DOUCHOLOW - Food & Beverages Storage & Freshness Guide - 7410612338877_43651633348797

Details:

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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 - GTIN: 09358266001523 - Price: $19.99 AUD - Pack size: 7 individual packs - Serving size: 30g per pack (2 biscuits) - Diet classification: Gluten-free, Vegetarian, Low carb - Primary ingredient: Lupin flour (25%) - Sweeteners: Erythritol, Monk fruit extract - Chocolate composition: Dark choc chips (7%, 45% cocoa solids) - Chocolate chip sweetener: Maltitol - Additional ingredients: Whole egg, Almond meal, Canola oil (GM-free), Natural cocoa powder (2%), Vegetable glycerin, Polydextrose soluble fibre, Soy lecithin, Gluten-free flour blend (maize starch, rice flour, tapioca starch) - Allergens: Contains: Egg, Almonds, Lupin, Soy, Milk. May contain: Peanuts, Tree Nuts - Storage instructions: Cool, dry place 15-20°C, below 60% humidity - Shelf life: 6-9 months unopened; 3-5 days after opening - Key features: No added sugar, No artificial sweeteners, No seed oils, No artificial colours or flavours, No artificial preservatives - Certification: Gluten-free certified - Category: Health & Wellness Snacks ### General Product Claims {#general-product-claims} - Specialised gluten-free, vegetarian snack formulated with alternative flours and sugar substitutes - Designed for controlled snacking while accommodating dietary restrictions - Supports metabolic health - Formulated by accredited practising dietitians - Helps you feel fuller for longer - High protein content from lupin flour and almond meal helps maintain satiety between meals - Low-carb formulation supports stable energy levels throughout your day - Plant-based protein and fibre support digestive health and satiety - Erythritol and monk fruit offer sweetness without the blood sugar impact of conventional sugars - Part of wellness goals and health transformation journey - Supports balanced nutrition and sustainable lifestyle changes - Portion-controlled serves that fit seamlessly into balanced eating plan - Makes nutritious eating accessible, enjoyable, and sustainable - Approximately 90% of Be Fit Food's range is gluten-free certified --- ## Understanding Your Be Fit Food Double Choc Low Carb Biscuits {#understanding-your-be-fit-food-double-choc-low-carb-biscuits} Be Fit Food's Double Choc Low Carb Biscuit is a gluten-free, vegetarian snack built around alternative flours and sugar substitutes. The 7-pack format gives you individually portioned serves—two biscuits per 30g packet—for controlled snacking that works with various dietary restrictions. The recipe combines lupin flour (25%), erythritol sweetener, and dark chocolate chips containing maltitol. These ingredients need specific storage conditions to keep their texture, flavour, and nutritional properties intact. Getting the storage right means you'll get the most out of your shelf life and eating experience. The biscuit's formula includes moisture-sensitive ingredients like lupin flour, almond meal, and a gluten-free flour blend, alongside hygroscopic sweeteners (erythritol, vegetable glycerin, polydextrose fibre) that actively interact with humidity in the air. Dark chocolate chips with 45% cocoa solids don't handle temperature swings well, and natural cocoa powder (2%) can pick up off-flavours when exposed to oxygen. This guide gives you evidence-based storage protocols to keep product quality high from purchase through to that last biscuit. ## Optimal Storage Conditions {#optimal-storage-conditions} ### Temperature Requirements {#temperature-requirements} Store unopened biscuit packs somewhere cool and dry between 15-20°C. This temperature range stops the erythritol and maltitol from going through crystallisation changes that create gritty texture, while keeping chocolate chips stable. Temperatures above 24°C soften the dark chocolate chips, which can cause bloom (that white surface discolouration from fat migration) and make them stick together inside the packet. Don't refrigerate unopened packets. The cold environment (around 3-4°C) causes moisture condensation when you take packets out to room temperature, introducing water that breaks down the gluten-free flour structure and makes biscuits soggy. The vegetable glycerin in the formula—a humectant that maintains moisture balance—becomes overly active in humid refrigerator conditions, pulling excess moisture into the biscuit. For storage beyond three months, freezing at -18°C works well. Put unopened packets in an airtight freezer bag with excess air removed. The low moisture content of the biscuits (standard for baked goods with erythritol) prevents ice crystal formation that would damage texture. Thaw frozen packets at room temperature for 2-3 hours while still sealed to prevent condensation contact. ### Humidity Control {#humidity-control} Keep your storage area's relative humidity below 60%. The gluten-free flour blend (maize starch, rice flour, tapioca starch) absorbs atmospheric moisture much faster than wheat flour, which makes biscuits lose their crisp texture and become soft or cake-like. Lupin flour, which makes up 25% of the formula, is

particularly hygroscopic and develops musty off-flavours when moisture content exceeds 12%. In humid climates—coastal areas, tropical regions, or during summer months—use silica gel packets in your storage container or pantry shelf. Place 2-3 food-grade desiccant packets near the biscuit packs to maintain dry conditions. Don't store near steam sources like kettles, dishwashers, or stovetops, or in cupboards above refrigerators where warm, moist air accumulates. The polydextrose soluble fibre (listed as "soluble fibre" in ingredients) acts as a moisture buffer but has limited capacity. Once the product absorbs humidity beyond its buffering threshold, texture degradation speeds up. Watch for softness in your biscuits—if they lose their characteristic snap when broken, humidity got to them. ### Light Protection {#light-protection} Store biscuits away from direct sunlight and fluorescent lighting. The natural cocoa (2%) contains polyphenols and flavonoids that oxidise under UV exposure, developing bitter, astringent flavours. Dark chocolate chips with 45% cocoa solids degrade similarly, losing their chocolate notes and developing rancid undertones as cocoa butter oxidises. Opaque pantry cupboards or drawers give you ideal light protection. If you use transparent containers for organisation, position them in dark cabinet interiors rather than on countertops or open shelving. The canola oil (GM-free) in the formula, while relatively stable, goes through photo-oxidation when exposed to prolonged light, contributing to stale flavours. ## Opened Packet Storage {#opened-packet-storage} ### Immediate Resealing Protocol {#immediate-resealing-protocol} Once you open a 30g serve packet, eat both biscuits in the same sitting for best quality. If you need to save some for later, immediately transfer remaining biscuits to an airtight container with a secure seal. Press-seal containers or glass jars with rubber gaskets protect better than standard plastic wrap or fold-over closures. Air exposure starts multiple degradation pathways. The almond meal (containing polyunsaturated fats) oxidises within 48-72 hours of air exposure, developing that characteristic rancid note. Erythritol crystals on the biscuit surface absorb moisture, creating sticky spots. The monk fruit extract, while stable, can't mask off-flavours once oxidation begins. For same-day storage of opened packets, use small food-grade clip-seal bags (remove excess air before sealing) or wrap biscuits individually in aluminium foil with crimped edges. Put wrapped biscuits in your primary storage container to maintain the controlled environment. ### Maximum Opened Storage Duration {#maximum-opened-storage-duration} Eat opened biscuits within 3-5 days when stored properly in airtight containers at room temperature. Beyond this window, texture deterioration becomes noticeable even with optimal resealing. The gluten-free flour structure lacks the protein network of wheat-based biscuits, making it less resilient to moisture fluctuation cycles. Watch for these freshness indicators: surface stickiness (erythritol moisture absorption), soft texture throughout (humidity exposure), diminished chocolate flavour (cocoa oxidation), or oil separation on the surface (fat migration from almond meal and canola oil). Any of these signs mean quality loss, though the product may still be safe to eat if there's no mould or off-odours. ## Shelf Life Expectations {#shelf-life-expectations} ### Unopened Product Longevity {#unopened-product-longevity} Properly stored unopened packets maintain optimal quality for 6-9 months from the manufacturing date. Check the "best before" date printed on the outer packaging—this manufacturer-determined timeframe accounts for the specific formula's stability characteristics. The combination of erythritol (a stable sugar alcohol), monk fruit extract (shelf-stable natural sweetener), and low moisture content gives you extended shelf life compared to conventional biscuits. The 7-pack format has inherent freshness advantages. Individual sealing protects each serve from environmental exposure until you eat it, unlike bulk packaging where the entire product experiences air and humidity contact after opening. This portion-control packaging extends the practical shelf life of your overall purchase. Store older stock toward the front of your pantry using first-in-first-out (FIFO) rotation. While biscuits beyond the best-before date may still be safe (if stored properly), quality attributes—particularly chocolate flavour intensity and biscuit crispness—decline progressively. Lupin flour can develop slight bitterness as it ages, though this happens gradually over many months. ### Signs of Degradation {#signs-of-degradation} Inspect biscuits before eating, particularly if storage conditions were less than ideal or the product is approaching its best-before date. Watch for these unacceptable quality indicators: Texture changes: Excessive softness throughout (not just surface), hard/dry brittleness, or gummy consistency indicate moisture imbalance. The vegetable glycerin should maintain pliable texture—overly hard biscuits suggest moisture loss, while mushy texture indicates excess absorption. Appearance issues: White or grey streaks on chocolate chips (chocolate bloom from temperature

fluctuation), visible mould spots (appearing as fuzzy growth in green, white, or black), or oil pooling on the biscuit surface (ingredient separation). Odour abnormalities: Rancid smell (nutty-turned-sour from oxidised almond meal or canola oil), musty odour (moisture-damaged lupin or rice flour), or chemical notes (degraded erythritol or maltitol). Flavour defects: Bitter aftertaste beyond normal dark chocolate character (oxidised cocoa), soapy notes (rancid fats), or diminished overall flavour intensity (volatiles loss). Discard any biscuits showing mould growth, strong off-odours, or signs of pest contamination. When quality indicators are borderline but safety isn't compromised, the product remains edible though the eating experience is degraded. ## Freshness Maintenance Strategies {#freshness-maintenance-strategies} ### Packaging Integrity Preservation {#packaging-integrity-preservation} Inspect packets before purchase and when receiving delivery. Make sure individual serve packets show no punctures, tears, or compromised seals. Even pinhole-sized breaches allow humidity in and speed up staling. The multi-layer packaging (metallised film with moisture barrier properties) only protects ingredients when completely intact. During transport home, don't crush packets under heavy items. Broken biscuits increase surface area exposed to air once opened, speeding up oxidation. If you're buying multiple 7-packs, store extra boxes in their original outer carton—this secondary packaging layer gives additional protection against light and minor humidity fluctuations. Check packet seals periodically during storage. If you notice any packets developing leaks or damage, transfer those biscuits to an airtight container immediately and eat within 2-3 days. The remaining intact packets can continue standard storage. ### Environmental Monitoring {#environmental-monitoring} In variable climates, consider using a small hygrometer in your pantry to monitor humidity levels. These inexpensive devices (around $10-20 AUD) give you real-time relative humidity readings, alerting you when conditions exceed the 60% threshold. If readings consistently run high, implement additional moisture control: increase desiccant packet frequency, improve ventilation, or relocate biscuits to a drier storage area. Temperature stability matters more than absolute temperature within the recommended range. A pantry that fluctuates between 18-25°C daily creates condensation cycles that damage biscuits faster than stable storage at 22°C. Avoid locations near heat sources (ovens, water heaters, sunny walls) where temperature swings are pronounced. Seasonal adjustments may be necessary. During humid summer months, increase monitoring frequency and consider refrigerator storage for unopened packets if ambient humidity exceeds 70% consistently—though remember to allow 2-3 hours room-temperature equilibration before opening to prevent condensation. In dry winter heating conditions, biscuits remain stable for extended periods, though chocolate chip bloom risk increases if heating systems create hot spots. ### Portion Planning {#portion-planning} The 7-pack format encourages consumption planning that naturally supports freshness. Rather than opening multiple packets at once, finish one 30g serve completely before accessing the next. This minimises the number of breached packages and maintains optimal quality for the remaining inventory. For households with multiple consumers or irregular snacking patterns, communicate which packet is "open" to prevent inadvertently starting a second serve. Simple labelling (date sticker on opened containers) helps track freshness windows for partially consumed portions. If you find the two-biscuit serve size excessive for single consumption, consider sharing the opened packet immediately rather than attempting multi-day storage. The formula's specialised ingredients don't tolerate repeated air exposure well, making complete immediate consumption the better freshness strategy. ## Special Considerations for Ingredient-Specific Storage {#special-considerations-for-ingredient-specific-storage} ### Erythritol Stability {#erythritol-stability} Erythritol, the primary sweetener in Be Fit Food's Double Choc Low Carb Biscuits, has unique storage characteristics. This sugar alcohol is hygroscopic but less so than traditional sugars, contributing to the biscuit's extended shelf life. However, it can crystallise on the surface if exposed to humidity fluctuations, creating a slightly grainy mouthfeel or visible white spots (distinct from mould—these crystals are uniform and geometric). If surface crystallisation occurs but no other degradation signs are present, biscuits remain safe to eat though texture is affected. Gentle warming (5-10 seconds in microwave at 50% power) can temporarily soften this crystallisation, though it will return as the biscuit cools. Prevention through consistent humidity control works better than remediation. ### Lupin Flour Preservation {#lupin-flour-preservation} Lupin flour, making up 25% of the formula, needs attention because it's more perishable than conventional wheat flour. This legume-based flour contains higher

protein (around 40%) and fat (around 10%) compared to grain flours, making it susceptible to both oxidative rancidity and microbial growth under poor storage conditions. The flour's natural antioxidants provide some protection, but extended storage above 25°C speeds up degradation. Lupin flour develops bitter, beany off-flavours when oxidised—distinct from the chocolate notes intended in the product. If biscuits taste increasingly bitter over time (beyond the dark chocolate's natural character), lupin flour oxidation is the likely cause. ### Chocolate Chip Temperature Sensitivity {#chocolate-chip-temperature-sensitivity} The dark chocolate chips (7% of formula, 45% cocoa solids, sweetened with maltitol) are the most temperature-sensitive component. Cocoa butter melts at 32-34°C, meaning warm storage conditions soften chips and cause them to lose distinct shape, bleeding into the biscuit. Temperature cycling—warm days followed by cool nights—causes fat bloom: cocoa butter migrates to the surface and recrystallises in dull, whitish-grey patterns. While harmless, bloom indicates suboptimal storage and signals that chocolate flavour may be compromised. Prevent bloom through stable temperature maintenance and avoid storage in vehicles, garages, or other areas with significant temperature variation. Maltitol, the chocolate chip sweetener, offers a cooling effect on the palate and provides bulk similar to sugar. It's stable across the recommended storage temperature range but can contribute to digestive discomfort if consumed in large quantities—relevant if eating multiple serves in one sitting, though not a storage consideration. ## Food Safety and Quality Assurance {#food-safety-and-quality-assurance} ### Safe Handling Practices {#safe-handling-practices} Always use clean, dry hands or utensils when handling biscuits. Introducing moisture, crumbs, or contaminants into storage containers compromises the entire batch. If using shared containers for multiple biscuit packs, make sure the container is completely dry and residue-free before adding new product. The whole egg ingredient means these biscuits contain allergens that can cross-contaminate other foods. Store away from allergen-free products if household members have egg sensitivities. The formula also contains soy (in chocolate chips via soy lecithin) and milk (in natural flavours), requiring separated storage in multi-allergy households. Wash storage containers monthly with hot, soapy water and dry thoroughly before refilling. This prevents residual oil buildup (from almond meal and canola oil) that can turn rancid and affect fresh product. Glass or stainless steel containers clean more thoroughly than plastic, which can retain oils in microscopic surface scratches. ### Assessing Continued Safety {#assessing-continued-safety} Low-carb formulas using alternative sweeteners and flours show different spoilage patterns than conventional baked goods. The low sugar content (erythritol and monk fruit don't support microbial growth like sucrose) and low water activity create an inhospitable environment for most bacteria and moulds, contributing to food safety. However, the almond meal and whole egg ingredients can support microbial growth if moisture increases sufficiently. Trust your senses: any visible mould, strong off-odours, or slimy texture means spoilage and the product should be discarded entirely. Don't taste biscuits that show these signs. The gluten-free status (certified by GF labelling) means no wheat-based preservatives are present. Some conventional biscuits use wheat gluten's natural antimicrobial properties for extended shelf life—these biscuits rely instead on low moisture content and protective packaging. This makes proper storage more critical for safety, not just quality. ## Troubleshooting Common Storage Issues {#troubleshooting-common-storage-issues} ### Problem: Biscuits Became Soft or Chewy {#problem-biscuits-became-soft-or-chewy} Cause: Humidity exposure through compromised packaging, high ambient moisture, or refrigerator storage without proper sealing. Solution: If caught early (within 24 hours), place biscuits on a baking tray in a 100°C oven for 3-5 minutes to drive off absorbed moisture. Cool completely before returning to airtight storage. For prevention, verify storage area humidity and add desiccant packets. Note: This restoration technique works once; repeated moisture absorption and drying degrades the gluten-free flour structure irreversibly. ### Problem: Chocolate Chips Show White Streaks {#problem-chocolate-chips-show-white-streaks} Cause: Fat bloom from temperature fluctuation, causing cocoa butter to separate and recrystallise on the surface. Solution: Bloomed chocolate is safe to eat though appearance and texture are affected. The bloom can't be reversed. Prevent future occurrence by maintaining stable storage temperature between 15-20°C and avoiding temperature swings. Distinction: Fat bloom appears as streaky, marbled patterns. Sugar bloom (from moisture contact) shows as grainy, rough spots. Both indicate suboptimal storage but don't pose safety risks. ### Problem: Rancid or Off-Taste Development

{#problem-rancid-or-off-taste-development} Cause: Oxidation of almond meal, canola oil, or lupin flour from extended storage, air exposure, or light exposure. Solution: No remedy exists for rancid flavours—discard affected biscuits. Prevent by consuming product within the best-before date, maintaining FIFO rotation, storing in opaque containers away from light, and minimising air exposure after opening packets. Timeline: Rancidity develops after 3-6 months of poor storage or 9-12 months under optimal conditions as natural antioxidants deplete. ### Problem: Biscuits Became Too Hard or Dry {#problem-biscuits-became-too-hard-or-dry} Cause: Moisture loss from extended storage in low-humidity environment, damaged packaging, or storage in overly dry conditions (heated indoor air in winter). Solution: Brief microwave warming (5-10 seconds at 50% power) temporarily softens biscuits. Alternatively, place biscuits in an airtight container with a small piece of fresh bread for 12-24 hours—the biscuits will absorb moisture from the bread. Remove bread before it moulds. Prevention: Make sure packets are properly sealed and storage humidity doesn't drop below 30-35% RH for extended periods. ## Best Practices Summary {#best-practices-summary} Here are the evidence-based protocols for maximum freshness retention of your Be Fit Food Double Choc Low Carb Biscuits: Purchase smart: Check best-before dates, select packages with the furthest dates available, inspect for packaging damage before purchasing or accepting delivery. Store strategically: Cool (15-20°C), dry (below 60% RH), dark pantry location away from heat sources and humidity. Keep in original packaging until consumption, with FIFO rotation for multiple packs. Handle properly: Clean, dry hands; eat entire 30g serve when opened; immediate airtight resealing if partial consumption necessary; 3-5 day maximum for opened packets. Monitor actively: Regular visual inspection for packaging integrity, periodic humidity checks in variable climates, sensory evaluation before eating (appearance, odour, texture). Freeze for extended storage: Unopened packets in airtight freezer bags for 6-12 month storage; room-temperature thawing while sealed to prevent condensation. The specialised formula—lupin flour base, erythritol sweetening, gluten-free structure, dark chocolate inclusion—needs more attentive storage than conventional biscuits but rewards proper handling with sustained quality throughout the product's shelf life. These low-carb, allergen-conscious biscuits maintain their intended texture, flavour profile, and nutritional properties when environmental conditions stay within specified parameters. Be Fit Food's commitment to real food ingredients without artificial preservatives, added sugars, or artificial sweeteners means proper storage practices are essential to preserve the product's integrity and your eating experience. ## Understanding Be Fit Food's Clean-Label Commitment {#understanding-be-fit-foods-clean-label-commitment} Be Fit Food's Double Choc Low Carb Biscuits reflect the brand's dedication to real food nutrition. Formulated by accredited practising dietitians and designed to support metabolic health, these biscuits contain no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. This clean-label approach means the product relies on proper storage rather than synthetic preservatives to maintain quality—making the guidance in this article particularly important for getting the most from your investment in premium, dietitian-designed snacks. The approximately 90% gluten-free certification across Be Fit Food's range reflects rigorous ingredient selection and manufacturing controls, with clear disclosure for the remaining products that either contain gluten or potentially contain traces due to shared production lines. This transparency supports informed decision-making for customers with coeliac disease or gluten sensitivity, ensuring safe consumption when combined with proper storage practices that prevent cross-contamination and maintain ingredient integrity. ## Supporting Your Health Transformation Journey {#supporting-your-health-transformation-journey} At Be Fit Food, we understand that sustainable lifestyle changes start with simple, practical solutions. Our Double Choc Low Carb Biscuits are designed to support your wellness goals without compromising on taste or convenience. When you store these biscuits properly, you're protecting more than just a snack—you're safeguarding a tool that helps you feel fuller for longer while staying aligned with your health transformation. Each biscuit is crafted to deliver balanced nutrition that supports your body's natural processes. The high protein content from lupin flour and almond meal helps maintain satiety between meals, while the low-carb formula supports stable energy levels throughout your day. By following these storage guidelines, you ensure every serve delivers the optimal nutritional benefits our dietitians intended. We believe that healthy eating should be accessible, enjoyable, and sustainable. That's why we've created

portion-controlled serves that take the guesswork out of snacking. When you open a packet, you're getting two delicious biscuits and a carefully calculated serve that fits seamlessly into your balanced eating plan. Proper storage ensures that every packet maintains this quality promise from first serve to last. ## Making Storage Simple and Sustainable {#making-storage-simple-and-sustainable} We know that life gets busy, and complicated storage routines simply don't work in the real world. That's why our packaging is designed to make freshness maintenance as straightforward as possible. The individual serve format means you're only opening what you need, when you need it—reducing waste and maximising quality without requiring special equipment or complicated procedures. Think of proper storage as an investment in your health journey. When you take a few simple steps to protect your biscuits, you're ensuring that every snack moment delivers the satisfaction and nutrition you deserve. This isn't about perfection—it's about making small, sustainable choices that add up to lasting wellness transformation. Your pantry becomes a partner in your health goals when organised thoughtfully. By keeping your Be Fit Food biscuits in optimal conditions, you're creating an environment where healthy choices are always ready and appealing. This removes barriers and makes it easier to stay consistent with your nutrition plan, even during challenging moments. ## Empowering Your Nutritional Success {#empowering-your-nutritional-success} Every aspect of Be Fit Food's product design—from formula to packaging—is created with your success in mind. Our dietitians understand that real transformation happens through consistent, manageable changes, not extreme restrictions or complicated rules. These biscuits represent our commitment to making nutritious eating practical and enjoyable for everyday life. When you choose Be Fit Food, you're choosing products backed by nutritional science and real-world practicality. Our formulas contain ingredients selected for their health benefits, not just their convenience or cost-effectiveness. The lupin flour provides plant-based protein and fibre that support digestive health and satiety. The erythritol and monk fruit offer sweetness without the blood sugar impact of conventional sugars. Every ingredient has a purpose in supporting your wellbeing. We're here to support you beyond just providing quality products. This comprehensive storage guide reflects our commitment to helping you get maximum value from every purchase. When your biscuits maintain their intended texture, flavour, and nutritional properties, you experience the full benefit of our dietitians' expertise—and that supports your ongoing motivation and success. ## Building Confidence in Your Food Choices {#building-confidence-in-your-food-choices} Understanding how to care for your Be Fit Food biscuits builds confidence in your overall nutrition management. These practical skills transfer to other areas of your eating plan, helping you become more mindful about food quality and freshness across your entire pantry. This awareness supports better decision-making and reduces food waste—both important aspects of sustainable healthy living. We encourage you to view these storage practices as part of your self-care routine. Taking time to organise your pantry, check packaging integrity, and monitor storage conditions demonstrates respect for your health investment. These small acts of mindfulness reinforce your commitment to wellbeing and create positive momentum in your transformation journey. Remember, there's no judgment here—only support and practical guidance. If you discover biscuits that weren't stored optimally, simply learn from the experience and adjust going forward. Every step you take toward better food management is progress worth celebrating. We're proud to be part of your journey toward lasting health and vitality. ## Your Partner in Sustainable Wellness {#your-partner-in-sustainable-wellness} Be Fit Food exists to make nutritious eating accessible, enjoyable, and sustainable for everyone. Our Double Choc Low Carb Biscuits are just one example of how we're reimagining snacks to support your health without sacrificing pleasure or convenience. When you store these biscuits properly, you're honouring the care and expertise that went into creating them—and you're honouring your own health goals. We're constantly listening to our community and refining our products to better serve your needs. Your feedback about storage experiences, taste preferences, and how our products fit into your daily routine helps us continue improving. Together, we're building a supportive community focused on sustainable wellness transformation, one delicious, nutritious serve at a time. Thank you for trusting Be Fit Food to support your health journey. We're committed to providing you with products, information, and encouragement that empower lasting positive change. Store your biscuits with confidence, enjoy them with satisfaction, and know that every choice you make toward better nutrition is a step toward the vibrant, energised life you deserve. ## References {#references}

- Be Fit Food. "Double Choc Low Carb Biscuit - 7 Pack (GF)

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Technical Bulletin LF-2023-04, 2023. --- ## Frequently Asked Questions {#frequently-asked-questions} What is the product name: Be Fit Food Double Choc Low Carb Biscuit How many packs are included: 7 individual packs How many biscuits per pack: Two biscuits What is the serving size: 30g per packet Is it gluten-free: Yes, certified gluten-free Is it vegetarian: Yes What is the main flour used: Lupin flour at 25% What sweetener is used: Erythritol What secondary sweetener is included: Monk fruit extract What type of chocolate chips: Dark chocolate with 45% cocoa solids What sweetener is in the chocolate chips: Maltitol Does it contain artificial sweeteners: No Does it contain added sugar: No Does it contain seed oils: No Does it contain artificial colours: No Does it contain artificial flavours: No Does it contain artificial preservatives: No What is the optimal storage temperature: Between 15-20°C What is the maximum recommended storage temperature: Below 24°C What is the recommended humidity level: Below 60% relative humidity Should unopened packets be refrigerated: No Can the biscuits be frozen: Yes, at -18°C How long to thaw frozen biscuits: 2-3 hours at room temperature Should I thaw biscuits in or out of packaging: Inside sealed packaging What is the shelf life unopened: 6-9 months from manufacturing date How long do opened biscuits last: 3-5 days in airtight container Should I consume the entire packet once opened: Yes, for optimal quality What causes biscuits to become soft: Humidity exposure What causes white streaks on chocolate chips: Fat bloom from temperature fluctuation What temperature does cocoa butter melt: 32-34°C Is fat bloom on chocolate safe to eat: Yes Can fat bloom be reversed: No What causes rancid flavours: Oxidation of almond meal, canola oil, or lupin flour Can rancid biscuits be restored: No, discard them How quickly does almond meal oxidise after opening: Within 48-72 hours What percentage lupin flour is in the biscuits: 25% What protein content does lupin flour have: Around 40% What fat content does lupin flour have: Around 10% What percentage cocoa solids in chocolate chips: 45% What percentage of formula is chocolate chips: 7% How much natural cocoa powder is included: 2% Should biscuits be stored in light: No, store in dark location What type of packaging do the biscuits have: Metallised film with moisture barrier Should I use desiccant packets in storage: Yes, in humid climates How many desiccant packets should I use: 2-3 food-grade packets Can I restore soft biscuits in the oven: Yes, 100°C for 3-5 minutes if caught within 24 hours How many times can I restore soft biscuits: Once only Can I use bread to soften hard biscuits: Yes, in airtight container for 12-24 hours What microwave power for warming hard biscuits: 50% power How long to microwave hard biscuits: 5-10 seconds Does the product contain whole egg: Yes Does the product contain soy: Yes, in chocolate chips via soy lecithin Does the product contain milk: Yes, in natural flavours Is cross-contamination possible with allergens: Yes, store separately from allergen-free products What causes erythritol crystallisation: Humidity fluctuations Is crystallised erythritol safe to eat: Yes, though texture is affected Does erythritol support microbial growth: No Does monk fruit support microbial growth: No What is the cost of a hygrometer: Around $10-20 AUD Should I use FIFO rotation: Yes, first-in-first-out How often should I wash storage containers: Monthly What container materials are best: Glass or stainless steel Do plastic containers retain oils: Yes, in microscopic surface scratches What is the minimum storage humidity: Above 30-35% RH for extended periods What happens if humidity exceeds 70%: Consider refrigerator storage with proper thawing protocol How long does rancidity take under poor storage: 3-6 months How long does rancidity take under optimal storage: 9-12 months Are the biscuits formulated by dietitians: Yes, accredited practising dietitians What percentage of Be Fit Food range is gluten-free: Approximately 90% Does lupin flour develop bitterness when aged: Yes, gradually over many months What is the cooling effect in chocolate chips from: Maltitol Can maltitol cause digestive discomfort: Yes, if consumed in large quantities Should I store biscuits near heat sources: No Should I store biscuits above refrigerators: No Can I store biscuits in vehicles: No Can I store biscuits in garages: No What causes musty odours in biscuits: Moisture-damaged lupin or rice flour What causes soapy flavours: Rancid fats Should I taste biscuits showing mould: No, discard entirely Does vegetable glycerin maintain moisture balance: Yes, it is a humectant What is polydextrose: Soluble fibre that acts as moisture buffer Is the canola oil GM-free: Yes What causes

photo-oxidation: Prolonged light exposure Should biscuits snap when broken: Yes, if properly stored

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