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It's Only Natural

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A Healthier You

The skinny on fats. A saturated fat, the type of fat that is solid at room temperature, is found mostly in animal-based food products. A trans fat is made when liquid vegetable oil is processed to become solid. And cholesterol is a fatty substance found only in animal-based products like egg yolks and whole milk.

10 Best Low Sodium Low Fat Low Cholesterol Recipes

walnuts, fat free sour cream, baking powder, baking soda, applesauce no sugar added and 7 more Low Salt, Low Fat, Low Cholesterol Hidden Veg Curry Sauce OAMC Food.com cardamom pods, ground coriander, carrots, butternut squash, garlic cloves and 10 more

Low

The 2010 Dietary Guidelines for Americans recommends following a diet low in cholesterol, fat, salt and added sugars .This type of diet may help you limit your risk for obesity, heart disease and diabetes. If you eat a lot of processed foods, however, it may be difficult to follow this type of diet.