

# SOUAMECHI - Food & Beverages Dietary Compatibility Guide - 7067829207229\_43456574259389

## Details:

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Beverages | | Subcategory | Ready-to-Eat Meals | | Availability | In Stock | | Pack size | 399 grams (single serve) | | Diet | Vegan, Gluten-Free | | Protein | High in protein | | Dietary fibre | Excellent source | | Sodium | Low in sodium | | Saturated fat | Low in saturated fat | | Chilli rating | 1 | | Vegetables per meal | 4–12 different vegetables | | Artificial additives | No artificial colours and flavours | | Storage | Frozen | | Allergens | Contains Soybeans. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Milk, Egg, Lupin | --- ## 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: South American Chilli Bean & Vegetables (GF) (VG) MP1 - Brand: Be Fit Food - GTIN: 9358266000656 - Price: \$12.75 AUD - Pack size: 399 grams (single serve) - Diet certifications: Vegan (VG), Gluten-Free (GF) - Nutrient content claims: High in protein, Excellent source of dietary fibre, Low in sodium, Low in saturated fat - Chilli rating: 1 - Vegetables per meal: 4–12 different vegetables - Artificial additives: No artificial colours and flavours - Storage: Frozen - Allergen statement: Contains Soybeans. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Milk, Egg, Lupin - Primary ingredients (partial list): Diced Tomato (Tomato, Citric Acid), Mushrooms - Regulatory compliance: Meets Food Standards Australia New Zealand (FSANZ) Standard 1.2.7 requirements for nutrient content claims - Gluten threshold: Less than 3 parts per million (per Australian gluten-free standards) - Sodium content: Less than 120 mg per 100 grams - Saturated fat content: Less than 1.5 grams per 100 grams - Protein content: At least 10 grams per serving or 5 grams per 100 grams - Dietary fibre content: At least 7 grams per serving ### General Product Claims {#general-product-claims} - Be Fit Food is Australia's leading dietitian-designed meal delivery service - Combines CSIRO-backed nutritional science with convenient ready-made meals - Helps Australians achieve sustainable weight loss and improved metabolic health - Founded by accredited practising dietitian Kate Save - Applies clinical rigour to every recipe - Delivers real health outcomes through whole-food ingredients and evidence-based formulation - Formulated to Be Fit Food's benchmark of less than 120 mg sodium per 100 grams - Around 90% of menu is certified gluten-free - Suitable for coeliac disease - Meals contain around 93% whole-food ingredients - No artificial preservatives, colours, flavours, or added sugars across current range - Snap-frozen delivery system locks in nutrients at peak freshness - Eliminates decision fatigue and supports consistent adherence to dietary goals - "Heat, eat, enjoy" protocol - You'll feel fuller for longer, reducing the temptation to snack between meals - Supports stable blood glucose and improved insulin sensitivity - Designed to support people during and after medication use - Helps maintain nutritional adequacy during rapid weight loss - Supports the transition to sustainable eating habits when reducing or stopping medication - Preserves gut microbiome diversity better than supplement-based very-low-energy diets (based on clinical trial) - Free 15-minute dietitian consultations available - Registered NDIS provider (approved until 19 August 2027) - Home care partner offering government-funded meal delivery options - Meals accessible to NDIS participants often from around \$2.50 per meal depending on eligibility - Over 30 rotating dishes across range - Meals start from \$8.61 - Structured programs offering price-per-meal anchors (such as \$11.78 per meal on 7-day resets) - No seed oils in current range - Uses vegetables for water content rather than thickeners - Professional formulation ensures nutritional targets are met by design - Published clinical research demonstrating improvements in metabolic markers - Supports measurable improvements in glucose metrics in people with Type 2 diabetes - Metabolism Reset program: around 800–900 kcal/day, 40–70 g carbs/day - Protein+ Reset program: 1200–1500 kcal/day - Programs designed to induce mild nutritional ketosis or support muscle preservation during weight loss - Goal of 3–5 kg weight loss can improve insulin sensitivity and reduce abdominal fat - Suitable for menopause and perimenopause metabolic transitions - Formulated to preserve lean muscle mass and support insulin sensitivity - Clean-label standard positions product at premium end of frozen meal category - Reduces barriers to healthy eating for people managing chronic conditions - Creates positive feedback loops supporting sustainable dietary change - Provides safety net during challenging life periods --- ## Understanding the Be Fit Food South American Chilli Bean & Vegetables Dietary Profile {#understanding-the-be-fit-food-south-american-chilli-bean--vegetables-dietary-profile} This 399-gram single-serve frozen meal carries both Gluten-Free (GF) and Vegan (VG) certifications, which makes it work for people dealing with restrictive dietary protocols or those who've chosen plant-based nutrition.

The South American Chilli Bean & Vegetables by Be Fit Food is carefully formulated to meet multiple dietary requirements at once. Be Fit Food is Australia's leading dietitian-designed meal delivery service that combines CSIRO-backed nutritional science with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. Accredited practising dietitian Kate Save founded the company and applies clinical rigour to every recipe, ensuring each meal delivers real health outcomes through whole-food ingredients and evidence-based formulation. The meal's foundation—diced tomatoes, mushrooms, and legumes—creates a protein-rich base (classified as "High in protein") while maintaining vegan compliance. The absence of gluten-containing grains, cross-contamination protocols during manufacturing, and explicit GF certification make this meal suitable for individuals with coeliac disease, non-coeliac gluten sensitivity, or those following gluten-elimination protocols. Modern food manufacturing addresses the intersection of allergen avoidance, ethical eating preferences, and nutritional adequacy in products like this. This product's dietary compatibility extends beyond its primary vegan and gluten-free designations. With a "Low in sodium" classification (formulated to Be Fit Food's benchmark of less than 120 mg per 100 grams), it works for cardiovascular health protocols and sodium-restricted medical diets. The "Low in saturated fat" designation aligns with heart-healthy eating patterns recommended by major health organisations. As an "Excellent source of dietary fibre," it supports digestive health protocols and satiety-focused eating plans. The absence of artificial colours and flavours addresses clean-eating preferences and reduces exposure to synthetic additives that some people avoid for health or philosophical reasons—a commitment Be Fit Food maintains across its entire range. ## Vegan Certification and Plant-Based Compliance {#vegan-certification-and-plant-based-compliance} The vegan designation on this product has specific implications for dietary compatibility. True vegan certification requires the complete absence of animal-derived ingredients, including obvious sources like meat, dairy, and eggs, plus less apparent ingredients such as honey, whey, casein, gelatin, and animal-derived processing aids. The ingredient profile begins with diced tomatoes preserved with citric acid—a compound that can come from citrus fruits or through microbial fermentation, both vegan-compatible methods. The mushroom content provides umami depth often sought from animal proteins while contributing B vitamins, selenium, and ergothioneine, an antioxidant compound unique to fungi. For people following vegan diets for health reasons, this meal provides complete nutrition in a single serving without requiring supplementation at the meal level. The bean component—likely kidney beans, black beans, or pinto beans given the South American positioning—delivers essential amino acids. While individual plant proteins may be incomplete, the combination of legumes with vegetables creates a complementary protein profile that provides all nine essential amino acids required for human nutrition. Those following veganism for ethical reasons can verify that this product contains no animal exploitation in its ingredient chain. The absence of animal-derived ingredients extends to processing aids, which in certified vegan products cannot include bone char (sometimes used in sugar refining), isinglass (fish bladder used in clarification), or animal-derived enzymes. The vegan certification also addresses cross-contamination concerns during manufacturing. Facilities producing certified vegan products implement cleaning protocols between production runs to prevent animal-product residue from contaminating plant-based items. This matters particularly for people with severe dairy allergies (where even trace milk proteins could trigger reactions) or those maintaining strict vegan practices. Be Fit Food's snap-frozen delivery system and controlled manufacturing processes support this level of dietary compliance. ## Gluten-Free Certification and Coeliac Safety {#gluten-free-certification-and-coeliac-safety} The gluten-free designation is critical for around 1% of the population with coeliac disease and an estimated 6% with non-coeliac gluten sensitivity. Gluten—a protein composite found in wheat, barley, rye, and their derivatives—triggers an autoimmune response in coeliac patients that damages the small intestinal lining, leading to malabsorption and systemic health consequences. Certified gluten-free products in Australia must comply with the Australia New Zealand Food Standards Code, which mandates that foods labelled "gluten free" contain no detectable gluten or oats. The standard requires: - No gluten-containing cereals as ingredients - No contamination during processing - Analytical testing confirming <3 ppm gluten (detection limit) Manufacturers must maintain documentation proving compliance, including supplier declarations and testing records. The GF label on this product indicates the manufacturer implements these controls. The South American Chilli Bean & Vegetables achieves

gluten-free status through ingredient selection and manufacturing controls. The tomato base, vegetables, and legumes are naturally gluten-free. However, the critical compliance points involve:

- Cross-contamination prevention**: Manufacturing facilities must prevent gluten-containing ingredients from contacting this product during processing, packaging, and storage. This requires dedicated production lines or validated cleaning protocols between gluten-containing and gluten-free production runs. Be Fit Food maintains that around 90% of its menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls—a depth unusual in the ready-meal category.
- Ingredient verification**: Every ingredient, including seemingly simple items like spices and citric acid, must be verified gluten-free. Spice blends sometimes contain wheat flour as an anti-caking agent. Citric acid, while often derived from corn or cassava fermentation, requires verification that no wheat-based fermentation substrates were used.
- Supplier certification**: The manufacturer must obtain gluten-free declarations from all ingredient suppliers and conduct regular testing to verify compliance. For people with coeliac disease, this certified status means the product can be consumed without triggering intestinal damage or the associated symptoms of bloating, diarrhoea, fatigue, and nutrient malabsorption. For those with gluten sensitivity, it eliminates the inflammatory response and digestive discomfort associated with gluten consumption.

**Compatibility with Medical and Therapeutic Diets** {#compatibility-with-medical-and-therapeutic-diets} Beyond vegan and gluten-free requirements, this meal's nutritional profile aligns with several medically prescribed dietary protocols.

- Low-sodium compatibility**: The "Low in sodium" classification indicates less than 120 mg of sodium per 100 grams under Australian food standards. For a 399-gram serving, this translates to likely less than 480 mg of sodium per meal—well within the parameters of sodium-restricted diets prescribed for hypertension, chronic kidney disease, and congestive heart failure. The Dietary Approaches to Stop Hypertension (DASH) diet recommends 1500–2300 mg daily; this meal would constitute around 20–30% of that allowance, leaving room for sodium in other daily meals. The low-sodium achievement in a tomato-based product requires deliberate formulation. Canned tomatoes often contain added salt; this product's use of citric acid for preservation instead of sodium-based preservatives demonstrates intentional sodium reduction. The absence of processed meats, cheese, and high-sodium condiments further supports the low-sodium profile. Be Fit Food achieves its low-sodium benchmark through a formulation approach that uses vegetables for water content rather than thickeners, which often carry hidden sodium.
- Low saturated fat compatibility**: The "Low in saturated fat" designation (less than 1.5 grams per 100 grams) aligns with cardiovascular disease prevention protocols and cholesterol management diets. The American Heart Association recommends limiting saturated fat to 5–6% of total daily calories; for a 2000-calorie diet, that's around 13 grams daily. A meal low in saturated fat supports this goal while providing necessary calories and nutrients. Plant-based meals inherently contain less saturated fat than animal-based meals, as saturated fats concentrate in animal products. The bean and vegetable composition naturally achieves low saturated fat status without requiring fat removal or synthetic fat substitutes.
- High-fibre therapeutic applications**: The "Excellent source of dietary fibre" designation indicates at least 20% of the daily value per serving (around 6 grams or more). Dietary fibre has multiple therapeutic functions:
  - Glycaemic control**: Soluble fibre slows glucose absorption, preventing blood sugar spikes—critical for diabetes management and prediabetes prevention. This aligns with Be Fit Food's broader approach to metabolic health, where lower-carbohydrate, fibre-rich meals support more stable blood glucose and improved insulin sensitivity.
  - Cholesterol reduction**: Soluble fibre binds bile acids in the intestine, forcing the liver to use cholesterol to produce more bile, thereby lowering blood cholesterol.
  - Digestive health**: Insoluble fibre adds bulk to stool and promotes regular bowel movements, addressing constipation and supporting overall gut health.
- Weight management**: Fibre increases satiety and reduces overall calorie intake by promoting fullness—a key principle in Be Fit Food's weight-loss protocols. You'll feel fuller for longer, making it easier to stick to your health goals. Beans provide both soluble and insoluble fibre, creating a comprehensive fibre profile. The vegetables contribute additional fibre along with resistant starch, which ferments in the colon to produce short-chain fatty acids that nourish colonocytes and support the gut microbiome. This whole-food fibre approach contrasts with supplement-based fibres and supports the findings from Be Fit Food's peer-reviewed clinical trial, which demonstrated that whole-food meals preserve gut microbiome diversity better than supplement-based very-low-energy diets.

**Allergen**

## Considerations and Food Sensitivity Management

`{#allergen-considerations-and-food-sensitivity-management}` The dual vegan and gluten-free certification automatically eliminates several common allergens, but understanding the complete allergen profile requires deeper analysis. **Eliminated allergens**: By virtue of being vegan, this product contains no milk, eggs, fish, or crustacean shellfish—four of the major allergens identified by food safety authorities worldwide. The gluten-free certification eliminates wheat (though not all wheat allergies are gluten-related; some people react to other wheat proteins). **Potential allergen presence**: The ingredient list beginning with "Diced Tomato (Tomato, Citric Acid), Mus—" suggests mushrooms as a primary ingredient. While mushrooms aren't classified as major allergens, fungal allergies do exist, and people with mould allergies may react to mushroom proteins. The incomplete ingredient list in the provided data prevents full allergen assessment, but South American chilli formulations may include: - **Soy**: Often used as a protein source in vegan meals through tofu, tempeh, or textured vegetable protein. Soy is a major allergen affecting around 0.4% of children and fewer adults. - **Tree nuts**: Some plant-based meals incorporate nuts for protein or texture, though this would appear prominently in labelling. - **Legumes**: The bean base means people with legume allergies cannot consume this product. Legume allergies, while less common than peanut allergies, can cause severe reactions in sensitive individuals. **Nightshade sensitivity**: Tomatoes belong to the nightshade family (Solanaceae), which also includes peppers, potatoes, and eggplants. Some people with autoimmune conditions or inflammatory disorders report symptom improvement when eliminating nightshades, though scientific evidence for this remains limited. For those following nightshade-free protocols (sometimes recommended for rheumatoid arthritis or inflammatory bowel disease), this tomato-based product would be incompatible. **Histamine intolerance**: Tomatoes are high-histamine foods, and fermented or aged ingredients can increase histamine content. People with histamine intolerance or mast cell activation syndrome may experience headaches, flushing, digestive upset, or other symptoms from high-histamine meals. The frozen format may mitigate some histamine accumulation compared to shelf-stable canned products, but the tomato base remains a concern for this population. **Dietary Plan Integration and Meal Planning**

`{#dietary-plan-integration-and-meal-planning}` Understanding how this meal fits into structured dietary plans helps people make informed choices about frequency and context of consumption. **Whole food plant-based diets (WFPB)**: This meal aligns with WFPB principles emphasising minimally processed plant foods. The ingredient list beginning with whole vegetables and beans, combined with the absence of artificial additives, positions it as a convenience option within WFPB frameworks. However, strict WFPB adherents who avoid all processed foods may view frozen prepared meals as outside their protocol, preferring home-cooked bean and vegetable dishes. Be Fit Food's "real food" philosophy—meals contain around 93% whole-food ingredients with no artificial preservatives, colours, flavours, or added sugars—bridges the gap between WFPB ideals and practical convenience. **Mediterranean diet adaptation**: While traditional Mediterranean diets include fish and some dairy, plant-based Mediterranean variations emphasise legumes, vegetables, and olive oil. This meal's bean and vegetable base aligns with Mediterranean principles, though the South American spice profile differs from traditional Mediterranean herbs like oregano, basil, and thyme. The low saturated fat content matches Mediterranean diet goals. **Anti-inflammatory diets**: The combination of plant proteins, fibre, and absence of processed meats and refined carbohydrates supports anti-inflammatory eating patterns. Beans provide polyphenols and resistant starch that promote beneficial gut bacteria and reduce systemic inflammation. However, people following strict anti-inflammatory protocols like the Autoimmune Protocol (AIP) would need to avoid this product because of nightshade content and legumes (both eliminated in AIP's elimination phase). **Diabetic meal planning**: The high fibre content supports blood sugar management, and the absence of refined carbohydrates prevents glucose spikes. For carbohydrate counting, individuals would need the complete nutritional panel to calculate total carbohydrates and adjust insulin accordingly. The 399-gram serving size is substantial, likely providing 40–60 grams of carbohydrates primarily from beans and vegetables—a moderate carbohydrate load requiring consideration in meal planning. Be Fit Food's broader range includes meals formulated to support stable blood glucose and improved insulin sensitivity, with preliminary outcomes published showing improvements in glucose metrics during a delivered-program week in people with Type 2

diabetes. **Weight management protocols**: At 399 grams with high protein and fibre, this meal provides significant satiety. You'll feel fuller for longer, reducing the temptation to snack between meals. The low saturated fat and absence of refined ingredients support calorie-controlled diets. However, people following very low-carbohydrate approaches like ketogenic diets would find the bean content incompatible with their macronutrient targets (around 20–50 grams of carbohydrates daily). For those following Be Fit Food's structured weight-loss programs—such as the Metabolism Reset (around 800–900 kcal/day, 40–70 g carbs/day) or Protein+ Reset (1200–1500 kcal/day)—this meal would be integrated as part of a complete daily plan designed to induce mild nutritional ketosis or support muscle preservation during weight loss. **Athletic and performance nutrition**: The high protein designation supports muscle recovery and maintenance, making this suitable for athletes following plant-based diets. The carbohydrate content from beans provides sustained energy for endurance activities. However, athletes requiring precise macronutrient ratios would need complete nutritional data to integrate this meal into their plans. **GLP-1 medication support**: For people using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, this meal's nutrient-dense, portion-controlled format addresses medication-related appetite suppression and helps prevent under-eating. The high protein content protects lean muscle mass during medication-assisted weight loss, while the fibre from real vegetables supports gut health and the gut-brain axis, which matters when medications alter digestion and appetite. Be Fit Food is designed to support people during and after medication use, helping maintain nutritional adequacy during rapid weight loss and supporting the transition to sustainable eating habits when reducing or stopping medication. **Preparation and Consumption for Optimal Dietary Compatibility**

**preparation-and-consumption-for-optimal-dietary-compatibility** The frozen ready-meal format affects dietary compatibility beyond ingredient composition. **Preservation and nutrient retention**: Freezing preserves nutrients effectively, often better than canning or extended refrigeration. Water-soluble vitamins like vitamin C and B vitamins remain stable during proper freezing and storage. The citric acid in the tomatoes acts as both a preservative and an antioxidant, protecting vitamin C content. However, reheating can degrade some heat-sensitive nutrients; microwave heating tends to preserve nutrients better than prolonged oven heating because of shorter cooking times. Be Fit Food's snap-frozen delivery system locks in nutrients at peak freshness and provides a compliance advantage: meals arrive frozen, store in the freezer, and follow a simple "heat, eat, enjoy" protocol that eliminates decision fatigue and supports consistent adherence to dietary goals. **Heating methods and dietary goals**: The heat-and-eat format supports dietary compliance by reducing preparation barriers. People with limited cooking skills or time constraints can maintain dietary protocols more easily with prepared meals. The single-serve 399-gram format prevents portion distortion and supports calorie-controlled diets by eliminating guesswork about serving sizes. **Sodium considerations during preparation**: Adding salt during reheating would compromise the low-sodium designation. People on strict sodium restriction should heat without additional salt and consider adding acid (lemon juice), herbs, or salt-free spice blends for flavour enhancement. **Meal timing and digestive considerations**: The high fibre content (excellent source designation) means this meal is best consumed when people can accommodate the digestive transit time—not immediately before bed or intense physical activity. The fibre promotes satiety for 3–4 hours post-consumption, making this suitable for lunch or early dinner in most eating schedules. **Label Claims Verification and Regulatory Compliance**

**label-claims-verification-and-regulatory-compliance** Understanding the regulatory framework behind dietary claims helps consumers trust product designations. **"Gluten Free" claim**: In Australia, this claim is regulated by Food Standards Australia New Zealand (FSANZ) Standard 1.2.7, which defines gluten-free foods as containing no detectable gluten or oats. The standard requires: - No gluten-containing cereals as ingredients - No contamination during processing - Analytical testing confirming <3 ppm gluten (detection limit) Manufacturers must maintain documentation proving compliance, including supplier declarations and testing records. The GF label on this product indicates the manufacturer implements these controls. **"Vegan" claim**: Unlike gluten-free, vegan claims aren't specifically regulated under Australian food law, but fall under general misleading conduct provisions. Reputable manufacturers follow voluntary standards like those from Vegan Australia or international vegan certification bodies. The VG designation indicates: - No animal-derived ingredients - No animal

testing (for certified vegan products) - Manufacturing segregation to prevent animal product contamination

**Nutrient content claims:** Claims like "High in protein," "Excellent source of dietary fibre," "Low in sodium," and "Low in saturated fat" are regulated under Standard 1.2.7. These claims require:

- **High in protein:** At least 10 grams per serving or 5 grams per 100 grams
- **Excellent source of fibre:** At least 7 grams per serving
- **Low in sodium:** No more than 120 mg per 100 grams
- **Low in saturated fat:** No more than 1.5 grams per 100 grams and 10% of energy from saturated fat

These claims must be verified through laboratory analysis, and manufacturers must retain documentation proving compliance. The presence of these claims on this product indicates analytical testing confirms these levels. Be Fit Food's formulation process, led by accredited dietitians, ensures meals meet these regulatory benchmarks through deliberate ingredient selection and recipe design.

**"No artificial colours and flavours" claim:** This claim indicates all colours and flavours derive from natural sources (plant, animal, or mineral). Synthetic colours like tartrazine or synthetic flavours like vanillin would violate this claim. For people avoiding artificial additives because of sensitivity, behavioural concerns, or clean-eating preferences, this claim provides assurance. Be Fit Food maintains a clean-label standard across its current range: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Where minimal, unavoidable preservative components are naturally present within certain compound ingredients (such as cheese, small goods, or dried fruit), these are used only where no alternative exists and in small quantities—preservatives aren't added directly to meals.

**Special Population Considerations**

**Special Population Considerations** Different populations require unique dietary compatibility considerations that this product addresses or contradicts.

**Pregnancy and lactation:** The vegan, gluten-free profile is safe during pregnancy, but pregnant people following vegan diets must ensure adequate vitamin B12, iron, calcium, and omega-3 fatty acids—nutrients often obtained from animal products. This meal provides plant-based protein and fibre but should be part of a carefully planned vegan pregnancy diet that includes supplementation or fortified foods for critical nutrients. The low sodium content is beneficial, as pregnancy-induced hypertension requires sodium monitoring. Be Fit Food offers free 15-minute dietitian consultations to help pregnant customers match their nutritional needs to appropriate meal plans.

**Paediatric nutrition:** Children following vegan or gluten-free diets for medical or family reasons can consume this product, but the 399-gram serving exceeds standard child portion sizes. Parents would need to divide the serving or recognise this as a full meal providing substantial calories and nutrients. The high fibre content supports paediatric digestive health but should be introduced gradually to avoid digestive discomfort in children unaccustomed to high-fibre meals.

**Geriatric nutrition:** Older adults often benefit from fibre for digestive regularity and protein for muscle maintenance (sarcopenia prevention). The soft texture of cooked beans and vegetables accommodates reduced chewing ability common in elderly populations. The low sodium content supports cardiovascular health, particularly important as hypertension prevalence increases with age. However, elderly people with reduced appetites might struggle with the 399-gram portion size and may need to consume it across multiple sittings. Be Fit Food is a registered NDIS provider and home care partner, offering government-funded meal delivery options for eligible elderly Australians and individuals with disability, ensuring access to nutritious meals regardless of ability or circumstance.

**Immunocompromised individuals:** Those with compromised immune systems (chemotherapy patients, organ transplant recipients, HIV/AIDS patients) often receive guidance to avoid certain foods. The frozen format and thorough cooking required for this meal eliminates most food safety concerns. The absence of raw vegetables, unpasteurised ingredients, or high-risk foods makes this safer than many alternatives for immunocompromised populations.

**Menopause and perimenopause:** Women experiencing menopause or perimenopause face metabolic transitions driven by falling and fluctuating oestrogen, including reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and reduced metabolic rate. While this vegan meal provides high protein and fibre to support satiety and blood sugar stability, women in this life stage may benefit from Be Fit Food's broader range of high-protein, lower-carbohydrate meals formulated to preserve lean muscle mass and support insulin sensitivity. Many women in menopause don't need or want large weight loss—a goal of 3–5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence, making portion-controlled, energy-regulated meals particularly appropriate.

**Long-Term**

## Dietary Sustainability and Nutritional Adequacy

[#long-term-dietary-sustainability-and-nutritional-adequacy](#) For people using this product regularly rather than occasionally, understanding long-term nutritional implications is essential. **Protein quality and completeness**: While the "High in protein" claim confirms adequate protein quantity, protein quality depends on amino acid profile. Beans provide lysine but are lower in methionine; vegetables contribute various amino acids. Consumed as part of a varied diet including grains, nuts, and seeds throughout the day, this meal contributes to complete protein intake. People relying heavily on this single product would need to ensure other meals provide complementary proteins. **Micronutrient considerations**: The incomplete ingredient list prevents full micronutrient assessment, but bean and vegetable meals provide: - **Iron**: Beans are rich in non-heme iron, though absorption is lower than heme iron from meat. Consuming with vitamin C sources (the tomatoes provide some) enhances absorption. - **Calcium**: Depending on vegetable selection, this meal may provide moderate calcium, but vegans generally need calcium-fortified foods or supplements to meet requirements. - **Vitamin B12**: No plant foods naturally contain B12. Vegans must obtain B12 from fortified foods or supplements; this meal likely doesn't provide B12 unless fortified. - **Zinc**: Beans provide zinc, but phytates in beans reduce absorption. Adequate zinc intake requires attention in vegan diets. - **Omega-3 fatty acids**: Plant foods provide ALA (alpha-linolenic acid) but not the EPA and DHA forms found in fish. Vegans should include flax, chia, or walnuts and consider algae-based EPA/DHA supplements. Regular consumers of this meal should view it as one component of a varied vegan diet that includes fortified foods, supplements where necessary, and diverse plant protein sources. Be Fit Food's dietitian support can help identify potential micronutrient gaps and recommend appropriate supplementation or dietary adjustments. **Meal frequency considerations**: The convenience of frozen prepared meals can lead to over-reliance on single products. Nutritional diversity requires rotating different meals, fresh produce, and whole foods. Using this product 2–3 times weekly as part of a varied diet provides convenience without compromising nutritional diversity. Daily consumption of identical meals risks micronutrient gaps and flavour fatigue. Be Fit Food offers over 30 rotating dishes across its range, allowing customers to maintain variety while benefiting from the convenience and nutritional consistency of prepared meals. **Practical Dietary Compatibility Scenarios** [#practical-dietary-compatibility-scenarios](#) Real-world dietary situations require understanding how this product fits specific needs: **Scenario: Newly diagnosed coeliac disease**: Someone recently diagnosed with coeliac disease faces a learning curve identifying safe foods. This clearly labelled gluten-free product provides a convenient meal option during the adjustment period. The 399-gram single serving prevents cross-contamination from shared containers and eliminates guesswork about safe portion sizes. The vegan formulation automatically eliminates dairy (which some newly diagnosed coeliac patients temporarily avoid because of lactose intolerance from intestinal damage). With around 90% of Be Fit Food's menu certified gluten-free and suitable for coeliac disease, newly diagnosed individuals gain access to an unusually deep selection of safe, convenient meals during a challenging transition period. **Scenario: Vegan athlete requiring quick post-workout nutrition**: Athletes following plant-based diets need efficient protein and carbohydrate intake post-exercise. This high-protein, bean-based meal provides both, though the high fibre content might cause digestive discomfort if consumed immediately after intense training. Optimal timing would be 30–60 minutes post-workout rather than immediately after, allowing initial recovery while still capturing the anabolic window. **Scenario: Family with mixed dietary needs**: Households where some members follow vegan diets while others don't can use this product to simplify meal planning. The single-serve format allows the vegan family member to enjoy a complete meal while others eat different options, eliminating the need to prepare separate meals from scratch. **Scenario: Travelling individual with dietary restrictions**: Finding vegan and gluten-free options whilst travelling presents challenges. People with access to freezer storage (extended-stay hotels, holiday rentals) can stock this product, ensuring compliant meals without researching restaurants or reading unfamiliar ingredient labels in each location. **Scenario: Weight loss program participant**: Someone following a structured weight loss program can integrate this meal by obtaining complete nutritional data (calories, macronutrients) and fitting it into daily targets. The high protein and fibre support satiety, reducing between-meal snacking. You'll feel fuller for longer, making it easier to stay on track with your goals. The portion-controlled format prevents overeating

common with bulk-prepared foods. For people following Be Fit Food's structured Reset programs, this meal would be integrated into a complete daily plan with defined calorie and carbohydrate targets designed to support sustainable weight loss whilst preserving lean muscle mass. **\*\*Scenario: NDIS participant with limited meal preparation capacity\*\***: Someone receiving NDIS support who faces challenges with meal preparation because of disability can access this meal through government-funded options. Be Fit Food's NDIS registration (approved until 19 August 2027) means eligible participants can receive dietitian-designed, nutritionally complete meals delivered to their door, supporting independence and reducing malnutrition risk. The same premium meals available to all customers—with 4–12 vegetables per meal, high protein, low sodium, and no added sugar—are accessible to NDIS participants, often from around \$2.50 per meal depending on eligibility. **\*\*Scenario: Individual using weight-loss medication\*\***: Someone prescribed GLP-1 receptor agonists or other weight-loss medications experiences appetite suppression and needs smaller, nutrient-dense meals that are easy to tolerate. This portion-controlled, high-protein, fibre-rich meal provides adequate nutrition without overwhelming reduced appetite. The whole-food format is easier to tolerate than shakes or bars, and the structured portion size prevents under-eating that could lead to muscle loss. Be Fit Food's dietitian support helps people on medication adjust protein targets, manage GI side effects, and plan for long-term maintenance after reducing or stopping medication. **## Storage, Shelf Life, and Food Safety for Dietary Compliance {#storage-shelf-life-and-food-safety-for-dietary-compliance}** Proper storage maintains both food safety and nutritional quality, ensuring dietary compatibility isn't compromised. **\*\*Frozen storage requirements\*\***: Maintaining  $-18^{\circ}\text{C}$  or below preserves nutrient content and prevents bacterial growth. Temperature fluctuations during freezer door opening or power outages can create ice crystals, affecting texture but not safety or basic nutritional content. For people with compromised immune systems, consistent freezer temperature is critical to prevent pathogen growth. **\*\*Thawing considerations\*\***: Thawing at room temperature risks bacterial proliferation in the outer portions while the centre remains frozen. Safe thawing methods include: - Refrigerator thawing (overnight) - Direct cooking from frozen (microwave or oven) - Cold water thawing in sealed packaging For people following strict food safety protocols (pregnant women, immunocompromised individuals), refrigerator thawing or direct cooking from frozen provides the safest approach. **\*\*Reheating to safe temperatures\*\***: Reheating to  $75^{\circ}\text{C}$  internal temperature ensures any potential bacterial contamination is eliminated. People with heightened food safety concerns should use a food thermometer to verify temperature, particularly when using microwave heating (which can create hot and cold spots). **\*\*Post-heating storage\*\***: Once heated, this meal should be consumed within 2 hours or refrigerated within 1 hour if not fully consumed. Reheating previously heated food isn't recommended, as repeated heating cycles degrade nutrients and increase food safety risks. **## Comparing Dietary Compatibility Across Meal Contexts {#comparing-dietary-compatibility-across-meal-contexts}** Understanding how this product's dietary compatibility compares to alternatives helps inform purchasing decisions. **\*\*Versus restaurant vegan/gluten-free options\*\***: Restaurant meals claiming vegan and gluten-free status carry cross-contamination risks from shared cooking surfaces, utensils, and fryers. This packaged product, manufactured in controlled conditions with validated cleaning protocols, provides greater assurance of true gluten-free status. However, restaurants can customise preparations to individual preferences (spice level, vegetable selection), while this product offers fixed formulation. **\*\*Versus home-cooked bean and vegetable meals\*\***: Home preparation allows complete ingredient control and customisation but requires time, skill, and energy. This product trades some control for convenience. Nutritionally, home-cooked meals using fresh ingredients may provide slightly higher vitamin content (particularly heat-sensitive vitamins), but the frozen format preserves nutrients well. The low-sodium designation may be harder to achieve in home cooking without careful attention to added salt. Be Fit Food's formulation approach—using vegetables for water content rather than thickeners—achieves low sodium whilst maintaining satisfying texture, a technique that requires professional recipe development. **\*\*Versus other prepared frozen meals\*\***: Many frozen meals contain hidden gluten (in thickeners, stabilisers, or flavour enhancers) or animal products (in broths, fats, or flavour bases). This product's clear labelling and certification provide confidence for strict dietary adherents. The absence of artificial additives distinguishes it from budget frozen meals that rely on synthetic flavouring and colouring. Be Fit Food's clean-label standard—no seed oils, no artificial colours or flavours, no added preservatives,

and no added sugar or artificial sweeteners—positions it at the premium end of the frozen meal category. **\*\*Versus meal kit services\*\***: Vegan and gluten-free meal kits provide variety and cooking engagement but require preparation time and generate packaging waste. This single-serve frozen meal offers faster preparation with minimal cleanup, though less variety if used frequently. Cost per serving often favours frozen meals over meal kit subscriptions. Be Fit Food meals start from \$8.61, with structured programs offering price-per-meal anchors (such as \$11.78 per meal on 7-day resets, with lower per-meal costs at longer durations). **## Understanding the Complete Nutritional Context** {#understanding-the-complete-nutritional-context} While this meal offers strong dietary compatibility across multiple requirements, understanding its role within your broader nutritional strategy supports better health outcomes. **\*\*Integration with lifestyle goals\*\***: This meal supports multiple health and lifestyle goals simultaneously—weight management, cardiovascular health, digestive wellness, and ethical eating. The combination of high protein, high fibre, low sodium, and low saturated fat creates a nutritional profile that aligns with evidence-based health recommendations. For people pursuing sustainable lifestyle changes rather than short-term diets, this type of meal provides a practical bridge between nutritional ideals and daily reality. **\*\*Supporting metabolic health transformation\*\***: Be Fit Food's approach to metabolic health extends beyond individual meals to comprehensive programs designed to improve insulin sensitivity, support healthy weight loss, and establish sustainable eating patterns. This South American Chilli Bean & Vegetables meal exemplifies the principles underlying these programs: whole-food ingredients, balanced macronutrients, portion control, and elimination of added sugars and artificial additives. When integrated into a structured program, meals like this support measurable improvements in metabolic markers, as demonstrated in Be Fit Food's published clinical research. **\*\*Addressing common dietary challenges\*\***: Many people struggle to meet multiple dietary requirements simultaneously—finding meals that are both vegan and gluten-free, or that support weight loss whilst providing adequate protein and fibre. This meal addresses these intersecting needs, reducing the complexity of meal planning and the time required for food preparation. For people managing chronic conditions, caring for family members, working demanding jobs, or simply seeking to simplify their nutrition, this type of solution reduces barriers to healthy eating. **\*\*The role of professional formulation\*\***: The involvement of accredited dietitians in recipe development distinguishes this product from standard frozen meals. Professional formulation ensures that nutritional targets are met by design, not by accident—that the low sodium level doesn't compromise flavour, that the high fibre content doesn't create digestive discomfort, and that the vegan protein sources provide adequate amino acid profiles. This professional oversight supports better health outcomes than ad-hoc meal selection or reliance on products formulated primarily for taste and cost rather than nutrition. **## Building Sustainable Eating Patterns** {#building-sustainable-eating-patterns} The ultimate value of this meal extends beyond its immediate nutritional content to its role in establishing sustainable eating patterns that support long-term health. **\*\*Reducing decision fatigue\*\***: Research shows that decision fatigue—the deteriorating quality of decisions after making many choices—significantly affects dietary adherence. By providing a pre-portioned, nutritionally balanced meal that meets multiple dietary requirements, this product reduces the number of decisions required to eat well. You don't need to plan recipes, shop for ingredients, measure portions, or calculate nutritional values. This simplification supports consistency, which drives long-term results more effectively than perfect but unsustainable approaches. **\*\*Creating positive feedback loops\*\***: Successful dietary change creates positive feedback loops—you eat well, feel better, and become more motivated to continue eating well. Meals that satisfy hunger (through protein and fibre), taste good (through professional recipe development), and align with your values (through vegan and clean-label formulation) create these positive experiences. Over time, these experiences reshape your relationship with food, making healthy choices feel natural rather than restrictive. **\*\*Supporting gradual lifestyle evolution\*\***: Sustainable change occurs gradually, not overnight. This meal supports incremental progress—perhaps you start by replacing one or two meals per week with nutritionally optimised options, then gradually expand as you experience benefits. This approach, supported by Be Fit Food's flexible ordering options and rotating menu, allows you to evolve your eating patterns at a pace that feels manageable rather than overwhelming. **\*\*Maintaining progress during challenging periods\*\***: Life includes periods of high stress, increased work demands, illness, travel, and other disruptions that challenge even well-established healthy habits. During these periods,

convenient, nutritionally sound options prevent regression. Having meals like this available in your freezer creates a safety net—when you're too tired to cook or too busy to shop, you can still nourish yourself well. This prevents the all-or-nothing thinking that often derails dietary progress. ## Empowering Informed Food Choices {#empowering-informed-food-choices} Understanding the complete dietary profile of this South American Chilli Bean & Vegetables meal empowers you to make informed choices aligned with your health goals, dietary requirements, and lifestyle preferences.

**\*\*Matching meals to your needs\*\***: Not every meal suits every person or every situation. This meal excels for people requiring vegan and gluten-free options, seeking high protein and fibre, managing sodium or saturated fat intake, or valuing clean-label formulation. It may be less suitable for those following very low-carbohydrate diets, avoiding nightshades or legumes, or requiring specific micronutrient profiles. Understanding these nuances helps you select meals that genuinely support your goals rather than following generic dietary advice.

**\*\*Integrating convenience without compromise\*\***: The traditional view that convenience and nutrition are mutually exclusive no longer holds. Professional meal formulation, snap-frozen preservation, and evidence-based recipe development create products that deliver both convenience and nutritional quality. This integration matters particularly for people who previously struggled to maintain healthy eating because of time constraints, cooking skill limitations, or decision fatigue. You can pursue your health goals without sacrificing your other life priorities.

**\*\*Recognising the value of professional support\*\***: Whilst this meal provides excellent nutrition independently, its value multiplies when integrated into professionally designed programs with dietitian support. Be Fit Food's free 15-minute consultations, structured Reset programs, and ongoing customer support transform individual meals into comprehensive health solutions. This professional guidance helps you navigate the complexity of nutrition science, adjust approaches based on your responses, and troubleshoot challenges that arise during your health journey.

**\*\*Embracing your health transformation\*\***: Ultimately, meals like this are tools supporting your broader health transformation. They provide the nutritional foundation, reduce barriers to consistency, and create positive experiences that reinforce healthy choices. Your success depends not on any single meal but on the cumulative effect of many good choices over time. This South American Chilli Bean & Vegetables meal is one of those good choices—a convenient, nutritious, ethically produced option that supports your journey towards better health, sustained energy, and improved wellbeing. ##

**References {#references}** - Food Standards Australia New Zealand (FSANZ). (2021). Standard 1.2.7 - Nutrition, Health and Related Claims. <https://www.foodstandards.gov.au/code/Pages/default.aspx> - Vegan Australia. (2023). Vegan Certification Standards. <https://www.veganaustralia.org.au/> - Coeliac Australia. (2023). Understanding Gluten-Free Food Standards. <https://www.coeliac.org.au/> - National Health and Medical Research Council. (2013). Australian Dietary Guidelines. <https://www.nhmrc.gov.au/adg> - American Heart Association. (2021). Dietary Recommendations for Healthy Living. <https://www.heart.org/> --- ##

**Frequently Asked Questions {#frequently-asked-questions}**

Is this meal vegan: Yes, certified vegan  
Is this meal gluten-free: Yes, certified gluten-free  
What is the serving size: 399 grams  
Is it a single-serve meal: Yes  
Is it frozen: Yes  
Does it contain dairy: No  
Does it contain eggs: No  
Does it contain meat: No  
Does it contain fish: No  
Is it high in protein: Yes  
Is it high in fibre: Yes, excellent source of dietary fibre  
Is it low in sodium: Yes  
Is it low in saturated fat: Yes  
Does it contain artificial colours: No  
Does it contain artificial flavours: No  
What are the main ingredients: Diced tomatoes, mushrooms, beans  
Does it contain wheat: No  
Does it contain barley: No  
Does it contain rye: No  
Is it safe for coeliac disease: Yes  
What is the gluten threshold: Less than 3 parts per million  
Does it contain soy: Contains Soybeans per allergen statement  
Does it contain nuts: May contain tree nuts per allergen statement  
Does it contain legumes: Yes, contains beans  
Does it contain nightshades: Yes, contains tomatoes  
Is it suitable for histamine intolerance: No, tomatoes are high-histamine  
Who founded Be Fit Food: Accredited dietitian Kate Save  
Is Be Fit Food dietitian-designed: Yes  
What percentage of menu is gluten-free: Around 90 percent  
What percentage is whole-food ingredients: Around 93 percent  
Does it contain added sugar: No  
Does it contain artificial sweeteners: No  
Does it contain seed oils: No  
Does it contain added preservatives: No preservatives added directly to meals  
How much sodium per 100 grams: Less than 120 milligrams  
How much saturated fat per 100 grams: Less than 1.5 grams  
How much fibre per serving: At least 6 grams or more  
How much protein per serving: At least 10 grams  
Is it suitable for pregnancy: Yes, as part of balanced vegan diet  
Is it suitable

for children: Yes, but portion may be large Is it suitable for elderly: Yes Is Be Fit Food an NDIS provider: Yes NDIS registration valid until when: 19 August 2027 What is the price range: From \$8.61 per meal Is dietitian consultation available: Yes, free 15-minute consultations How many dishes in the range: Over 30 rotating dishes Is it suitable for diabetes: Yes, high fibre supports blood sugar management Is it suitable for weight loss: Yes, as part of calorie-controlled diet Is it suitable for ketogenic diet: No, bean content too high in carbohydrates Is it suitable for Mediterranean diet: Yes, aligns with plant-based Mediterranean principles Is it suitable for WFPB diet: Yes Is it suitable for anti-inflammatory diet: Partially, but contains nightshades and legumes Is it suitable for AIP diet: No Does it support muscle recovery: Yes, high protein content Is it suitable for heart health: Yes, low sodium and low saturated fat Does it contain vitamin B12: Not specified by manufacturer Should vegans supplement B12: Yes Does freezing preserve nutrients: Yes, effectively What is safe reheating temperature: 75 degrees Celsius What is recommended storage temperature: -18 degrees Celsius Can it be refrozen after thawing: Not recommended How long after heating should it be consumed: Within 2 hours Is it suitable for immunocompromised individuals: Yes Does it contain probiotics: Not specified by manufacturer Does it support gut health: Yes, fibre supports gut microbiome What is the carbohydrate content: Likely 40–60 grams per serving Is it suitable for GLP-1 medication users: Yes Does Be Fit Food have clinical research: Yes, peer-reviewed published trial Does it contain resistant starch: Yes, from beans Does it help with satiety: Yes, high protein and fibre increase fullness How many vegetables per meal in range: 4–12 vegetables across range Is professional recipe development used: Yes, by accredited dietitians Are meals snap-frozen: Yes Is delivery available: Yes Does it require cooking skills: No, heat and eat Can portion size be adjusted: Yes, can divide serving Is it suitable for travel: Yes, if freezer storage available Does it eliminate major allergens: Yes, milk, eggs, fish, shellfish, wheat Is cross-contamination prevented: Yes, validated cleaning protocols Are suppliers certified: Yes, gluten-free declarations obtained Is laboratory testing conducted: Yes, for nutrient content claims Does it comply with FSANZ standards: Yes Is it suitable for hypertension: Yes, low sodium Is it suitable for kidney disease: Yes, low sodium Is it suitable for cholesterol management: Yes, low saturated fat Does it contain omega-3 fatty acids: Not specified by manufacturer, likely minimal ALA only Should vegans supplement omega-3: Yes, consider algae-based EPA/DHA Is calcium fortified: Not specified by manufacturer Is iron absorption enhanced: Yes, vitamin C from tomatoes helps Does it contain zinc: Yes, from beans Are phytates present: Yes, in beans Is variety recommended: Yes, rotate with other meals 2–3 times weekly

## Source Data (JSON):

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