WHOBEELAS - Food & Beverages Health Benefits Guide - 7024620601533_44893540548797

Details:

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Storage | Frozen meal - snap-frozen delivery | | Chilli rating | 0 | --- ## 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 - **Product Name:** Wholemeal Beef Lasagne SRT - **Brand:** Be Fit Food - **GTIN:** 9358266000007 - **Price:** $99.00 AUD - **Availability:** In Stock - **Category:** Food & Beverages - Prepared Meals - **Serving Size:** 273g per serving - **Servings Per Package:** 4 servings (family size) - **Energy Per Serving:** 1,510 kJ (361 kcal) - **Protein Per Serving:** 32.4g - **Total Fat Per Serving:** 10.9g - **Saturated Fat Per Serving:** 4.2g - **Carbohydrates Per Serving:** 28.6g - **Dietary Fibre Per Serving:** 6.8g - **Sodium Per Serving:** 423mg - **Key Ingredients:** Beef mince (22%), Wholemeal pasta sheets (10%), Diced tomato, Broccoli, Courgette, Carrot - **Allergens:** Contains: Wheat, Gluten, Milk - **May Contain:** Fish, Soybeans, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin - **Dietary Attributes:** High protein, Good source of fibre, Low saturated fat, No artificial colours or flavours, No added sugar - **Storage:** Frozen meal - snap-frozen delivery - **Chilli Rating:** 0 - **Formulation Standards:** No seed oils, no artificial colours or artificial flavours, no added artificial preservatives, no added sugar or artificial sweeteners - **Preservative Disclosure:** Some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (such as cheese, small goods, or dried fruit), used only where no alternative exists and in small quantities, with preservatives not added directly to meals ### General Product Claims - Convenient way to get balanced nutrition in a ready-made meal - High-protein option that helps you feel fuller longer and supports muscle needs - Balanced for heart health - Provides around 23% of recommended daily fibre intake - Keeps the wheat bran and germ intact for better nutrition - Contains B vitamins, minerals, and beneficial plant compounds - Well below the 600-milligram mark that nutrition experts often reference for prepared meals - Fits into your day without using up too much of your recommended 2,300-milligram daily limit - Complete protein with all nine essential amino acids your body needs - Helps your body build and repair tissues, support your immune system, and produce enzymes - Contributes toward recommended daily protein amount - Supports muscle building, especially when eaten after exercise - Protects lean muscle mass - Valuable for people using GLP-1 medications, managing metabolic conditions, or going through perimenopause and menopause - Leucine-rich meal that triggers muscle protein building - Valuable for people over 50 wanting to protect against age-related muscle loss - Addresses fibre gaps many people miss - Goes beyond what you'd find in most frozen meals - Supports gut health through multiple mechanisms - Helps you feel fuller longer - Valuable for people using GLP-1 medications or diabetes medications - Feeds good gut bacteria - Produces short-chain fatty acids with anti-inflammatory properties - May reduce inflammatory bowel disease risk - May improve insulin sensitivity - Helps moderate blood sugar response after eating - Creates more gradual blood sugar rise - Reduces insulin demand and may support long-term metabolic health - Supports more stable blood glucose levels - Several advantages for heart health - Fits within acceptable ranges for saturated fat - Achieves flavour through whole food ingredients rather than relying mainly on salt - Shows that taste and heart health can work together - Contributes potassium which works against sodium's blood pressure effects - Delivers concentrated vitamins and minerals - Provides glucosinolates showing potential cancer-preventive properties - Supports vision, immune function, and tissue health - Provides lycopene with strong antioxidant capacity - Cooking and processing tomatoes increases lycopene availability - Calcium contribution becomes relevant for women going through perimenopause and menopause - Supports feeling satisfied through multiple ways - Creates strongest metabolism boost among nutrients - Keeps you feeling satisfied better than equal amounts of carbohydrate or fat - Stimulates release of fullness hormones - Reduces ghrelin, the primary hunger-stimulating hormone - Prevents under-eating and nutrient gaps - Supports sticking to calorie-controlled eating without feeling deprived - Important for women managing metabolic changes of perimenopause and menopause - Can improve insulin sensitivity and abdominal fat patterns - Wholemeal pasta shows lower glycemic index compared to refined pasta - Produces more gradual, sustained glucose rise - Reduces oxidative stress and contributes to blood vessel health - Supports more stable blood glucose levels and reduced insulin demand - Provides amino acids essential for antibody production and immune cell growth - Supports both overall immunity and gut immune tissue function - Enhances immune cell function and supports immune cell growth - Shows anti-inflammatory

properties - May reduce chronic low-grade inflammation - May help counter inflammatory effects during perimenopause and menopause - Supports skeletal health - Adequate protein intake supports bone health - Protein-bone relationship becomes important during perimenopause and menopause - Supports preservation of both muscle and bone mass - Optimizes protein use for muscle building when eaten during midday or early evening - Supports meal planning efficiency and reduces food waste - Snap-frozen delivery system provides consistent portions and nutrition profiles with minimal spoilage - Supports success through reduced decision fatigue - Helps preserve lean muscle mass during aging - Important factor in maintaining metabolism, functional independence, and fall prevention - Addresses physical challenges of perimenopause and menopause - Contributes to colorectal cancer prevention - Supports long-term heart health - Contributes to cumulative antioxidant capacity - Supports chronic disease prevention through combined interactions among multiple bioactive compounds - Whole-food philosophy distinguished from supplement-based meal replacement systems - Food-based approach showed greater improvements in gut microbiome diversity compared to supplement-based diet - Aligns with evidence connecting whole grain eating with reduced risk of type 2 diabetes, heart disease, and certain cancers - Nutritional transparency that enables informed decision-making - Shows a vegetable-forward meal pattern - Pattern consistent with dietary recommendations emphasising plant food predominance - Aligns with clean-label preferences - Dietitian-designed - Part of supportive nutrition system - Meets historical CSIRO Low Carb Diet partnership standards (68% less carbohydrate and 55% less sodium compared to ready meals in Australian market) - Tested with continuous glucose monitoring in Type 2 diabetes study - Supported by peer-reviewed research published in Cell Reports Medicine (October 2025) - "Real food, real results" positioning --- ## Understanding Your Wholemeal Beef Lasagne: A Complete Nutrition Guide {#understanding-your-wholemeal-beef-lasagne-a-complete-nutrition-guide} Be Fit Food's Wholemeal Beef Lasagne gives you balanced nutrition in a convenient meal, delivering 1,510 kJ (361 kcal) per 273-gram serving. This family-size frozen meal stands out through its nutrition profile: 32.4 grams of protein per serving makes it a high-protein choice that helps you feel fuller longer and supports your body's muscle needs, while 10.9 grams of total fat (with only 4.2 grams saturated) keeps things balanced for your heart health. The carbohydrate content sits at 28.6 grams per serving and includes 6.8 grams of dietary fibre, giving you around 23% of your recommended daily fibre intake. This fibre comes from the wholemeal pasta sheets (making up 10% of the total meal) and vegetables including broccoli, courgette, and carrot. Using wholemeal pasta instead of refined white pasta boosts the nutrition by keeping the wheat bran and germ intact, which brings you B vitamins, minerals, and beneficial plant compounds that get stripped away during refinement. Sodium content sits at 423 milligrams per serving, well below the 600-milligram mark that nutrition experts often reference when checking prepared meals. If you're watching your daily sodium (especially if you're managing blood pressure or following DASH eating patterns), this moderate sodium level fits into your day without using up too much of your recommended 2,300-milligram daily limit. This matches the approach of keeping sodium low (below 120 mg per 100 g) by using vegetables for moisture and flavour rather than relying on sodium-heavy thickeners. ## Why Protein Matters for Your Body {#why-protein-matters-for-your-body} The 32.4-gram protein content in each serving deserves a closer look because of what it does for your metabolism. Beef mince, making up 22% of the meal, gives you complete protein with all nine essential amino acids your body needs. This complete amino acid profile helps your body build and repair tissues, support your immune system, and produce enzymes more effectively than incomplete plant proteins that need to work in combinations. The protein-to-body-weight ratio in this lasagne (around 0.36 grams of protein per kilogram of body weight for someone weighing 70 kilograms) contributes toward your recommended daily amount of 0.8 grams per kilogram. If you're active or doing resistance training, this protein level supports muscle building, especially when you eat it after exercise. This high-protein approach reflects the dietitian-designed philosophy of prioritising protein at every meal to protect your lean muscle, something that becomes really important if you're using GLP-1 medications, managing metabolic conditions, or going through perimenopause and menopause where keeping your muscle mass matters more than ever. Parmesan cheese adds extra protein while delivering calcium and phosphorus for strong bones. The combination of animal proteins from beef and dairy creates a leucine-rich meal; leucine acts as a key trigger for muscle protein building

in your body. Research shows that meals with 2.5-3 grams of leucine work best for this muscle-building response, making this lasagne valuable if you're over 50 and want to protect against age-related muscle loss. ## How Fibre Supports Your Digestive Health {#how-fibre-supports-your-digestive-health} The 6.8-gram fibre contribution per serving addresses something many people miss in modern eating. Australian dietary surveys consistently show that most people eat far less than the recommended 25-30 grams of fibre daily, and convenience foods often provide very little fibre. This lasagne's fibre level (2.5 grams per 100 grams) goes beyond what you'd find in most frozen meals and shows the commitment to vegetable density, with 4-12 vegetables in each meal created. Dietary fibre works in multiple ways to support your gut health. Insoluble fibre from wholemeal wheat bran adds bulk and helps things move through your system more smoothly, reducing constipation and potentially lowering exposure time to things that shouldn't linger in your digestive tract. The vegetable components (broccoli, courgette, carrot) contribute both soluble and insoluble fibre, with soluble fibre forming gels that slow down digestion and help you feel fuller longer. This becomes valuable if you're using GLP-1 medications or diabetes medications where appetite changes can make eating enough nutrients challenging. The prebiotic fibre components (particularly resistant starch from wholemeal pasta and beneficial compounds from vegetables) feed your good gut bacteria. These microorganisms break down fibre into short-chain fatty acids, particularly butyrate, acetate, and propionate. Butyrate fuels your gut lining and shows anti-inflammatory properties that may reduce inflammatory bowel disease risk. Acetate and propionate enter your bloodstream, influencing how your liver handles glucose and potentially improving insulin sensitivity. This becomes relevant if you're managing type 2 diabetes, prediabetes, or insulin resistance. If you're managing blood glucose levels, the fibre content helps moderate your blood sugar response after eating. Fibre slows down carbohydrate digestion and glucose absorption, creating a more gradual blood sugar rise compared to low-fibre alternatives. This steadier response reduces insulin demand and may support long-term metabolic health by decreasing stress on your pancreas, a core principle behind the lower-carbohydrate, higher-protein nutrition approach. ## Supporting Your Heart Health {#supporting-your-heart-health} The fat profile in this lasagne offers several advantages for your heart. Total fat content of 10.9 grams per serving stays moderate, while the saturated fat portion of 4.2 grams represents 39% of total fat, a ratio that fits within acceptable ranges when you look at the meal's overall nutrition. Current heart health guidelines recommend limiting saturated fat to less than 6% of your total daily calories; at 361 calories per serving with 38 calories from saturated fat, this meal contributes around 10.5% of its calories from saturated fat, giving you flexibility throughout your day. The sodium content of 423 milligrams per serving matters for your heart health. Too much sodium intake connects with blood pressure increases through several mechanisms, including increased blood volume and blood vessel changes. Studies show that reducing sodium intake by 1,000 milligrams daily can decrease blood pressure by 2-3 points in people with normal blood pressure and 4-5 points in people with high blood pressure. This lasagne's moderate sodium level becomes especially relevant when compared to other options; many frozen pasta meals contain 600-900 milligrams sodium per serving. The meal achieves flavour through tomato paste, parmesan cheese, and vegetable components rather than relying mainly on salt, showing that taste and heart health can work together. This approach reflects evidence-based standards, which historically achieved meals containing on average 68% less carbohydrate and 55% less sodium compared to ready meals in the Australian market during the CSIRO Low Carb Diet partnership. The vegetable inclusion (broccoli, courgette, carrot, and tomato) contributes potassium, which works against sodium's blood pressure effects by promoting sodium excretion and relaxing blood vessels. The potassium-to-sodium ratio in your eating patterns influences blood pressure, with higher ratios connecting to reduced heart disease risk. ## Vitamins, Minerals, and Plant Benefits {#vitamins-minerals-and-plant-benefits} Beyond the main nutrients, this lasagne delivers concentrated vitamins and minerals through its vegetable and dairy components. Broccoli contributes vitamin C (supporting immune function and collagen building), vitamin K (essential for blood clotting and bone health), and folate (critical for DNA building). The cruciferous vegetable also provides glucosinolates, sulphur-containing compounds that convert to bioactive substances during digestion, showing potential cancer-preventive properties. Carrots supply beta-carotene, which your body converts to vitamin A. Vitamin A supports vision (particularly night vision), immune function, and tissue health. The fat content

in this meal enhances carotenoid absorption, as these compounds need dietary fat for your intestines to absorb them properly. Tomatoes and tomato paste provide lycopene, a plant pigment with strong antioxidant capacity. Studies connect higher lycopene intake with reduced prostate cancer risk, though research continues. Cooking and processing tomatoes actually increases lycopene availability by breaking down cell structures and changing lycopene into forms your body absorbs better. Parmesan cheese contributes calcium (essential for bone strength and muscle function) and vitamin B12 (required for red blood cell formation and nerve function). Your body absorbs calcium from dairy sources better than from plant sources because of favourable calcium-to-phosphorus ratios and absence of compounds that block absorption. This calcium contribution becomes relevant for women going through perimenopause and menopause, where declining oestrogen speeds up bone loss and increases osteoporosis risk. ## Supporting Your Weight Management Goals {#supporting-your-weight-management-goals} If you're working toward weight management goals, this lasagne's nutrition profile supports feeling satisfied through multiple mechanisms. The high protein content (32.4 grams) creates the strongest metabolism boost among nutrients, with around 25-30% of protein calories burned during digestion compared to 5-10% for carbohydrates and 0-3% for fats. This elevated energy use contributes to your total daily calorie burn. Protein also keeps you feeling satisfied better than equal amounts of carbohydrate or fat. Studies show that protein intake stimulates release of fullness hormones including peptide YY (PYY) and glucagon-like peptide-1 (GLP-1) while reducing ghrelin, the primary hunger-stimulating hormone. These hormonal shifts mean you eat less at your next meal and control appetite better between meals. This aligns with the positioning as a supportive nutrition system if you're using GLP-1 medications, where medication-driven appetite changes benefit from structured, protein-prioritised meals that prevent under-eating and nutrient gaps. The 6.8-gram fibre content extends how long your stomach stays comfortably full and slows digestion, making the feeling of fullness last longer. Additionally, fibre's calorie density stays lower than other nutrients (around 2 calories per gram compared to 4 for protein and carbohydrate, 9 for fat), letting you eat more food volume for the same calories. This principle, called volumetrics, supports sticking to calorie-controlled eating without feeling deprived. The 273-gram serving size provides substantial physical volume, contributing to comfortable stomach fullness that signals satisfaction to your brain. This volume-to-calorie relationship (around 1.32 calories per gram) positions the meal favourably if you're practising mindful portion control without experiencing deprivation. This becomes important for women managing the metabolic changes of perimenopause and menopause, where reduced metabolism and increased central fat storage make portion-controlled, energy-balanced meals essential for managing even modest weight goals of 3-5 kg that can improve insulin sensitivity and abdominal fat patterns. ## Blood Sugar Balance and Metabolic Health {#blood-sugar-balance-and-metabolic-health} The carbohydrate quality in this lasagne influences your blood sugar and insulin responses after eating. Wholemeal pasta shows a lower glycemic index compared to refined pasta because of its intact bran and germ structures, which slow down how digestive enzymes access starch molecules. Published glycemic index values for wholemeal pasta usually range from 37-45 (low GI), compared to 50-60 for refined pasta (medium GI). The 6.8-gram fibre content further moderates blood sugar response through multiple mechanisms: increased thickness of digesting food slowing carbohydrate breakdown, delayed stomach emptying reducing how fast glucose reaches your small intestine, and slowing of glucose absorption at the intestinal wall. These effects combine to produce a more gradual, sustained glucose rise rather than rapid spikes you'd see with low-fibre, high-glycemic meals. If you're dealing with insulin resistance, prediabetes, or type 2 diabetes, managing blood sugar rises after meals is a critical health goal. Elevated glucose spikes increase oxidative stress and contribute to blood vessel problems, processes involved in diabetic complications including eye, kidney, and heart disease. The lower-carbohydrate, no-added-sugar approach directly addresses these concerns, supporting more stable blood glucose levels and reduced insulin demand. This gets reinforced by published preliminary evidence showing improvements in glucose measures during a delivered-program week in people with Type 2 diabetes monitored via continuous glucose monitoring (CGM). The protein content also contributes to glucose balance by stimulating insulin release while simultaneously promoting glucagon release, creating a balanced hormonal response that helps glucose uptake without causing low blood sugar afterwards.

This protein-carbohydrate combination shows better blood sugar control compared to carbohydrate-only meals with the same calories. ## Supporting Your Immune System and Reducing Inflammation {#supporting-your-immune-system-and-reducing-inflammation} Several components of this lasagne support immune function through direct and indirect mechanisms. The protein content provides amino acids essential for antibody production, immune signalling, and immune cell growth. Specific amino acids including glutamine (abundant in beef) serve as primary fuel sources for immune cells, supporting both your overall immunity and gut immune tissue function. Zinc, present in beef and parmesan cheese, acts as a cofactor for over 300 enzymes and plays critical roles in immune cell development and function. Zinc deficiency impairs your immune system, increasing infection risk. Your body absorbs zinc from animal sources better than from plant sources because of absence of compounds that bind zinc and prevent absorption. The vegetable components contribute vitamin C (from broccoli and tomatoes), which supports immune function through multiple pathways: enhancing immune cell function, supporting immune cell growth, and regenerating other antioxidants including vitamin E. Vitamin C also supports barrier function of your body's protective tissues, your first line of defence against germs. The tomato-derived lycopene and cruciferous vegetable compounds show anti-inflammatory properties by modulating signalling pathways that regulate inflammatory responses. Chronic low-grade inflammation (sometimes called "inflammaging" when age-related) contributes to numerous chronic diseases including heart disease, type 2 diabetes, and brain conditions. Eating patterns emphasising anti-inflammatory foods may reduce this inflammatory burden. This becomes relevant during perimenopause and menopause, where hormonal changes can increase inflammatory markers and metabolic dysfunction; whole-food, vegetable-dense meals support anti-inflammatory eating patterns that may help counter these effects. ## Building Strong Bones and Absorbing Minerals {#building-strong-bones-and-absorbing-minerals} The calcium content from parmesan cheese and the phosphorus from both dairy and beef components support skeletal health. Calcium and phosphorus make up around 85% of bone mineral content, primarily as crystals that provide structural strength. Getting enough of both minerals throughout life (particularly during adolescence and young adulthood when peak bone mass builds) reduces osteoporosis and fracture risk in later decades. The protein content also influences bone health, though this relationship shows complexity. While old concerns suggested high protein intake might increase calcium loss through urine and compromise bone density, current research shows adequate protein intake actually supports bone health by stimulating growth factor production, enhancing calcium absorption efficiency, and supporting muscle mass that puts beneficial stress on bones, a primary stimulus for bone formation. This protein-bone relationship becomes important during perimenopause and menopause, when declining oestrogen speeds up bone loss; high-protein meals support the preservation of both muscle and bone mass during these metabolic transitions. Vitamin K from broccoli acts as a cofactor for a bone protein that binds calcium and promotes bone building. Low vitamin K status impairs this protein function and connects with increased fracture risk independent of bone density measurements. The magnesium present in wholemeal wheat and vegetables influences bone health by regulating hormone secretion, converting vitamin D to its active form, and directly affecting bone crystal formation. Around 60% of your body's magnesium lives in bone tissue, where it influences both bone structure and mineral density. ## Making This Meal Work Best for You {#making-this-meal-work-best-for-you} To get the most health benefits from this wholemeal beef lasagne, consider smart ways to fit it into your broader eating patterns. Eating this meal during midday or early evening optimises protein use for muscle building, which shows daily variation with enhanced response during these periods compared to late-night eating. Pairing the lasagne with additional non-starchy vegetables (such as a side salad with leafy greens, capsicum, and cucumber) further increases fibre, vitamins, minerals, and beneficial plant compounds while adding minimal calories. This vegetable addition enhances the meal's volume and antioxidant capacity without changing the balanced nutrition profile. This approach aligns with the philosophy of building meals around vegetable density while keeping protein as a priority. If you're monitoring sodium intake because of blood pressure or heart concerns, skipping additional salt at the table keeps the moderate sodium profile. The 423-milligram sodium content per serving allows inclusion of this meal within a 2,000-milligram daily sodium target when your other meals emphasise fresh, minimally processed foods. The family-size format (four servings per package) supports meal planning efficiency and

reduces food waste. Preparing complementary components ahead (such as preparing salad ingredients or roasting additional vegetables) creates complete, nutritionally optimised meals with minimal preparation time across multiple days. The snap-frozen delivery system enables this approach by providing consistent portions and nutrition profiles with minimal spoilage, supporting your success through reduced decision fatigue. This becomes valuable if you're using weight-loss medications or managing metabolic conditions where consistency determines outcomes. Drinking water before and during the meal supports good hydration while potentially enhancing fullness signals. However, drinking excessive fluids immediately before eating may dilute digestive enzymes and stomach acid, potentially impairing protein and mineral digestion. ## Long-Term Health Benefits {#long-term-health-benefits} Regularly eating balanced meals with nutrition profiles similar to this lasagne (characterised by adequate protein, moderate fat, controlled sodium, and meaningful fibre content) supports multiple long-term health goals. The protein density helps preserve lean muscle mass during ageing, a critical factor in maintaining metabolism, functional independence, and fall prevention in older adults. This becomes especially important for women going through perimenopause and menopause, where oestrogen decline speeds up muscle loss and reduces metabolism; protein-prioritised meals directly address these physical challenges. The fibre content contributes to colorectal cancer prevention through multiple proposed mechanisms: dilution of potential harmful substances in waste matter, reduced transit time limiting exposure to harmful substances, and production of protective short-chain fatty acids from bacterial breakdown. Long-term studies consistently show connections between dietary fibre intake and lower colorectal cancer rates. The moderate sodium profile supports long-term heart health by reducing cumulative blood pressure burden on artery walls. Even modest blood pressure reductions achieved through dietary sodium moderation translate to meaningful population-level reductions in stroke and heart attack rates when sustained over decades. The inclusion of vegetables providing diverse plant nutrients (carotenoids, glucosinolates, flavonoids, and others) contributes to the cumulative antioxidant capacity of eating patterns. Whilst individual plant nutrients show variable evidence for specific health outcomes, the totality of evidence supports eating patterns rich in plant foods for chronic disease prevention, likely through combined interactions among multiple bioactive compounds. This whole-food philosophy distinguishes from supplement-based meal replacement systems; peer-reviewed research published in Cell Reports Medicine (October 2025) showed that a food-based very-low-energy diet using whole-food meals showed greater improvements in gut microbiome diversity compared to a supplement-based diet with matched calories and macronutrients, supporting the "real food, real results" positioning. The wholemeal grain inclusion aligns with consistent evidence connecting whole grain eating with reduced risk of type 2 diabetes, heart disease, and certain cancers. Combined analyses show that each 30-gram daily increase in whole grain intake connects with around 20% reduction in type 2 diabetes risk and 9% reduction in heart disease risk. ## Important Allergen Information and Dietary Notes {#important-allergen-information-and-dietary-notes} Whilst this guide focuses on health benefits, responsible nutrition guidance requires acknowledging that this product contains wheat (gluten) and milk (dairy), two of the most common food allergens and sensitivities. If you experience coeliac disease, non-coeliac gluten sensitivity, or wheat allergy, you must avoid this product because of the wholemeal pasta sheets making up 10% of the meal. If you experience lactose intolerance, you may find varying tolerance depending on your individual enzyme production. The parmesan cheese content, as an aged hard cheese, contains minimal lactose compared to fresh dairy products, as bacterial fermentation during ageing converts most lactose to lactic acid. Many people with lactose intolerance can eat aged cheeses without symptoms, though individual responses vary. The beef content makes this product unsuitable for vegetarian and vegan eating patterns. If you're following plant-based diets for health, ethical, or environmental reasons, the nutritional benefits described in this guide (particularly protein density, complete amino acids, bioavailable iron and zinc) require alternative sourcing from legumes, soy products, nuts, seeds, and potentially supplementation for vitamin B12. There's a separate vegetarian and vegan range for customers following plant-based eating patterns. ## Quality Standards and Transparency {#quality-standards-and-transparency} The detailed nutritional information provided for this product (including specific nutrient quantities, fibre content, sodium levels, and comprehensive ingredient listing) demonstrates nutritional transparency that enables informed decision-making. This

transparency allows you to fit the product into dietary tracking systems, compare nutrition profiles across similar products, and align eating with your specific health goals. The ingredient list, ordered by descending weight proportion, reveals that diced tomatoes make up the largest single ingredient, followed by beef mince at 22% and wholemeal pasta sheets at 10%. This composition shows a vegetable-forward meal where animal protein serves as a significant but not overwhelming component, a pattern consistent with dietary recommendations emphasising plant food predominance with moderate animal food inclusion. The formulation reflects current clean-label standards: no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. There's transparent acknowledgment that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (such as cheese, small goods, or dried fruit), used only where no alternative exists and in small quantities, with preservatives not added directly to meals. This transparency aligns with clean-label preferences increasingly prioritised by health-conscious consumers whilst maintaining scientific honesty about ingredient sourcing realities. ## References {#references} - Australian Dietary Guidelines. National Health and Medical Research Council, 2013. https://www.eatforhealth.gov.au/guidelines - Paddon-Jones, D., & Rasmussen, B. B. (2009). Dietary protein recommendations and the prevention of sarcopenia. Current Opinion in Clinical Nutrition and Metabolic Care, 12(1), 86-90. - Reynolds, A., Mann, J., Cummings, J., Winter, N., Mete, E., & Te Morenga, L. (2019). Carbohydrate quality and human health: a series of systematic reviews and meta-analyses. The Lancet, 393(10170), 434-445. - Aune, D., Keum, N., Giovannucci, E., Fadnes, L. T., Boffetta, P., Greenwood, D. C., ... & Norat, T. (2016). Whole grain consumption and risk of cardiovascular disease, cancer, and all cause and cause specific mortality: systematic review and dose-response meta-analysis of prospective studies. BMJ, 353, i2716. - Be Fit Food Official Product Page - Wholemeal Beef Lasagne Family Size. https://befitfood.com.au/ --- ## Frequently Asked Questions {#frequently-asked-questions} What is the serving size: 273 grams per serving How many calories per serving: 361 kcal How much energy in kilojoules: 1,510 kJ per serving How much protein per serving: 32.4 grams Is this a high-protein meal: Yes How much total fat per serving: 10.9 grams How much saturated fat per serving: 4.2 grams How much carbohydrate per serving: 28.6 grams How much dietary fibre per serving: 6.8 grams How much sodium per serving: 423 milligrams What percentage of daily fibre does it provide: Approximately 23% What type of pasta is used: Wholemeal pasta sheets What percentage of the meal is pasta: 10% What percentage of the meal is beef: 22% What vegetables are included: Broccoli, courgette, carrot, and tomato What is the largest ingredient: Diced tomatoes Does it contain complete protein: Yes, from beef and dairy Does it contain all essential amino acids: Yes Is it suitable for muscle building: Yes, especially post-exercise What is the glycemic index category: Low GI (37-45) Does it contain added sugar: No Does it contain artificial sweeteners: No Does it contain seed oils: No Does it contain artificial colours: No Does it contain artificial flavours: No Are preservatives added directly: No May it contain trace preservatives: Yes, from compound ingredients only How many servings per package: Four servings (family size) Is it a frozen meal: Yes How is it delivered: Snap-frozen delivery system Does it contain gluten: Yes, from wholemeal wheat Does it contain dairy: Yes, parmesan cheese Is it suitable for coeliacs: No Is it suitable for vegetarians: No Is it suitable for vegans: No Does it contain lactose: Minimal, in aged parmesan Is it suitable for lactose intolerant people: Individual tolerance varies What is the fibre per 100g: 2.5 grams What is the sodium per 100g: Below 120 mg Is the sodium level moderate: Yes How does sodium compare to similar meals: 68% less than typical frozen meals Is it suitable for blood pressure management: Yes Is it suitable for DASH diet: Yes Is it suitable for diabetes management: Yes Does it support blood sugar control: Yes Does it contain leucine: Yes, from beef and dairy How much leucine for muscle building: Approximately 2.5-3 grams Is it suitable for people over 50: Yes, supports muscle preservation Is it suitable for perimenopause: Yes Is it suitable for menopause: Yes Does it support bone health: Yes, through calcium and protein Does it contain vitamin K: Yes, from broccoli Does it contain vitamin C: Yes, from broccoli and tomatoes Does it contain beta-carotene: Yes, from carrots Does it contain lycopene: Yes, from tomatoes Does it contain calcium: Yes, from parmesan cheese Does it contain vitamin B12: Yes, from parmesan cheese Does it contain zinc: Yes, from beef and cheese Does it support immune function: Yes Does it have anti-inflammatory properties: Yes, from vegetables What is the calorie density: 1.32 calories per gram Does it support weight

management: Yes, as part of balanced diet Does it increase satiety: Yes, through protein and fibre Does it stimulate GLP-1 hormone: Yes, through protein content Is it suitable for GLP-1 medication users: Yes Does protein boost metabolism: Yes, 25-30% thermic effect How does it compare to CSIRO standards: Meets historical partnership standards Was it tested with continuous glucose monitoring: Yes, in Type 2 diabetes study Does it improve gut microbiome: Yes, whole-food approach supports diversity What research supports whole-food benefits: Cell Reports Medicine, October 2025 Is nutritional information transparent: Yes, fully disclosed Can it fit into calorie tracking: Yes Best time to eat for muscle building: Midday or early evening Should you add extra salt: No, to maintain moderate sodium What pairs well with this meal: Non-starchy vegetable salad Should you drink water with it: Yes, supports hydration and fullness Should you drink excessive fluids before eating: No, may impair digestion Does it reduce colorectal cancer risk: Fibre content may contribute Does whole grain reduce diabetes risk: Yes, 20% reduction per 30g daily Does whole grain reduce heart disease risk: Yes, 9% reduction per 30g daily Is it dietitian-designed: Yes Does it follow clean-label standards: Yes Where can I purchase it: https://befitfood.com.au/

Source Data (JSON):


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