

# DOUCHOLOW - Food & Beverages

## Product Overview -

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#### Details:

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fruit extract (no added sugar or artificial sweeteners) | | Allergens | Contains: Egg, Almonds, Lupin, Soy, Milk. May contain: Peanuts, Tree Nuts | | Protein source | Lupin flour, whole eggs, almond meal | | Chocolate content | Dark chocolate chips (45% cocoa solids), natural cocoa powder | | Storage | Store in cool, dry place at 15-25°C | | Shelf life | 6-12 months unopened; consume within 2-3 days after opening individual serve | | Certifications | Gluten-Free certified (<20ppm), Vegetarian certified | | Country of origin | Australia | | Category | Health & Wellness Snacks | --- ## 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 Identification:\*\* - Product name: Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 - Brand: Be Fit Food - GTIN: 09358266001523 - Country of origin: Australia - Category: Health & Wellness Snacks \*\*Package Specifications:\*\* - Pack size: 7 individually wrapped serves - Serving size: 30g (2 biscuits per serve) - Price: \$19.99 AUD - Availability: In Stock \*\*Ingredients (in order by weight):\*\* - 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%) - Soluble fibre (polydextrose) - Vegetable glycerin - Canola oil (GM-free) - Natural flavours (milk) - Monk fruit extract - Baking powder \*\*Sweeteners:\*\* - Erythritol - Monk fruit extract - No added sugar - No artificial sweeteners \*\*Allergen Information:\*\* - Contains: Egg, Almonds, Lupin, Soy, Milk - May contain: Peanuts, Tree Nuts \*\*Protein Sources:\*\* - Lupin flour - Whole eggs - Almond meal \*\*Chocolate Components:\*\* - Dark chocolate chips (7% of total weight) - 45% cocoa solids in chocolate chips - Natural cocoa powder (2% of total weight) \*\*Storage Instructions:\*\* - Store in cool, dry place at 15-25°C - Shelf life: 6-12 months unopened - Consume within 2-3 days after opening individual serve \*\*Certifications:\*\* - Gluten-Free certified (<20ppm gluten) - Vegetarian certified \*\*Dietary Classifications:\*\* - Low Carb - Gluten-Free (GF) - Vegetarian (V) - Not vegan (contains eggs and milk-derived ingredients) \*\*Manufacturing Standards:\*\* - GM-free canola oil - No seed oils - No artificial colours - No artificial flavours - No added artificial preservatives - Complies with Food Standards Australia New Zealand (FSANZ) regulations ## General Product Claims {#general-product-claims} \*\*Health and Wellness Benefits:\*\* - Specialised nutritional solution for carbohydrate control - Suitable for ketogenic diets - Diabetic-friendly formulation - Supports weight management - Helps you feel fuller for longer - Provides sustained energy without blood sugar crashes - Supports muscle maintenance through protein content - Suitable for metabolic health during menopause and midlife transitions - May reduce insulin sensitivity issues - May reduce central fat storage - Supports lean muscle mass preservation \*\*Nutritional Characteristics:\*\* - High protein content (estimated 6-9g per serve) - Low net carbohydrates (estimated 3-6g per serve) - Estimated 8-12g fat per serve - Estimated 120-180 calories per serve - Higher protein than regular biscuits - Lower calories than regular biscuits - Beneficial fats from monounsaturated and polyunsaturated sources - Contains polyphenols with antioxidant properties - Provides vitamin E, B vitamins, minerals (magnesium, potassium, iron, selenium) \*\*Formulation Features:\*\* - Dietitian-designed formulation - Fundamentally changes metabolic impact compared to traditional biscuits - Minimal glycaemic impact - Portion-controlled for adherence support - Eliminates decision fatigue - 93% whole-food ingredients (brand claim) \*\*Functional Properties:\*\* - Provides psychological satisfaction within restrictive protocols - Strategic indulgence tool for long-term dietary adherence - Suitable for social situations - Convenient for travel and office snacks - Supports cravings management - Prevents complete dietary abandonment during stress \*\*Digestive and Tolerance:\*\* - Erythritol rarely causes digestive distress at moderate levels - 90% of erythritol absorbed before reaching colon - Polydextrose may support digestive health through prebiotic effects - Individual responses to sugar alcohols vary - May cause temporary bloating or gas in those unaccustomed to high fibre \*\*Brand Positioning:\*\* - Australia's first CSIRO commercial partner for low-carb ready-made meals - Registered NDIS provider - Around 90% of menu certified gluten-free - Suitable for coeliac disease - Includes dietitian support with programs - Part of Metabolism Reset and Protein+ Reset programs - Built for metabolic transitions, not just weight loss \*\*Usage Recommendations:\*\* - Suitable for between-meal snacking - Post-workout option for low-carb athletes - Evening dessert alternative - Can be consumed daily within appropriate caloric limits - Pair with protein sources for enhanced nutrition - Pair with healthy fats for increased satiety - Best consumed with adequate hydration - Monitor blood

glucose response if diabetic - Start with half serve to assess tolerance **Comparative Claims:** - Different from regular sweet snacks - Higher protein than protein bars - Multi-certification addresses multiple dietary needs at once - More convenient than bulk low-carb baking mixes - Superior long-term compliance compared to extremely rigid protocols --- **Product Overview:** Double Choc Low Carb Biscuit by Be Fit Food {#product-overview-double-choc-low-carb-biscuit-by-be-fit-food} Be Fit Food's Double Choc Low Carb Biscuit is designed for anyone who wants chocolate flavour without the carbohydrate load. This Australian-made biscuit combines cocoa powder and dark chocolate chips to create a dual chocolate experience. It's formulated for low-carb eating patterns, whether you're following a ketogenic diet, managing diabetes, or working on weight control—all backed by dietitian expertise that defines Be Fit Food's approach to real food nutrition. Each 7-pack contains individually portioned serves of two biscuits (30g per serve). This gives you built-in portion control when you're managing your macronutrient intake. The product carries both Gluten Free (GF) and Vegetarian (V) certifications, addressing multiple dietary requirements at once—critical when you're navigating food intolerances alongside carbohydrate restriction. What sets this biscuit apart from regular sweet snacks is its foundation in lupin flour (25% by weight) and the strategic use of alternative sweeteners (erythritol and monk fruit extract) instead of sugar. This changes its metabolic impact whilst keeping the sensory experience of a traditional chocolate biscuit. This formulation reflects Be Fit Food's commitment to no added sugar or artificial sweeteners, ensuring every product supports your metabolic health. --- **Complete Ingredient Analysis** {#complete-ingredient-analysis} Understanding the ingredient composition reveals the product's nutritional strategy and suitability for your specific dietary goals—an approach consistent with Be Fit Food's dietitian-designed philosophy. **Primary Structural Ingredients** {#primary-structural-ingredients} **Lupin Flour (25%)**: The dominant ingredient by percentage, lupin flour is the protein-rich, low-carbohydrate base. This flour comes from the legume *Lupinus albus* and contains around 40% protein. It has significantly fewer net carbohydrates than wheat flour. Lupin flour contributes a mild, slightly nutty flavour and creates the biscuit's structural integrity. **Critical allergen note**: Lupin is a recognised allergen, particularly problematic if you're allergic to peanuts because of cross-reactivity potential. **Whole Egg**: Listed second by weight, whole eggs provide binding properties, moisture, protein (around 6g per egg), and fat content essential for texture. The use of whole eggs instead of egg whites keeps the fat-soluble vitamins (A, D, E, K) and contributes to the biscuit's satisfying mouthfeel. **Gluten-Free Flour Blend**: This composite flour system combines maize starch, rice flour, tapioca starch, rice bran, and guar gum. Each component has specific functions: - Maize and tapioca starches provide structure and binding without gluten proteins - Rice flour contributes mild flavour and texture - Rice bran adds fibre and micronutrients - Guar gum functions as a hydrocolloid binder, replacing gluten's elastic properties This blend enables gluten-free certification whilst maintaining biscuit cohesion and preventing the crumbly texture common in gluten-free baked goods—aligning with Be Fit Food's commitment to providing around 90% of their menu as certified gluten-free, with strict ingredient selection and manufacturing controls to ensure coeliac-suitable options. **Almond Meal**: Ground almonds contribute healthy monounsaturated fats, protein, vitamin E, and magnesium whilst adding nutty undertones that complement the chocolate profile. Almond meal also helps you feel fuller for longer because of its fat and fibre content. **Sweetening System** {#sweetening-system} **Erythritol**: A sugar alcohol (polyol) that provides around 70% of sugar's sweetness with virtually zero calories and minimal glycaemic impact. Erythritol is absorbed in the small intestine and excreted unchanged in urine, making it suitable for diabetic and ketogenic diets. Unlike other sugar alcohols, erythritol rarely causes digestive distress at moderate consumption levels because 90% is absorbed before reaching the colon. **Monk Fruit Extract**: Also known as *luo han guo*, this natural zero-calorie sweetener contains mogrosides—compounds 150-200 times sweeter than sugar. Used in combination with erythritol, monk fruit enhances sweetness perception whilst allowing lower total sweetener volumes, improving texture and reducing the cooling sensation sometimes associated with erythritol alone. This dual-sweetener approach shows sophisticated formulation: erythritol provides bulk and browning properties similar to sugar, whilst monk fruit extract boosts sweetness intensity without additional volume. This system exemplifies Be Fit Food's standard of using no added sugar or artificial sweeteners across their product range. **Chocolate Components** {#chocolate-components} **Dark Chocolate Chips (7%)**: These chips contain maltitol (a sugar alcohol

sweetener), cocoa solids (45% minimum), and soy lecithin as an emulsifier. The 45% cocoa solid content places these chips in the semi-sweet to dark chocolate category, providing authentic chocolate flavour with reduced sugar compared to regular chips. The maltitol sweetening maintains the familiar chocolate chip experience whilst controlling carbohydrate content. **Natural Cocoa (2%)**: Unsweetened cocoa powder intensifies the chocolate flavour profile and contributes polyphenols (flavonoids) with antioxidant properties. The "natural" designation indicates non-alkalized (non-Dutch process) cocoa, which retains higher levels of beneficial compounds but delivers a more acidic, intense chocolate taste. **Functional Ingredients** **Soluble Fibre (Polydextrose)**: A synthetic soluble fibre that contributes to the product's fibre content without digestible carbohydrates. Polydextrose provides around 1 calorie per gram (compared to 4 calories for sugar), adds bulk, improves moisture retention, and may support digestive health through prebiotic effects. **Vegetable Glycerin**: A sugar alcohol derived from plant oils (likely canola or palm in this formulation) that retains moisture to prevent the biscuits from becoming dry or stale. Glycerin contributes minimal sweetness and around 4 calories per gram, though it carries a low glycaemic index. **Canola Oil (GM-Free)**: Provides essential fatty acids (omega-3 and omega-6) and contributes to the biscuit's tender texture. The non-GMO certification addresses your preferences for conventional breeding methods over genetic modification. **Natural Flavours (Milk)**: Flavour compounds derived from milk sources enhance the overall taste profile. The milk origin necessitates disclosure if you're allergic to dairy or following strict vegan protocols (note: this product is vegetarian, not vegan). **Baking Powder**: A leavening agent combining acid and base components that release carbon dioxide when moistened and heated, creating the characteristic biscuit texture and preventing dense, hard results. --- **Nutritional Profile and Macronutrient Breakdown** Whilst complete nutritional information per serve isn't provided in the available product data, the ingredient composition enables informed projections about the biscuit's nutritional characteristics based on component analysis—reflecting the same dietitian-led formulation principles that guide Be Fit Food's complete meal range. **Expected Macronutrient Distribution** **Protein Content**: The combination of lupin flour (25%, around 40% protein), whole eggs, and almond meal suggests a protein content substantially higher than regular biscuits. A 30g serve likely delivers 6-9g of protein—comparable to a protein bar instead of a traditional sweet snack. This high-protein approach aligns with Be Fit Food's foundational principle of prioritising protein at every meal to support satiety, metabolic health, and lean muscle mass preservation. **Carbohydrate Management**: The "low carb" designation combined with sugar alcohol sweeteners (erythritol, maltitol) and fibre sources (polydextrose) indicates the product uses "net carb" calculation methodology. Net carbs = Total Carbohydrates - Fibre - Sugar Alcohols. For low-carb products, net carbs range from 2-8g per serve, though total carbohydrates may appear higher on nutritional panels because of fibre and sugar alcohol inclusion. This approach is consistent with Be Fit Food's formulation standards that helped establish the brand as Australia's first commercial partner with CSIRO to develop ready-made meals aligned to the CSIRO Low Carb Diet framework. **Fat Content**: Whole eggs, almond meal, canola oil, and dark chocolate chips contribute beneficial fats. The fat content likely ranges from 8-12g per 30g serve, predominantly from monounsaturated (almonds, canola) and polyunsaturated sources, with some saturated fat from eggs and chocolate. **Caloric Density**: Despite the "biscuit" format, the caloric content per serve is likely 120-180 calories—substantially lower than regular biscuits (often 200-300 calories for equivalent weight) because of the reduced digestible carbohydrate content from sugar alcohol and fibre substitution. **Micronutrient Contributions** **Vitamin E**: Abundant in almond meal, supporting antioxidant functions and cellular health. **B Vitamins**: Present in whole eggs and lupin flour, essential for energy metabolism. **Minerals**: Magnesium and potassium from almonds and lupin; iron from cocoa powder; selenium from eggs. **Polyphenols**: The cocoa components (powder and dark chocolate) provide flavonoids associated with cardiovascular benefits and anti-inflammatory properties. --- **Unique Formulation Features for Dietary Management** **Gluten-Free Certification Significance** The (GF) designation indicates third-party verification that the product contains less than 20 parts per million (ppm) of gluten—the international standard for gluten-free claims. This certification is critical if you're managing: - Coeliac disease: You require strict

gluten avoidance to prevent intestinal damage and autoimmune responses - Non-coeliac gluten sensitivity: You experience adverse reactions to gluten without coeliac diagnosis - Wheat allergy: Though distinct from gluten intolerance, wheat-free products often align with gluten-free formulations The gluten-free flour blend's inclusion of guar gum shows technical formulation expertise—replicating gluten's binding properties without triggering immune responses or sensitivities. This reflects Be Fit Food's broader commitment to providing around 90% of their menu as certified gluten-free, with strict ingredient selection and manufacturing controls to ensure coeliac-suitable options. ### Low-Carb Applications Across Dietary Protocols {#low-carb-applications-across-dietary-protocols} \*\*Ketogenic Diet Compatibility\*\*: Ketogenic diets restrict net carbohydrates to 20-50g daily to maintain nutritional ketosis. A biscuit providing around 3-6g net carbs per serve fits within these parameters, offering a psychologically important "treat" option that supports your dietary adherence—a critical factor in long-term ketogenic success. This aligns with Be Fit Food's Metabolism Reset program, designed at around 40-70g carbs/day to induce mild nutritional ketosis. \*\*Diabetic-Friendly Formulation\*\*: The substitution of sugar with erythritol and monk fruit extract minimises blood glucose spikes. The protein and fat content further moderates glycaemic response through delayed gastric emptying. If you're managing Type 2 diabetes or prediabetes, such products enable occasional indulgence without compromising glycaemic control—supporting the same metabolic principles that underpin Be Fit Food's diabetes-focused meal programs. \*\*Weight Management Support\*\*: The high protein content (relative to regular biscuits) helps you feel fuller for longer through increased thermogenesis and appetite hormone modulation. The portion-controlled packaging (2 biscuits per serve) provides built-in serving size management, addressing the overconsumption tendency common with palatable foods. This portion-control approach mirrors Be Fit Food's snap-frozen meal delivery system designed to eliminate decision fatigue and support consistent adherence. ### Allergen Considerations and Limitations {#allergen-considerations-and-limitations} \*\*Contains\*\*: Lupin, eggs, almonds (tree nuts), milk, soy (from chocolate lecithin) \*\*Vegetarian but Not Vegan\*\*: The inclusion of whole eggs and milk-derived natural flavours makes this product unsuitable for vegan diets, though it meets vegetarian standards—consistent with Be Fit Food's vegetarian range offerings. \*\*Potential Cross-Reactivity\*\*: If you're allergic to peanuts, you should exercise caution with lupin flour because of documented cross-reactivity between these legumes. Around 15-17% of peanut-allergic individuals show lupin sensitivity. \*\*Tree Nut Content\*\*: Almond meal necessitates avoidance if you're allergic to tree nuts. --- ## Practical Consumption Guidelines {#practical-consumption-guidelines} ### Serving Recommendations {#serving-recommendations} Each individually wrapped serve contains two biscuits (30g total). This portion size balances several considerations: - Macronutrient targets: Provides meaningful protein and fat without excessive caloric intake - Psychological satisfaction: Two biscuits creates the perception of abundance instead of restriction - Blood sugar management: Limits carbohydrate load to minimise glycaemic impact - Digestive tolerance: Restricts sugar alcohol intake to levels generally well-tolerated (often under 10-15g erythritol per sitting) This portion-control philosophy reflects the same structured approach used throughout Be Fit Food's Reset programs, where meals are designed to deliver precise macronutrient ratios without requiring you to measure or calculate. ### Optimal Consumption Timing {#optimal-consumption-timing} \*\*Between-Meal Snacking\*\*: The protein and fat content makes these biscuits suitable for bridging longer intervals between meals, providing sustained energy without blood sugar crashes. This aligns with Be Fit Food's snack offerings designed to maintain satiety and support muscle maintenance between main meals. \*\*Post-Workout Option\*\*: If you're following low-carb athletic protocols, the moderate protein content supports muscle recovery whilst maintaining carbohydrate restriction. \*\*Evening Dessert Alternative\*\*: Satisfies sweet cravings after dinner without the insulin spike that might interfere with overnight fat metabolism or sleep quality in sensitive individuals. \*\*Travel and Convenience\*\*: The individually wrapped format and shelf-stable nature make these biscuits practical for travel, office snacks, or emergency food supplies if you're managing hypoglycaemia risk. ### Digestive Tolerance Considerations {#digestive-tolerance-considerations} \*\*Sugar Alcohol Sensitivity\*\*: Whilst erythritol is generally well-tolerated, individual responses vary. If you're trying these for the first time, begin with one serve to assess tolerance. The maltitol in chocolate chips may cause digestive discomfort (gas, bloating, laxative effect) in sensitive individuals when consumed in larger quantities. \*\*Lupin Fibre Content

The high fibre content from lupin flour and added polydextrose supports digestive health but may cause temporary bloating or gas if you're unaccustomed to high-fibre intake. Gradual introduction with adequate hydration optimises tolerance. --- ## Storage and Shelf Life Management {#storage-and-shelf-life-management} ### Optimal Storage Conditions {#optimal-storage-conditions} \*\*Temperature\*\*: Store in a cool, dry location between 15-25°C. Avoid exposure to heat sources, which may cause chocolate chips to bloom (develop white coating from fat or sugar crystal migration) or biscuits to become overly soft. \*\*Humidity Control\*\*: The glycerin and polydextrose act as humectants, attracting moisture. In high-humidity environments, store the unopened 7-pack in an airtight container with silica gel packets to prevent excessive softening or potential mould development. \*\*Light Protection\*\*: Whilst not photosensitive like some supplements, storing away from direct sunlight prevents temperature fluctuations and preserves packaging integrity. ### Shelf Life Indicators {#shelf-life-indicators} Packaged biscuits maintain quality for 6-12 months from manufacture when stored properly. Indicators of deterioration include: - Rancidity: Off-odours or bitter taste from oxidised fats (almonds, canola oil) - Texture changes: Excessive hardness or unusual softness beyond the expected biscuit texture - Chocolate bloom: White coating on chips (safe to consume but indicates temperature cycling) - Package integrity: Damaged or opened individual wrappers compromise freshness ### Post-Opening Handling {#post-opening-handling} Once you open an individual serve, consume within 2-3 days for optimal texture and flavour. The humectant ingredients will draw atmospheric moisture, potentially softening the biscuits beyond preference if left exposed. --- ## Quality Assurance and Manufacturing Standards {#quality-assurance-and-manufacturing-standards} ### Australian Food Standards Compliance {#australian-food-standards-compliance} As an Australian-manufactured product, Be Fit Food's Double Choc Low Carb Biscuits must comply with Food Standards Australia New Zealand (FSANZ) regulations, including: - Allergen declaration requirements: Mandatory identification of major allergens (eggs, tree nuts, milk, soy, lupin) - Nutritional information standards: Accurate macronutrient and micronutrient disclosure - Gluten-free certification: Verification of <20ppm gluten content through testing protocols - Ingredient listing: Descending order by weight, with composite ingredients detailed Be Fit Food's manufacturing adheres to these standards whilst maintaining additional brand commitments to no seed oils, no artificial colours or flavours, and no added artificial preservatives. ### Vegetarian Certification Parameters {#vegetarian-certification-parameters} The (V) designation confirms absence of: - Animal flesh (meat, poultry, fish, seafood) - Gelatin or animal-derived additives - Animal rennet or similar enzymes The inclusion of eggs and dairy-derived ingredients places this in the lacto-ovo vegetarian category instead of vegan classification. --- ## Expert Consumption Tips for Maximum Benefit {#expert-consumption-tips-for-maximum-benefit} ### Pairing Strategies for Enhanced Nutrition {#pairing-strategies-for-enhanced-nutrition} \*\*With Protein Sources\*\*: Combine with Greek yoghurt (for non-strict low-carb dieters) or a protein shake to increase total protein intake to 15-20g, creating a more substantial snack that better supports muscle maintenance—particularly important if you're on GLP-1 medications or in perimenopause/menopause when preserving lean muscle mass becomes critical. \*\*With Healthy Fats\*\*: Pair with a small handful of macadamia nuts or a tablespoon of almond butter to help you feel fuller for longer and further moderate any glycaemic response from the residual carbohydrates. \*\*With Beverages\*\*: Consume with unsweetened almond milk, black coffee, or herbal tea. The fluid intake aids digestion of the fibre content and enhances the overall snacking experience. ### Integration into Meal Planning {#integration-into-meal-planning} \*\*Caloric Budgeting\*\*: Account for around 150-180 calories per serve when calculating your daily intake. For weight loss protocols, ensure this treat fits within your caloric deficit parameters. This approach mirrors Be Fit Food's structured Reset programs, which provide explicit daily calorie targets (800-900 kcal/day for Metabolism Reset; 1200-1500 kcal/day for Protein+ Reset). \*\*Macronutrient Tracking\*\*: Log the estimated 6-9g protein, 8-12g fat, and 3-6g net carbs in tracking applications to maintain awareness of your daily macronutrient distribution. \*\*Frequency Recommendations\*\*: Whilst suitable for daily consumption within appropriate caloric limits, rotating between different snack types ensures nutritional diversity and prevents flavour fatigue that might lead to overconsumption or dietary abandonment. ### Recognising Individual Response Patterns {#recognising-individual-response-patterns} \*\*Blood Glucose Monitoring\*\*: If you're managing diabetes, you should test blood glucose 1-2 hours after consumption during initial trials to

verify your individual glycaemic response. Whilst sugar alcohols minimally impact most individuals, responses vary based on insulin sensitivity and gut microbiome composition. This self-monitoring approach complements Be Fit Food's included dietitian support, which helps you personalise your nutrition strategy. **\*\*Satiety Assessment\*\***: Evaluate whether the 30g serve provides adequate satisfaction or whether hunger returns quickly. If insufficient, consider pairing strategies above instead of consuming multiple serves, which increases sugar alcohol intake and potential digestive discomfort. **\*\*Energy Level Observation\*\***: Monitor sustained energy versus crashes. The balanced macronutrient profile should provide stable energy, but individual metabolic responses to alternative sweeteners vary. --- **## Troubleshooting Common Concerns** {#troubleshooting-common-concerns} **### "The Biscuits Taste Too Sweet/Not Sweet Enough"** {#the-biscuits-taste-too-sweetnot-sweet-enough} **\*\*Sweetness Perception Variability\*\***: If you're adapted to very low-sugar diets, you often find erythritol and monk fruit intensely sweet. If you're transitioning from high-sugar consumption, you may perceive them as less sweet than expected. Your taste receptors adapt over 2-4 weeks of consistent low-sugar eating, increasing satisfaction with alternative sweeteners. **\*\*Solution\*\***: Allow 2-3 weeks of consistent low-carb eating before final judgment. Your palate recalibrates, and foods with moderate sweetness become more satisfying. This adaptation period is commonly experienced during Be Fit Food's Reset programs as you transition from standard Australian diets to lower-carbohydrate patterns. **### "I Experience Digestive Discomfort"** {#i-experience-digestive-discomfort} **\*\*Sugar Alcohol Sensitivity\*\***: Maltitol in the chocolate chips is the most likely culprit, as it's less well-absorbed than erythritol. Around 20-30% of individuals experience gas, bloating, or laxative effects from maltitol at doses above 10-15g. **\*\*Solution\*\***: Start with half a serve (one biscuit) to assess your tolerance. Consume with meals instead of on an empty stomach to slow absorption. If symptoms persist, this product may not suit your digestive system—individual tolerance varies significantly. Be Fit Food's included dietitian consultations can help identify alternative snack options that better suit your individual digestive profile. **### "The Texture Seems Different Than Expected"** {#the-texture-seems-different-than-expected} **\*\*Gluten-Free Texture Profile\*\***: Without gluten's elastic network, these biscuits carry a different mouthfeel than wheat-based biscuits—often slightly denser or more crumbly. This is characteristic of gluten-free baked goods, not a defect. **\*\*Moisture Content Variation\*\***: Depending on storage conditions and package age, texture may vary from slightly soft (high humidity exposure) to firmer (dry conditions). Both are safe to consume. **\*\*Solution\*\***: Adjust your expectations for gluten-free texture. For softer biscuits, briefly microwave for 5-10 seconds. For firmer texture, store in refrigerator. **### "How Do These Fit Into Strict Keto (20g Net Carbs Daily)?"** {#how-do-these-fit-into-strict-keto-20g-net-carbs-daily} **\*\*Macro Math\*\***: At around 4-6g net carbs per serve, one serving consumes 20-30% of a strict 20g daily limit. This is manageable but requires careful planning of your remaining meals. **\*\*Solution\*\***: Reserve for days when your other meals are very low-carb (primarily protein and fat). Alternatively, follow a more moderate low-carb approach (30-50g net carbs daily) where these biscuits fit more comfortably. Track diligently using apps like Cronometer or MyFitnessPal. This flexible approach aligns with Be Fit Food's range of Reset options, from the stricter Metabolism Reset (40-70g carbs/day) to the more moderate Protein+ Reset (1200-1500 kcal/day). --- **## Comparative Context Within Low-Carb Snacking** {#comparative-context-within-low-carb-snacking} **### Position in the Low-Carb Biscuit Market** {#position-in-the-low-carb-biscuit-market} The Double Choc Low Carb Biscuit occupies a specific niche: providing chocolate indulgence with multiple dietary accommodations (gluten-free, vegetarian, low-carb) at once. This multi-certification approach differentiates it from single-focus products in the market: - Keto biscuits without gluten-free certification may contain wheat-based ingredients unsuitable if you're managing coeliac - Gluten-free biscuits with regular sugar meet coeliac needs but fail low-carb requirements - Protein biscuits often have higher protein but may contain more carbohydrates and lack chocolate intensity Be Fit Food's approach reflects the same multi-accommodation philosophy that earned the brand recognition as Australia's first CSIRO commercial partner for low-carb meals and as a registered NDIS provider—addressing multiple dietary needs at once without compromise. **### Value Proposition Analysis** {#value-proposition-analysis} **\*\*Convenience Premium\*\***: Pre-portioned, individually wrapped serves command higher per-unit costs than bulk low-carb baking mixes, but eliminate preparation time and reduce overconsumption risk through built-in portion control. This mirrors Be Fit Food's snap-frozen meal delivery model, where the "heat, eat, enjoy" simplicity supports

your long-term adherence better than meal-prep approaches requiring daily decision-making.

**\*\*Multi-Dietary Certification\*\***: The simultaneous gluten-free and low-carb certification addresses a significant market segment—individuals managing coeliac disease or gluten sensitivity who also manage blood sugar or weight concerns. This dual-certification is less common than single-focus products and reflects Be Fit Food's commitment to serving around 90% of their menu as certified gluten-free. **\*\*Protein Density\*\***: The lupin flour base creates higher protein content than almond flour or coconut flour biscuits, providing functional nutrition beyond simple treat status. This protein-first approach is foundational to Be Fit Food's formulation philosophy across all product categories. --- **## Safety and Contraindications** {#safety-and-contraindications} **### Populations Requiring Caution** {#populations-requiring-caution} **\*\*Peanut Allergy Sufferers\*\***: Because of lupin-peanut cross-reactivity, if you're allergic to peanuts you should consult allergists before consuming lupin-containing products. Introduce cautiously in controlled settings where emergency treatment is accessible. **\*\*Pregnancy and Lactation\*\***: Whilst ingredients are generally recognised as safe, if you're pregnant you should moderate sugar alcohol intake because of limited research on fetal effects. The protein and nutrient density make these biscuits potentially beneficial for gestational diabetes management under medical supervision. Be Fit Food's free dietitian consultations can provide personalised guidance if you're pregnant or lactating. **\*\*Children\*\***: Sugar alcohols may cause digestive upset in children more readily than adults because of smaller body size and developing digestive systems. Limit to half-serves and monitor tolerance. **\*\*IBS and FODMAP Sensitivity\*\***: Erythritol is low-FODMAP, but maltitol (in chocolate chips) and polydextrose may trigger symptoms if you're managing irritable bowel syndrome. If you're following low-FODMAP protocols, approach cautiously. **### Drug Interactions and Medical Considerations** {#drug-interactions-and-medical-considerations} **\*\*Diabetes Medications\*\***: Whilst these biscuits are designed for blood sugar management, if you're on insulin or sulfonylureas you should monitor glucose response carefully, as individual reactions to sugar alcohols vary. Dosing adjustments may be necessary. This consideration is particularly relevant if you're using Be Fit Food meals alongside diabetes medications, where professional dietitian support can help coordinate your nutrition and medication timing. **\*\*GLP-1 Medications and Weight-Loss Therapies\*\***: If you're using GLP-1 receptor agonists or other weight-loss medications, you often experience suppressed appetite and altered gastric emptying. The portion-controlled, protein-rich nature of these biscuits makes them suitable for medication-assisted weight loss, but timing and portion size should be adjusted based on your individual tolerance. Be Fit Food's dietitian support can help personalise snack integration if you're on these therapies. **\*\*Digestive Medications\*\***: Sugar alcohols may interact with medications affecting gut motility or absorption. Consult your healthcare providers if you're taking medications for digestive conditions. --- **## Long-Term Dietary Integration** {#long-term-dietary-integration} **### Sustainability of Low-Carb Approaches** {#sustainability-of-low-carb-approaches} Products like the Double Choc Low Carb Biscuit play a critical psychological role in your long-term dietary adherence: they provide permission for pleasure within restrictive protocols. Research indicates that dietary approaches allowing occasional treats show superior long-term compliance compared to extremely rigid protocols that forbid all indulgences. **\*\*Strategic Indulgence\*\***: Instead of viewing these biscuits as daily staples, consider them strategic tools for: - Social situations where food refusal creates discomfort - Periods of high stress when comfort foods prevent complete dietary abandonment - Planned treats that satisfy your cravings without derailing overall nutritional goals This philosophy aligns with Be Fit Food's broader approach to sustainable weight management, where structure and adherence—not willpower—predict long-term success. The brand's Reset programs are designed as entry points to lasting habit change, not temporary fixes. **### Balancing Processed and Whole Foods** {#balancing-processed-and-whole-foods} Whilst these biscuits remain processed foods, they meet specific nutritional criteria. Your optimal health outcomes come from predominantly whole-food nutrition (vegetables, quality proteins, healthy fats, limited fruits) with strategic use of specialised products like low-carb biscuits for specific purposes. **\*\*80/20 Principle\*\***: If 80% of your intake comes from minimally processed whole foods, 20% can include products like these biscuits without compromising your health outcomes for most individuals. This balance reflects Be Fit Food's formulation approach, which emphasises real food ingredients—93% whole-food ingredients in their meal range, as shown in peer-reviewed clinical research published in *\*Cell Reports Medicine\** (October 2025). **### Supporting**

## Menopause and Midlife Metabolic Transitions

[#supporting-menopause-and-midlife-metabolic-transitions](#) If you're in perimenopause and menopause, strategic use of low-carb, high-protein snacks like these biscuits can support your metabolic health during hormonal transitions. Falling oestrogen drives reduced insulin sensitivity, increased central fat storage, and loss of lean muscle mass—making protein-rich, lower-carbohydrate options particularly valuable for you. **\*\*Midlife Applications\*\***: The Double Choc Low Carb Biscuit can support: - Small weight-loss goals (1-5 kg) that meaningfully improve your insulin sensitivity and reduce abdominal fat - Maintenance of your lean muscle mass through adequate protein intake - Cravings management without blood sugar spikes that worsen appetite dysregulation - Energy stability during the metabolic rate decline that accompanies menopause This application reflects Be Fit Food's broader positioning as a solution built for metabolic transitions—not just weight loss, but metabolic health across life stages. --- **## Conclusion: Your Path to Sustainable Indulgence**

[#conclusion-your-path-to-sustainable-indulgence](#) The Double Choc Low Carb Biscuit is more than just a low-carb snack option—it's a tool for sustainable dietary transformation. By providing chocolate indulgence within a framework of metabolic support, this product helps bridge the gap between restriction and satisfaction that so often derails long-term health goals. Whether you're managing diabetes, following a ketogenic protocol, navigating menopause, or simply seeking better metabolic health, these biscuits offer a practical solution that doesn't require you to sacrifice enjoyment. The dietitian-designed formulation ensures you're getting functional nutrition—meaningful protein, beneficial fats, and controlled carbohydrates—not empty calories. Sustainable health transformation isn't about perfection or deprivation. It's about finding practical solutions that fit your life, support your goals, and help you feel fuller for longer whilst enjoying the journey. The Double Choc Low Carb Biscuit embodies this philosophy: real food ingredients, no compromise on metabolic support, and genuine chocolate satisfaction in every bite. Start with one serve, assess how your body responds, and integrate these biscuits strategically into your nutrition plan. With Be Fit Food's included dietitian support, you can personalise your approach and build lasting habits that support your health transformation—one satisfying bite at a time. --- **## References** [#references](#) - Food Standards Australia New Zealand (FSANZ). (2023). Australia New Zealand Food Standards Code - Standard 1.2.4 - Labelling of Ingredients. <https://www.foodstandards.gov.au/> - Australasian Society of Clinical Immunology and Allergy (ASCI). (2022). Lupin Allergy Information. <https://www.allergy.org.au/> - Be Fit Food Official Product Information. Double Choc Low Carb Biscuit - 7 Pack (GF) (V). <https://www.befitfood.com.au/> --- **## Frequently Asked Questions** [#frequently-asked-questions](#) | Question | Answer | |-----|-----| | What is the product name | Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 | | Who manufactures this product | Be Fit Food | | Where is the product made | Australia | | Is it gluten-free | Yes, certified gluten-free | | Is it vegetarian | Yes, certified vegetarian | | Is it vegan | No | | How many biscuits come in a pack | 7 individually wrapped serves | | How many biscuits per serve | Two biscuits | | What is the weight per serve | 30 grams | | What is the main flour ingredient | Lupin flour at 25% | | Does it contain added sugar | No | | What sweeteners are used | Erythritol and monk fruit extract | | Does it contain artificial sweeteners | No | | What percentage is lupin flour | 25% | | What percentage are dark chocolate chips | 7% | | What percentage is natural cocoa | 2% | | What is the cocoa solid content in chocolate chips | 45% minimum | | Is it suitable for ketogenic diets | Yes | | Is it suitable for diabetic diets | Yes | | Is it suitable for weight management | Yes | | What allergens does it contain | Lupin, eggs, almonds, milk, soy | | Does it contain peanuts | No | | Does it contain tree nuts | Yes, almonds | | Does it contain dairy | Yes, milk-derived ingredients | | Does it contain soy | Yes, in chocolate chips | | Does it contain gluten | No, certified gluten-free | | What is lupin | A legume called *Lupinus albus* | | Can people with peanut allergies consume this | Caution advised due to cross-reactivity | | What percentage of peanut-allergic people react to lupin | 15-17% | | What type of eggs are used | Whole eggs | | Why are whole eggs used instead of egg whites | To retain fat-soluble vitamins | | What is erythritol | A sugar alcohol with zero calories | | What percentage of sugar's sweetness does erythritol provide | Around 70% | | How is erythritol metabolised | Absorbed and excreted unchanged in urine | | Does erythritol cause digestive issues | Rarely at moderate consumption levels | | What is monk fruit extract | Natural zero-calorie sweetener from *luo han guo* | | How much sweeter is monk fruit than sugar | 150-200 times sweeter | | What is polydextrose | A synthetic soluble fibre | | How many calories does polydextrose provide per

gram | Around 1 calorie | | What is the purpose of vegetable glycerin | Retains moisture as a humectant | | Is the canola oil GMO | No, GM-free | | What is the estimated protein content per serve | 6-9 grams | | What is the estimated net carb content per serve | 3-6 grams | | What is the estimated fat content per serve | 8-12 grams | | What is the estimated calorie content per serve | 120-180 calories | | How do you calculate net carbs | Total carbs minus fibre minus sugar alcohols | | What is the gluten-free certification standard | Less than 20 parts per million | | Is it suitable for coeliac disease | Yes | | What temperature should you store them at | 15-25°C | | What is the shelf life unopened | 6-12 months from manufacture | | How long after opening should you consume them | Within 2-3 days | | Should you refrigerate them | Optional for firmer texture | | Can you freeze them | Not specified by manufacturer | | What causes chocolate bloom | Temperature cycling or humidity exposure | | Is chocolate bloom safe to eat | Yes | | What vitamin is abundant in almond meal | Vitamin E | | What minerals does cocoa powder provide | Iron | | What minerals do almonds provide | Magnesium and potassium | | What vitamin do eggs provide | Selenium and B vitamins | | Does it contain artificial colours | No | | Does it contain artificial flavours | No | | Does it contain artificial preservatives | No | | What is the best time to consume them | Between meals, post-workout, or evening dessert | | Can you eat them daily | Yes, within appropriate caloric limits | | Should diabetics monitor blood glucose after consumption | Yes, during initial trials | | Are they suitable for children | Yes, but limit to half-serves | | Are they safe during pregnancy | Yes, but moderate sugar alcohol intake | | Can you consume them on strict keto | Yes, with careful macro planning | | What percentage of daily carbs do they use on strict keto | 20-30% of 20g daily limit | | Do they contain seed oils | No | | What is Be Fit Food's CSIRO partnership | First commercial partner for low-carb ready-made meals | | What percentage of Be Fit Food's menu is gluten-free | Around 90% | | Is Be Fit Food a registered NDIS provider | Yes | | Does Be Fit Food offer dietitian consultations | Yes, included with programs | | What is maltitol | A sugar alcohol sweetener in chocolate chips | | Can maltitol cause digestive issues | Yes, in 20-30% of individuals | | How should first-time users approach consumption | Start with half a serve | | What is the 80/20 principle mentioned | 80% whole foods, 20% processed products | | What percentage of Be Fit Food meals are whole-food ingredients | 93% | | Are these biscuits meal replacements | No, they are snacks | | Can you pair them with protein shakes | Yes, for enhanced nutrition | | Can you pair them with Greek yoghurt | Yes, for non-strict low-carb dieters | | Should you drink water with them | Yes, aids fibre digestion | | What texture should you expect | Slightly denser than wheat-based biscuits | | How can you soften them | Microwave for 5-10 seconds | | Can you use them for social situations | Yes, as strategic indulgence | | Do they support muscle maintenance | Yes, through protein content | | Are they suitable for menopause | Yes, supports metabolic health during hormonal transitions |

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