

Weight Loss Tips - Low Fat & Fat Free Foods Will Get You Nowhere
(痩せるコツ：ローファット食品では痩せない!)

If you walk down the aisle of any grocery store you'll see dozens "low fat" and "fat free" food items nearly everywhere you look.

The whole world has gone "low fat" crazy -- and most people think that if they just begin eating low fat foods then their bodies will have less fat too.

Sounds logical right?

Wrong.

You see, the problem with this type of thinking is that there is no "direct" relationship between fat calories eaten and fat tissue on a person's body.

The truth is that your body can convert ANY type of calorie to fat tissue, not just fat calories.

For example, if you eat 2 lbs. of sugar every day then you'll probably gain some fat tissue after a while - but yet sugar has ZERO FAT CALORIES in it. So eating 2 lbs. of sugar every day is a "fat free" diet, but yet you'd still gain fat.

Likewise, if you eat a huge bowl of white rice at every single meal then you'd soon gain fat tissue on your body - but yet this is a fat free food too.

So what does that tell you about eating fat free foods?

Not only that, but there are plenty of low fat cakes, cookies and desserts sold at every grocery store. Yet, do you honestly think that these foods are "healthy" merely because they are low in fat?

Of course not, and you'll gain extra fat if you eat too much of them.

In fact, our entire society has been eating low fat foods in greater quantity over the last decade - but yet our society is still getting fatter and fatter. So that should tell you something about low fat diets.

You should stop thinking "non fat" and "low fat"- since those are just buzz words designed to make you feel as though such foods are healthy.

The truth is that you don't need to worry about "fat" calories so much, and you also don't need to worry about total "carbs" so much either...

What you need to worry about is the exact types of foods that you

combine together at each meal,
so that you get the proper portion of fat calories and carbs at each
meal -
which will maximize weight loss.

To begin losing weight fast we recommend using the new Idiot Proof Diet
from Fat Loss 4 Idiots
-- because it's not based on "low fat" foods.

In fact, it's not based on "low calories" either, and it's also not
based on "low carbs"
(since low carb diets don't work very well)...
The Idiot Proof Diet is a brand new type of diet never seen before, so
give it a try
and watch the pounds come off fast.

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