

Low Fat Isn't Always Better



A manufacturer may take out some or all of the fat for you, but you can be sure they replaced it with sugar, salt or flour to keep it tasting good. For this reason, low fat or fat-free products don't always contain fewer calories, and sometimes can actually be much worse for your health.

Instead of concentrating so much on the amount of fat, focus more on the types of fat you are eating; choose heart healthy unsaturated fats, such as olive oil, canola oil, avocados, nuts and seeds, and limit foods high in saturated fats such as meat, dairy products, fast food and processed foods.