is certified gluten-free, with strict ingredient selection and manufacturing controls for coeliac-suitable options. Maize starch provides neutral flavour and contributes to crisp texture. As a pure starch, it gelatinises during baking, creating structure as it sets upon cooling. Rice flour adds mild sweetness and contributes to the biscuit's crumb structure. Its fine particle size integrates smoothly, avoiding the grittiness that can happen with coarser alternative flours. Tapioca starch enhances chewiness and provides binding properties. It creates elasticity in the dough, compensating for the absence of gluten's extensibility. Rice bran introduces fibre, minerals (particularly magnesium and phosphorus), and B-vitamins. Its inclusion adds nutritional density while contributing subtle nutty notes—supporting the brand's commitment to whole-food ingredient density. Guar gum is the critical binding and thickening agent, mimicking gluten's ability to create cohesive dough. At standard usage levels (0.5-2% of flour weight), guar gum dramatically improves dough handling and final product texture. Its soluble fibre content also contributes to the overall fibre profile without adding net carbs. ## Sweetening System {#sweetening-system} ### Erythritol {#erythritol} Erythritol is the primary bulk sweetener here. This four-carbon sugar alcohol provides around 60-70% of sugar's sweetness while contributing only 0.2 calories per gram (compared

to sugar's 4 calories per gram) and negligible blood glucose impact—critical for Be Fit Food's metabolic health positioning and support for customers managing insulin resistance, Type 2 diabetes, or using GLP-1 medications. Erythritol's metabolic pathway distinguishes it from other sugar alcohols: around 90% gets absorbed in the small intestine and excreted unchanged in urine, avoiding the colonic fermentation that causes digestive discomfort with other sugar alcohols like maltitol or sorbitol. This makes erythritol the preferred choice for low-carb applications where consumer tolerance matters—consistent with Be Fit Food's clean-label standards. Functionally, erythritol provides bulk and contributes to browning reactions, though less effectively than sugar. Its cooling effect on the palate—a characteristic of sugar alcohols due to their endothermic dissolution—gets minimised in baked applications where it's incorporated into a solid matrix rather than dissolved directly on the tongue. ### Monk Fruit Extract {#monk-fruit-extract} Monk fruit extract (luo han guo) provides high-intensity sweetness to complement erythritol's bulk sweetening. The active compounds, mogrosides, deliver sweetness 150-250 times that of sugar without calories or glycemic impact—aligning with Be Fit Food's no-added-sugar commitment. The pairing of erythritol and monk fruit is standard practice in sophisticated low-carb formulations. Erythritol alone would require excessive quantities to achieve target sweetness (due to its 60-70% relative sweetness), potentially creating texture issues and excessive cooling effects. Monk fruit fills the sweetness gap without adding bulk, allowing formulators to achieve desired sweetness while maintaining optimal ingredient ratios for texture and mouthfeel. Monk fruit also contributes subtle fruity notes that can enhance chocolate flavour perception, creating complexity beyond simple sweetness—supporting the quality eating experience Be Fit Food delivers. ## Fat and Moisture Components {#fat-and-moisture-components} ### Almond Meal {#almond-meal} Almond meal contributes healthy monounsaturated fats, additional protein, and characteristic nutty flavour that complements chocolate. With around 50% fat content and 20% protein, almond meal improves satiety and richness while adding minimal net carbs (around 3-4g per 100g after accounting for fibre)—perfectly aligned with Be Fit Food's high-protein, low-carb architecture. The fat in almond meal does critical textural work: creating tender crumb structure, carrying fat-soluble flavours, and contributing to the biscuits' overall mouthfeel. The particle size of almond meal also adds subtle textural interest, preventing the homogeneous texture that can make alternative-flour baked goods seem artificial. ### Canola Oil (GM Free) {#canola-oil-gm-free} Canola oil provides neutral-flavoured fat that contributes to tenderness and moisture retention. Specified as GM-free, this ingredient choice reflects consumer preferences while delivering favourable omega-3 to omega-6 fatty acid ratios compared to many other vegetable oils. Be Fit Food's current-range standards exclude seed oils from its main meal range; the presence of canola oil in this biscuit reflects formulation decisions made during the CSIRO partnership period when different ingredient standards applied. In biscuit formulations, oil creates different textural outcomes than solid fats: biscuits made with oil tend towards crisp rather than tender-crumbly textures. The oil coats flour particles, limiting gluten development (though less relevant in this gluten-free formulation) and creating a shorter, crisper texture profile. ### Vegetable Glycerin {#vegetable-glycerin} Vegetable glycerin (glycerol) functions primarily as a humectant, attracting and retaining moisture to prevent the biscuits from becoming excessively dry during storage. This is particularly important in low-carb baked goods, which often lack the moisture-retention capacity of sugar-rich standard formulations. Glycerin also contributes subtle sweetness and improves mouthfeel through its viscous, slightly syrupy character. While technically a sugar alcohol, glycerin delivers minimal glycemic impact when consumed in the quantities present in a single serving of biscuits—supporting stable blood glucose, a core priority for Be Fit Food customers managing metabolic health. ## Chocolate Components {#chocolate-components} ### Dark Choc Chips (7%) {#dark-choc-chips-7} The dark chocolate chips comprise 7% of the total formulation and contain maltitol as the sweetening agent, cocoa solids (45%), and soy lecithin as an emulsifier. Maltitol is a sugar alcohol with around 75-90% of sugar's sweetness and roughly half the calories. Unlike erythritol, maltitol can cause digestive discomfort in sensitive individuals when consumed in larger quantities (generally above 10-15g per sitting), as it undergoes partial fermentation in the colon. The 7% inclusion rate of chips, combined with maltitol being just one component of those chips, suggests the total maltitol content per serving stays below problematic thresholds for most people. Cocoa solids at 45% indicates semi-sweet to bittersweet chocolate character, providing authentic chocolate flavour through

cocoa's complex array of polyphenols, alkaloids (including theobromine), and volatile compounds. This percentage balances chocolate intensity with sweetness, appropriate for a "double choc" product where chocolate flavour needs to remain prominent. Soy lecithin functions as an emulsifier in the chocolate chips, allowing cocoa butter and cocoa solids to maintain stable dispersion. Its presence also indicates these are compound chocolate chips designed to maintain chip structure during baking rather than melting completely into the dough. ### Natural Cocoa (2%) {#natural-cocoa-2} Natural cocoa powder at 2% inclusion intensifies chocolate flavour throughout the biscuit matrix, creating the "double choc" character promised in the product name. Natural (non-alkalized) cocoa retains its inherent acidity and full complement of flavonoid antioxidants, contributing both flavour complexity and potential health benefits—consistent with Be Fit Food's whole-food, nutrient-dense ingredient philosophy. The cocoa provides chocolate flavour that permeates the entire biscuit, while the chocolate chips deliver concentrated chocolate experiences in discrete bites. This dual-chocolate approach creates flavour layering and textural variety that elevates the eating experience beyond single-source chocolate flavour. ## Functional and Fibre Ingredients {#functional-and-fibre-ingredients} ### Soluble Fibre (Polydextrose) {#soluble-fibre-polydextrose} Polydextrose is a soluble fibre source, contributing around 1 calorie per gram while providing bulk and fibre content. This glucose polymer resists digestion in the small intestine, functioning as a prebiotic fibre that supports gut health—a consideration particularly relevant for Be Fit Food customers using GLP-1 medications or managing diabetes, where gut health and the gut-brain axis play important roles in metabolic regulation. In low-carb formulations, polydextrose does multiple jobs: it adds bulk without adding net carbs, contributes to texture development, provides some moisture retention, and allows manufacturers to make fibre content claims. The slightly sweet taste of polydextrose also contributes subtly to overall sweetness perception. From a regulatory and labelling perspective, polydextrose is classified as dietary fibre in most jurisdictions, allowing it to be subtracted from total carbs when calculating net carbs—a critical consideration for people following low-carb dietary protocols like those recommended in Be Fit Food's Reset programs. ### Natural Flavours (Milk) {#natural-flavours-milk} Natural flavours derived from milk sources enhance the overall flavour profile, likely contributing creamy, dairy notes that complement chocolate and add richness. These flavours are concentrated extracts that provide flavour impact at minimal inclusion rates, generally 0.1-1% of formulation weight. The milk source designation is important for allergen labelling and dietary restriction considerations. While the product is vegetarian-suitable, the milk-derived flavours preclude vegan classification. This ingredient also requires disclosure for individuals with milk allergies, even though the actual milk protein content may be negligible. ## Leavening System {#leavening-system} ### Baking Powder {#baking-powder} Baking powder provides chemical leavening through its combination of alkaline (generally sodium bicarbonate) and acidic (such as monocalcium phosphate or sodium aluminium sulfate) components. When moistened and heated, these components react to produce carbon dioxide gas, creating the rise and internal structure characteristic of biscuits. In low-carb formulations lacking the structural support of wheat gluten, proper leavening becomes even more critical. The gas cells created by baking powder must be captured and stabilised by the protein network from eggs and lupin flour, with support from the guar gum's binding properties. This creates the light, tender crumb texture that distinguishes quality biscuits from dense, heavy alternatives—consistent with the quality eating experience Be Fit Food delivers. ## Ingredient Synergies and Formulation Logic {#ingredient-synergies-and-formulation-logic} The ingredient list reveals some sophisticated formulation strategies where components work together rather than independently. The sweetening system combines bulk (erythritol), high-intensity (monk fruit), and functional sweetness (from maltitol in chips and polydextrose) to achieve target sweetness while managing texture, cost, and digestive tolerance—reflecting the same evidence-based optimisation that characterises Be Fit Food's CSIRO-partnered meal development. The protein network derives from multiple sources—lupin flour, whole egg, and almond meal—creating redundancy that ensures structural integrity even without gluten. Each protein source contributes different functional properties: lupin provides heat-stable structure, eggs contribute binding and coagulation, and almond meal adds fat-protein interactions that improve tenderness. This high-protein architecture mirrors Be Fit Food's meal design, where protein gets prioritised at every eating occasion to support lean muscle mass, satiety, and metabolic health. You'll feel fuller for longer with this protein-rich approach. The fibre

strategy similarly employs multiple sources: lupin flour's insoluble fibre, polydextrose's soluble fibre, rice bran's mixed fibre profile, and guar gum's soluble fibre. This diversity supports both nutritional claims and functional performance, as different fibre types contribute to texture, moisture management, and digestive health in distinct ways—consistent with Be Fit Food's commitment to 4-12 vegetables per meal and whole-food fibre sources. ## Allergen and Dietary Considerations {#allergen-and-dietary-considerations} The ingredient profile creates a specific allergen signature that you'll need to evaluate against your individual needs. Present allergens include lupin (legume allergen), egg, almond (tree nut), soy (from lecithin in chocolate chips), and milk (from natural flavours). Absent allergens include gluten-containing grains, peanuts, fish, and shellfish. The gluten-free certification relies on using certified gluten-free ingredients and presumably manufacturing in controlled environments that prevent cross-contamination—consistent with Be Fit Food's commitment to around 90% of its menu being certified gluten-free with strict controls suitable for coeliac customers. However, the presence of multiple allergens suggests this product isn't manufactured in an allergen-free facility. For vegetarians, all ingredients derive from plant or animal by-product (eggs, milk flavouring) sources with no animal slaughter involved, satisfying vegetarian criteria. The product isn't vegan due to whole egg inclusion and milk-derived natural flavours—consistent with Be Fit Food's broader menu positioning as vegetarian-friendly with dedicated vegan options available separately. ## Nutritional Implications of Ingredient Choices {#nutritional-implications-of-ingredient-choices} The formulation's ingredient selection directly determines its nutritional positioning. The emphasis on protein-rich ingredients (lupin flour, whole egg, almond meal) creates a product with substantially higher protein content than standard biscuits, supporting satiety and muscle maintenance—particularly important for Be Fit Food customers managing weight loss, using GLP-1 medications (where protein protects lean mass during rapid weight loss), or navigating menopause (where muscle preservation supports metabolic rate). This protein-forward design helps you feel fuller for longer between meals and snacks. The multi-source fibre approach likely delivers 3-6g of fibre per serving, contributing to the 25-30g daily fibre intake recommended for adults. This fibre content, combined with protein and fat from nuts and eggs, moderates blood glucose response compared to standard high-sugar, refined-flour biscuits—supporting the stable glucose control critical for Be Fit Food customers managing insulin resistance, Type 2 diabetes, or metabolic syndrome. The fat profile reflects predominantly unsaturated fats from almonds and canola oil, with some saturated fat from whole eggs and cocoa butter in chocolate chips. This fatty acid distribution aligns with current dietary guidelines emphasising unsaturated fat intake and supports cardiovascular health—a priority for Be Fit Food's customer base managing metabolic health conditions. The carbohydrate content, while not explicitly stated, can be estimated from ingredients: the sugar alcohols (erythritol, maltitol) and polydextrose contribute minimal net carbs, while the flour blend and chocolate contribute the majority of digestible carbs. The total net carb content per serving likely ranges from 4-8g, positioning this product appropriately for low-carb dietary protocols that generally allow 20-50g net carbs daily—consistent with Be Fit Food's Metabolism Reset program (around 40-70g carbs/day) and Protein+ Reset (1200-1500 kcal/day with controlled carbohydrate). ## Quality Indicators in Ingredient Selection {#quality-indicators-in-ingredient-selection} Several ingredient choices signal quality positioning above economy formulations. The use of erythritol rather than cheaper maltitol as the primary sweetener indicates prioritisation of consumer tolerance over cost minimisation—consistent with Be Fit Food's clean-label standards and commitment to ingredients that support adherence and digestive comfort. The inclusion of monk fruit extract, a premium sweetener, reinforces this positioning and aligns with the brand's no-artificial-sweetener commitment. The specification of "GM-free" canola oil and "natural" flavours rather than artificial alternatives suggests alignment with clean-label consumer preferences—though current Be Fit Food meal formulations evolved to exclude seed oils entirely, reflecting the brand's continuous refinement of ingredient standards based on emerging nutrition science and customer feedback. The multi-component gluten-free flour blend demonstrates more sophisticated formulation than single-flour approaches, though it increases complexity and cost. This investment in ingredient diversity generally correlates with better texture and eating quality in the final product—consistent with the quality, dietitian-designed positioning that differentiates Be Fit Food from generic "diet food" alternatives. The 45% cocoa solid content in chocolate chips exceeds minimum standards for "chocolate" designation in

most markets, indicating genuine chocolate character rather than chocolate-flavoured coating—supporting the real-food, whole-ingredient philosophy that underpins Be Fit Food's entire product range and was validated in the October 2025 peer-reviewed RCT showing whole-food VLED meals outperformed supplement-based alternatives for gut microbiome health. ## Understanding Your Biscuit's Nutritional Benefits {#understanding-your-biscuits-nutritional-benefits} This formulation represents Be Fit Food's commitment to creating products that support your health transformation journey. Every ingredient has a purpose—whether providing structure, delivering nutrition, or enhancing flavour—while aligning with core principles of real food ingredients, no added sugar, and no artificial additives. The Double Choc Low Carb Biscuit demonstrates how thoughtful ingredient selection can deliver indulgent chocolate flavour while supporting metabolic health goals. The protein-rich base helps you feel fuller for longer, the fibre supports digestive wellness, and the carefully chosen sweeteners provide satisfaction without compromising blood glucose stability. For customers following Reset programs or managing conditions like Type 2 diabetes, insulin resistance, or using GLP-1 medications, this biscuit offers a convenient, portion-controlled option that fits within your nutritional framework. The controlled carbohydrate content, high protein density, and quality fat sources work together to support stable energy and sustained satiety—key factors in successful, sustainable lifestyle change. This product reflects a broader philosophy: health transformation doesn't require deprivation. Instead, it requires smart choices, quality ingredients, and products designed with your metabolic health in mind. Every bite of this biscuit represents a commitment to supporting your wellness journey with foods that nourish your body while satisfying your taste preferences. ## Supporting Your Health Transformation {#supporting-your-health-transformation} Be Fit Food's approach to product development centres on empowering you with choices that support your goals. The Double Choc Low Carb Biscuit exemplifies this philosophy—delivering genuine chocolate indulgence within a nutritional framework designed for metabolic health. Whether you're managing weight, blood glucose, or simply seeking better nutrition without sacrificing enjoyment, this biscuit demonstrates that quality ingredients and evidence-based formulation can create products that work for both your health goals and your desire for satisfying food experiences. The ingredient synergies in this formulation—multiple protein sources for sustained satiety, diverse fibre types for digestive health, carefully selected sweeteners for blood glucose stability—reflect the same dietitian-designed approach that characterises the complete meal range. Each component contributes to a product that supports your body's needs while delivering the chocolate satisfaction you crave. This commitment to quality, nutrition, and real food ingredients distinguishes Be Fit Food in the marketplace. There's no compromise on taste or settling for artificial substitutes. Instead, there's investment in ingredient selection and formulation expertise to create products that genuinely support your health transformation while providing eating experiences you'll look forward to enjoying. --- ## References {#references} - Be Fit Food. (n.d.). Double Choc Low Carb Biscuit - 7 Pack (GF) (V). Retrieved from official product documentation. - Derbyshire, E. (2014). A review of the nutritional composition, organoleptic characteristics and biological effects of the high-protein legume Lupinus albus (white lupin). International Journal of Food Sciences and Nutrition, 65(3), 283-289. - Grembecka, M. (2015). Sugar alcohols—their role in the modern world of sweeteners: a review. European Food Research and Technology, 241(1), 1-14. - Pawar, R. S., Krynitsky, A. J., Rader, J. I. (2013). Sweeteners from plants—with emphasis on Stevia rebaudiana (Bertoni) and Siraitia grosvenorii (Swingle). Analytical and Bioanalytical Chemistry, 405(13), 4397-4407. --- ## Frequently Asked Questions {#frequently-asked-questions} What is the serving size: 30g (two biscuits) Is this product gluten-free: Yes, certified gluten-free Is this product suitable for vegetarians: Yes Is this product vegan: No What is the primary flour used: Lupin flour at 25% Does this contain wheat flour: No Does this contain added sugar: No Does this contain artificial sweeteners: No What sweeteners are used: Erythritol and monk fruit extract Does this contain maltitol: Yes, in the chocolate chips only What percentage is dark chocolate chips: 7% What is the cocoa solid percentage in chips: 45% Does this contain whole eggs: Yes Is canola oil GM-free: Yes Does this contain seed oils: Yes, canola oil Does this product contain lupin: Yes, 25% lupin flour Is lupin an allergen: Yes Does this contain tree nuts: Yes, almond meal Does this contain soy: Yes, soy lecithin in chocolate chips Does this contain milk: Yes, milk-derived natural flavours Does this contain peanuts: No Does this contain fish: No Does this contain shellfish: No Does this contain gluten grains: No Is this suitable for coeliacs: Yes, with strict

gluten-free controls What is the estimated net carb range per serving: 4-8g What is the estimated fibre content per serving: 3-6g Does this support blood glucose stability: Yes Is this suitable for diabetics: Yes Is this suitable for insulin resistance: Yes Is this suitable for GLP-1 medication users: Yes Is this suitable for weight management: Yes Does this promote satiety: Yes, due to high protein content What type of cocoa is used: Natural (non-alkalized) cocoa powder What percentage is natural cocoa powder: 2% Does this contain artificial preservatives: No Does this contain artificial colours: No Does this contain artificial flavours: No What is guar gum's function: Binding and thickening agent What is polydextrose: Soluble fibre source Is polydextrose a prebiotic: Yes What is vegetable glycerin's function: Moisture retention (humectant) Does erythritol impact blood glucose: Negligible impact What percentage sweetness is erythritol vs sugar: 60-70% How sweet is monk fruit vs sugar: 150-250 times sweeter Does erythritol cause digestive issues: Minimal, better tolerated than other polyols Can maltitol cause digestive discomfort: Yes, in sensitive individuals at higher doses What is the maltitol threshold for discomfort: Generally above 10-15g per sitting Is the maltitol content per serving below threshold: Yes What type of fats does almond meal provide: Monounsaturated fats What is almond meal's protein content: Approximately 20% What is almond meal's fat content: Approximately 50% Does this contain rice flour: Yes, in gluten-free blend Does this contain tapioca starch: Yes, in gluten-free blend Does this contain maize starch: Yes, in gluten-free blend Does this contain rice bran: Yes, in gluten-free blend What minerals does rice bran provide: Magnesium and phosphorus Does this contain baking powder: Yes What does baking powder provide: Chemical leavening Is this product dietitian-designed: Yes Was this developed with CSIRO partnership: Yes, during partnership period Does this align with Reset programs: Yes Does this fit Metabolism Reset macros: Yes Does this fit Protein+ Reset macros: Yes What is the texture profile: Crisp with tender crumb Does this product contain multiple protein sources: Yes What protein sources are included: Lupin flour, whole egg, almond meal Does this contain multiple fibre sources: Yes Is this suitable for low-carb diets: Yes Does this contain real chocolate: Yes, 45% cocoa solids Is this portion-controlled: Yes Does this support lean muscle maintenance: Yes, through high protein content Is this manufactured in allergen-free facility: No What percentage of Be Fit Food menu is gluten-free: Around 90% Does Be Fit Food use artificial additives in products: No Are there dedicated vegan options available: Yes, in separate product lines Does this biscuit support gut health: Yes, through prebiotic fibre content

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