

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?



Published on
Booksie

booksie.com/Juggernaut

Copyright © Juggernaut, 2015
Publish your writing on Booksie.com.

Fat Facts

Fat Facts

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

Fat Facts

Fat Facts

Created from Booksie.com

Generated: 2015-01-25 10:23:04