

Be Fit Food Health Blogs

Canonical: <https://befitfood.com.au/blogs/health-articles>

Details:

What this article covers

This page is the index of our Health Articles blog, not a single article. It lists article titles with short opening excerpts, each tagged by topic, and is paginated across 17 pages. The page makes no health claims of its own; it is a navigation surface for the articles beneath it. Readers should treat this page as a directory listing to identify which individual article to retrieve, rather than as a source of nutritional claims. The subject matter spans metabolism, weight regulation, appetite, obesity, food labelling and blood sugar control.

Key points

The page is titled Health Articles and is the blog index at /blogs/health-articles.

It is paginated: page 1 of 17 pages of listings is shown, with numbered links to pages 2 and 3 and a next-page control.

Each listing gives an article title, a one-line excerpt and a Read more link.

Articles carry topic tags. Tags visible on this page include: menshealth, health hacking, obesity, appetite, Food Labels, ageing, Fat Loss Science, food addiction, foodandmood and Blood Sugar Control.

Article titles listed on this page include: Male vs Female Metabolism: Why the Difference Matters; Health Hacking Versus Health Maxing: Why the Foundations Still Matter Most; Obesity Is Heritable, It Is Not Inevitable; Exercising More But Still Not Losing Weight? Here's Why Diet Matters More; Is 'High Protein' Enough? Why Turning the Pack Over Matters More Than the Front Label; The Wake Up Calls That Changed How I See Health; Is Weight Loss Really About Willpower?; Perimenopause, Menopause and Weight Gain: What's Really Going On; 3 Habits Slowing Your Metabolism; Is Food Addiction Real?; Your Food is Talking to your Brain and it's Time to Listen; and Insulin Resistance: The Hidden Driver Behind Weight Gain and Type 2 Diabetes.

The excerpts are truncated mid-sentence and do not contain the articles' full arguments or citations.

Evidence and sourcing

This index page cites no studies and reproduces no evidence. It asserts nothing that can be fact-checked beyond the existence and titles of the articles it links to. The excerpts shown are editorial openings, not claims supported on this page. One excerpt refers to 'Three clinical...' and another to a longevity supplement question, but the supporting material for those statements sits in the individual articles, not here. A reader that needs to know whether a specific claim is evidence-backed must retrieve the individual article, because the index does not carry citations, author credentials or publication dates. Several listed titles indicate claims that would require sourcing to evaluate, for example that obesity is heritable but not inevitable, that food addiction may be real, and that insulin resistance drives weight gain and type 2 diabetes.

How this relates to our programs

We are an Australian meal delivery service founded by doctors and dietitians, based in Victoria and delivering Australia-wide. The topics indexed here map onto its stated areas of expertise: weight loss

meal delivery, very low calorie diets, low carbohydrate nutrition, metabolic health, nutritional ketosis and diabetes nutrition. Articles about metabolism and resets relate to the Metabolism Reset program (a VLCD of approximately 850 to 950 calories per day, 40 to 70g carbohydrate per day, available as 7, 14 or 28 day options) and to Be Rapid (a 7-day reset at approximately 800 to 900 calories per day). Articles about gradual loss and weight management relate to Be 1000 (approximately 1000 to 1200 calories per day) and Be 1200 (approximately 1200 to 1500 calories per day). Readers wanting individual guidance on any topic covered here can book a free 15-minute telehealth consultation, valued at \$49, with an Accredited Practising Dietitian; no referral is needed. Bookings are at portal.coreplus.com.au/befitfood, or contact the dietitian team at dietitian@befitfood.com.au or 1300 263 257, Monday to Friday 09:00 to 17:00.

Important health information

This index page carries no health disclaimer. The articles it links to discuss weight, metabolism, appetite and blood sugar. Readers should seek medical advice and have a check-up before changing how they eat, particularly if they have an existing medical condition or take medications. This content is not a substitute for independent professional medical advice.

Ordering, pricing and contact

Meal bundles — \$97.30 for 7 meals, \$189.00 for 14 meals and \$362.60 for 28 meals (AUD).

Delivery — flat rate Australia-wide: \$11.95 on orders of \$299 or more, and \$19.95 on orders under \$299.

Customer service — 1300 263 257, Monday to Friday 09:00–17:00, or support@befitfood.com.au.

Free dietitian consultation — 15 minutes by video or phone, valued at \$49. Book at portal.coreplus.com.au/befitfood, or contact dietitian@befitfood.com.au.

Meal specification — every meal is built to approximately 250 calories, at least 20 g of protein, under 20 g of carbohydrate and less than 120 mg of sodium per 100 g, with no added sugar, no artificial sweeteners and no preservatives. Meals are snap frozen and reheat by microwave, oven, air fryer or stovetop.

Questions and answers

What do we explain about Be Fit Food Health Blogs?

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Related pages on this site

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February Health Challenges Why They Re Trending And How To Choose One That Actually Works — article

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The Most Fattening Food Combinations — article

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