

# Fat Facts

By : **Juggernaut**

Fat on the wrong part of the body is a death sentence if it is on the right part, it is good. What?



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*Subba Rao*

Belly fat is bad but on the butt it is good

Steak fat is bad but fish fat is good

Trans Fat is bad but fat in seeds and nuts is good

Saturated fat is bad but unsaturated fat is good

Longchain fat is bad but shortchain fat is good

Simple carbs is bad but complex is good

Process foods is bad but whole is good

Storing body fat is bad but metabolizing is good

Hot chilies is bad for ulcers but to metabolize fat is good

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