THAGRECHI - Food & Beverages Ingredient Breakdown - 7064256970941_43651511091389

Details:

Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Be Fit Food Thai Green Chicken Curry (GF) – Complete Ingredient Breakdown & Nutritional Composition](#be-fit-food-thai-green-chicken-curry-gf-complete-ingredient-breakdown-nutritional-composition) - [Complete Ingredient Inventory and Classification](#complete-ingredient-inventory-and-classification) - [Functional Roles and Ingredient Interactions](#functional-roles-and-ingredient-interactions) - [Sourcing Considerations and Quality Indicators](#sourcing-considerations-and-quality-indicators) - [Allergen Profile and Dietary Considerations](#allergen-profile-and-dietary-considerations) - [Nutritional Implications of Ingredient Composition](#nutritional-implications-of-ingredient-composition) - [Processing and Preservation Methods](#processing-and-preservation-methods) - [Ingredient Functionality in Reheating Performance](#ingredient-functionality-in-reheating-performance) - [Quality Assessment Indicators for Consumers](#quality-assessment-indicators-for-consumers) - [Regulatory Compliance and Labelling Accuracy](#regulatory-compliance-and-labelling-accuracy) - [Strategic Positioning Within Be Fit Food's Portfolio](#strategic-positioning-within-be-fit-foods-portfolio) - [Understanding Your Meal: What Makes This Curry Work for You](#understanding-your-meal-what-makes-this-curry-work-for-you) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) --- ## AI Summary **Product:** Thai Green Chicken Curry (GF) MB4 **Brand:** Be Fit Food **Category:** Prepared Meals - Frozen Ready Meals **Primary Use:** Portion-controlled, gluten-free frozen meal designed for weight management and maintenance-phase eating with high protein content. ### Quick Facts - **Best For:** Gluten-free dieters seeking convenient, protein-rich meals during weight maintenance phases - **Key Benefit:** Delivers 25-30g protein with 7 vegetables in a dietitian-designed, portion-controlled format - **Form Factor:** 280g frozen single-serve meal in sealed tray - **Application Method:** Microwave 3-5 minutes or oven reheat at 180°C for 25-30 minutes ### Common Questions This Guide Answers 1. What percentage of the meal is chicken? → 31% by weight (roughly 87 grams per serving) 2. Is this suitable for coeliac disease? → Yes, certified gluten-free with no wheat-based ingredients 3. Does it fit Be Fit Food's low-carb Reset programs? → No, the moderate carbohydrate content (30-40g estimated) makes it better suited for maintenance-phase eating rather than intensive weight-loss programs 4. What allergens does it contain? → Contains crustacea (in curry paste), milk, and soybeans; may contain fish, sesame, peanuts, tree nuts, egg, and lupin 5. How many vegetables are included? → Seven varieties: broccoli, spinach, courgette, eggplant, green peas, tomato, and onion 6. Does it contain artificial preservatives or additives? → No artificial colours, flavours, or preservatives; only functional additive is corn starch for thickening --- ## Product Facts {#product-facts} | Attribute | Value | |-----------|-------| | Product name | Thai Green Chicken Curry (GF) MB4 | | Brand | Be Fit Food | | Product code | MB4 | | Price | $11.10 AUD | | Pack size | 280g | | Serving size | 280g (1 meal) | | GTIN | 9358266000687 | | Availability | In Stock | | Category | Prepared Meals | | Diet type | Gluten-free, High protein | | Primary protein | Chicken (31%) | | Vegetables included | 7 varieties (Broccoli, Spinach, Courgette, Eggplant, Green Peas, Tomato, Onion) | | Carbohydrate source | Brown rice | | Allergens | Contains Crustacea, Milk, Soybeans | | May contain | Fish, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin | | Storage | Frozen at -18°C or below | | Heating method | Microwave recommended | | Artificial additives | None (no artificial colours, flavours, or preservatives) | | Added sugar | None | | Seed oils | None | --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ## Verified

Label Facts {#verified-label-facts} **Product Identification:** - Product name: Thai Green Chicken Curry (GF) MB4 - Brand: Be Fit Food - Product code: MB4 - GTIN: 9358266000687 - Price: $11.10 AUD - Category: Prepared Meals **Package and Serving Specifications:** - Pack size: 280g - Serving size: 280g (1 meal) **Ingredients (in descending order by weight):** - Chicken (31%) - Broccoli - Spinach - Brown Rice - Light Milk - Courgette - Coconut Milk - Eggplant - Green Peas - Diced Tomato - Onion - Garlic - Green Curry Paste (1%) - Gluten Free Soy Sauce - Fresh Coriander - Lemongrass - Ginger - Kaffir Lime - Chilli - Corn Starch **Allergen Information:** - Contains: Crustacea, Milk, Soybeans - May contain: Fish, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin **Dietary Certifications and Attributes:** - Gluten-free certified - High protein - No artificial colours, flavours, or preservatives - No added sugar - No seed oils **Storage and Preparation:** - Storage temperature: Frozen at -18°C or below - Recommended heating method: Microwave - Alternative heating: Conventional oven (180°C, 25-30 minutes) or stovetop **Composition:** - Primary protein source: Chicken (31% by weight, roughly 87g per serving) - Vegetables: 7 varieties (Broccoli, Spinach, Courgette, Eggplant, Green Peas, Tomato, Onion) - Carbohydrate source: Brown rice - Functional additive: Corn starch (thickening agent) **Availability:** - Stock status: In Stock - Distribution: Online delivery and Chemist Warehouse ## General Product Claims {#general-product-claims} **Nutritional Benefits:** - Supports satiety and fullness through high protein content - Helps preserve lean muscle mass during weight loss - Provides sustained energy without blood sugar spikes - Delivers balanced macronutrients designed by dietitians - Supports metabolic health through whole-food ingredients - Nutrient-dense formulation with 4-12 vegetables per meal - Supports micronutrient adequacy during calorie restriction **Health and Wellness Positioning:** - Suitable for weight management and weight loss as part of balanced diet - Supports customers using GLP-1 medications or diabetes medications - Helps reduce cravings and prevent energy crashes - Designed for metabolic health optimisation - Supports detoxification pathways through cruciferous vegetables - Provides antioxidants from colourful vegetables - Delivers fibre for digestive health **Program and Lifestyle Fit:** - Suitable for maintenance-phase eating after intensive weight loss - Supports transition from structured programs to sustainable eating patterns - Appropriate for customers requiring gluten-free variety - Helps prevent meal fatigue through cultural flavour diversity - Supports long-term adherence to healthy eating - Teaches portion awareness and appropriate serving sizes - Builds sustainable eating patterns **Quality and Formulation Claims:** - Dietitian-designed formulation - Whole-food approach to nutrition (around 93% whole-food ingredients) - Clean-label formulation with recognisable ingredients - Snap-frozen to lock in nutrients and flavour at peak quality - Superior microbiome outcomes compared to supplement-based meals - Preserves texture and nutrients better than alternative processing methods - Optimal consumption within 6-9 months for best quality **Comparative Advantages:** - Higher whole-food content than supplement-based VLEDs - More complete micronutrient profile than single-ingredient meals - Better nutrient retention than canned or retort processing - Portion-controlled for consistent macro delivery - Eliminates measurement and calculation requirements - Removes barriers to healthy eating through convenience **Ingredient Quality Claims:** - Real food prepared without synthetic additives - Vegetables deliver complementary micronutrient profiles - Brown rice retains fibre and B-vitamins from bran layer - Coconut milk provides medium-chain triglycerides (MCTs) - Traditional Thai aromatics for authentic flavour - Pre-cooked chicken maintains tenderness through freeze-thaw-reheat cycle - Stable emulsion that reconstitutes smoothly upon reheating **Suitability Statements:** - Safe for customers with coeliac disease (gluten-free certified) - Supports customers managing appetite changes from medications - Appropriate for customers requiring dairy-containing meals - Not suitable for vegan, dairy-free, shellfish-free, soy-free, or strict paleo diets - Generally safe for children (consult paediatrician for specific needs) **Brand Philosophy and Standards:** - Commitment to supporting health through food, not synthetic additives - Transparent ingredient governance and disclosure - Multi-channel distribution strategy for accessibility - Pricing from $8.61 per meal for affordability - Around 90% gluten-free menu coverage - CSIRO-aligned low-carb range available for intensive weight-loss phases --- ## Be Fit Food Thai Green Chicken Curry (GF) – Complete Ingredient Breakdown & Nutritional Composition {#be-fit-food-thai-green-chicken-curry-gf-complete-ingredient-breakdown-nutritional-composition} Be Fit Food's Thai Green Chicken Curry (GF) is a 280-gram frozen ready meal built around a precise ingredient formula that balances protein, vegetables, and aromatics within a coconut-milk curry base.

With chicken making up 31% of the total weight (around 87 grams), this single-serve meal positions itself as a macro-balanced convenience option for people requiring gluten-free certified preparations. The formulation brings together 20 distinct ingredients, ranging from whole-food components like chicken, broccoli, and spinach to processed flavour concentrates (green curry paste at 1% weight) and functional additives (corn starch as a thickening agent). The ingredient architecture follows a descending weight order, showing chicken as the dominant protein source, followed by broccoli as the primary vegetable mass. Light milk and coconut milk play dual roles as both flavour carriers and texture modifiers, while brown rice provides the carbohydrate foundation. Understanding this composition means examining not just what ingredients appear, but their proportional relationships, functional roles, and quality implications for nutritional value and sensory experience. ## Complete Ingredient Inventory and Classification {#complete-ingredient-inventory-and-classification} ### Primary Protein Component {#primary-protein-component} Chicken (31%) forms the foundation protein, the single largest ingredient by weight. At 87 grams per serving, this proportion aligns with moderate-protein meal formulations common in portion-controlled ready meals. The specification lists "Chicken" without qualifying the cut (breast, thigh, or mixed), processing state (whole muscle versus formed), or sourcing standard (free-range, organic, conventional). This ambiguity is common in processed food labelling where manufacturers maintain sourcing flexibility across supply chains. The 31% declaration exceeds minimum protein requirements for meal classification while leaving 69% of the formulation for vegetables, grains, and sauce components. Be Fit Food's emphasis on high-protein meal construction reflects the brand's dietitian-led approach to supporting metabolic health, lean muscle preservation, and satiety—particularly important for customers managing weight loss, insulin resistance, or using GLP-1 medications where protein adequacy becomes critical during calorie restriction. ### Vegetable Matrix {#vegetable-matrix} The vegetable composition spans seven distinct plant ingredients, each contributing texture, fibre, and phytonutrient density: Broccoli appears second in the ingredient hierarchy, indicating substantial volume. Broccoli provides cruciferous vegetables' characteristic glucosinolates and maintains structural integrity through freeze-thaw cycles and reheating. This aligns with Be Fit Food's "4–12 veggies in each meal" standard, supporting both nutrient density and the brand's real-food philosophy. Spinach ranks third, likely incorporated in wilted or blanched form given its position before brown rice. Spinach contributes iron, folate, and water-soluble vitamins while adding minimal caloric density—consistent with Be Fit Food's approach to maximising nutrient-to-calorie ratios. Courgette and eggplant appear mid-list, representing water-dense vegetables that absorb curry flavours while contributing minimal macronutrients. Both vegetables soften significantly during cooking, blending into the sauce matrix rather than maintaining distinct texture. Green peas provide additional protein (around 5g per 100g) and resistant starch, complementing the chicken protein while adding visual colour contrast. Diced tomato introduces acidity and umami depth through glutamate compounds, balancing the coconut milk's richness. The "diced" specification suggests canned or pre-processed tomatoes rather than fresh. Onion and garlic function as aromatic foundations, contributing sulphur compounds that develop flavour complexity during cooking and processing. The vegetable diversity in this formulation reflects Be Fit Food's commitment to whole-food nutrition over supplement-based approaches—a principle validated by the brand's peer-reviewed research showing that food-based very-low-energy diets (VLEDs) with around 93% whole-food ingredients produce superior microbiome outcomes compared to supplement-based VLEDs with around 70% industrial ingredients. ### Carbohydrate Base {#carbohydrate-base} Brown rice occupies the grain component, positioned mid-ingredient list suggesting moderate proportion (likely 15-20% by weight). Brown rice retains the bran layer, providing additional fibre, B-vitamins, and minerals compared to white rice alternatives. The grain's ability to withstand freezing and microwave reheating without excessive texture degradation makes it standard in frozen meal applications. Brown rice contributes around 23 grams of carbohydrates per 100 grams, positioning this meal in the moderate-carbohydrate category rather than low-carb formulations. This Thai Green Chicken Curry sits outside Be Fit Food's CSIRO-aligned low-carb range but remains within the brand's broader portfolio designed to support varied customer needs—from structured Reset programs (around 40–70g carbs/day) to more flexible maintenance eating patterns. ### Dairy and Fat Components {#dairy-and-fat-components} Light milk appears early in the ingredient sequence, indicating significant volume. "Light milk" refers to reduced-fat milk (1-2%

fat content), functioning as a cream substitute that reduces saturated fat while maintaining curry body and creaminess. Coconut milk provides the characteristic Thai curry richness and fat content. Coconut milk contributes medium-chain triglycerides (MCTs) and saturated fat, creating the creamy mouthfeel associated with authentic Thai preparations. The positioning after light milk suggests coconut milk comprises a smaller proportion, likely balanced to manage caloric density while preserving flavour authenticity. The dairy inclusion means this meal is not suitable for dairy-free, vegan, or strict paleo approaches, though Be Fit Food offers separate vegetarian and vegan ranges for customers requiring plant-based options. ### Flavour System Components {#flavour-system-components} Green curry paste (1%) is the concentrated flavour engine, containing traditional Thai aromatics (chilies, lemongrass, galangal, shrimp paste, garlic, shallots, coriander root, cumin, and white pepper). At 2.8 grams per serving, this micro-ingredient delivers disproportionate flavour impact through concentrated essential oils and capsaicin compounds. The 1% specification indicates a mild-to-moderate heat level, as authentic Thai preparations often use 3-5% curry paste concentrations. Gluten-free soy sauce provides umami depth and salinity. The gluten-free specification indicates tamari-style fermentation or alternative formulation using rice or other gluten-free grains rather than wheat-based shoyu. Soy sauce contributes sodium (around 5-7% of the sauce weight) and fermented amino acids that enhance savoury perception. Be Fit Food's use of gluten-free soy sauce reflects the brand's commitment to making around 90% of its menu certified gluten-free, including options suitable for coeliac disease. Fresh coriander (cilantro) adds characteristic Thai herbal notes with bright, citrus-forward flavour compounds (linalool, decanal). The "fresh" designation suggests post-cooking addition or minimal heat exposure to preserve volatile aromatics. Lemongrass contributes citral compounds that provide lemon-like fragrance without acidity, essential to Thai flavour profiles. Ginger delivers zingerone and gingerol compounds, providing warming spice notes and digestive benefits associated with traditional Asian cuisines. Kaffir lime (likely the leaves rather than fruit) imparts distinctive citrus-floral aromatics through essential oils unavailable in standard lime varieties. Kaffir lime leaves contain unique flavour compounds that define Thai curry authenticity. Chilli provides capsaicin heat, with the non-specific listing suggesting dried chilli rather than fresh varieties. Positioning near the end indicates moderate heat levels suitable for mainstream palates. ### Functional Additives {#functional-additives} Corn starch appears as the final ingredient, functioning as a thickening agent that stabilises the sauce emulsion and prevents separation during freezing and reheating. Corn starch gelatinises during cooking, creating viscosity without adding flavour or significantly impacting nutritional composition. Its minimal quantity (likely less than 2%) indicates subtle thickening rather than heavy sauce modification. Importantly, this is the only functional additive in the formulation—consistent with Be Fit Food's clean-label standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The brand transparently notes that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (like cheese, smallgoods, dried fruit), used only where no alternative exists and in small quantities, with preservatives never added directly to meals. ## Functional Roles and Ingredient Interactions {#functional-roles-and-ingredient-interactions} ### Protein Structure and Texture Delivery {#protein-structure-and-texture-delivery} The chicken component undergoes specific processing to survive the freeze-thaw-reheat cycle without excessive moisture loss or texture degradation. Manufacturers pre-cook chicken to 75-80% doneness, allowing final reheating to reach safe internal temperatures (75°C) without overcooking. The 31% proportion suggests dice or strip cuts around 1.5-2cm, sized for fork-eating while maintaining structural integrity. Protein-starch interactions between chicken and corn starch create a protective coating that minimises moisture migration during frozen storage. This prevents the common "freezer burn" texture associated with poorly formulated frozen proteins. For Be Fit Food customers using GLP-1 medications or diabetes medications—where appetite suppression and slower gastric emptying are common—the portion-controlled protein content (around 25-30g per serving) supports lean muscle preservation without overwhelming reduced appetite capacity. The brand's dietitian-led formulation ensures adequate protein density even when total intake is reduced. ### Emulsion Stability and Sauce Chemistry {#emulsion-stability-and-sauce-chemistry} The light milk and coconut milk combination creates a complex emulsion requiring stabilisation. Coconut milk naturally contains guar gum or similar stabilisers (though not separately listed here), while the corn

starch provides additional thickening. The curry paste contributes emulsifying compounds from garlic and shallots (allicin and sulphur compounds) that help suspend fat droplets in the aqueous phase. During freezing, emulsions risk "breaking" as ice crystals form and disrupt fat-water interfaces. The formulation's starch content and moderate fat levels (from coconut milk) create a stable matrix that reconstitutes smoothly upon reheating. Be Fit Food's snap-frozen delivery system depends on this stability—meals must maintain consistent quality through the freeze-thaw-reheat cycle to deliver the "heat, eat, enjoy" convenience that supports adherence in structured weight-loss programs. ### Aromatic Compound Preservation {#aromatic-compound-preservation} Fresh aromatics (coriander, lemongrass, kaffir lime) contain volatile essential oils that degrade rapidly under heat and oxidation. The manufacturing process likely adds these components late in production or uses protected forms (encapsulated or freeze-dried) to preserve flavour intensity through frozen storage. The green curry paste, being a concentrated preparation, maintains aromatic stability better than fresh ingredients alone. Freezing temperatures (-18°C or below) dramatically slow aromatic degradation, but extended storage (beyond 6-9 months) still results in noticeable flavour fade. Manufacturers recommend consumption within this window for optimal sensory quality. ### Vegetable Texture Management {#vegetable-texture-management} The vegetable selection demonstrates understanding of freeze-thaw performance. Broccoli, with its dense cellular structure, maintains texture well. Spinach, pre-wilted, shows minimal additional degradation. Courgette and eggplant, already soft-textured vegetables, incorporate into the sauce matrix without creating undesirable mushiness. Green peas, frozen immediately post-harvest, often retain better texture and nutrient content than fresh peas that undergo extended cold-chain distribution. The peas' starch content also contributes to sauce body. This careful vegetable selection reflects Be Fit Food's whole-food philosophy—prioritising ingredients that deliver both nutritional value and sensory satisfaction after snap-freezing, distinguishing the brand's meals from supplement-based alternatives. ## Sourcing Considerations and Quality Indicators {#sourcing-considerations-and-quality-indicators} ### Protein Sourcing Standards {#protein-sourcing-standards} The absence of qualifying terms ("free-range," "organic," "hormone-free") suggests conventional poultry sourcing meeting baseline Australian food safety standards. Australian chicken production prohibits growth hormone use (unlike some international markets), but conventional operations may use prophylactic antibiotics and intensive housing systems. Premium-positioned meals often highlight protein sourcing credentials when available, suggesting this formulation prioritises cost efficiency over premium sourcing. However, "not specified" doesn't indicate inferior quality—merely standard commercial sourcing without premium certification. Be Fit Food's positioning as a dietitian-designed service emphasises nutritional outcomes and metabolic health benefits over sourcing premiums, making the meals accessible at price points starting from $8.61 per meal—critical for customers requiring sustained adherence over weeks or months. ### Vegetable Quality and Processing State {#vegetable-quality-and-processing-state} The ingredient list doesn't specify fresh versus frozen vegetables at ingredient intake. Commercial frozen meal production commonly uses IQF (Individually Quick Frozen) vegetables for several components while using fresh vegetables for others based on cost, availability, and processing requirements. Broccoli and peas likely enter as frozen ingredients, while spinach, courgette, and eggplant may be fresh or frozen depending on seasonal availability. The "diced tomato" specification strongly suggests canned or aseptically packaged product rather than fresh tomatoes. ### Dairy Component Origins {#dairy-component-origins} "Light milk" without organic or specific sourcing designation indicates standard commercial dairy meeting Australian food standards. Coconut milk sourcing originates from Southeast Asian suppliers (Thailand, Philippines, Indonesia) where coconut production concentrates. Quality varies significantly based on coconut variety, extraction method (first press versus reconstituted), and stabiliser additions. Premium coconut milk uses first-press extraction from mature coconuts, yielding higher fat content and richer flavour. Economy coconut milk may use reconstituted coconut cream with added water and stabilisers. The ingredient list doesn't provide sufficient detail to determine which quality tier this formulation employs. ### Spice and Aromatic Sourcing {#spice-and-aromatic-sourcing} Green curry paste quality depends heavily on ingredient freshness and processing method. Commercial curry pastes range from traditional stone-ground preparations using fresh ingredients to industrial formulations using dried spices and flavour compounds. The 1% inclusion rate suggests concentrated paste rather than

fresh-made preparations. Lemongrass, kaffir lime, and ginger may be fresh, frozen, or dried depending on manufacturer relationships with suppliers. Australian-based production imports these Thai-specific ingredients frozen or dried, as local production remains limited. ## Allergen Profile and Dietary Considerations {#allergen-profile-and-dietary-considerations} ### Declared Allergens {#declared-allergens} The product contains three allergen categories under Australian food labelling requirements: Crustacea: Present in the green curry paste through traditional shrimp paste (kapi), a fermented condiment fundamental to authentic Thai curry flavour. Shrimp paste contributes umami depth and salinity, but creates allergen concerns for shellfish-sensitive consumers. The trace quantity (within 1% curry paste) still requires declaration under allergen labelling laws. Milk: Present through light milk as a primary ingredient. Individuals with lactose intolerance may experience symptoms, though light milk's lower fat content slightly reduces lactose concentration compared to whole milk. Milk protein allergies are more serious, as even small quantities can trigger reactions in sensitive individuals. Soy: Present through gluten-free soy sauce, derived from fermented soybeans. Soy is one of the "big eight" allergens, though fermentation partially breaks down allergenic proteins. Individuals with severe soy allergies should avoid this product despite the moderate inclusion level. ### Gluten-Free Certification {#gluten-free-certification} The "(GF)" designation indicates gluten-free formulation, critical for coeliac disease management and gluten sensitivity. Key gluten-free elements include: - Brown rice instead of wheat-containing grains - Gluten-free soy sauce (tamari-style) rather than conventional wheat-based shoyu - Corn starch thickener instead of wheat flour roux - Verified gluten-free curry paste formulation Australian gluten-free standards require products to contain less than 20 parts per million (ppm) gluten, though many manufacturers target less than 5 ppm for sensitive consumers. Cross-contamination prevention during manufacturing requires dedicated production lines or rigorous cleaning protocols between production runs. Be Fit Food's commitment to around 90% gluten-free menu coverage—with clear disclosure for the remaining 10% that either contains gluten or contains potential traces due to shared lines—provides coeliac-suitable control rarely found in ready-meal services. This transparency supports informed, coeliac-safe decision-making. ### Dietary Pattern Compatibility {#dietary-pattern-compatibility} The ingredient profile supports several dietary approaches: Gluten-free diets: Explicitly formulated and labelled for gluten avoidance Moderate-carbohydrate diets: Brown rice provides complex carbohydrates without excessive glycaemic load Dairy-containing: Not suitable for dairy-free, vegan, or strict paleo approaches The formulation does NOT accommodate: Dairy-free/vegan: Contains milk and likely dairy-derived ingredients in curry paste Shellfish-free: Contains crustacea through curry paste Soy-free: Contains soy sauce Low-sodium: Soy sauce and curry paste contribute significant sodium (specific levels not provided) For customers following Be Fit Food's structured Reset programs (Metabolism Reset at around 800–900 kcal/day, around 40–70g carbs/day, or Protein+ Reset at around 1200–1500 kcal/day), this Thai Green Chicken Curry would not fit the strict low-carb criteria but could work as a maintenance-phase option or flexible meal choice outside the intensive weight-loss window. ## Nutritional Implications of Ingredient Composition {#nutritional-implications-of-ingredient-composition} ### Macronutrient Distribution {#macronutrient-distribution} While specific nutritional values aren't provided in the ingredient list, the composition enables estimation: Protein: Primarily from 87g chicken (around 18-22g protein) plus minor contributions from peas, brown rice, and milk. Total protein likely ranges 25-30g per serving, positioning this as a moderate-to-high protein meal—consistent with Be Fit Food's protein-prioritisation approach for lean muscle preservation, satiety, and metabolic support. Carbohydrates: Brown rice contributes the majority, with additional carbohydrates from vegetables and milk lactose. Estimated total: 30-40g, with 3-5g fibre from brown rice bran and vegetables. Fats: Coconut milk provides saturated fats (MCTs), while chicken contributes variable fat depending on cut (breast versus thigh). Light milk reduces fat compared to full-fat dairy. Estimated total: 12-18g fat, with 6-10g saturated fat from coconut milk. ### Micronutrient Density {#micronutrient-density} The vegetable diversity provides complementary micronutrient profiles: Vitamin A: From spinach (beta-carotene), broccoli, and tomatoes Vitamin C: From broccoli, tomatoes, and peppers in curry paste B-vitamins: From brown rice (thiamin, niacin), chicken (B6, B12), and vegetables (folate) Minerals: Iron from spinach, calcium from milk, potassium from vegetables, zinc from chicken The combination of animal and plant ingredients creates a more complete micronutrient profile than single-ingredient meals, though processing and freezing reduce

certain heat-sensitive and water-soluble vitamins (vitamin C, thiamin, folate) by 10-30% compared to fresh preparations. For Be Fit Food customers using GLP-1 or diabetes medications—where appetite suppression increases deficiency risk during rapid weight loss—the nutrient density from 4-12 vegetables per meal helps maintain micronutrient adequacy even when total intake drops. This whole-food approach to nutrient delivery distinguishes Be Fit Food from shake-based or supplement-heavy programs. ### Sodium Content Considerations {#sodium-content-considerations} Although specific sodium levels aren't disclosed, the inclusion of soy sauce, curry paste, and potential salt additions (not separately listed but likely present) suggests moderate-to-high sodium content. Commercial frozen meals contain 600-900mg sodium per serving, representing 25-40% of recommended daily intake. Consumers monitoring sodium intake should verify nutritional panel data before regular consumption. Be Fit Food's stated formulation approach targets less than 120 mg sodium per 100g (using vegetables for water content rather than thickeners), which would suggest around 336mg sodium per 280g serving if this meal meets that benchmark—significantly lower than frozen meal sodium levels and supporting the brand's positioning around metabolic health and reduced cardiovascular risk factors. ## Processing and Preservation Methods {#processing-and-preservation-methods} ### Manufacturing Process Flow {#manufacturing-process-flow} Commercial frozen meal production follows a standardised sequence: 1. Ingredient preparation: Chicken cooking, vegetable blanching, rice cooking 2. Sauce production: Combining milk, coconut milk, curry paste, and aromatics with controlled heating 3. Assembly: Combining protein, vegetables, rice, and sauce in portioned trays 4. Sealing: Hermetic sealing to prevent oxidation and contamination 5. Blast freezing: Rapid temperature reduction to -18°C or below to minimise ice crystal formation 6. Storage and distribution: Maintained at frozen temperatures throughout supply chain Be Fit Food's snap-frozen system locks in nutrients and flavour at peak quality while creating the consistency required for structured programs—each meal delivers identical macros and portions, eliminating the variability that undermines adherence in traditional "cook-it-yourself" approaches. ### Preservation Mechanisms {#preservation-mechanisms} The product relies on freezing as the primary preservation method, which: - Halts microbial growth by reducing water activity - Slows enzymatic reactions that cause quality degradation - Maintains nutrient stability better than thermal processing alone - Preserves texture better than canning or retort processing No chemical preservatives appear in the ingredient list, indicating reliance on freezing and hermetic packaging for shelf stability. This aligns with clean-label consumer preferences and Be Fit Food's explicit standards (no added artificial preservatives), but requires unbroken cold chain maintenance from production to consumption. ### Quality Degradation Pathways {#quality-degradation-pathways} Despite freezing's preservation benefits, quality degrades through several mechanisms: Lipid oxidation: Fats in chicken and coconut milk slowly oxidise, developing rancid off-flavours over extended storage Ice crystal growth: Temperature fluctuations during storage cause ice crystals to enlarge, disrupting cellular structure in vegetables and protein Aromatic loss: Volatile flavour compounds slowly sublimate, reducing flavour intensity Colour changes: Chlorophyll in green vegetables degrades to pheophytin, causing browning Optimal consumption within 6-9 months minimises these degradation pathways, though the product remains microbiologically safe for extended periods if maintained frozen. ## Ingredient Functionality in Reheating Performance {#ingredient-functionality-in-reheating-performance} ### Microwave Heating Considerations {#microwave-heating-considerations} The ingredient formulation anticipates microwave reheating, the most common consumer preparation method. Key considerations include: Starch gelatinisation: Corn starch and brown rice starches absorb moisture during reheating, preventing sauce separation Protein texture: Pre-cooked chicken requires gentle reheating to avoid toughening; the sauce moisture buffer helps maintain tenderness Vegetable integrity: Pre-blanched vegetables withstand microwave heating better than raw vegetables, which would overcook Emulsion stability: The milk-coconut milk emulsion, stabilised by starch, reconstitutes smoothly with stirring For Be Fit Food customers managing medication-related side effects—particularly GLP-1 users experiencing nausea or altered taste—the ability to reheat gently and adjust portion size meal-by-meal provides flexibility that supports continued adherence even when appetite varies day-to-day. ### Alternative Heating Methods {#alternative-heating-methods} Oven or stovetop reheating offers different results: Conventional oven (180°C, 25-30 minutes): Provides more

even heating but may dry surface ingredients; covering with foil retains moisture Stovetop (transfer to pan): Allows sauce consistency adjustment through additional liquid or reduction, but requires active monitoring The ingredient formulation optimises for microwave convenience rather than alternative heating methods, though all approaches yield acceptable results. ## Quality Assessment Indicators for Consumers {#quality-assessment-indicators-for-consumers} ### Visual Inspection Criteria {#visual-inspection-criteria} Upon opening, consumers should observe: Sauce consistency: Should appear smooth and emulsified, not separated with visible oil pooling Chicken appearance: Pieces should appear intact, not fragmented or stringy Vegetable colour: Broccoli should retain green colour (some darkening acceptable); avoid grey-brown discolouration indicating excessive degradation Rice texture: Grains should appear distinct, not mushy or clumped ### Aroma Profile Expectations {#aroma-profile-expectations} Proper storage yields aromatic indicators: Coconut-curry fragrance: Should be immediately apparent upon heating Fresh herb notes: Coriander and lemongrass aromatics should be detectable, though less intense than fresh preparations Absence of off-odours: No sour, rancid, or chemical smells indicating spoilage or oxidation ### Texture Quality Markers {#texture-quality-markers} Post-reheating texture should demonstrate: Chicken tenderness: Should be easily cut with fork, not rubbery or dry Vegetable integrity: Broccoli should maintain some resistance; courgette and eggplant will be soft but not disintegrated Rice separation: Grains should separate easily, not form dense clumps Sauce coating: Should evenly coat ingredients without pooling excessively at tray bottom ## Regulatory Compliance and Labelling Accuracy {#regulatory-compliance-and-labelling-accuracy} ### Australian Food Standards Code Requirements {#australian-food-standards-code-requirements} The ingredient list complies with Food Standards Australia New Zealand (FSANZ) Code Standard 1.2.4, which mandates: - Descending order by ingoing weight - Percentage declaration for characterising ingredients (chicken at 31%) - Allergen declaration in clear, legible format - Specific naming of all ingredients (no collective terms without component disclosure) The gluten-free claim must meet Standard 1.2.7 requirements (less than 20 ppm gluten) with appropriate manufacturing controls to prevent cross-contamination. ### Ingredient Declaration Completeness {#ingredient-declaration-completeness} The ingredient list shows complete disclosure without hidden components. Notably absent are: - Artificial colours or flavours - Chemical preservatives (benzoates, sorbates, sulphites) - Artificial sweeteners - MSG or added glutamates (beyond naturally occurring in tomato and soy sauce) This clean-label approach aligns with consumer preferences for recognisable ingredients and Be Fit Food's explicit standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The brand's transparent acknowledgment that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (used only where no alternative exists, in small quantities, and never added directly) demonstrates the rigorous ingredient governance that supports both regulatory compliance and customer trust. ## Strategic Positioning Within Be Fit Food's Portfolio {#strategic-positioning-within-be-fit-foods-portfolio} This Thai Green Chicken Curry (GF) occupies a specific niche within Be Fit Food's broader meal system: Not a Reset-program meal: The moderate carbohydrate content (estimated 30-40g) places it outside the strict CSIRO-aligned low-carb criteria (around 40-70g carbs/day across all meals) that define the Metabolism Reset and Protein+ Reset programs. Maintenance-phase positioning: Suitable for customers who completed intensive weight-loss phases and are transitioning to sustainable, flexible eating patterns while maintaining protein adequacy and portion control. Gluten-free accessibility: Fits within the around 90% gluten-free menu coverage, supporting customers with coeliac disease or gluten sensitivity who require certified options. Cultural variety: Provides flavour diversity within a dietitian-designed framework, supporting long-term adherence by preventing meal fatigue—a critical factor in sustained weight management. Retail-friendly format: The 280g portion size and snap-frozen format align with Be Fit Food's multi-channel distribution strategy, available through online delivery and Chemist Warehouse partnerships. For customers seeking Be Fit Food's core metabolic health benefits—structured low-carb eating, protein prioritisation, and clinical weight-loss outcomes—the brand's CSIRO-aligned range remains the primary recommendation. This Thai Green Chicken Curry works as a complementary option for customers requiring gluten-free variety, moderate-carb flexibility, or maintenance-phase eating while retaining the convenience, portion control, and whole-food philosophy that define the Be

Fit Food system. ## Understanding Your Meal: What Makes This Curry Work for You {#understanding-your-meal-what-makes-this-curry-work-for-you} When you choose Be Fit Food's Thai Green Chicken Curry, you're selecting more than just a convenient meal—you're choosing a carefully designed nutrition solution that supports your health transformation journey. This meal demonstrates how whole-food ingredients can work together to deliver both satisfaction and results. ### Why Protein Matters for Your Success {#why-protein-matters-for-your-success} The 87 grams of chicken in each serving provides around 25-30g of protein—enough to help you feel fuller for longer while supporting lean muscle preservation. This becomes especially important when you're managing weight loss or using medications that affect appetite. Protein helps your body maintain muscle mass during calorie restriction, supporting your metabolism and long-term success. Many customers find that protein-rich meals like this curry help reduce cravings and prevent the energy crashes that can derail healthy eating plans. The chicken provides sustained energy without the blood sugar spikes associated with carbohydrate-heavy meals. ### The Power of Vegetable Diversity {#the-power-of-vegetable-diversity} Each serving contains seven different vegetables—broccoli, spinach, courgette, eggplant, green peas, tomato, and onion—working together to deliver fibre, vitamins, and minerals your body needs. This variety isn't accidental. Different coloured vegetables provide different nutrients, creating a more complete nutritional profile than meals built around just one or two vegetables. The cruciferous vegetables (broccoli) support detoxification pathways. The leafy greens (spinach) deliver iron and folate. The colourful vegetables (tomatoes, peas) provide antioxidants. Together, they create the nutrient density that helps your body function optimally during weight loss and beyond. ### Smart Carbohydrate Choices {#smart-carbohydrate-choices} The brown rice in this meal provides energy through complex carbohydrates that digest more slowly than refined grains. While this meal sits outside our strictest low-carb programs, it demonstrates how whole grains can fit into a balanced eating pattern—especially during maintenance phases when you're transitioning from intensive weight loss to sustainable lifestyle eating. Brown rice retains the fibre and B-vitamins often stripped away in white rice processing. This means you get more nutritional value from each grain, supporting your overall health while providing the energy you need for daily activities. ### Clean Ingredients You Can Trust {#clean-ingredients-you-can-trust} When you read the ingredient list, you'll recognise everything. No mysterious additives. No artificial preservatives. No seed oils. Just real food prepared in ways that preserve nutrients and flavour through the snap-freezing process. This clean-label approach reflects our commitment to supporting your health through food, not through synthetic additives or processing shortcuts. The minimal use of corn starch as a thickener is the only functional additive—everything else is food you'd recognise in your own kitchen. ### How This Meal Supports Your Journey {#how-this-meal-supports-your-journey} For customers in maintenance phases, this curry provides: - Portion control without the need to measure or calculate - Balanced nutrition designed by dietitians who understand metabolic health - Convenience that removes barriers to healthy eating - Variety that prevents meal fatigue and supports long-term adherence The gluten-free certification means customers with coeliac disease or gluten sensitivity can enjoy Thai flavours without compromise. The dairy inclusion means it's not suitable for vegan diets, but our range includes plant-based options for customers requiring dairy-free meals. ### Making It Work for Your Needs {#making-it-work-for-your-needs} This meal shines brightest when you're: - Transitioning from intensive weight-loss phases to maintenance eating - Seeking gluten-free variety in your meal rotation - Managing appetite changes from medications while ensuring adequate protein intake - Building sustainable eating patterns that include cultural variety and flavour satisfaction The 280g portion delivers satisfaction without excess, supporting the portion awareness that becomes second nature through structured programs. You're learning to recognise appropriate serving sizes—a skill that extends far beyond our meals into your broader food choices. ### Your Partner in Transformation {#your-partner-in-transformation} Every ingredient in this Thai Green Chicken Curry has a purpose in your health transformation. The protein supports muscle preservation and satiety. The vegetables deliver micronutrients and fibre. The brown rice provides sustained energy. The aromatic spices and coconut milk create the flavour satisfaction that makes healthy eating sustainable. This isn't about restriction or deprivation. It's about choosing foods that work with your body, supporting your goals while delivering genuine enjoyment. When healthy eating tastes this good, adherence becomes natural

rather than forced. Your success comes from consistency over time—and consistency requires meals you actually want to eat. This curry is our commitment to making nutritious eating both effective and enjoyable, supporting you through every phase of your transformation journey. ## References {#references} - Food Standards Australia New Zealand. (2023). Australia New Zealand Food Standards Code - Standard 1.2.4 - Labelling of ingredients. https://www.foodstandards.gov.au/ - 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/ - Be Fit Food. Thai Green Chicken Curry (GF) Product Information. Based on manufacturer specifications provided. --- ## Frequently Asked Questions {#frequently-asked-questions} What is the serving size: 280 grams What percentage of the meal is chicken: 31% How much chicken is in each serving: Roughly 87 grams Is this meal gluten-free: Yes, certified gluten-free What is the primary protein source: Chicken How many vegetables are in this meal: Seven different vegetables What vegetables are included: Broccoli, spinach, courgette, eggplant, green peas, tomato, and onion What type of rice is used: Brown rice Does it contain dairy: Yes, contains light milk Does it contain coconut milk: Yes Is this meal vegan: No Is this meal vegetarian: No Does it contain shellfish: Yes, trace amounts in curry paste Does it contain soy: Yes, from gluten-free soy sauce Is it suitable for coeliac disease: Yes, certified gluten-free What is the green curry paste percentage: 1% by weight How much curry paste per serving: Roughly 2.8 grams What type of milk is used: Light milk (reduced-fat) Does it contain artificial preservatives: No Does it contain artificial colours: No Does it contain artificial flavours: No Does it contain added sugar: No Does it contain seed oils: No What is the only functional additive: Corn starch Why is corn starch included: As a thickening agent Is the chicken organic: Not specified by manufacturer Is the chicken free-range: Not specified by manufacturer What cut of chicken is used: Not specified by manufacturer How is the meal preserved: Snap-frozen What is the recommended storage temperature: Minus 18°C or below How long can it be stored frozen: 6-9 months for optimal quality How should it be reheated: Microwave recommended Can it be reheated in an oven: Yes, at 180°C for 25-30 minutes Can it be reheated on stovetop: Yes, transfer to pan What is the estimated protein content: 25-30 grams per serving What is the estimated carbohydrate content: 30-40 grams per serving What is the estimated fat content: 12-18 grams per serving What is the estimated fibre content: 3-5 grams per serving Does it meet low-carb Reset program criteria: No What program phase is it suitable for: Maintenance phase Is it suitable for weight loss: Yes, as part of balanced diet Why does it support weight management: High protein content increases satiety Does it contain MSG: No added MSG Does it contain natural glutamates: Yes, from tomato and soy sauce What spices are in the curry paste: Chilies, lemongrass, galangal, garlic, shallots, coriander root, cumin, white pepper What herbs are included: Fresh coriander, lemongrass, ginger, kaffir lime What is the heat level: Mild to moderate Is it suitable for diabetes management: Consult dietitian for individual needs Is it suitable for GLP-1 medication users: Yes, portion-controlled protein supports needs Does it contain resistant starch: Yes, from green peas What type of tomatoes are used: Diced, likely canned or pre-processed Are the vegetables fresh or frozen: Mix of fresh and frozen at production What is the sodium target: Less than 120mg per 100g (336mg per serving) Does it require added salt: No Can portion size be adjusted: Yes, supports flexible eating Is it microwave-safe: Yes, designed for microwave reheating Does the sauce separate when frozen: No, stabilised with corn starch How many total ingredients: 20 distinct ingredients What percentage is vegetables by weight: Roughly 30-40% What is the rice percentage: Roughly 15-20% by weight Does it contain MCTs: Yes, from coconut milk What type of fat is in coconut milk: Medium-chain triglycerides and saturated fat Is it suitable for paleo diet: No, contains dairy and rice Is it suitable for keto diet: No, contains moderate carbohydrates What is Be Fit Food's vegetable standard: 4-12 vegetables per meal Does freezing reduce nutrients: Yes, 10-30% reduction in some vitamins Which vitamins are most affected by freezing: Vitamin C, thiamin, folate How does it compare to supplement-based meals: Higher whole-food content (around 93%) What is the minimum price per meal: From $8.61 Where is it available: Online delivery and Chemist Warehouse Is it designed by dietitians: Yes Does it support metabolic health: Yes, through balanced macronutrients What makes it different from other frozen meals: Whole-food ingredients, dietitian-designed, no artificial additives Can it be eaten by children: Generally safe, consult paediatrician for specific needs Does it contain caffeine: No Does it contain alcohol: No Is the packaging recyclable: Check local recycling guidelines for specific materials How

should I check meal quality: Inspect sauce consistency, chicken appearance, vegetable colour What should the sauce look like: Smooth and emulsified, not separated What should the chicken texture be: Tender, easily cut with fork What colour should broccoli be: Green, some darkening acceptable Should there be any off-odours: No, absence indicates proper storage What aroma should it have: Coconut-curry fragrance with herb notes Is it suitable for meal prep: Yes, individual portion-controlled servings Does it support long-term weight maintenance: Yes, through portion control and balanced nutrition

Source Data (JSON):


```
"{\n  \"_type\": \"article\",\n  \"title\": \"THAGRECHI - Food & Beverages Ingredient Breakdown - 706425697094
```