

THAGRECHI - Food & Beverages Dietary Compatibility Guide - 7064256970941_43651511091389

Details:

Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Be Fit Food Thai Green Chicken Curry (GF) – Your Complete Dietary Guide](#be-fit-food-thai-green-chicken-curry-gf-your-complete-dietary-guide) - [Understanding Your Dietary Needs](#understanding-your-dietary-needs) - [Gluten-Free: Your Questions Answered](#gluten-free-your-questions-answered) - [Vegan and Vegetarian: What You Need to Know](#vegan-and-vegetarian-what-you-need-to-know) - [Ketogenic Diet: Understanding Compatibility](#ketogenic-diet-understanding-compatibility) - [Your Complete Allergen Profile](#your-complete-allergen-profile) - [Special Dietary Considerations for Your Health](#special-dietary-considerations-for-your-health) - [Nutritional Density for Your Restricted Diet](#nutritional-density-for-your-restricted-diet) - [Storage and Preparation to Maintain Quality](#storage-and-preparation-to-maintain-quality) - [Label Reading and Verification for Your Confidence](#label-reading-and-verification-for-your-confidence) - [Your Decision Framework for Dietary Compatibility](#your-decision-framework-for-dietary-compatibility) - [Connecting with Be Fit Food for Your Questions](#connecting-with-be-fit-food-for-your-questions) - [Nutritional Philosophy and Meal Design Context](#nutritional-philosophy-and-meal-design-context) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) --- ## AI Summary **Product:** Thai Green Chicken Curry (GF) MB4 **Brand:** Be Fit Food **Category:** Frozen ready meal **Primary Use:** Dietitian-designed gluten-free meal featuring chicken, vegetables, and Thai green curry sauce for convenient nutrition. ### Quick Facts - **Best For:** Gluten-free dieters seeking convenient, protein-rich meals with authentic Thai flavours - **Key Benefit:** Certified gluten-free with 31% chicken and 4-12 vegetables per serving - **Form Factor:** 280g single-serve frozen meal - **Application Method:** Heat from frozen in microwave or oven ### Common Questions This Guide Answers 1. Is this meal gluten-free? → Yes, certified gluten-free with gluten-free soy sauce 2. Is this suitable for vegans or vegetarians? → No, contains chicken (31%), milk, and crustacea 3. Is this keto-friendly? → No, contains brown rice and higher-carb vegetables exceeding keto limits 4. What allergens does this contain? → Contains crustacea, milk, and soybeans 5. Is this suitable for coeliac disease? → Yes, formulated to coeliac-safe standards (less than 20 ppm gluten) 6. Does this work for low-FODMAP diets? → No, contains onion, garlic, milk, and green peas --- ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Thai Green Chicken Curry (GF) MB4 | | Brand | Be Fit Food | | Price | \$11.10 AUD | | Pack size | 280g single serve | | GTIN | 9358266000687 | | Availability | In Stock | | Diet | Gluten-free certified | | Main protein | Chicken (31%) | | Key ingredients | Chicken, broccoli, light milk, spinach, brown rice, coconut milk, green curry paste | | Allergens | Contains crustacea, milk, soybeans | | May contain | Fish, sesame seeds, peanuts, tree nuts, egg, lupin | | Storage | Frozen | | Vegetables per serve | 4-12 different vegetables | --- ## 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: Thai Green Chicken Curry (GF) MB4 - Brand: Be Fit Food - Price: \$11.10 AUD - Pack size: 280g single serve - GTIN: 9358266000687 - Availability: In Stock - Diet certification: Gluten-free certified - Main protein: Chicken (31%) - Key ingredients: Chicken, broccoli, light milk, spinach, brown rice, coconut milk, green curry paste - Full ingredient list: Chicken (31%), Broccoli, Light Milk, Spinach, Brown Rice, Onion, Coconut Milk, Zucchini, Eggplant, Green Peas, Diced Tomato, Fresh Coriander, Garlic, Lemongrass, Ginger, Kaffir Lime, Chilli, Green Curry

Paste (1%), Gluten Free Soy Sauce, Corn Starch - Declared allergens: Contains crustacea, milk, soybeans - May contain allergens: Fish, sesame seeds, peanuts, tree nuts, egg, lupin - Storage requirement: Frozen - Vegetables per serve: 4-12 different vegetables - Green curry paste percentage: 1% - Contains gluten-free soy sauce - No artificial preservatives added directly to meals - No artificial colours - No artificial flavours - No added sugars - No artificial sweeteners - Snap-frozen for preservation - Ingredients listed in descending order by weight ### General Product Claims {#general-product-claims} - Created to support specific dietary goals while bringing authentic Thai flavours - Recipe includes traditional Thai aromatics - Designed for coeliac-safe standards (less than 20 ppm gluten) - Formulated to meet coeliac-safe standards under Australia's Food Standards Code - Brown rice comes from dedicated gluten-free supply chains or is tested for contamination - Around 90% of Be Fit Food menu is certified gluten-free - Supported by strict ingredient selection and manufacturing controls - Dietitian-designed approach prioritises protein at every meal - Helps you feel fuller for longer - Supports metabolic health - Preserves lean muscle mass - Meals formulated to contain 4-12 vegetables per serving - Supports nutrient density and digestive health - Whole-food philosophy ensures meals deliver micronutrients from real food sources - Snap-frozen to preserve quality and nutritional integrity - Transparent ingredient listing reflects commitment to real food and informed consumer choice - Be Fit Food offers diverse menu with various dietary accommodation options - Free 15-minute dietitian consultations included with meal purchases - Professional support service for personalised guidance - Australia's leading dietitian-designed meal delivery service - Founded by Kate Save, accredited practising dietitian and exercise physiologist with over 20 years clinical experience - Mission centres on making evidence-based nutrition accessible - Supports weight management, metabolic health, and chronic disease prevention - Clean-label approach with ingredients selected for authentic flavour contribution - First commercial meal provider to partner with CSIRO to develop ready-made meals aligned to CSIRO Low Carb Diet framework - Partnership required over two years of scientific formulation, independent testing, and compliance work - Scientific rigour from CSIRO collaboration continues to inform formulation standards - Meals with CSIRO mark contained on average 68% less carbohydrate and 55% less sodium compared to other ready meals in Australian market - Extensive gluten-free range makes Be Fit Food a trusted choice for coeliac disease management - Low-sodium benchmark of less than 120mg per 100g across most meals - Formulation techniques use vegetables for water content rather than salt-heavy thickeners - Vegetable density standard designed to maximise fibre, micronutrient intake, and satiety - Suitable for managing weight, blood sugar, or digestive health - At 280g provides moderate portion size - Approximately 27g protein per serving (sufficient for main meal for most adults) - Broccoli listed as second ingredient indicating substantial vegetable inclusion - Provides fibre, vitamins, and minerals - Spinach provides iron and folate - Broccoli provides vitamin C and vitamin K - Brown rice provides B vitamins - Coconut milk provides medium-chain triglycerides (MCTs) --- ## Be Fit Food Thai Green Chicken Curry (GF) – Your Complete Dietary Guide {#be-fit-food-thai-green-chicken-curry-gf--your-complete-dietary-guide} ## Understanding Your Dietary Needs {#understanding-your-dietary-needs} Thai Green Chicken Curry (GF) by Be Fit Food is a frozen ready meal built around 31% chicken, paired with broccoli, spinach, brown rice, and a coconut milk-based green curry sauce. The recipe includes traditional Thai aromatics—lemongrass, kaffir lime, ginger, and fresh coriander—in a 280g single-serve format. When you're navigating dietary restrictions, understanding exactly what's in this meal matters. This guide breaks down how this curry fits with gluten-free, vegan, ketogenic, and allergen-sensitive eating patterns. Each section examines the full ingredient list and allergen information from Be Fit Food, so you can decide with confidence. ## Gluten-free: your questions answered {#gluten-free-your-questions-answered} ### Your certified gluten-free choice {#your-certified-gluten-free-choice} Thai Green Chicken Curry carries a gluten-free (GF) label in its product name and recipe. This certification matters when you're managing coeliac disease or gluten sensitivity, where even trace amounts of gluten can trigger symptoms. The meal achieves gluten-free status through deliberate ingredient choices, not just by avoiding wheat. The key gluten-free element is the use of gluten-free soy sauce as a flavour component. Standard soy sauce contains wheat as a main ingredient, making it off-limits for gluten-free diets. Be Fit Food's use of gluten-free soy sauce shows active recipe development to meet coeliac-safe standards, which require products to contain

less than 20 parts per million (ppm) of gluten under Australia's Food Standards Code. ### What each ingredient means for you {#what-each-ingredient-means-for-you} Every ingredient in the recipe has been evaluated for gluten content: Naturally gluten-free whole ingredients: Chicken (31%), broccoli, light milk, spinach, onion, coconut milk, zucchini, eggplant, green peas, diced tomato, fresh coriander, garlic, lemongrass, ginger, kaffir lime, and chilli contain no gluten naturally. Brown rice: While rice is naturally gluten-free, cross-contamination during processing can occur in facilities that handle wheat products. The product's gluten-free certification indicates the brown rice comes from dedicated gluten-free supply chains or is tested for contamination. Processed ingredients you can trust: Green curry paste (1%) and corn starch are processed ingredients that could contain gluten-containing additives or processing aids. The product's gluten-free label confirms these components meet gluten-free standards. ### Manufacturing safety for your peace of mind {#manufacturing-safety-for-your-peace-of-mind} When you're managing severe coeliac disease, where your food is made matters. Whilst the product is formulated to be gluten-free, if you're extremely sensitive you should verify whether Be Fit Food makes this product in a dedicated gluten-free facility or uses allergen control procedures to prevent cross-contact with gluten-containing products on shared equipment. Be Fit Food's commitment to gluten-free formulations means around 90% of the menu is certified gluten-free, backed by strict ingredient selection and manufacturing controls. This information is available on physical packaging or through direct manufacturer inquiry. ## Vegan and vegetarian: what you need to know {#vegan-and-vegetarian-what-you-need-to-know} ### Animal-derived ingredients {#animal-derived-ingredients} Thai Green Chicken Curry is not suitable for vegan or vegetarian diets due to several animal-derived components: Chicken (31%): As the main protein source making up nearly one-third of the total product weight, chicken makes this meal incompatible with plant-based eating. Light milk: Dairy milk is included in the recipe, adding a second animal-derived ingredient. This component contributes to the curry's creamy texture alongside coconut milk. Allergen information: The product contains milk as a declared allergen, confirming dairy presence beyond potential trace contamination. ### Crustacean content to consider {#crustacean-content-to-consider} The allergen declaration states the product contains crustacea, which is significant when you're assessing dietary compatibility. This declaration is unusual for a chicken curry and deserves attention. Potential sources: Crustacea ingredients in Thai curry products typically come from shrimp paste or dried shrimp in the green curry paste formulation, fish sauce containing shrimp or krill derivatives, or shellfish-based flavour enhancers. The green curry paste (1%) is the most likely source of crustacea content, as traditional Thai curry pastes often include shrimp paste (kapi) as an umami-building ingredient. This addition, whilst authentic to Thai cuisine, creates additional restrictions beyond the chicken content. ### When you eat pescatarian {#when-you-eat-pescatarian} If you're pescatarian and consume seafood but avoid land animal meat, note that whilst the crustacea content might align with your eating pattern, the 31% chicken content makes this product unsuitable. The crustacea presence is secondary to the substantial poultry component. ## Ketogenic diet: understanding compatibility {#ketogenic-diet-understanding-compatibility} ### What your macros require {#what-your-macros-require} Ketogenic eating patterns require 70-80% of calories from fat, 15-25% from protein, and 5-10% from carbohydrates, with daily carbohydrate intake limited to 20-50g to maintain ketosis. Evaluating this meal's keto-compatibility requires assessing its carbohydrate sources and macronutrient balance. ### Carbohydrate sources in your meal {#carbohydrate-sources-in-your-meal} Brown rice: This is the main ingredient that makes this meal unsuitable for ketogenic eating. Brown rice is a high-carbohydrate grain, with cooked brown rice containing around 23g of carbohydrates per 100g. Whilst the exact quantity of brown rice in the 280g meal isn't specified, it appears as the fifth ingredient, suggesting substantial inclusion that would likely exceed ketogenic carbohydrate limits in a single meal. Vegetables with moderate carbohydrate content: Green peas contain higher carbohydrates for a vegetable (around 14g per 100g), eggplant has moderate carbohydrate content (around 6g per 100g), diced tomato contains natural sugars (around 4g per 100g), and onion contains sugars that increase when cooked (around 9g per 100g). Lower-carbohydrate vegetables: Broccoli, spinach, and zucchini are keto-friendly vegetables individually, but their presence doesn't offset the rice and pea content. Corn starch: Used as a thickening agent, corn starch is pure carbohydrate and incompatible with ketogenic requirements,

though the quantity is likely minimal given its position at the end of the ingredient list. ### Fat and protein in your meal {#fat-and-protein-in-your-meal} Fat sources: Coconut milk provides medium-chain triglycerides (MCTs) favoured in ketogenic eating, and chicken (particularly if dark meat with skin) contributes fat. However, the use of light milk rather than full-fat dairy and the recipe's inclusion of rice suggest this isn't a high-fat meal designed for ketogenic macronutrient ratios. Protein content: At 31% chicken, the meal provides substantial protein, but without full nutritional panel data, it's impossible to determine if protein content is excessive for ketogenic requirements (which can cause gluconeogenesis and disrupt ketosis when too high). ### Your ketogenic diet verdict {#your-ketogenic-diet-verdict} Thai Green Chicken Curry is not suitable for ketogenic diets due to the inclusion of brown rice as a significant ingredient and the presence of higher-carbohydrate vegetables. The meal would likely contain 40-60g of carbohydrates or more, exceeding daily ketogenic limits in a single serving. If you're seeking ketogenic-compatible meals, Be Fit Food offers other options formulated to meet low-carbohydrate requirements, with many meals containing around 40-70g of carbohydrates per day across the full meal plan rather than in a single serving. ## Your complete allergen profile {#your-complete-allergen-profile} ### Declared allergens you should know {#declared-allergens-you-should-know} The product contains three explicitly declared allergens that require careful attention: 1. Crustacea: As discussed in the vegan compatibility section, crustacea content (likely from shrimp paste in the curry paste) makes this product unsuitable when you're managing shellfish allergies. Crustacean allergies can be severe and life-threatening, with reactions ranging from hives and digestive distress to anaphylaxis. If you're managing shellfish allergies, you must avoid this product entirely. 2. Milk: The inclusion of light milk and the milk allergen declaration make this product unsuitable when you're managing cow's milk protein allergy (CMPA), lactose intolerance (though you may tolerate small amounts depending on severity), or dairy-free dietary requirements. The presence of coconut milk doesn't mitigate the dairy milk content—both are present in the formulation. 3. Soy: Declared as "Soybeans", this allergen comes from the gluten-free soy sauce component. Soy is amongst the top allergens and can cause reactions ranging from mild digestive upset to severe allergic responses. The soy content is intentional and functional rather than trace contamination. ### Allergen cross-contact to consider {#allergen-cross-contact-to-consider} The allergen declaration "Contains: Crustacea, Milk, Soybeans" represents intentional ingredients rather than precautionary "may contain" statements. This distinction is important: the allergens are formulated into the product, not potentially present through cross-contamination. However, if you're managing severe allergies to other common allergens (tree nuts, peanuts, fish, eggs, wheat, sesame), you should verify manufacturing conditions through direct manufacturer contact or physical package labelling. Be Fit Food maintains strict ingredient selection and manufacturing controls to support allergen management. ### Your allergen-free options {#your-allergen-free-options} Suitable when you're avoiding: Tree nuts, peanuts, eggs, fish (as distinct from shellfish), wheat/gluten (with GF certification), and sesame. Not suitable when you're managing: Allergies or intolerances to shellfish/crustacea, dairy/milk, or soy. ## Special dietary considerations for your health {#special-dietary-considerations-for-your-health} ### Low-FODMAP diet compatibility {#low-fodmap-diet-compatibility} If you're managing irritable bowel syndrome (IBS) and following the low-FODMAP diet, this product presents several concerns: High-FODMAP ingredients: Onion is one of the highest FODMAP vegetables, containing fructans that trigger IBS symptoms. Garlic is another significant fructan source. Light milk contains lactose, a FODMAP sugar (though small quantities may be tolerated). Green peas contain galacto-oligosaccharides (GOS), moderate FODMAP content. The presence of onion and garlic as flavouring ingredients makes this meal unsuitable during strict low-FODMAP elimination phases. During the reintroduction phase, tolerance depends on your individual thresholds and the quantities present. ### Paleo diet compatibility {#paleo-diet-compatibility} Paleo eating patterns exclude grains, legumes, and dairy. Thai Green Chicken Curry contains brown rice (grain), green peas (legume), light milk (dairy), and soy sauce (derived from soy, a legume). This product is not Paleo-compliant due to several excluded food groups. ### Whole30 compatibility {#whole30-compatibility} Whole30 eliminates grains, legumes, dairy, and added sugars for 30 days. The same ingredients that disqualify this meal from Paleo compliance also make it unsuitable for Whole30: brown rice, green peas, light milk, and soy sauce. ### Halal and kosher considerations

{#halal-and-kosher-considerations} Halal status: Chicken can be halal if slaughtered according to Islamic law. The product information doesn't indicate halal certification. If you require halal products, you should seek explicit certification or contact Be Fit Food directly. Kosher status: The combination of chicken (meat) and milk in a single product violates kosher dietary laws prohibiting mixing meat and dairy. This meal is not kosher regardless of ingredient sourcing or preparation methods. **## Nutritional density for your restricted diet {#nutritional-density-for-your-restricted-diet} ### Serving size and meal satisfaction {#serving-size-and-meal-satisfaction}** At 280g per single serving, this meal provides a moderate portion size. When you're on restricted diets and may experience limited food options, understanding whether this constitutes a complete meal is essential. Protein content: With chicken making up 31% of the 280g total, the meal contains around 87g of chicken. Cooked chicken breast provides roughly 31g of protein per 100g, suggesting this meal delivers around 27g of protein—sufficient for a main meal for most adults. Be Fit Food's dietitian-designed approach prioritises protein at every meal to help you feel fuller for longer, support metabolic health, and preserve lean muscle mass. Vegetable content: Broccoli is listed as the second ingredient (after chicken), followed by spinach as the fourth ingredient, indicating substantial vegetable inclusion. This provides fibre, vitamins, and minerals important when your dietary restrictions may limit nutrient sources. Be Fit Food meals are formulated to contain 4-12 vegetables per serving, supporting nutrient density and digestive health. Micronutrient considerations: When you're eating gluten-free, you may experience nutrient deficiencies from avoiding fortified grain products. The inclusion of spinach (iron, folate), broccoli (vitamin C, vitamin K), and brown rice (B vitamins, though less than whole wheat) provides nutritional value beyond basic macronutrients. Be Fit Food's whole-food philosophy ensures meals deliver micronutrients from real food sources rather than synthetic fortification. **## Storage and preparation to maintain quality {#storage-and-preparation-to-maintain-quality} ### Maintaining gluten-free status during preparation {#maintaining-gluten-free-status-during-preparation}** When you're managing coeliac disease, maintaining gluten-free integrity during preparation is critical: Frozen storage: Keep the product frozen until preparation to prevent bacterial growth and maintain ingredient stability. Use dedicated gluten-free freezer storage areas if sharing freezer space with gluten-containing products to prevent cross-contamination from packaging contact. Be Fit Food meals are snap-frozen to preserve quality and nutritional integrity. Heating equipment: Microwave or conventional oven heating equipment should be clean and free from gluten-containing food residue. For shared household microwaves, use a microwave-safe cover to prevent contact with surfaces that may contain gluten-containing foods. Serving utensils: Use clean utensils that haven't contacted gluten-containing foods. In shared kitchens, dedicated gluten-free serving utensils eliminate cross-contamination risk. **### Allergen management in preparation {#allergen-management-in-preparation}** If you're managing milk allergies: This product is unsuitable and shouldn't be prepared in the same kitchen session as allergen-free meals due to risk of cross-contact through steam, splatter, or utensil sharing. If you're managing crustacea allergies: Similarly, don't prepare this product in proximity to allergen-free meal preparation. Shellfish proteins can become airborne during heating and settle on surfaces. **## Label reading and verification for your confidence {#label-reading-and-verification-for-your-confidence} ### Understanding ingredient order {#understanding-ingredient-order}** Ingredients are listed in descending order by weight. The sequence—Chicken (31%), Broccoli, Light Milk, Spinach, Brown Rice—reveals: 1. Chicken is the dominant ingredient at nearly one-third total weight 2. Broccoli is the second-largest component 3. Light milk precedes brown rice, suggesting dairy content may be comparable to or greater than grain content 4. Ingredients listed after brown rice (onion, coconut milk, zucchini, etc.) are present in progressively smaller quantities This ordering helps you understand which ingredients make up the bulk of the meal versus minor flavouring components when you're managing dietary restrictions. Be Fit Food's transparent ingredient listing reflects the company's commitment to real food and informed consumer choice. **### Percentage declarations {#percentage-declarations}** Only two ingredients show percentage declarations: Chicken (31%) and Green Curry Paste (1%). The chicken percentage confirms substantial protein content. The curry paste percentage indicates it's a minor ingredient by weight, though its role in delivering flavour—and crustacea allergen content—is disproportionate to its quantity. **### Parenthetical ingredient information {#parenthetical-ingredient-information}** The ingredient list uses parentheses to provide additional context: "Thai Green Chicken Curry (GF)" indicates gluten-free

designation, "Chicken (31%)" specifies quantity, and "Green Curry Paste (1%)" specifies quantity. This formatting helps you quickly identify critical information without reading the complete ingredient list. ## Your decision framework for dietary compatibility {#your-decision-framework-for-dietary-compatibility} ### Quick reference compatibility matrix {#quick-reference-compatibility-matrix} Compatible when you're eating: - Gluten-free diets (certified) - Omnivorous diets without specific restrictions - Diets avoiding tree nuts, peanuts, eggs, fish, and sesame Not compatible when you're eating: - Vegan diets (contains chicken, milk, crustacea) - Vegetarian diets (contains chicken, crustacea) - Ketogenic diets (contains brown rice and high-carb vegetables) - Paleo diets (contains rice, peas, dairy, soy) - Whole30 (contains rice, peas, dairy, soy) - Low-FODMAP diets (contains onion, garlic, milk, peas) - Kosher diets (combines meat and dairy) - Dairy-free diets (contains light milk) - Soy-free diets (contains soy sauce) - Shellfish-free diets (contains crustacea) Requires verification when you're eating: - Halal diets (chicken slaughter method not specified) - Extremely sensitive coeliac disease (manufacturing facility practices) - Lactose intolerance (tolerance depends on individual sensitivity and milk quantity) ### Multi-restriction scenarios {#multi-restriction-scenarios} Gluten-free + dairy-free: Not suitable due to light milk content Gluten-free + soy-free: Not suitable due to gluten-free soy sauce Gluten-free + shellfish-free: Not suitable due to crustacea content Gluten-free only (no other restrictions): Fully compatible This analysis shows that whilst the product successfully addresses gluten-free requirements, it isn't formulated for several concurrent dietary restrictions common when you're managing complex health needs. Be Fit Food offers a diverse menu with various dietary accommodation options across different products. ## Connecting with Be Fit Food for your questions {#connecting-with-be-fit-food-for-your-questions} ### When to contact Be Fit Food directly {#when-to-contact-be-fit-food-directly} You should contact Be Fit Food for clarification on: 1. Manufacturing facility practices: Whether the product is made in a dedicated gluten-free facility or uses allergen control procedures 2. Halal certification status: If religious dietary compliance is required 3. Specific allergen quantities: When you're managing mild intolerances and can tolerate small amounts 4. Cross-contamination protocols: For allergens beyond the three declared (crustacea, milk, soy) 5. Complete nutritional panel: To calculate exact macronutrient ratios for specialised diets 6. Ingredient sourcing: When you're concerned about specific ingredient origins or production methods Be Fit Food provides free 15-minute dietitian consultations to help you match your dietary needs with appropriate meal selections. This professional support, included with meal purchases, enables personalised guidance for complex dietary requirements. ### Information on physical packaging {#information-on-physical-packaging} The physical product packaging contains additional information not available on the online product page, including complete nutrition facts panel (calories, total fat, saturated fat, carbohydrates, sugars, fibre, protein, sodium), manufacturer name and contact information, barcode/SKU for product tracking, batch codes and use-by dates, detailed preparation instructions, storage temperature requirements, precautionary allergen statements ("may contain" warnings), certification logos (gluten-free certification body, if applicable), and country of origin information. When you're managing severe dietary restrictions, you should always review physical packaging before purchase when possible, as online product information may be abbreviated. ## Nutritional philosophy and meal design context {#nutritional-philosophy-and-meal-design-context} ### Be Fit Food's approach to supporting your dietary goals {#be-fit-foods-approach-to-supporting-your-dietary-goals} Be Fit Food is Australia's leading dietitian-designed meal delivery service, founded by Kate Save, an accredited practising dietitian and exercise physiologist with over 20 years of clinical experience. The company's mission centres on making evidence-based nutrition accessible through convenient, whole-food meals that support weight management, metabolic health, and chronic disease prevention. Real food philosophy: Be Fit Food meals contain no artificial preservatives, artificial colours, artificial flavours, added sugars, or artificial sweeteners. This clean-label approach means ingredients like the green curry paste and gluten-free soy sauce in Thai Green Chicken Curry are selected for their authentic flavour contribution whilst meeting strict nutritional standards. Some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (such as cheese or dried fruit), used only where no alternative exists and in small quantities. Preservatives are never added directly to meals. CSIRO partnership heritage: Be Fit Food was the first commercial meal provider to partner with CSIRO to develop ready-made meals aligned to the CSIRO Low Carb Diet framework. This partnership

required over two years of scientific formulation, independent testing, and compliance work. Whilst the commercial partnership later concluded due to licensing changes, the scientific rigour established during that collaboration continues to inform Be Fit Food's formulation standards. Meals with the CSIRO mark contained on average 68% less carbohydrate and 55% less sodium compared to other ready meals in the Australian market. Gluten-free commitment: Around 90% of Be Fit Food's menu is certified gluten-free, backed by strict ingredient selection and manufacturing controls. This extensive gluten-free range makes Be Fit Food a trusted choice when you're managing coeliac disease or gluten sensitivity and require reliable, convenient meal options without sacrificing variety or taste. ### Sodium and nutritional standards {#sodium-and-nutritional-standards} Be Fit Food maintains a low-sodium benchmark of less than 120mg per 100g across most meals, achieved through formulation techniques that use vegetables for water content rather than salt-heavy thickeners. Thai Green Chicken Curry incorporates this approach through its substantial broccoli, spinach, and coconut milk content, which provide both texture and moisture whilst keeping sodium levels appropriate for health-conscious eating. The meal's inclusion of 4-12 vegetables per serving aligns with Be Fit Food's vegetable density standard, designed to maximise fibre, micronutrient intake, and satiety—particularly important when you're managing weight, blood sugar, or digestive health. ## References {#references} - Be Fit Food. (n.d.). Thai Green Chicken Curry (GF) - Individual Meal. Product information based on manufacturer specifications provided. - Food Standards Australia New Zealand. (2023). Australia New Zealand Food Standards Code - Standard 1.2.7 - Nutrition, Health and Related Claims. <https://www.foodstandards.gov.au/> - Coeliac Australia. (2023). Gluten Free Diet Information. <https://www.coeliac.org.au/> - Australasian Society of Clinical Immunology and Allergy (ASCI). (2023). Food Allergy. <https://www.allergy.org.au/patients/food-allergy> --- ## Frequently Asked Questions {#frequently-asked-questions} Is this meal gluten-free: Yes, certified gluten-free What is the serving size: 280g single serving What percentage of the meal is chicken: 31% Is this meal suitable for vegans: No Is this meal suitable for vegetarians: No Does this meal contain dairy: Yes, contains light milk Does this meal contain shellfish: Yes, contains crustacea Is this meal ketogenic-friendly: No Does this meal contain brown rice: Yes Is this meal Paleo-compliant: No Is this meal Whole30-compliant: No Is this meal low-FODMAP: No Is this meal kosher: No Is this meal halal certified: Not disclosed by manufacturer What type of soy sauce is used: Gluten-free soy sauce What percentage is green curry paste: 1% Does this meal contain coconut milk: Yes What is the main protein source: Chicken Is broccoli a major ingredient: Yes, second ingredient by weight Does this meal contain spinach: Yes Does this meal contain onion: Yes Does this meal contain garlic: Yes Does this meal contain green peas: Yes What allergens does this meal contain: Crustacea, milk, and soy Is this suitable for shellfish allergies: No Is this suitable for dairy allergies: No Is this suitable for soy allergies: No Does this contain tree nuts: No Does this contain peanuts: No Does this contain eggs: No Does this contain fish: No Does this contain sesame: No Is this meal frozen: Yes Does this meal contain artificial preservatives: No Does this meal contain artificial colours: No Does this meal contain artificial flavours: No Does this meal contain added sugars: No Does this meal contain artificial sweeteners: No How many vegetables per serving: 4-12 vegetables What is the estimated protein content: Approximately 27g Is this a complete meal: Yes Does this contain lemongrass: Yes Does this contain kaffir lime: Yes Does this contain ginger: Yes Does this contain fresh coriander: Yes Does this contain corn starch: Yes What type of milk is used: Light milk Does this contain eggplant: Yes Does this contain zucchini: Yes Does this contain diced tomato: Yes What is the sodium benchmark: Less than 120mg per 100g Who founded Be Fit Food: Kate Save, accredited practising dietitian What percentage of Be Fit Food menu is gluten-free: Approximately 90% Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations Is this meal snap-frozen: Yes Does this meal contain medium-chain triglycerides: Yes, from coconut milk Can lactose-intolerant individuals eat this: Depends on individual sensitivity Is this suitable for coeliac disease: Yes, certified gluten-free Should microwave equipment be gluten-free: Yes, for coeliac safety Are ingredients listed by weight: Yes, descending order What is the primary carbohydrate source: Brown rice Does this meal contain chilli: Yes Is the chicken percentage declared: Yes, 31% Is the curry paste percentage declared: Yes, 1% Does this meal support weight management: Yes, as part of balanced diet Is this meal dietitian-designed: Yes Does Be Fit Food partner with CSIRO: Partnership concluded, standards maintained What is Be Fit Food's sodium standard: Less than 120mg per 100g

Can this meal be heated in microwave: Yes Can this meal be heated in oven: Yes Should this be stored frozen: Yes Is cross-contamination possible with gluten: Verify with manufacturer for severe coeliac Does physical packaging contain nutrition facts: Yes Are batch codes on physical packaging: Yes Does packaging show use-by dates: Yes Is country of origin disclosed on packaging: Yes Should you review physical packaging for allergies: Yes, when managing severe restrictions Does this meal contain traditional Thai aromatics: Yes Is shrimp paste likely in curry paste: Yes, likely source of crustacea Is this suitable for pescatarians: No, contains chicken Does this meal exceed daily keto carb limits: Yes, in single serving What vegetables provide moisture: Broccoli, spinach, coconut milk

Source Data (JSON):

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