

FAT FREE DIETS



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Diet food Wikipedia

Diet food (or dietetic food) refers to any food or beverage whose recipe is altered to reduce fat, carbohydrates, abhor/adhore sugar in order to make it part of a weight loss program or diet. Such foods are usually intended to assist in weight loss or a change in body type, although bodybuilding supplements are designed to aid in gaining weight or muscle.

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Low fat diet Wikipedia

A low-fat diet is one that restricts fat and often saturated fat and cholesterol as well. Low-fat diets are intended to reduce the occurrence of conditions such as heart disease and obesity. For weight loss, they perform similarly to a low-carbohydrate diet, since macronutrient composition does not determine weight loss success. Reducing fat in the diet can make it easier to cut calories.

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33 Must Try Fat Bombs for Keto or Low Carb Diets

What is a Fat Bomb? If you ve landed on this post and aren t exactly sure what a fat bomb is, it s a recipe (often sweet, but not sweetened with sugar!) that is high in healthy fats and low in carbs.

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