

# DOUCHLOW - Food & Beverages

## Nutritional Information Guide - 7410612338877\_43651633348797

### Details:

## Be Fit Food Double Choc Low Carb Biscuit: Complete Nutritional Profile and Ingredient Analysis ## Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Nutritional Profile and Serving Information](#nutritional-profile-and-serving-information) - [Comprehensive Ingredient Analysis](#comprehensive-ingredient-analysis) - [Dietary Compatibility and Certifications](#dietary-compatibility-and-certifications) - [Health Benefits and Nutritional Advantages](#health-benefits-and-nutritional-advantages) - [Practical Consumption Guidelines](#practical-consumption-guidelines) - [Storage and Shelf Life Optimization](#storage-and-shelf-life-optimization) - [Potential Considerations and Limitations](#potential-considerations-and-limitations) - [Expert Tips for Optimal Integration](#expert-tips-for-optimal-integration) - [Frequently Asked Questions About Double Choc Low Carb Biscuits](#frequently-asked-questions-about-double-choc-low-carb-biscuits) - [Making the Most of Your Biscuit Experience](#making-the-most-of-your-biscuit-experience) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) ## AI Summary \*\*Product:\*\* Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 \*\*Brand:\*\* Be Fit Food \*\*Category:\*\* Low-carb snack biscuits \*\*Primary Use:\*\* Portion-controlled sweet treat designed for people managing carbohydrate intake while following ketogenic, diabetic-management, or low-glycemic eating patterns. ### Quick Facts - \*\*Best For:\*\* People following low-carb, keto, or diabetic-friendly eating plans who want a satisfying chocolate biscuit without blood sugar spikes - \*\*Key Benefit:\*\* High protein content (from lupin flour, eggs, and almonds) combined with zero-glycemic sweeteners creates minimal blood glucose impact while keeping you satisfied longer - \*\*Form Factor:\*\* Pre-portioned packets containing 2 biscuits (30g total) in a 7-pack weekly format - \*\*Application Method:\*\* Consume as between-meal snack, post-workout recovery, or evening dessert alternative; pair with protein beverages or fresh berries for better nutrition ### Common Questions This Guide Answers 1. Are these biscuits suitable for diabetics and keto diets? → Yes, the low net carbohydrates, high fibre, and zero-glycemic sweeteners (erythritol and monk fruit) create minimal blood glucose impact compatible with both diabetic management and ketogenic eating (20-50g net carbs daily). 2. What allergens should I be aware of? → Contains lupin (20-40% cross-reactivity with peanut allergies), eggs, almonds, soy, and milk; manufactured in facility that may process other tree nuts and peanuts. 3. Will these biscuits cause digestive discomfort? → Most people tolerate them well; erythritol gets absorbed in the small intestine with minimal effects, while maltitol in chocolate chips may cause sensitivity in some people when consumed beyond 20-30g daily. --- ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 | | Brand | Be Fit Food | | Price | \$19.99 AUD | | Pack size | 7 servings (7-pack) | | Serving size | 30g (2 biscuits per serve) | | GTIN | 09358266001523 | | Availability | In Stock | | Diet | Low Carb, Gluten-Free (GF), Vegetarian (V) | | Main ingredients | Lupin flour (25%), whole egg, gluten-free flour blend, erythritol, almond meal, dark choc chips (7%, 45% cocoa solids) | | Sweeteners | Erythritol, monk fruit extract, maltitol (in chocolate chips) | | Allergens | Contains: Egg, Almonds, Lupin, Soy, Milk. May contain: Peanuts, Tree Nuts | | Key features | Source of protein, Low in sodium, No added sugar or artificial sweetener, No artificial colours and flavours | | Storage | Store in cool, dry place (15-20°C). Refrigerate or freeze for extended storage | | Country | Australia | --- ## 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: Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 - Brand: Be Fit Food - Price: \$19.99 AUD - Pack size: 7 servings (7-pack) - Serving size: 30g (2 biscuits per serve) - GTIN: 09358266001523 - Availability: In Stock - Diet classifications: Low Carb, Gluten-Free (GF), Vegetarian (V) - Main ingredients: Lupin flour (25%), whole egg, gluten-free flour blend, erythritol, almond meal, dark choc chips (7%, 45% cocoa solids) - Gluten-free flour blend components: Maize starch, rice flour, tapioca starch, rice bran, guar gum - Sweeteners: Erythritol, monk fruit extract, maltitol (in chocolate chips) - Additional ingredients: Vegetable glycerin, soluble fibre (polydextrose), canola oil (GM-free), natural cocoa (2%), natural flavours (milk), baking powder - Allergens - Contains: Egg, Almonds, Lupin, Soy, Milk - Allergens - May contain: Peanuts, Tree Nuts - Key features: Source of protein, Low in sodium, No added sugar or artificial sweetener, No artificial colours and flavours - Storage instructions: Store in cool, dry place (15-20°C). Refrigerate or freeze for extended storage - Country of origin: Australia - Certifications: Gluten-Free (GF), Vegetarian (V) - Chocolate chip cocoa solids: 45% - Chocolate chip percentage: 7% of recipe - Lupin flour percentage: 25% of recipe - Natural cocoa percentage: 2% of recipe ### General Product Claims {#general-product-claims} - Carefully crafted nutritional profile for managing carbohydrate intake - Balances nutrients differently from regular biscuits - Supports health goals including ketogenic, diabetic-management, or low-glycemic eating patterns - Removes guesswork through portion-controlled servings - Lupin flour delivers around 40% protein by weight and contains all nine essential amino acids - Nutritionally better than refined wheat flour - Whole eggs add complete protein and essential nutrients including choline, selenium, and B-vitamins - Almond meal brings heart-healthy monounsaturated fats, vitamin E, and magnesium - Zero-calorie, zero-glycemic-impact sweeteners that don't trigger insulin response - Erythritol provides 70% of sugar's sweetness with 0.24 calories per gram - Absorbed in small intestine before reaching colon, reducing digestive discomfort - Monk fruit extract contains mogrosides 150-200 times sweeter than sugar - Maltitol carries glycemic index of 35 (compared to sugar's 60-65) - Delivers antioxidant flavonoids while keeping low-carb profile - Maltitol may cause digestive sensitivity in amounts exceeding 10-15 grams daily - Lupin flour shows prebiotic effects in clinical research - High protein content helps you feel fuller longer and supports stable blood glucose levels - Supports gut health through resistant starch - Rice bran brings B-vitamins, minerals, and gamma-oryzanol with cholesterol-lowering properties - Guar gum slows gastric emptying and supports glycemic control - Almonds show cardiovascular benefits in multiple clinical trials - Regular almond consumption linked to improved lipid profiles and reduced inflammation markers - Dark chocolate delivers flavonoids with antioxidant and anti-inflammatory properties - Cocoa flavonoids support endothelial function, improve insulin sensitivity, and may enhance cognitive performance - Polydextrose helps you feel fuller longer and supports beneficial gut bacteria - Reduces post-meal glucose and insulin responses - Canola oil offers favourable fatty acid profile with lowest saturated fat content among common cooking oils - Natural cocoa retains higher levels of beneficial flavonoids compared to Dutch-processed cocoa - Monk fruit generally recognised as safe (GRAS) by regulatory authorities - Doesn't show bitter aftertaste sometimes linked with stevia - Suitable for coeliac disease management - Around 90% of Be Fit Food's meal menu is certified gluten-free - Suitable for lacto-ovo vegetarian diets - Aligns with low-carb eating approaches similar to CSIRO Low Carb Diet framework - Lupin shows 20-40% cross-reactivity with peanut allergies - Minimal glycemic response supports blood glucose management - Fibre and protein slow gastric emptying and carbohydrate absorption - Prevents rapid blood glucose spikes linked with regular biscuits - Improved postprandial glucose control when substituted for high-glycemic alternatives - Protein activates satiety hormones including peptide YY (PYY) and glucagon-like peptide-1 (GLP-1) - Protein requires more energy to digest (thermic effect of food) - High-protein, high-fibre snacks reduce subsequent calorie intake at meals by 10-15% - Fatty acid profile emphasises unsaturated fats over saturated fats - Monounsaturated fats show LDL cholesterol reduction without decreasing HDL cholesterol - Dark chocolate flavonoids support endothelial function - Regular cocoa flavonoid consumption shows improvements in flow-mediated dilation - Provides meaningful quantities of essential nutrients unlike refined-flour biscuits - Vitamin E protects cell membranes from oxidative damage - Magnesium supports over 300 enzymatic reactions - B-vitamins facilitate energy production from macronutrients - Prebiotic fibres reach colon where beneficial bacteria ferment them into short-chain fatty acids (SCFAs) - SCFAs support intestinal barrier integrity and show anti-inflammatory

properties - Regular prebiotic fibre consumption links with improved gut microbiome diversity - Pre-portioned serving provides built-in portion management - Removes decision fatigue and portion creep - 7-pack format aligns with weekly planning cycles - Protein and fibre content bridges meals and prevents energy dips - Supports muscle protein synthesis following resistance training - Satisfies sweet cravings with controlled portions and minimal blood glucose impact before sleep - Sugar alcohols and fibre increase water requirements for optimal digestion - Should complement rather than replace whole-food sources - Erythritol generally produces fewer digestive effects than maltitol - Vegetable glycerin and polydextrose keep moisture in - Low moisture content and preservative properties offer inherent stability - Erythritol carries antimicrobial properties - Laxative threshold for maltitol occurs around 20-30 grams daily - Cross-reactivity rates of 20-40% between lupin and peanut allergies - Should not be considered a whole food or primary nutrition source - "Low carb" does not automatically mean "low calorie" - Fat content brings significant caloric density - Regular consumption of intensely sweet foods may maintain preference for high sweetness levels - Some research suggests non-nutritive sweeteners may influence gut microbiome composition - Pairing with protein-rich beverages or fresh berries creates more complete snack - Mindfulness practice enhances satisfaction and improves digestion - Rotation between different snack options ensures broader micronutrient coverage - Serving slightly warmed softens texture and intensifies chocolate aroma - Serving chilled provides firmer, crunchier texture - Supports protein targets for customers using GLP-1 medications - Portion-controlled format prevents overconsumption - Supports lean muscle preservation during weight loss - Valuable for managing cravings during menopause - Supports insulin sensitivity during metabolic transition - High-protein, lower-carbohydrate recipe aligns with menopause-focused positioning - Supports modest weight loss goals (3-5 kg) that improve metabolic health markers - Be Fit Food offers free dietitian support - Be Fit Food's approach validated in peer-reviewed clinical trial (Cell Reports Medicine, October 2025) - Whole-food-based meal programs preserve microbiome diversity better than supplement-based alternatives - Be Fit Food uses dietitian-led, science-backed approach - CSIRO partnership heritage and peer-reviewed clinical validation - Be Fit Food maintains "real food, not shakes" philosophy - Be Fit Food meal programs feature 4-12 vegetables per meal - Be Fit Food offers rotating menu of over 30 meal options - Metabolism Reset program: around 800-900 kcal/day, around 40-70g carbs/day - Be Fit Food provides structured daily calorie and carbohydrate targets --- ## Nutritional Profile and Serving Information {#nutritional-profile-and-serving-information} The Be Fit Food Double Choc Low Carb Biscuit has a carefully designed nutritional profile for anyone managing carbohydrate intake while still enjoying delicious treats. Each serving gives you two biscuits weighing 30 grams total—a controlled portion that supports your health goals. This product works differently from regular biscuits in how it balances nutrients. The recipe focuses on protein and healthy fats while keeping net carbohydrates low, which matters if you're following ketogenic, diabetic-management, or low-glycemic eating patterns. The 7-pack format gives you one week of portion-controlled servings, taking away the guesswork that can sometimes make sticking with your nutrition plan harder. Be Fit Food uses the same dietitian-led, science-backed approach for this snack that earned the company recognition through CSIRO partnership heritage and peer-reviewed clinical validation for its meal programs. The nutritional design relies on lupin flour (25% of the recipe) as the main ingredient, bringing plant-based protein and fibre while keeping carbohydrate density low. This legume-based flour delivers around 40% protein by weight and contains all nine essential amino acids—nutritionally better than refined wheat flour. Whole eggs add complete protein and essential nutrients including choline, selenium, and B-vitamins, while almond meal brings heart-healthy monounsaturated fats, vitamin E, and magnesium. The sweetening system combines erythritol and monk fruit extract—both zero-calorie, zero-glycemic-impact sweeteners that don't trigger insulin response. Erythritol, a sugar alcohol found naturally in fruits, gives you 70% of sugar's sweetness with 0.24 calories per gram (compared to sugar's 4 calories per gram) and gets absorbed in the small intestine before reaching the colon, which reduces the digestive discomfort sometimes linked with other sugar alcohols. Monk fruit extract contains mogrosides—compounds 150-200 times sweeter than sugar—so small amounts create the right sweetness without adding calories or affecting blood glucose. The dark chocolate chips contain maltitol as a sweetener with 45% cocoa solids, delivering antioxidant flavonoids while keeping the low-carb profile. Maltitol has a glycemic index of 35 (compared to sugar's 60-65), about 75% of sugar's

sweetness with 2.1 calories per gram. If you're new to sugar alcohols, maltitol may cause digestive sensitivity in amounts exceeding 10-15 grams daily. ## Comprehensive Ingredient Analysis {#comprehensive-ingredient-analysis} Understanding what each ingredient brings helps you make informed decisions about how this product fits within your eating plan. Be Fit Food's commitment to real food ingredients—reflected in the company's "no added sugar or artificial sweeteners" standard across current meal ranges—extends to this biscuit recipe through naturally derived sweetening systems. Lupin Flour (25%) forms the foundation, delivering substantial protein (around 40g per 100g flour), dietary fibre (around 30g per 100g), and resistant starch that supports gut health. Lupin is naturally low in carbohydrates and shows prebiotic effects in clinical research. The high protein content helps you feel fuller longer and supports stable blood glucose levels after eating. This aligns with Be Fit Food's high-protein positioning—essential for protecting lean muscle mass during weight loss, particularly for customers using GLP-1 medications or managing metabolic transitions during menopause. Whole Egg brings complete protein with optimal amino acid ratios for human nutrition. Eggs deliver choline (essential for liver function and neurotransmitter synthesis), lutein and zeaxanthin (carotenoids supporting eye health), and vitamin D. Using whole eggs rather than egg whites preserves the nutrient density concentrated in the yolk. Gluten-Free Flour Blend combines maize starch, rice flour, tapioca starch, rice bran, and guar gum to create structure without gluten proteins. Rice bran brings B-vitamins, minerals, and gamma-oryzanol—a compound with cholesterol-lowering properties. Guar gum works as a binding agent and soluble fibre source, slowing gastric emptying and supporting glycemic control. The gluten-free recipe reflects Be Fit Food's commitment to accessibility—around 90% of the company's meal menu is certified gluten-free, with strict ingredient selection and manufacturing controls suitable for coeliac disease management. Almond Meal delivers monounsaturated fatty acids (mainly oleic acid), vitamin E (alpha-tocopherol), magnesium, and extra protein. Almonds show cardiovascular benefits in multiple clinical trials, with regular consumption linked to improved lipid profiles and reduced inflammation markers. Dark Chocolate Chips (7%) with 45% cocoa solids deliver flavonoids including epicatechin and catechin—polyphenolic compounds with antioxidant and anti-inflammatory properties. Research shows cocoa flavonoids support endothelial function, improve insulin sensitivity, and may enhance cognitive performance. The 7% inclusion creates flavour impact while controlling total maltitol exposure. Vegetable Glycerin, a sugar alcohol from plant oils, keeps moisture in and contributes to texture and shelf stability. It has a low glycemic index (3) and minimal impact on blood sugar, though it does contribute around 4 calories per gram. Soluble Fibre (Polydextrose) is a synthetic polymer of glucose that resists digestion in the small intestine, working as soluble fibre. Polydextrose helps you feel fuller longer, supports beneficial gut bacteria, and has minimal caloric value (1 calorie per gram). Clinical studies show it reduces post-meal glucose and insulin responses when consumed with carbohydrate-containing foods. This fibre component supports the gut-health benefits documented in Be Fit Food's peer-reviewed clinical trial (Cell Reports Medicine, October 2025), which showed that whole-food-based very-low-energy diets preserve microbiome diversity better than supplement-based alternatives. Canola Oil (GM-Free) delivers omega-3 alpha-linolenic acid (ALA) and monounsaturated fats. Non-GMO specification addresses consumer preferences for conventionally bred crops. Canola oil has a favourable fatty acid profile with the lowest saturated fat content among common cooking oils. Be Fit Food's current meal ranges exclude seed oils, though this biscuit recipe uses GM-free canola oil for its functional and nutritional properties. Natural Cocoa (2%), unsweetened cocoa powder, brings intense chocolate flavour, additional flavonoids, and minerals including iron, magnesium, and zinc. The natural (non-alkalized) form retains higher levels of beneficial flavonoids compared to Dutch-processed cocoa. Natural Flavours (Milk) from milk sources enhance taste perception without significant nutritional contribution. The milk derivation matters for people with dairy sensitivities. Monk Fruit Extract creates high-intensity sweetness from mogrosides without calories or glycemic impact. Unlike artificial sweeteners, monk fruit is generally recognised as safe (GRAS) by regulatory authorities and doesn't have the bitter aftertaste sometimes linked with stevia. This natural sweetener aligns with Be Fit Food's clean-label philosophy. Baking Powder is a leavening agent combining sodium bicarbonate with acidifying agents, creating carbon dioxide during baking to give texture and rise. ## Dietary Compatibility and Certifications {#dietary-compatibility-and-certifications} The product has two clear dietary certifications: Gluten-Free (GF) and Vegetarian (V), each with specific implications for target

consumers. Gluten-Free Certification means the product contains no wheat, barley, rye, or their derivatives, making it suitable for people with coeliac disease, non-coeliac gluten sensitivity, or wheat allergy. The gluten-free flour blend replaces wheat flour while keeping structural integrity. Consumers with coeliac disease should verify that the manufacturer follows strict protocols preventing cross-contamination during production, as trace gluten exposure can trigger immune responses in highly sensitive people. Be Fit Food's expertise in gluten-free recipes—with around 90% of the meal menu certified gluten-free using strict ingredient selection and manufacturing controls—gives confidence in this product's suitability for coeliac management. Vegetarian Status means the recipe contains no meat, poultry, fish, or slaughter byproducts, qualifying as lacto-ovo vegetarian. The inclusion of whole eggs and milk-derived natural flavours means the product is not vegan. Vegetarians seeking plant-based protein sources will find the lupin flour and almond meal contributions valuable, though those following vegan protocols should seek alternative products. Low-Carbohydrate Framework: While not formally certified as "keto" or "diabetic-friendly," the recipe's carbohydrate management strategy aligns with low-carb eating approaches similar to the CSIRO Low Carb Diet framework that Be Fit Food pioneered in the ready-made meal category. The net carbohydrate calculation (total carbohydrates minus fibre and sugar alcohols) determines metabolic impact. Erythritol and polydextrose get subtracted from total carbs as they don't significantly affect blood glucose, while maltitol's glycemic impact should be considered at around 50% of its gram weight. Allergen Considerations: The ingredient list reveals several notable allergens requiring consumer awareness. Lupin is a legume allergen increasingly recognised in food regulations. People with peanut allergies show cross-reactivity with lupin in 20-40% of cases, making this critical for those with legume sensitivities. Egg is one of the eight major allergens, present as whole egg throughout the recipe. Tree Nuts (Almonds)—almond meal makes up a significant ingredient proportion, making this product unsuitable for tree nut allergies. Soy is present in dark chocolate chips as soy lecithin, an emulsifier. While highly refined lecithin contains minimal soy protein, people with severe soy allergies should exercise caution. Milk is declared in natural flavours, indicating dairy-derived components. Cross-contamination potential exists in facilities processing multiple products. Consumers with severe allergies should contact Be Fit Food directly to understand production protocols and shared equipment usage. ## Health Benefits and Nutritional Advantages {#health-benefits-and-nutritional-advantages} The Double Choc Low Carb Biscuit offers several evidence-based nutritional benefits when consumed as part of a balanced eating pattern, particularly for people following the structured nutrition approach that Be Fit Food champions. Blood Glucose Management: The combination of low net carbohydrates, high fibre content, and protein creates a minimal glycemic response. Fibre and protein slow gastric emptying and carbohydrate absorption, preventing the rapid blood glucose spikes linked with regular biscuits. The zero-glycemic sweeteners (erythritol and monk fruit) don't trigger insulin secretion, making this product compatible with insulin-management strategies for type 2 diabetes. Research on low-glycemic snacks shows improved postprandial glucose control and reduced haemoglobin A1c levels when substituted for high-glycemic alternatives. This blood-glucose-friendly profile supports Be Fit Food's positioning for customers managing diabetes medications and those seeking to improve insulin sensitivity during metabolic transitions like menopause. Satiety and Appetite Regulation: The protein content from lupin flour, eggs, and almond meal activates satiety hormones including peptide YY (PYY) and glucagon-like peptide-1 (GLP-1), which signal fullness to the brain and slow gastric emptying. Protein requires more energy to digest than carbohydrates (thermic effect of food), contributing to overall energy expenditure. The soluble fibre from polydextrose and guar gum forms viscous solutions in the digestive tract, mechanically promoting fullness and delaying hunger signals. Studies show high-protein, high-fibre snacks reduce subsequent calorie intake at meals by 10-15% compared to low-protein, low-fibre alternatives. This satiety support is particularly valuable for customers using GLP-1 medications, where appetite is already suppressed but adequate protein and nutrient intake remains critical for protecting lean muscle mass. Cardiovascular Support: The fatty acid profile emphasises unsaturated fats from almonds and canola oil rather than saturated fats. Monounsaturated fats show LDL cholesterol reduction without decreasing HDL cholesterol in controlled trials. The dark chocolate flavonoids support endothelial function—the ability of blood vessels to dilate appropriately—with regular cocoa flavonoid consumption showing measurable improvements in

flow-mediated dilation, a marker of cardiovascular health. These cardiovascular benefits align with Be Fit Food's focus on metabolic health improvement, particularly relevant for women navigating perimenopause and menopause when cardiovascular risk increases.

**Micronutrient Density:** Unlike refined-flour biscuits that deliver mainly empty calories, this recipe provides meaningful quantities of essential nutrients. Vitamin E from almonds works as a fat-soluble antioxidant protecting cell membranes from oxidative damage. Magnesium from almond meal and cocoa supports over 300 enzymatic reactions including energy metabolism, protein synthesis, and muscle function. B-vitamins from eggs and rice bran facilitate energy production from macronutrients. These micronutrients contribute to overall nutritional adequacy, particularly valuable when calorie intake is restricted for weight management—a core principle in Be Fit Food's Reset programs, which offer structured daily calorie and carbohydrate targets (Metabolism Reset: around 800–900 kcal/day, around 40–70g carbs/day).

**Gut Health Promotion:** The prebiotic fibres (polydextrose and resistant starch from lupin) resist digestion in the small intestine, reaching the colon where beneficial bacteria ferment them into short-chain fatty acids (SCFAs). SCFAs, particularly butyrate, work as the primary energy source for colonocytes, support intestinal barrier integrity, and have anti-inflammatory properties. Regular prebiotic fibre consumption links with improved gut microbiome diversity and enhanced immune function. This gut-health benefit is directly supported by Be Fit Food's peer-reviewed clinical trial published in *Cell Reports Medicine* (October 2025), which showed that whole-food-based meal programs preserve microbiome diversity significantly better than supplement-based alternatives—reinforcing the company's "real food, not shakes" philosophy.

**## Practical Consumption Guidelines** {#practical-consumption-guidelines} Getting the most from this product in your daily nutrition requires understanding the right serving contexts, timing, and frequency—principles that align with Be Fit Food's dietitian-led approach to structured meal planning.

**Portion Control:** The pre-portioned 30-gram serving (two biscuits) gives you built-in portion management, removing the decision fatigue and portion creep common with bulk snack foods. This standardisation supports consistent carbohydrate and calorie tracking for people following structured meal plans. The 7-pack format aligns with weekly planning cycles, making routine easier—similar to the 7/14/28-day program architecture used in Be Fit Food's Reset meal programs.

**Timing Strategies:** The macronutrient composition makes this product versatile across eating occasions. As a mid-morning or mid-afternoon snack, the protein and fibre content bridges meals, preventing energy dips and reducing the chance of impulsive high-carbohydrate choices. This timing strategy supports the between-meal satiety that Be Fit Food emphasises in its snack product range. For post-workout recovery, while not created as a sports nutrition product, the protein content supports muscle protein synthesis following resistance training, and the carbohydrate content (though low) offers some glycogen replenishment for moderate-intensity exercise. As an evening dessert alternative, it satisfies sweet cravings with controlled portions and minimal blood glucose impact before sleep, when insulin sensitivity is lower. This application is particularly valuable for customers following Be Fit Food's Metabolism Reset protocol, which requires structure across all eating occasions.

**Hydration Considerations:** Sugar alcohols and fibre increase water requirements for optimal digestion. Consuming adequate fluids (around 250-500ml water) with or shortly after eating helps prevent the mild osmotic effect that can occur with concentrated fibre and sugar alcohol intake.

**Frequency Recommendations:** While nutritionally balanced for a snack food, this product should complement rather than replace whole-food sources of protein, healthy fats, and fibre. Daily consumption works with most eating patterns, but nutritional variety remains important for comprehensive micronutrient intake. People following very low-carbohydrate ketogenic diets should account for all carbohydrate sources, including the maltitol in chocolate chips, within their daily limits (usually 20-50 grams net carbs). Customers following Be Fit Food's structured Reset programs should integrate this snack within their prescribed daily calorie and carbohydrate targets.

**Individual Tolerance:** First-time consumers of products containing sugar alcohols should monitor digestive response. Starting with half a serving allows assessment of individual tolerance before consuming full portions. Symptoms of sugar alcohol sensitivity include bloating, gas, or loose stools, usually dose-dependent and occurring within 2-6 hours of consumption. Erythritol generally produces fewer digestive effects than maltitol because it gets absorbed in the small intestine. Customers using GLP-1 medications or diabetes medications may experience altered digestive responses and should monitor tolerance carefully,

consulting with Be Fit Food's free dietitian support if needed. ## Storage and Shelf Life Optimization {#storage-and-shelf-life-optimization} Proper storage keeps product quality, texture, and nutritional integrity throughout the consumption period—important for customers purchasing in the 7-pack weekly format. Storage Conditions: Store unopened packages in a cool, dry location away from direct sunlight and heat sources. Optimal storage temperature ranges from 15-20°C. Higher temperatures can cause chocolate chips to soften or bloom (surface whitening from fat crystallisation), while excessive humidity may affect texture through moisture absorption. Avoid storage near strong-smelling foods, as the porous nature of baked goods can absorb odours. Post-Opening Handling: Once you open a serving packet, consume within 24-48 hours for optimal texture. The vegetable glycerin and polydextrose keep moisture in, but exposure to air gradually affects crispness. If not consuming immediately after opening, reseal using a clip or transfer to an airtight container. Extended Preservation: For longer-term storage or bulk purchasing, refrigeration extends shelf life by slowing oxidative processes affecting fats and reducing moisture migration. Allow refrigerated biscuits to return to room temperature before consuming for optimal texture and flavour release. Freezing works for extended storage (up to 3 months), with individual serving packets frozen separately for convenient single-serve retrieval. Thaw at room temperature for 30-60 minutes before consumption. Quality Indicators: Monitor for signs of degradation including off-odours (rancidity from fat oxidation), unusual texture changes (excessive hardness or sogginess), or visible mould growth. The low moisture content and preservative properties of certain ingredients (erythritol has antimicrobial properties) offer inherent stability, but proper storage practices ensure quality maintenance. ## Potential Considerations and Limitations {#potential-considerations-and-limitations} Informed consumption requires awareness of potential sensitivities, limitations, and contexts where this product may not be optimal—transparency that reflects Be Fit Food's dietitian-led, evidence-based approach to nutrition. Sugar Alcohol Effects: While erythritol is generally well-tolerated, maltitol in the chocolate chips can cause digestive discomfort in sensitive people or when consumed in quantities exceeding personal tolerance thresholds. The laxative threshold for maltitol varies individually but occurs around 20-30 grams daily. With dark chocolate chips making up 7% of the 30-gram serving (around 2.1 grams), and maltitol being one ingredient among several in those chips, the maltitol content per serving is relatively modest but should be considered alongside other sugar alcohol sources in the daily diet. Allergen Cross-Reactivity: The presence of lupin poses specific concerns for people with peanut allergies because of protein structure similarities. Cross-reactivity rates of 20-40% mean that a significant minority of peanut-allergic people may react to lupin. Anyone with legume allergies should consult an allergist before consuming lupin-containing products. Similarly, the combination of multiple allergens (egg, tree nuts, soy, milk) makes this product unsuitable for people managing multiple food sensitivities. Customers with severe allergies should contact Be Fit Food directly to understand production protocols and shared equipment usage. Nutritional Context: While nutritionally better than regular biscuits, this product should not be considered a whole food or primary nutrition source. The processing involved in creating gluten-free flour blends, isolating sweeteners, and creating the product means it lacks the complete nutritional matrix of minimally processed foods like vegetables, fruits, whole grains, and unprocessed proteins. It works best as a component of a varied diet emphasising whole foods—the foundation of Be Fit Food's meal programs, which feature 4–12 vegetables per meal and prioritise nutrient density. Caloric Awareness: "Low carb" doesn't automatically mean "low calorie." The fat content from almonds, eggs, and canola oil brings significant caloric density. People managing weight should account for total caloric intake, as excessive consumption of any food—regardless of macronutrient composition—can slow weight loss progress. The portion-controlled format helps with this awareness, but mindful consumption remains important. Customers following Be Fit Food's structured Reset programs should integrate this snack within their prescribed daily energy targets to maintain program integrity and achieve desired outcomes. Sweetener Adaptation: Regular consumption of intensely sweet foods, even those sweetened with zero-calorie alternatives, may maintain preference for high sweetness levels and potentially interfere with appreciation of naturally sweet whole foods like fruits. Some research suggests artificial and non-nutritive sweeteners may influence gut microbiome composition, though evidence remains preliminary and effects appear highly individual. ## Expert Tips for Optimal Integration {#expert-tips-for-optimal-integration} Getting the most nutritional value and satisfaction from this

product involves strategic integration within broader eating patterns—an approach consistent with Be Fit Food's dietitian-led philosophy and free dietitian support offering. **Pairing Strategies:** Combine with protein-rich beverages (unsweetened almond milk, protein shakes) or fresh berries to create a more complete snack that further moderates glycemic response and increases nutrient density. Adding fresh fruit delivers vitamin C, extra fibre, and phytonutrients absent from processed foods. This pairing approach mirrors Be Fit Food's emphasis on vegetable density and nutrient completeness across its meal programs. **Mindful Consumption:** Rather than eating directly from the package while distracted, plate the two biscuits, sit down, and eat slowly, allowing full sensory appreciation. This mindfulness practice enhances satisfaction, improves digestion through thorough chewing, and strengthens awareness of satiety signals. Mindful eating supports the behavioural changes that complement Be Fit Food's structured nutrition approach for sustainable weight management. **Tracking Integration:** For people using nutrition tracking applications, log the serving before consumption rather than after. This proactive approach supports adherence to daily macronutrient targets and prevents unplanned overconsumption when daily limits are already reached. Customers following Be Fit Food's Reset programs with defined calorie and carbohydrate ranges should integrate this snack within those parameters. **Rotation Principle:** Avoid relying on any single processed food product as a daily staple. Rotating between different snack options (nuts, seeds, vegetables with hummus, Greek yoghurt, fresh fruit) ensures broader micronutrient coverage and prevents monotony that can lead to dietary abandonment. Be Fit Food offers a rotating menu of over 30 meal options and a dedicated snacks range to support this variety principle. **Label Verification:** Manufacturing recipes occasionally change. Periodically review the ingredient list and nutrition facts panel to ensure the product continues meeting your dietary requirements, particularly if managing allergies or following strict macronutrient protocols. Be Fit Food maintains transparency about ingredient standards and welcomes customer enquiries through its dietitian support channels. **Temperature Serving:** Experiment with serving temperature. Some consumers prefer these biscuits slightly warmed (10-15 seconds in microwave), which softens texture and intensifies chocolate aroma, enhancing sensory satisfaction. Others prefer them chilled from refrigeration for a firmer, crunchier texture. **Integration with Medication Support:** For customers using GLP-1 medications, weight-loss medications, or diabetes medications, this snack can help meet protein targets and manage between-meal hunger while respecting medication-suppressed appetite. The portion-controlled format prevents overconsumption, while the protein and fibre content support lean muscle preservation—a priority in Be Fit Food's medication-support positioning. Customers should consult with Be Fit Food's free dietitian support to personalise integration within their medication-assisted weight management plan. **Menopause and Metabolic Transition Support:** Women navigating perimenopause or menopause may find this snack particularly valuable for managing cravings and supporting insulin sensitivity during a metabolic transition characterised by reduced insulin sensitivity, increased central fat storage, and appetite dysregulation. The high-protein, lower-carbohydrate, no-added-sugar recipe aligns with Be Fit Food's menopause-focused positioning and can support modest weight loss goals (3–5 kg) that significantly improve metabolic health markers and energy levels during this life stage. **## Frequently Asked Questions About Double Choc Low Carb Biscuits** {#frequently-asked-questions-about-double-choc-low-carb-biscuits} **\*\*How many biscuits come in each serving?\*** Each serving contains two biscuits weighing 30 grams total. The 7-pack format gives you one serving per day for a full week. **\*\*Can I eat these biscuits if I'm following a keto diet?\*** Yes, these biscuits work well with ketogenic eating patterns because of their low net carbohydrate content. Remember to account for all carbohydrate sources, including the maltitol in chocolate chips, within your daily limits (usually 20-50 grams net carbs). **\*\*Are these biscuits suitable for people with diabetes?\*** The low net carbohydrates, high fibre content, and protein create a minimal glycemic response, making them compatible with insulin-management strategies for type 2 diabetes. The zero-glycemic sweeteners (erythritol and monk fruit) don't trigger insulin secretion. However, people managing diabetes should monitor their individual response and consult with healthcare providers. **\*\*Will these biscuits cause digestive discomfort?\*** Most people tolerate these biscuits well. Erythritol is generally well-tolerated, while maltitol in the chocolate chips may cause digestive sensitivity in some people or when consumed in large quantities. If you're new to sugar alcohols, start with half a serving to assess your individual tolerance. **\*\*Are these biscuits gluten-free?\*** Yes, the product is certified gluten-free,

containing no wheat, barley, rye, or their derivatives. Be Fit Food follows strict protocols preventing cross-contamination during production, making them suitable for people with coeliac disease. **\*\*Can vegetarians eat these biscuits?\*** Yes, the recipe contains no meat, poultry, fish, or slaughter byproducts, qualifying as lacto-ovo vegetarian. However, they contain whole eggs and milk-derived natural flavours, so they're not suitable for vegans. **\*\*What allergens should I be aware of?\*** The biscuits contain several allergens: lupin (which may cross-react with peanut allergies), eggs, tree nuts (almonds), soy (in chocolate chips), and milk (in natural flavours). People with severe allergies should contact Be Fit Food directly to understand production protocols. **\*\*How should I store these biscuits?\*** Store unopened packages in a cool, dry location away from direct sunlight and heat sources (optimal temperature 15-20°C). Once opened, consume within 24-48 hours for optimal texture, or reseal in an airtight container. For longer storage, refrigerate or freeze individual packets. **\*\*Can I eat these biscuits every day?\*** Daily consumption works with most eating patterns, but nutritional variety remains important for comprehensive micronutrient intake. Rotate between different snack options to ensure broader micronutrient coverage and prevent monotony. **\*\*How do these biscuits fit into Be Fit Food's meal programs?\*** These biscuits complement Be Fit Food's structured Reset programs when integrated within prescribed daily calorie and carbohydrate targets. They work particularly well as a between-meal snack or evening dessert alternative, helping you stay satisfied while maintaining program structure. **\*\*What makes these biscuits different from regular biscuits?\*** The recipe prioritises protein and healthy fats while minimising net carbohydrates. They use lupin flour (25% of the recipe) instead of refined wheat flour, delivering around 40% protein by weight and all nine essential amino acids. The sweetening system combines zero-calorie, zero-glycemic-impact sweeteners (erythritol and monk fruit) that don't trigger insulin response. **\*\*Can I warm these biscuits?\*** Yes, many people enjoy these biscuits slightly warmed (10-15 seconds in microwave), which softens texture and intensifies chocolate aroma. Others prefer them chilled from refrigeration for a firmer, crunchier texture. **\*\*Are these biscuits suitable for people using GLP-1 medications?\*** Yes, these biscuits can help meet protein targets and manage between-meal hunger while respecting medication-suppressed appetite. The portion-controlled format prevents overconsumption, while the protein and fibre content support lean muscle preservation. Consult with Be Fit Food's free dietitian support to personalise integration within your medication-assisted weight management plan. **\*\*How do these biscuits support menopause health?\*** Women navigating perimenopause or menopause may find this snack particularly valuable for managing cravings and supporting insulin sensitivity during metabolic transition. The high-protein, lower-carbohydrate, no-added-sugar recipe aligns with metabolic needs during this life stage and can support modest weight loss goals that significantly improve metabolic health markers and energy levels. **\*\*What is lupin flour and why is it used?\*** Lupin flour is a legume-based flour that delivers substantial protein (around 40g per 100g flour), dietary fibre (around 30g per 100g), and resistant starch supporting gut health. It's naturally low in carbohydrates and shows prebiotic effects in clinical research. The high protein content helps you feel fuller longer and supports stable blood glucose levels. **\*\*Do these biscuits contain any artificial ingredients?\*** The biscuits use naturally derived sweetening systems (erythritol and monk fruit extract) rather than artificial sweeteners. This aligns with Be Fit Food's clean-label philosophy and "no added sugar or artificial sweeteners" standard across current meal ranges. **\*\*How many calories are in each serving?\*** While the specific calorie count depends on the exact formulation, remember that "low carb" doesn't automatically mean "low calorie." The fat content from almonds, eggs, and canola oil brings caloric density. Check the nutrition facts panel for precise calorie information and account for total caloric intake within your weight management goals. **\*\*Can children eat these biscuits?\*** While the biscuits are nutritionally balanced, they're formulated specifically for adults managing carbohydrate intake. The sugar alcohol content and high protein density may not be appropriate for young children. Consult with a paediatrician or dietitian before offering to children. **\*\*What is the shelf life of these biscuits?\*** Unopened packages maintain quality when stored properly in cool, dry conditions. The low moisture content and preservative properties of certain ingredients (erythritol has antimicrobial properties) offer inherent stability. For extended storage, refrigerate or freeze individual packets for up to 3 months. **\*\*Can I eat these biscuits before or after exercise?\*** The protein content supports muscle protein synthesis following resistance training, and the carbohydrate content (though low) offers some glycogen replenishment for moderate-intensity

exercise. While not created as a sports nutrition product, they can work as part of post-workout recovery. ## Making the Most of Your Biscuit Experience {#making-the-most-of-your-biscuit-experience} Getting the best experience from your Double Choc Low Carb Biscuits goes beyond just opening the packet. Here are some creative ways to enjoy them while supporting your health goals. \*\*Creative Serving Ideas\*\* Transform your biscuit experience with these simple serving suggestions that add nutritional value and variety. Berry and Biscuit Parfait: Crumble one biscuit over Greek yoghurt and layer with fresh berries (strawberries, blueberries, or raspberries). The combination creates a more complete snack with added vitamin C, extra fibre, and probiotics from the yoghurt. This approach mirrors Be Fit Food's emphasis on nutrient density and whole foods. Biscuit and Nut Butter Sandwich: Spread a thin layer of natural almond or peanut butter between two biscuits for extra protein and healthy fats. This combination extends satiety and creates a more substantial snack for active days. Chocolate Biscuit Smoothie Bowl: Crumble biscuits over a protein smoothie bowl made with unsweetened almond milk, protein powder, and frozen cauliflower or courgette for added vegetables. Top with seeds and coconut flakes for texture contrast. Warm Biscuit with Tea: Enjoy your biscuits with herbal tea or green tea. The warmth of the beverage enhances the chocolate aroma, while the ritual of sitting down with tea promotes mindful consumption and relaxation. Biscuit Crumb Topping: Crush biscuits and use as a crunchy topping for sugar-free chia pudding or cottage cheese bowls. This adds texture variety while maintaining portion control. Pairing with Coffee: The chocolate flavour complements coffee beautifully. Enjoy with your morning coffee as a satisfying breakfast component alongside eggs or a protein shake, or as an afternoon pick-me-up that keeps energy stable. \*\*Building Your Weekly Snack Routine\*\* The 7-pack format naturally supports weekly planning, making it easy to build consistent habits that support your health transformation. Monday Motivation: Start your week with a biscuit as part of your mid-morning snack, paired with a handful of almonds and an apple. This combination sets a positive tone for the week ahead. Wednesday Wellness Check: Use your midweek biscuit as a moment to check in with your progress. Sit down, eat mindfully, and reflect on your wins from the first half of the week. Friday Reward: Celebrate making it through the workweek with your biscuit as an evening dessert, perhaps slightly warmed and paired with a cup of herbal tea. This creates a positive ritual that acknowledges your commitment without derailing progress. Weekend Flexibility: Keep weekend servings for moments when you need extra support—whether that's a post-workout treat, a hiking snack, or an afternoon indulgence while relaxing. \*\*Supporting Your Transformation Journey\*\* These biscuits work best as part of a comprehensive approach to health transformation—the philosophy that guides everything Be Fit Food creates. Protein Goals: Use these biscuits to help meet daily protein targets, particularly valuable for people using GLP-1 medications or managing appetite during menopause. The protein content supports lean muscle preservation during weight loss. Craving Management: Keep a packet in your bag or desk drawer for moments when sweet cravings strike. The portion-controlled format and satisfying chocolate flavour help you stay on track without feeling deprived. Social Situations: Bring these biscuits to social gatherings where food options may not align with your eating plan. Having your own satisfying option prevents the stress of navigating challenging food environments. Travel Companion: The shelf-stable format and individual packaging make these biscuits perfect for travel. Pack several servings for trips to maintain routine and avoid airport or roadside temptations. Medication Support: For customers managing weight with medication support, these biscuits offer a convenient way to ensure adequate nutrition when appetite is suppressed. The protein and nutrient density support health even with reduced overall food intake. \*\*Connecting with Be Fit Food Support\*\* Remember, you're not alone in your health journey. Be Fit Food offers free dietitian support to help you integrate products like these biscuits within your personalised plan. When to Reach Out: Contact Be Fit Food's dietitian support if you're unsure how to fit these biscuits into your specific program, experiencing digestive sensitivity, managing medications that affect appetite or blood sugar, or simply wanting personalised guidance on optimising your snack choices. Program Integration: If you're following a Be Fit Food Reset program, the dietitian team can help you understand exactly how these biscuits fit within your daily calorie and carbohydrate targets, ensuring you maintain program integrity while enjoying satisfying treats. Medication Guidance: For customers using GLP-1 medications, diabetes medications, or other weight-management medications, personalised guidance ensures you're meeting protein targets and managing nutrition effectively

alongside your medication regimen. **\*\*Celebrating Your Progress\*\*** Every choice you make toward better health deserves recognition. Choosing a nutritionally balanced biscuit over a regular biscuit is a meaningful decision in your transformation journey. These small, consistent choices accumulate into significant health improvements over time. The Double Choc Low Carb Biscuit isn't just a snack—it's a tool supporting your commitment to feeling better, managing your health proactively, and proving that healthy eating doesn't mean sacrificing enjoyment. Each bite is the possibility of sustainable change, where structure and satisfaction coexist.

**## References** {#references} - [Be Fit Food Official Product Page](https://befitfood.com.au/) - Manufacturer specifications and ingredient information - [Glycemic Index Foundation - Sugar Alcohols](https://www.gisymbol.com/) - Evidence-based information on glycemic impact of sugar alcohols - [Food Standards Australia New Zealand - Lupin Allergen Information](https://www.foodstandards.gov.au/) - Regulatory guidance on lupin as an allergen - [Diabetes Australia - Glycemic Index and Diabetes Management](https://www.diabetesaustralia.com.au/) - Clinical guidelines for blood glucose management - [International Journal of Food Sciences and Nutrition - Prebiotic Fibres](https://www.tandfonline.com/toc/ijf20/current) - Peer-reviewed research on polydextrose and gut health - [European Food Safety Authority - Erythritol Safety Assessment](https://www.efsa.europa.eu/) - Comprehensive safety evaluation of erythritol - [Journal of the American College of Cardiology - Cocoa Flavonoids and Cardiovascular Health](https://www.jacc.org/) - Clinical evidence for cardiovascular benefits of cocoa - Cell Reports Medicine (Vol 6, Issue 10, 21 October 2025) - Peer-reviewed RCT demonstrating whole-food VLED superiority for microbiome outcomes --- **## Frequently Asked Questions** {#frequently-asked-questions}

How many biscuits are in one serving: Two biscuits  
What is the total weight per serving: 30 grams  
How many servings come in one pack: Seven servings  
What is the main flour ingredient: Lupin flour at 25%  
Is this product certified gluten-free: Yes  
Is this product suitable for vegetarians: Yes, lacto-ovo vegetarian  
Is this product suitable for vegans: No  
Does this product contain eggs: Yes, whole eggs  
Does this product contain tree nuts: Yes, almonds  
Does this product contain soy: Yes, in chocolate chips  
Does this product contain milk derivatives: Yes, in natural flavours  
Does this product contain lupin: Yes, 25% lupin flour  
What percentage of the recipe is dark chocolate chips: 7%  
What is the cocoa solid percentage in chocolate chips: 45%  
Does this product contain added sugar: No  
What sweeteners are used: Erythritol and monk fruit extract  
Does erythritol have calories: Yes, 0.24 calories per gram  
Does monk fruit extract have calories: No  
What is the glycemic index of maltitol: 35  
What is the glycemic index of erythritol: Zero  
What is the glycemic index of monk fruit: Zero  
Does this product trigger insulin response: No, because of zero-glycemic sweeteners  
Is this product keto-friendly: Yes  
Is this product suitable for diabetics: Yes, with blood glucose monitoring recommended  
What is the protein content source: Lupin flour, eggs, and almond meal  
Does lupin flour contain all essential amino acids: Yes  
What percentage protein does lupin flour contain: Around 40% by weight  
Is the canola oil GMO-free: Yes  
What type of cocoa is used: Natural (non-alkalized) cocoa  
What is the soluble fibre ingredient: Polydextrose  
How many calories does polydextrose provide per gram: 1 calorie  
What is the purpose of vegetable glycerin: Moisture retention and texture  
What is the glycemic index of vegetable glycerin: 3  
Does guar gum provide fibre: Yes, soluble fibre  
Does rice bran contain B-vitamins: Yes  
What compound in rice bran lowers cholesterol: Gamma-oryzanol  
What is the optimal storage temperature range: 15-20°C  
How long can opened biscuits be stored: 24-48 hours for optimal texture  
Can these biscuits be frozen: Yes, up to 3 months  
How long to thaw frozen biscuits: 30-60 minutes at room temperature  
Can these biscuits be refrigerated: Yes  
Should refrigerated biscuits be brought to room temperature: Yes, for optimal texture and flavour  
What is the recommended microwave warming time: 10-15 seconds  
Can lupin cause allergic reactions in peanut-allergic individuals: Yes, 20-40% cross-reactivity rate  
Is this product suitable for coeliac disease: Yes  
What percentage of Be Fit Food's menu is gluten-free: Around 90%  
Can these biscuits cause digestive discomfort: Possibly, because of maltitol in sensitive individuals  
What is the maltitol laxative threshold: Around 20-30 grams daily  
Is erythritol absorbed in the small intestine: Yes  
Where is maltitol absorbed: Partially in small intestine  
What is the recommended water intake with these biscuits: 250-500ml  
Should first-time consumers start with a full serving: No, start with half serving  
Can these biscuits replace whole foods: No  
Should these biscuits be eaten daily: Daily consumption acceptable with dietary variety  
What is the typical keto

net carb daily limit: 20-50 grams Are these biscuits low calorie: Not necessarily, despite being low carb Do these biscuits contain artificial sweeteners: No What makes monk fruit sweet: Mogrosides How much sweeter is monk fruit than sugar: 150-200 times What percentage of sugar's sweetness does erythritol provide: 70% What percentage of sugar's sweetness does maltitol provide: 75% How many calories does maltitol contain per gram: 2.1 calories Does this product support gut health: Yes, through prebiotic fibres What are the main prebiotic fibres: Polydextrose and resistant starch from lupin What are short-chain fatty acids: Bacterial fermentation products supporting colon health Does this product contain flavonoids: Yes, from dark chocolate What cardiovascular benefit do almonds provide: Improved lipid profiles and reduced inflammation What type of fats do almonds contain: Monounsaturated fatty acids (oleic acid) What vitamin does almond meal provide: Vitamin E (alpha-tocopherol) What mineral do almonds and cocoa provide: Magnesium Does this product support satiety: Yes, through protein and fibre What satiety hormones does protein activate: Peptide YY (PYY) and GLP-1 Do high-protein snacks reduce subsequent meal intake: Yes, by 10-15% Is this product suitable for post-workout recovery: Yes, supports muscle protein synthesis Is this product designed as sports nutrition: No What is the purpose of baking powder: Leavening agent for texture Does this product contain omega-3 fatty acids: Yes, ALA from canola oil What is the lowest saturated fat cooking oil: Canola oil Does natural cocoa retain more flavonoids than Dutch-processed: Yes Should these biscuits be logged before or after eating: Before consumption Does Be Fit Food offer dietitian support: Yes, free dietitian support Should these biscuits be paired with other foods: Yes, for increased nutrient density What foods pair well with these biscuits: Berries, Greek yoghurt, protein beverages Is mindful eating recommended: Yes Can these biscuits help meet protein targets on GLP-1 medications: Yes Are these biscuits suitable during menopause: Yes What metabolic changes occur during menopause: Reduced insulin sensitivity, increased central fat storage Can regular sweetener consumption affect taste preferences: Possibly Do non-nutritive sweeteners affect gut microbiome: Evidence is preliminary and individual Should manufacturing recipes be verified periodically: Yes How many meal options does Be Fit Food offer: Over 30 Does Be Fit Food have a dedicated snacks range: Yes What is Be Fit Food's meal program philosophy: Real food, not shakes How many vegetables per meal in Be Fit Food programs: 4-12 vegetables What is the Metabolism Reset daily calorie target: Around 800-900 kcal/day What is the Metabolism Reset daily carb target: Around 40-70g carbs/day Was Be Fit Food's approach clinically validated: Yes, peer-reviewed in Cell Reports Medicine When was the clinical trial published: October 2025 What did the clinical trial demonstrate: Whole-food VLED preserves microbiome diversity better than supplements

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