



Get Fit. **Life Tip.** Non-Fat and Low-Fat

What do those labels really mean?

Both non-fat and low-fat foods have been altered in order to meet specific dietary restrictions. Non-fat products have no trans or saturated fats in the products and low-fat products have a lower amount of trans and/or saturated fats than the original product.

Does non-fat or low-fat mean that it's a healthier option? Not always. When you remove that fat or reduce the fat in foods, you need to add something else to maintain the flavor; which often means that there is more sugar, sodium and artificial ingredients in the non-fat and low-fat products. These added ingredients can have the same negative impact on your body as full-fat products. Also, we tend to over indulge on products labeled as non-fat or low-fat, which can be worse than having a moderate portion of the full-fat product.

When it comes to your diet, stick to foods that are unprocessed, contain the least amount of ingredients and are all-natural. If you must have processed foods enjoy them in moderation and make sure that the added ingredients in non-fat and low-fat fall within your personal dietary needs for sodium and sugar.

Check out the new and improved Get Fit Ass Whipped class! www.bwittegetfit.com

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