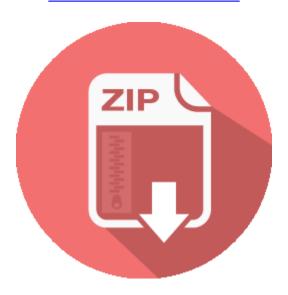
# **LOW FAT NO FAT**



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Low-Fat Foods. This means 30% or less of the calories come from fat. Foods like margarine, mayonnaise, and some salad dressings that get most of their calories from fat must have half or less than half the fat of the regular version of the food to be called light. These foods don t have to meet the 30% cutoff for number http://ebookslibrary.club/download/Low-Fat-Foods-American-Cancer-Society.pdf

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# No Fat Foods Healthy Eating SF Gate

Meats and Fish. Vegetarian proteins low in fat include certain beans, such as garbanzos and lentils. Egg whites contain no fat and are a great source of protein. Egg yolks, however, have fat and should only be consumed in moderation. Fish contains healthy fats, such as omega-fatty acids. Organ meats should be limited as they are very high in fat.

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