

Low Fat Diet | Step-By-Step Guide 2020

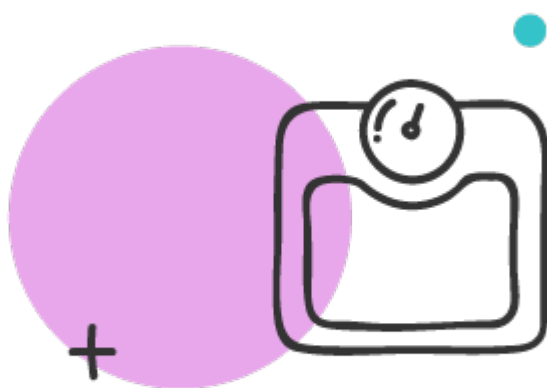
LOW FAT DIET

The Ultimate Guide (2020)

This is a complete guide to the Low Fat Diet in 2020. You will learn why and how exactly to change to Low Fat Diet. You will also take a closer look at some celebrities that eat low-fat.

If you've been craving for science-based information to learn from you have found it!

So, let's dive straight into the article!



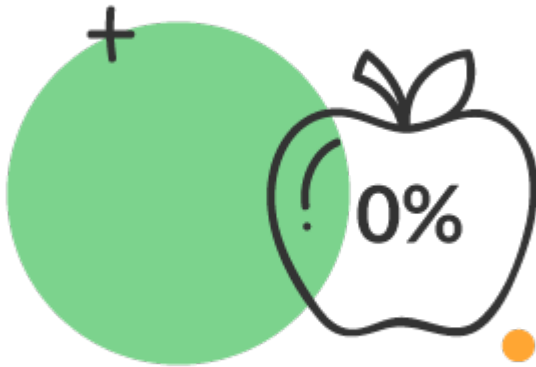
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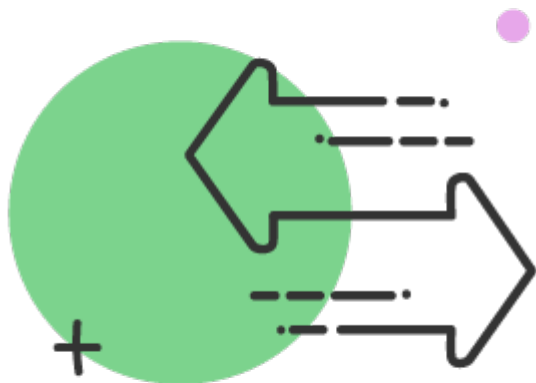
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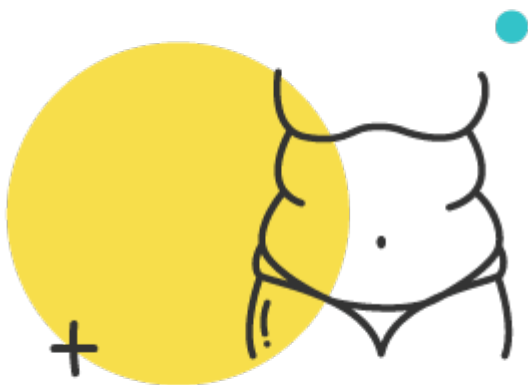
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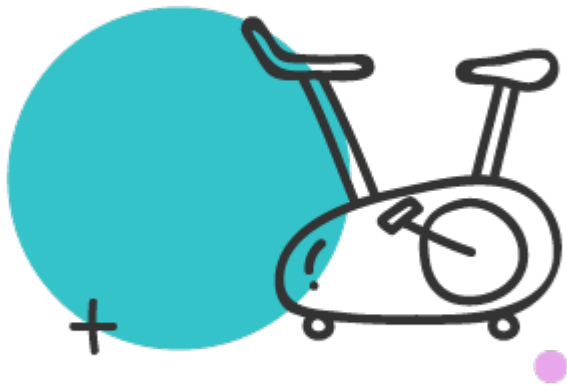
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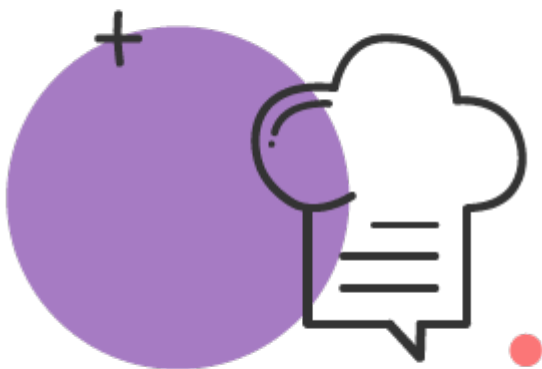
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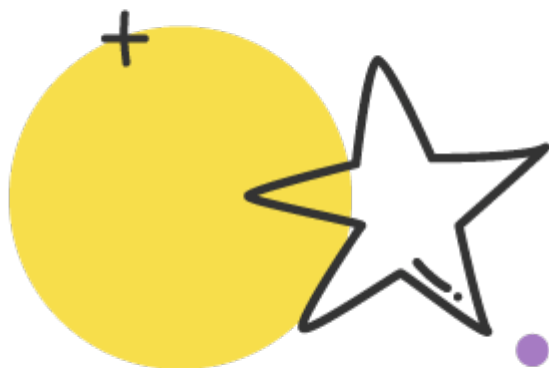
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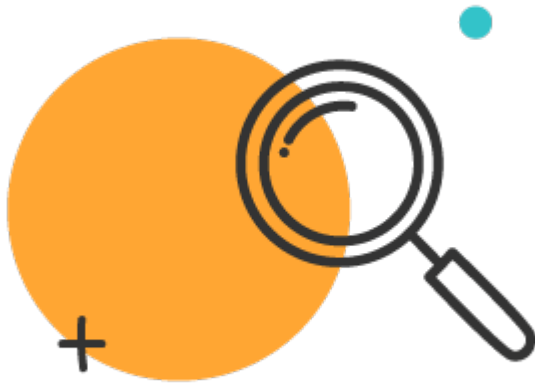
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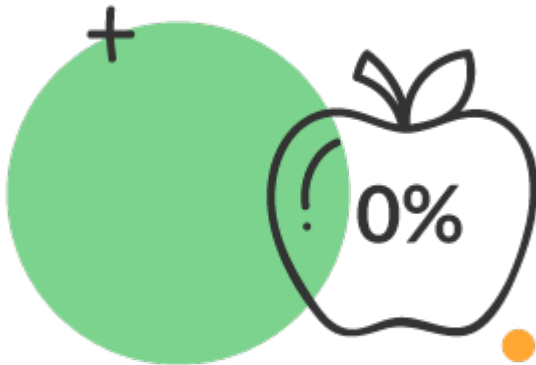
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CHAPTER 1:

What is a Low Fat Diet?

A low-fat diet plan is an eating plan, which is low in total fat, unhealthy fats, and cholesterol.

If you are a person who has trouble digesting and absorbing fat or you have high cholesterol the low-fat diet is ideal for your needs!



What is a Low Fat Diet?

As the name of the diet hints, a low-fat diet is a diet, which reduces your fat intake from foods like cheese, butter, and eggs. The idea behind the diet is simple. Less fat in your food means less fat in your body, right? It seems instinctive. Yet, there are a several things you need to know before getting on the diet

As you have already guessed the Low-Fat diet is the right diet for you if your goal is losing weight. Cutting most of the unhealthy fats (there are also healthy fats, which we will discuss later) leads to fewer calories consumed.

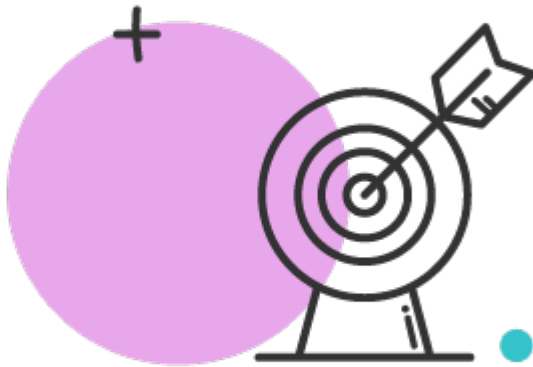
Fats are the most calorie macronutrient from the three (protein, carbohydrates, and fats).

- 1 gram of Protein has 4 calories
- 1 gram of Carbohydrates has 4 calories
- 1 gram of Fats has 9 calories

As you can see Fats are more than double than the energy

content of the other 2 macros.

Cutting out fats makes you reach your dream weight faster than ever and maintaining it in the long-term.



- Keep in mind that losing weight is only possible if you consume fewer calories than your burn (calorie deficit)

You are probably wondering if you have to decrease your fat intake to 0%. You don't have to be that extreme!

From a nutritional perspective, dietary fats are important for some health-related aspects. They also make your body function better. Dietary fats are not only a source of energy:

- they also function as structural building blocks of the body
- carry fat-soluble vitamins,
- engage in vital physiological processes in the body
- are crucial for some important biological functions including growth and development.

[Dietary guidelines](#) from the World Health Organization and the Dietary Reference Intakes recommends that your total fat

intake should be between 20 and 35% of total calories. That's about 44 to 77 grams of fat a day if you consume 2,000 calories a day.

There is a difference between "good" and "bad" fats.

Bad fats are all:

- Saturated fats

Saturated fatty acids are located in both plant and animal sources.

They are usually found in animal products like meat, butter, and cream. They are also found in several plants like palm and coconut oil. Saturated fats are often called "bad" fats and are usually linked with trans fats. However, the topic is quite debatable because studies support both opinions.

For instance, according to this [research](#), where cows are grass-fed, individuals who ate the most high-fat dairy products had a 69% lower chance of death from cardiovascular disease, in contrast to those who ate the least.

Many other surveys agree with this... in countries where cows are largely grass-fed (for instance – many European countries), high-fat dairy products are associated with a [reduced risk](#) of heart disease

- Trans fats

Trans Fats are unsaturated fats, which have been processed to make their life longer. They are often placed on food labels as "hydrogenated" or "partially hydrogenated" oils. Trans fats are usually found in fried foods, so remember that the next time you want to eat fried food!

Pro Tip: If a nutrition label says "0 grams" of trans fat, but the ingredient list says "partially hydrogenated oil," the food does surely have trans fat. The amount is less than 0.5

grams of trans fat per serving, but it still counts.

To sum up, if you eat more than the serving size, you are over your daily trans fat limit (your daily trans fat intake should be around 1% of your calories. If you consume 2000 calories you can eat 2 grams of trans fat).

The Solution?



Saturated fats are tough to remove unless you are a [vegan](#) (you consume neither dairy products nor meat). If that's not the situation with you, go on with low-fat or non-fat dairy products, and pick lean proteins. Check our [article about the difference](#) between a plant-based diet and a vegan diet.

The Trans Fats, however, should be avoided in general health and especially if you are on the low-fat diet.

Good fats are all unsaturated fats:

- Polyunsaturated fats

They are located in nuts, seeds, and fish, and are a good

source of vitamin E and omega-3 and omega-6 fatty acids.

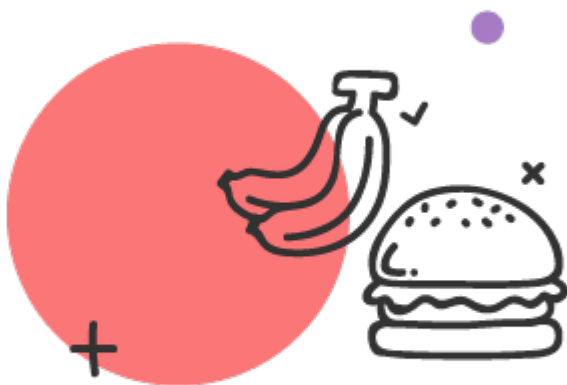
- Monounsaturated fats

They come from plant sources like olives, avocados, and nuts. These fats are usually liquid at room temperature (like olive and canola oil).

Your daily intake of fats (20-35%) should come from these two types of fats. When you stick to foods like:

- Olives
- Fish
- Seeds
- Avocados
- Nuts

you are making a favor to your body because you give it the better fats. Your body is your temple, right? Keep the temple strong and stable and it will be grateful. Healthy fats will come from fats as the fats in the [plant-based diet](#).



Now, you can easily distinguish between **good** and **bad** fats on your next trip to the

market.

The minimum of 20% is to make sure you have an adequate consumption of total energy, essential fatty acids, and again *fat-soluble vitamins* and limit atherogenic dyslipidemia (low high-density lipoprotein cholesterol (HDL-C), high triglyceride-rich lipoproteins) which happens with low-fat, high carbohydrate diets and increases the risk of coronary heart disease.

The maximum of 35% was based on limiting *saturated fat* and also the conclusion that people on higher-fat diets consume more calories, resulting in weight gain.

To sum up, being on a Low Fat Diet Plan is essential for reducing weight, keeping your cholesterol low (Check out our [Low Cholesterol Diet](#)), and reducing the risk of a heart attack.

Now, let's see Why is that important?

CHAPTER 2:

Why Low Fat Diet?

You have learned the meaning of the diet.

However, now you have to learn WHY to choose the low-fat diet plan instead of other meal plans.

A Low Fat Diet can have a positive impact on a person's heart, weight, and overall well-being.

Read Chapter 2 to find out more!



Why Low Fat Diet?

So, why you should follow a low-fat diet? You can start a low-fat diet for medical reasons. If you experience digestive disorders like [gastroparesis](#) (bloated belly) or gallbladder disease low-fat plans are suggested.

In these cases, the body is less able to break down or digest fatty foods. There are also cases when eating fatty foods can aggravate [diarrhea](#).

Another benefit of the diet is the reduced prospect of a heart attack.

Holding on to whole-grain foods such as quinoa spaghetti or whole-grain bread and replacing refined carbs like pasta and white bread is a good option for keeping your heart rate normal.

Veggies and fruits are also highlighted when following a low-fat diet plan.

Here is a list of 7 low-fat foods:

1. Fruits

Fruits are a great option for a snack. Have you heard that if you want to have a taste of something sweet, you have to grab an apple?

Remember that almost all fruits are:

- Low in fat
- High in vitamins and minerals
- High in fibers
- They also protect your cells against radical damage

You can enjoy fruits dried, fresh, cooked, or even add them to smoothies or your favorite salad!

2. Sweet Potatoes

Sweet potatoes are a root vegetable with the smallest amount of fat per serving. They have around 1,4 grams of fat per one medium potato.

Sweet potatoes not only make you full because of the high percentage of fiber but also contain some vitamins such as:

- Vitamin A
- Vitamin C
- Vitamin B

They are also rich in potassium (bodybuilders love potassium before stage), manganese, and are rich in minerals.

Their bright orange color is because of the high amounts of beta-carotene, which is a plant pigment known to guard against the cell damage created by free radicals.

Beta-carotene is useful for the eyes. Another "eyes" food is carrots.

3. Mushrooms

An interesting fact about mushrooms is that they don't belong to any group. They are neither fruits nor vegetables, animal products, or grain.

Yet, let's start with some more helpful facts about them. Mushrooms are fat-free food and have many benefits.

Nutrients in mushrooms range by type – but they all have potassium, fiber, and different B vitamins and minerals. Certain types also pack a great amount of vitamin D

On top of that, mushrooms are the highest food source of ergothioneine, an antioxidant, which has potent anti-inflammatory effects.

Mushrooms can also stimulate your immune system and protect you from certain cancers.

According to a study by the International Journal of Food Sciences and Nutrition when certain mushrooms (shiitake, white button, oyster, and king oyster mushrooms) are displayed to short cooking time, they preserve more of their minerals and nutrients.

Microwaving or grilling mushrooms significantly increased their antioxidant activity, even when grilled in a small amount of oil, in comparison to boiling or frying.

4. Garlic

Garlic is one of the most popular ingredients in the world's cuisine. It is also a daily extension of every dish. It has a pleasant aroma and almost no fat.

Garlic has been used for medical purposes throughout history.

It enhances your immune system and makes you fight the cold easily. Your grandpa always advises you to eat this wonderful ingredient, right? And she can't be more precise.

Garlic also helps with decreasing blood pressure and lowering cholesterol. Yet, that is only possible if you eat garlic

almost every day (compounding).

5. Chicken Breast

Not a favorite food of bodybuilders, right? However, there is a reason they eat plenty of it.

With the combination of low-fat and an impressive amount of high protein, chicken breasts are indeed one of the most popular foods in the fitness industry. They help you build this muscle mass and also help you stay lean.

Chicken Breasts also contain large amounts of:

- **niacin (vitamin B3)**

Check these 8 health benefits of the niacin:

1. May Reduce Symptoms of Arthritis
2. Improves Skin Function
3. Boosts Brain Function
4. May Help Treat Type 1 Diabetes
5. May Help Prevent Heart Disease
6. Improves HDL Cholesterol (good cholesterol)
7. Lowers LDL Cholesterol (bad cholesterol)
8. Lowers Triglycerides

- **vitamin B6**

Take a look into 9 benefits of vitamin B6:

1. May Help Treat Nausea During Pregnancy
2. May Prevent Clogged Arteries and Reduce Heart Disease Risk
3. May Help Prevent Cancer
4. May Promote Eye Health and Prevent Eye Diseases
5. May Treat Inflammation Associated With Rheumatoid Arthritis
6. May Be Useful in Treating anxiety, depression, and irritability.

7. May Prevent and Treat Anemia by Aiding Hemoglobin Production
8. May Promote Brain Health and Reduce Alzheimer's Risk
9. May Improve Mood and Reduce Symptoms of Depression
 - **Selenium**, which is a powerful antioxidant that battles oxidative stress and helps protect your body from chronic conditions

7 science-based benefits of Selenium:

1. Acts as a powerful antioxidant.
2. It helps prevent mental decline.
3. May reduce your risk of certain cancers.
4. May protect against heart disease.
5. Boosts your immune system.
6. May help reduce asthma symptoms.
7. It is important for thyroid health.
 - **phosphorus**, which is a mineral

Phosphorus helps to:

1. build strong teeth.
2. manage how your body stores and uses energy.
3. reduce muscle pain after exercise.
4. filter out waste in your kidneys.
5. grow, maintain, and repair tissue and cells.
6. produce DNA and RNA – the body's genetic building blocks.

Now you know in detail why the leanest part of the chicken is so popular.

6. Low-Fat Dairy

Basically, low-fat dairy products, such as skimmed milk, yogurt, and fat-free cottage cheese are all great sources of protein, minerals, vitamins like B6, B12.

The most common dairy product – milk is also rich in calcium and vitamin D. These two are both good for your **bones**.

Most of the yogurts contain natural probiotics, which are beneficial for your stomach health.

- If you ever go to **Bulgaria** don't forget to try our [Bulgarian Yogurt](#). It is made from 2 specific bacterias. *Lactobacillus Bulgaricus* is the bacteria, which makes the yogurt so delicious and world-famous.

Bulgarian Yogurt is useful because it strengthens the immune system and helps prevent tumor growth. It's also high in calcium and helps against osteoporosis and reduces cholesterol levels. The health benefits of Bulgarian yogurt don't stop here. It also reduces the risk of high blood pressure.

- Another great probiotic is greek yogurt. If you have never heard about Bulgarian yogurt, there is no chance you haven't heard about the greek one.

It is so popular these days that people eat it for breakfast, snack, or even lunch or dinner. It is also used in every day cooking in most families.

The difference between these two? What's better?

Well, one isn't certainly better than the other. **Greek yogurt**'s going to be better if you want a little bit more protein but **Bulgarian yogurt** is going to be a better option if you're looking for the famous probiotic effect since there's about 90 billion CFU in a serving of Bulgarian yogurt versus Greek yogurt, about 25 – 30 billion CFU. As you see a lot of bacteria but the Bulgarian is almost three times as much as the other.

Soy yogurt and *Fortified soy milk* are also low in fat and suggest similar benefits to dairy milk and yogurt.

If you don't have [lactose intolerance](#) (inability to digest

dietary lactose), dairy products are one of the best foods you can eat.

7. Egg Whites

You already know that whole eggs contain a large percentage of fat (around 5 grams per medium egg). That's simply because of the yolk.

Eating egg whites, yet, gives your body a nice amount of protein and zero fat. Cutting the calories from the yolk makes the egg whites a perfect breakfast or a mid-day snack for your day!

Apart from these seven, stick to foods like:



- Whole-grain foods such as oats and higher fiber versions of pasta, rice, and bread
- White Fish
- Lentils
- Ancient grains like Bulgur and Quinoa. They are a powerhouse of nutrients, including protein, fiber, B vitamins, vitamin E, and essential minerals. They can manage diabetes, decrease your risk of heart disease, promote fullness, and support a healthy digestive

tract.

As you can see, eating low-fat meals have many benefits including managing your cholesterol levels, keeping your heart rate normal, and decreasing your daily calorie consumption, which leads to losing weight.

Don't know how to start? Don't worry! We got you covered in Chapter 3 where you will learn how to safely begin the diet.

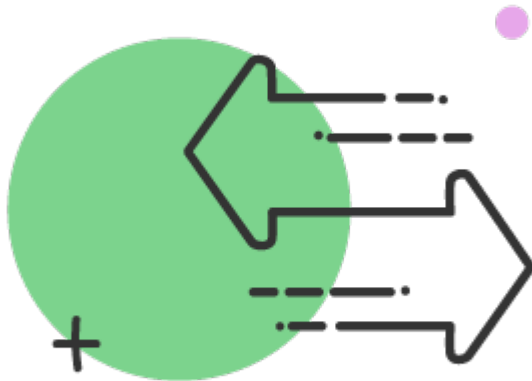
CHAPTER 3:

Shifting to Low Fat Diet

What does it really take to make the switch? How do you do it?

Are you willing to take the first step? If not, let me take you through chapter 3 where you will learn everything from starting the diet to maintaining it in the long-term!

I promise you, at the end of this chapter you will be more motivated than ever to make this change!



Shifting to Low Fat Diet□

Every beginning is tough. Being unable to change and staying at the same place is tougher.

It requires the mindset of a person who wants it. And if you are still reading this, I have a feeling that you are exactly that kind of person.

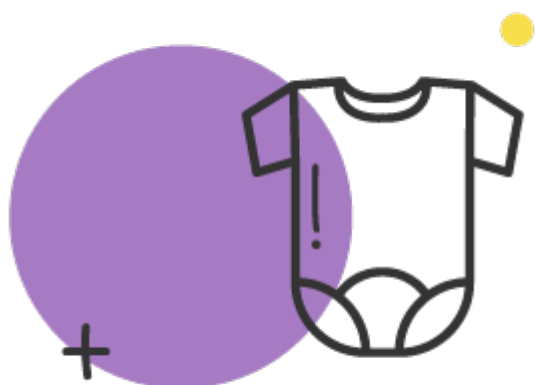
So, how do you go from eating whatever you see to a strict diet?

Very simple, you take **BABY STEPS**. Let me give you an example.

Tom is an ordinary guy who loves to eat big amounts of food every night. Time is passing and Tom continues to eat indiscriminately. Without noticing he gains 30 pounds of fat and wonders what happened. He decides to get on a strict diet immediately to make a change. He starts training and eating super “clean” food for 2 or 3 weeks. Guess what happens next? He quits! He starts eating more and quickly turns the little results he made into ashes.

Why is that?

The reason behind this is simple. Tom can't hold this new lifestyle for long because he is used to something else. It takes enormous willpower to change like that. It usually takes time to adapt to a change.



Our advice here is to **start small**. Make baby steps to your road to the change. Rock by rock are the skyscrapers built.

Start by cutting some of the fatty foods. Not all of them. Be consistent with your diet and you will be grateful. Consistency is key. You will be amazed by how many people actually keep a strict diet in the long-term. Let me tell you, those who started small made significant progress.

You can be one of those people today by making the first step!

You have a picture in your mind now and you know how to start the low-fat diet. However, we want you to have a clear vision on the topic. For this reason, the next chapter delves deeper into the pros and cons you need to know before getting on the low-fat meal plan.

CHAPTER 4:

Pros and Cons of the Diet

You really want to make the shift. Unfortunately, you are not sure whether it is the right diet for you.

Don't worry! We got you covered in Chapter 4 where you will learn all positives and negatives of the low-fat diet.

We want to make things crystal clear for you and help you make the right decision today!



Pros and Cons

For the value of this article, we have to start with some history. Low-fat Diet was very common in the past. People thought that cutting a whole macronutrient from their menu will result in weight loss. It was true but what was the price?

You already know that decreasing your fat intake near 0% brings nothing good. Your body, needs some fat to function

well, remember?

Pros of Low-Fat Diet

• Losing weight (short term)

A **positive** of the diet is the immediate drop in your weight (short-term weight loss)

You are cutting a whole macronutrient, remember? There is a big possibility you will start losing weight immediately. However, to keep this weight off, you can't stop limiting your fat intake. And how long can you hold?

Pro Tip: Make sure to eat rich sources of carbs and lean proteins, as well as good fats. Creating a balanced diet that you can stick to the longest is what your goal should be.

• Foods are available and easily found in the markets

You can buy nuts, olives, avocados, and fish from everywhere. If you ever happen to forget your mid-day snack or lunch, you can always go to the closest store and buy what you need.

- A white fish with a little salad and half sweet potato is a perfect option.

• Long-term benefits like reducing breast cancer in women

A [study](#) required nearly 49,000 postmenopausal women across the U.S. to test whether a low-fat dietary pattern will decrease the risk of breast and colorectal cancers and coronary heart disease.

After nearly **nine years** of dietary change, they concluded that the low-fat diet did not significantly impact the consequences

of these conditions. Yet, after a longer-term follow-up of **nearly 20 years**, scientists discovered significant benefits, concluded from modest dietary changes emerged and persisted including:

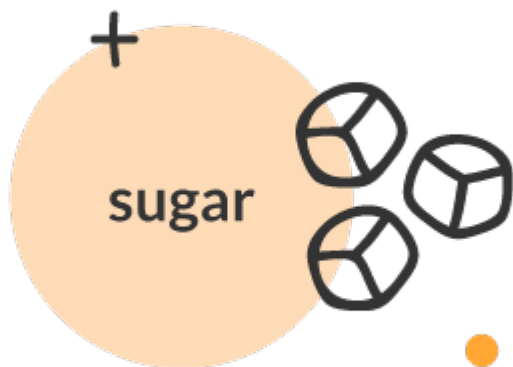
- A 15-35% reduction in deaths from all-causes following breast cancer
- A 13-25% reduction in insulin-dependent diabetes
- A 15-30% reduction in coronary heart disease among 23,000 women without baseline hypertension or prior cardiovascular disease

Cons Of The Low-Fat Diet

▪ Experiencing Hunger

Changing the calories from the fats you don't consume with calories from carbs. After decreasing your calorie intake by removing the fats you will feel hunger. You can't eat a lot of fats, so you start binging for the most accessible from the three macros – carbohydrates.

An unhealthy source of carbohydrates like sugar is what you should be extra mindful of. Consuming **more than necessary** sugars may cause health problems like higher blood pressure, inflammation, weight gain, diabetes, and fatty liver disease.



The prescribed daily amount for women is around 25g. For men it is 38g. However, the average American eats 77 grams of sugar **per day**, which is **3 times more** than the recommended amount for women.

- We suggest you be very careful about what you put in your mouth. Optimize the dietary fat (fat your body gets from food) and don't increase your overall calorie intake by eating everything not identified as fat.

• The Restriction Of The Diet

Another con of the low-fat diet is that it's limiting. Eating a diet too low in fat can conflict with the digestion of the fat-soluble vitamins A, D, E, and K. Because these nutrients are fat-soluble, your body needs dietary fat (fat your body gets from food) to utilize them. So, cutting out too much fat means your body won't be able to digest these important vitamins.

• The Name Of The Diet Can Delude People

It's the delusional name of the diet. Weird, right? How can

the name of a diet mislead people? The answer is simple. “Low-fat” doesn’t mean non-fat. And keeping your fat intake lower doesn’t mean excluding all kinds of fats. Keep it simple and stick to good fats.

As you have learned in Chapter 1, good fats are all monounsaturated and polyunsaturated fats in foods such as:

1. Avocado
2. Olives
3. Nuts
4. Fishes (salmon, tuna)
5. Seeds

- Mental Health

A diet that’s too low in fat, particularly essential fatty acids, which your body can only get from food might not only limit you from getting precious vitamins. It can also hurt your mental health because fat is crucial for healthy brain development.

There are [surveys](#), which reveal that eating not enough essential fatty acids from unsaturated fats may cause depression.

To sum up, you learned how popular the low-fat diet was in the past. Now, you know all pros and cons of the diet and you are ready to begin your journey.

However, in chapter 5 we are going to take a closer look at weight-loss and a low-fat diet.

CHAPTER 5:

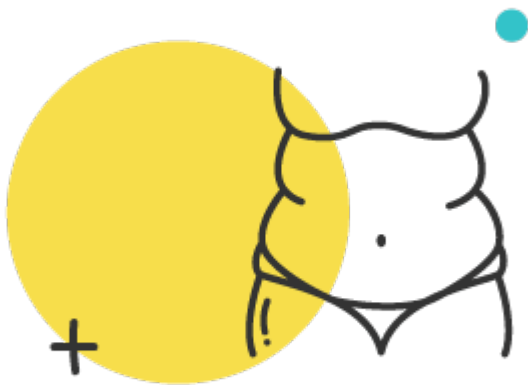
Weight Loss and Low Fat Diet

There isn’t a simple person on earth who got fit without a

meal plan. The diet is essential when your goal is to lose weight.

With the help of a couple of tips, you can easily lose these 10 pounds and still enjoy your life.

Grab an apple and keep on reading!



Weight Loss and Low Fat Diet

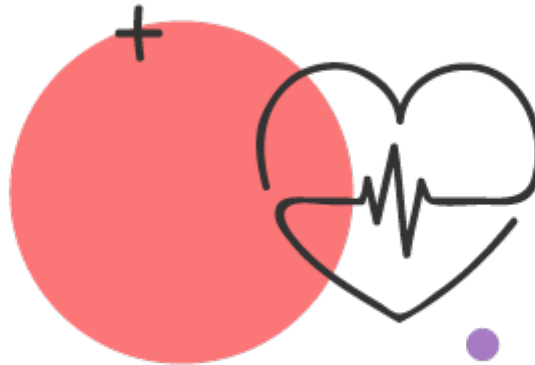
You have made it to Chapter 5! Congratulations! You are an ambitious person who wants to make a lasting change in his life.

Maintaining a healthy weight can be a tough task. We all know that. Being overweight is something so common that we think it's normal. According to a [study](#), every 3 of 4 men are overweight or have obesity.

As I mentioned it's something that we accept for a normal condition. However, being overweight is something that comes

with its price. The outcomes are painfully familiar to you but I have to stretch them here.

Obesity and Overweight are the most common conditions that



could lead to:

- **Type 2 Diabetes**
- **High Blood Pressure**
- **Heart Disease**
- **Fatty Liver Disease**
- **Cancer**

It is your responsibility to live a healthy life and maintain a normal weight. As the great Socrates once said: "No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable."

Weight Loss and daily activity go hand by hand. If you don't train, I suggest you take this baby step first. Make it a habit and combine it with a nice diet plan, which suits you

best.

Not feeling motivated, yet? Let's continue with the main question.

Can you lose weight on a low-fat diet? Absolutely! There is one condition though. You have to be in a calorie deficit (burning more calories than you eat). Every diet's goal is to put you in a calorie deficit if you want to lose weight.

Losing weight is the easy part. Keeping and maintaining your results is a little challenging. However, there is an easy way to track your calories and maintain your weight. It's called "[MyFitnessPal](#)." This app is one of the many tools you can use for tracking your calories and macros.

This useful app helps you track your calories and macronutrients. It learns you to always read the labels of the foods you consume. With one click you add your meals in the app and the magic happens.

You will feel it's taking a long time in the beginning to add every one of your meals. Trust me, after 2 or 3 months you won't need it anymore because you will have created a valuable habit.

Pro Tip:

- Use our [calorie calculator](#) to figure out exactly how many calories you have to consume to reach your goal.

Now, let's take a look into 11 myths about fats and cholesterol that you should be aware of:

1. Cholesterol Rich Foods are unhealthy and you should avoid them

There are thousands of individuals who think foods like whole eggs, organ meats, and full-fat dairy products are unhealthy. Yet, that's not true.

Foods like ice-cream, fried foods, and processed foods should be limited, however, that's not the situation with nutritious, high cholesterol foods.

High cholesterol foods can be a nutritious bomb for you. For instance, full-fat yogurt is packed with protein and calcium, while egg yolks are high in cholesterol and also happen to be filled with important vitamins and minerals, including B12, choline, and selenium

On top of that, eating healthy, cholesterol-rich foods like eggs, fatty seafood, and full-fat dairy can improve many aspects of your health.

2. Eating fat increases diabetes risk

There is a big misunderstanding when it comes down to the risk of diabetes and dietary fats.

Eating big amounts of trans fats like whole-baked goods and fast food can certainly increase your chance of getting diabetes. Nevertheless, other fat sources can offer protection against diabetes development.

Remember the good fats? Poly and monounsaturated fats like olives, nuts, avocados, and fatty-fish all improve blood sugar

and insulin levels and potentially protect against diabetes.

3. Omega-6 rich oils and Margarine are healthier

There is a hypothesis, which states that consuming vegetable-oils based products like canola oil and margarine is better for health, instead of animal-fat. Yet, based on recent [research](#), that's not the case.

Margarine and canola oil tend to be high in omega-6 fats. Yet, most of us need omega-6 and omega-3 fats for general health, both of them are too high in omega-6 and low in omega-3.

This little inequality between margarine and canola oil can cause health conditions like mood disorders, obesity, insulin resistance, raised heart disease risk factors, and mental decline, due to the higher omega-6 to omega-3 ratio.

4. High-fat foods are unhealthy

There is even bigger disbelief with the high-fat foods. Even the nutritious fatty foods have a bad reputation and go to the "bad foods" group.

This is weird because many high-fat foods are loaded with vitamins, minerals, and antioxidants. They also help you keep your hunger down between meals and helps you maintain a healthy weight.

Consuming rich in fatty foods like eggs, avocados, nuts, and full-fat dairy may help boost weight loss by reducing hunger-promoting hormones and increasing feelings of fullness.

Of course, eating too much of any food, including the foods above, can delay weight loss. However, when they're added to the diet in healthful ways, these high-fat foods may help you reach and keep a healthy weight while providing you with an important source of nutrients.

5. Fat-free products are the smartest choice

Fat-free products are all around you when you enter the grocery. The tricky part is that they are there for a reason. They have a targeted group of people who buy these products.

This target group is usually people who want to lose weight. Who on earth doesn't want to eat his favorite foods like ice-cream, biscuits, potato chips, and cheese and still lose weight?

Firstly, there is nothing wrong if the calories of the foods are low, right? Well, there is always a catch.

Low-fat foods may seem like a smart choice but in reality, they are not so good for overall health. Commonly, fat-free foods like vegetables and fruits are a good choice, unlike processed foods in the grocery shop. These foods can negatively affect your metabolic health, body weight, and even more.

The tricky part here is that there is always an added sugar. And eating high amounts of added sugar leads to nothing good. Diabetes, heart disease, and obesity are only a small part of the equation.

Eating too much-added sugar in your diet might also cause a negative effect on the hormones leptin and insulin. They can

cause you to eat more calories in general, which leads to weight gain.

It's like a cruel circle. Don't get involved in that circle! Control your fat-free food consumption and everything should be good.

6. Saturated fat causes heart disease

This topic is highly disputed among experts. Yet, recent [research](#) showed no relationship between saturated fats (fats from meats, dairy products) and heart disease.

Saturated fat improves well-known heart disease risk factors, such as LDL (bad) cholesterol and apolipoprotein B.

Saturated fat intake tends to improve the amount of large, fluffy LDL particles, but reduce the amount of smaller, denser LDL particles that are linked to heart disease.

Also, research has demonstrated that [certain types of saturated](#) fat may enhance heart-protective HDL cholesterol

7. I would be able to feel it if I had high cholesterol.

You can't tell if you have high cholesterol or not. The reason for that is because there are no symptoms of high cholesterol. Seldom, some people encounter yellowish growths on their skin called xanthomas, which are cholesterol-rich deposits. People with xanthomas may have high cholesterol levels.

The bad cholesterol can't be felt or experienced except you had a heart attack or stroke. For this reason, the Dietlife

team suggests checking your cholesterol levels every 3 to 5 years.

8. Eating foods with a lot of cholesterol will not make my cholesterol levels go up.

Things could get complicated here. It is a fact that foods with a lot of cholesterol usually also have a high percentage of saturated fats. Saturated fats can make your cholesterol higher, so always pick foods that are low in saturated fats like foods with plenty of fiber.

- Oats
- beans

Healthy fats like olive oil, nuts, and avocados are a good-to-go option. Decrease the consumption of red meat, butter, and cheese because they have a lot of saturated fats.

9. I can't do anything to change my cholesterol levels. Yes, you can! You can do many things to keep your cholesterol levels at a normal and healthy range.

- Talk to a medical care provider because he will tell you best if you should start taking any medicines or not. If that's the situation, continue with your prescribed medicines and everything should be alright.
- Quit smoking now! One more way to keep your cholesterol levels normal is by ending all tobacco products. Smoking harms your blood cells and hardens the walls of your arteries. These two increases the chance of getting a heart disease.
- Increase your daily activity! Professionals suggest a minimum of 150 to 300 minutes of moderate physical activity every week.
- **Make better food choices. Try to pick foods naturally high in fiber like the ones above and limit foods high in saturated and trans fats.**
- Know your family history! The odds of you getting high cholesterol by DNA is much higher if someone from your family also had it.
- These all guide to getting tested more often. Every 3 to 5 years is a

good timeframe for testing yourself for high cholesterol.

10. If the Nutrition Label shows no cholesterol, the food is heart-healthy

Remember that almost all foods labeled as “no cholesterol” have huge amounts of trans and saturated fats. Be sure to constantly check the labels and read them in detail before buying certain “no cholesterol” food. The devil is in the details.

In addition, be aware that the serving size that those numbers are based on are usually smaller than the entire package.

11. Only overweight and obese people have high cholesterol.

People of any body type can have high cholesterol. People of any age can also have high cholesterol. It doesn't matter if you are a kid or an adult. It doesn't matter if you are thin or overweight (overweight people have a higher chance of having high cholesterol).

Despite your diet, physical activity, and lifestyle, you should always check yourself for high cholesterol regularly.

You learned the main thing about losing weight – calorie deficit. You have also learned that you should track your calories. Losing weight takes time, especially in the long-term. Dedication and consistency go hand by hand to achieve and keep your results.

See you in the next chapter where you will take a look at our

unique low-fat diet shopping list.

CHAPTER 6:

Fundamental Grocery List

What is the best food to fill your grocery cart with? Have you ever been to the shop for one or two things and ended up buying five more?

After reading our list you will no longer have this problem because you will know what you need.

Check out our low-fat diet shopping list made for you.

Keep the list near on the next trip to the grocery store!



7 Foods To Always Look For When Being On Low-Fat Diet

1. Protein Sources

Protein clearly is the most expensive macronutrient. Yet, it is the most important one when it comes down to building muscle mass or losing weight. Do you know that protein is also the most satisfying macro?

It creates a feeling of fullness and helps you reach your dream weight faster. Consume 1g/pound if you don't train. If you indeed are a workout junkie you can consume 1.5g – 2g/ 2 pounds. (2 – 2.2g/kilos).

Attach to low-fat foods like lean beef, turkey, chicken breasts, and white-fleshed fish. You can also go with some fatty fishes like salmon, tuna and sardines. Just keep track of your macros with "MyFitnessPal"

2. Fruits and Vegetables

We can't go anywhere without these two sources of vitamins and minerals. Sadly, fruits and vegetables are loaded with important vitamins, minerals, and antioxidants for your health. It is not an accident that your mom has wanted you to eat this last piece of broccoli as you were a kid.

Always search for fresh, canned, or frozen options. Stick to general goods:

- Apples
- Bananas
- Kiwis
- Watermelons
- Oranges
- Tomatoes
- Cucumbers
- Carrots
- Pumpkin
- Broccoli
- Cauliflower

There are so many of them and you can't buy anything wrong.

3. Nuts

My favorite snack. Yummy and nutritious, as I love to say. Nuts are a wonderful option for a snack or a pre-workout meal merged with a protein shake.

They contain many "good" fats like monounsaturated fats. Although be careful because they are not very filling, which can lead to eating more calories than necessary.

Pro Tip: A small portion of 20 grams is enough to make you forget hunger until your next meal.

4. Rice, Potatoes, Sweet Potatoes, Oats



These four are what I call the "Fantastic Four." Sounds familiar? It should.

The reason behind this “unique” name is that these four superfoods are the healthiest carbohydrates.

They are all low in fat and rich in carbohydrates. You can't imagine how many different recipes you can try with every one of them.

These complex carbohydrates are something that you always want in your household. They are a source of energy and can add to your overall health. Add complex carbohydrates like the “Fantastic Four” in most of your meals and say goodbye to hunger. They are filling, nutritious, and healthy.

5. Dairy Products

Stick to the dairy products as long they are low-fat or non-fat. Yet, be aware of the added sugar of the fat-free products. Dairies are good for your peristaltic and overall health. Some of the low-fat foods you can purchase are:

- fat-free cheese
- fat-free or “skim” milk or yogurt
- light or fat-free cream cheese
- low fat cottage cheese, milk, or yogurt

6. Cereals, pasta products, grains

- baked crackers
- corn or whole wheat tortillas
- most cold cereals
- noodles, especially whole-grain versions
- whole-grain bagels
- English muffins

- pita bread
- Whole-grain pasta

7. Other foods to make your dishes tasty

- salsa
- sauces containing skim milk
- mustard
- vegetable-based broth soups
- honey
- honey
- popcorn
- light salad dressings, or simply lemon juice and balsamic vinegar

These are some of the basic foods in the low-fat diet. You can make thousands of mouth-watering recipes with them if you get creative. Furthermore, later in the article, you will learn [5 quick & easy recipes](#) for a low-fat diet.

You know what to buy in the supermarket. In chapter 7 we will see how you can combine your workouts with the low-fat meal plan.

CHAPTER 7:

Low Fat Diet and Workouts

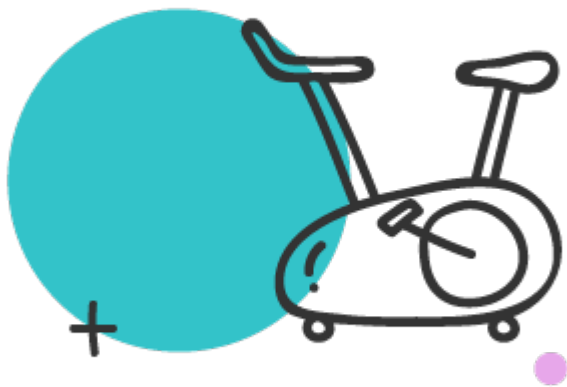
Eating low-fat diet can't get you any muscle, because of the low amount of calories you consume, right?

WRONG! There are ways to combine your diet plan with workouts.

If you are a typical workout junkie like me or you just want

to get in shape you wonder whether this diet fits with training.

Get yourself a cup of tea, sit comfortably and continue with the article.



Exercises and Low-Fat Diet? Is it possible to combine them?

Let me ask you a question. What happens if you consume a high-protein, high-carb diet, and a low-fat diet (20% of your calorie intake comes from fats). Let me tell you.

What happens is that you eat healthily, have a lot of energy (carbs are your energy source), and give your body only the demanded “good” fats. You get strong and add a minimal amount of body fat.

As you can see a low-fat diet is one of the best diets you can choose when you are lifting weights. If you want to gain

weight you just have to do the opposite of the calorie deficit. You have to be in a calorie surplus (meaning you eat more calories than you burn). So simple, right?

However, if you love other sports activities like swimming, jogging, playing tennis, or even rock climbing, the same principle refers. It doesn't matter what your hobby is. The most important thing is to have daily activity in your life.

I want to stretch that practicing any kind of sport boosts your immune system and you are less vulnerable to sickness. Combining sport with a healthy diet plan leads to you getting untouchable. Well, not exactly but you get the point.

Now, let's get more specific with the two main questions you have in your mind.

Is a Low-Fat Diet best for gaining muscle?

- Carbohydrates are compulsory for athletic performance.

If you want to play at your best level you have to eat a lot of carbs as fuel. Remember that you should fuel your body with carbs 1 – 1.5 hours before a workout. Based on several [studies](#), carbohydrates are the substrate most efficiently absorbed by the body.

Consuming more carbs lead to restocking glycogen stores, the depletion of which cause performance slowdown, mainly when intense exercises are performed on a regular basis.

[Moreover](#), endurance athletes who don't eat enough carbs are more vulnerable to skeletal muscle damage, and experience decreased cognition.

- Carbs increase insulin, which is anabolic. Insulin travels through the blood to your body's cells. It tells the [cells to open up](#) and let the glucose in. Once inside, the cells transform glucose into energy or store it to use later.

Therefore, overfeeding with carbs is so popular among athletes to increase skeletal muscle mass. Eating big amounts of carbs serve as a fuel and also a rush in insulin. Insulin is considered an anabolic hormone because it helps with protein metabolism and nutrient digestion.

What can we say about fat intake? As you already know fats are fundamental nutrients, which helps to absorb fat-soluble vitamins and maintain hormonal health.

There is a [study](#), which shows that the consumption of polyunsaturated fats help our bodies to support healthy levels of testosterone. That leads to a better mood, performance, and overall body composition (keep your fats intake around 20%).

A reminder – Polyunsaturated fats are all nuts, seeds, and fatty fish.

Conclusion: The ideal macronutrient ratio ranges for most people as we are all different. Experiment and track your calories to see what works best for you in and outside the gym.

Is a Low-fat Diet best for losing weight?

Although we answered this question in Chapter 5, let's make a quick summary of it.

- Calorie balance is the most important factor

Managing your macronutrients is less important when it comes down to losing or gaining weight. Calorie in vs calories out is what matters the most. If you eat more calories you gain weight, if you eat less, you lose weight.

- The best diet is the one you can stick to

Consistency is the key, remember? Define your goals and adopt a balanced diet in your life. Whether it will be a low-fat diet or **another one** stick to it and results will come.

- Studies suggest both the low-fat diet and the low-carb diet (**keto diet**) work fine for weight loss

Some **proof** recommends that when calories from the diets are equal, low fat wins for fat loss. Yet, other **surveys** show that low-carb is better.



Conclusion: It is again individual. One person may find the low-fat diet better, others can say it is uncomfortable. There is no statement as “best diet”, “best exercise” or “best training program”.

Experiment and see what’s best for your physique.

You have learned that the most important thing is to have any sort of physical activity. You have learned that you can successfully merge the low-fat meal plan with any kind of sport. You know how to gain and lose weight.

See you in chapter 8 where you will learn 5 quick % easy recipes for the Low-Fat Diet.

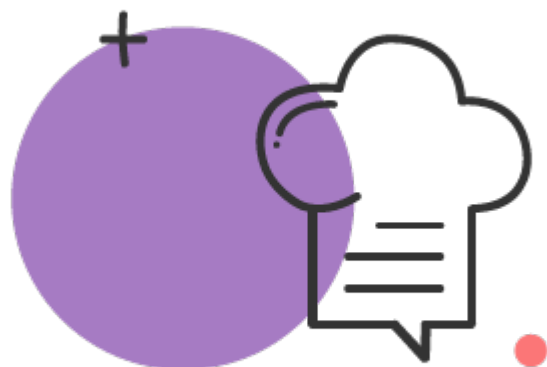
CHAPTER 8:

Daily Menu with Low Fat Recipes

Sit back and enjoy our top 5 list of recipes for Low Fat Diet.

These meals will help you reach your goal.

If you are the type of guy who loves to cook, great! If not, now would be the perfect time to learn how with our *top 5 recipes for Low Fat Diet*.



5 Quick % Easy Low-Fat Recipes

I am a big fan of quick and delicious meals. These 5 favorite recipes of mine always save time and are budget-friendly. Keep your mouth closed while reading to prevent getting wet. The recipes are from [TheSeriousFitness](#)

Recipe number one is Vegetable salad with Salmon.



Affordable, low-calorie, and nutritious. You can eat it either for lunch or dinner.

Ingredients for 1 serving: (double everything if you want to surprise your loved one)

- water
- lemon slices
- fresh thyme
- 4 oz salmon fillet
- 2 leaves romaine lettuce
- 1 medium tomato
- 1/2 medium cucumber
- 1/4 medium yellow bell pepper
- 1 tbsp fresh parsley
- salt and black pepper
- 2 tbsp lemon juice

Preparation:

- Fill a pan with enough water and bring the water to a simmer.
- Add salt, sliced lemon, and thyme to the water.

- Add salmon, cover the pan, and cook for 20 minutes.
- Remove salmon from pan, and season with salt, pepper
- In a large bowl, combine the romaine, tomato, cucumber, bell pepper, parsley, lemon juice, salt, and black pepper. Toss well and set aside.
- Spray a baking sheet with nonstick spray and place the salmon fillets on the sheet. Sprinkle it with salt and pepper. Place under the oven broiler can cook for about 10 minutes or until lightly browned on top and cooked through. Check the salmon halfway through and rotate the pan as needed so the salmon browns evenly.
- Spoon the salad onto a plate and place the salmon on top. Serve and enjoy!

Nutrition Facts:

- Calories – 290
- Protein – 25g
- Carbohydrate – 14g

Dietary Fiber – 3g

Sugar – 8g

- Total Fat – 12g

Trans Fat – 0g

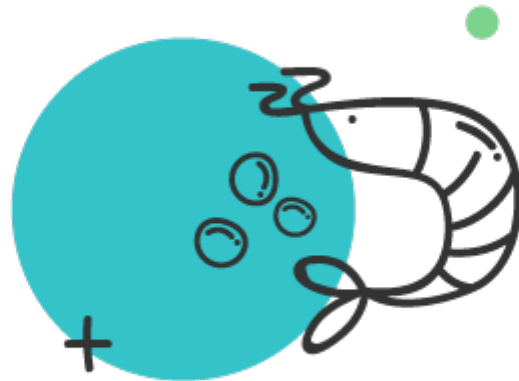
Saturated Fat – 3.5

- Cholesterol – 60mg
- Sodium – 85mg

Pro Tip:

If you are gaining weight combine the meal with a large sweet potato (boiled or baked) for extra carbs.

Recipe number two is something catchy. Shrimp and quinoa are some of my favorite dishes. Shrimps are extraordinary seafood and world-wide famous with their high protein and low-fat



content.

Quinoa is gluten-free, high in protein and one of the few plant foods that contain sufficient amounts of all nine essential amino acids. The famous food is also rich in vitamins and antioxidants.

Ingredients for 1 serving:

- water
- lemon slices
- 1 bay leaf
- oz shrimp peeled
- 1/4 cup dry quinoa
- 1 garlic
- 1 tsp olive oil
- 1/4 medium red bell pepper
- 6 grape tomatoes
- 1/3 cup green peas cooked
- salt and black pepper
- 4 oz shrimp peeled

Preparation:

- Cook quinoa according to package directions.
- Add water and slices of lemon and bay leaf to a large stockpot set over medium heat.
- Bring to a boil and allow to boil for 5 minutes. Stir in the raw shrimp, cover and remove from heat.
- Allow to rest for about 4 minutes, until all the shrimp are cooked through.
- Pour the shrimp and liquid into a colander to strain, peel and set aside.
- In a large skillet, heat oil to medium-low and sauté garlic and bell pepper until tender. Add quinoa, grape tomatoes, green peas salt, and black pepper and add shrimp, and continue cooking for 5 minutes. Remove from heat and serve.

Nutrition Facts:

- Calories – 310
- Protein – 31g
- Carbohydrate – 32g

Dietary Fiber – 6g

Sugars – 6g

- Total Fat – 1g

Trans Fat – 0g

Saturated Fat – 1g

- Cholesterol – 180g
- Sodium – 150g

Pro Tip:

As the recipe is low in calories, add a complex source of carbs if your goal is to build muscle mass. You can add brown rice, potatoes, or rice cakes.

Recipe number 3 is chicken salad with avocado. A great option for your lunch-break or just a regular dinner with family.



As you already know chicken breasts are one of the most popular foods in the fitness industry because of the high protein and low-fat food content. Merged with a monounsaturated source of fats like the avocado makes the dish a perfect choice for you.

Ingredients for 1 serving:

- water
- 1 bay leaf
- 4 oz chicken breast
- 1/4 medium yellow onion
- 1/2 cup corn
- 1 tbsp parsley
- salt and black pepper
- 2 tbsp lemon juice
- 2 oz avocado

Preparation:

- Add the chicken breast in a pan full of salted water with a lemon slice and a bay leaf.
- Boil for around 15-20 minutes until the chicken gets white
- Cut it into very little pieces with 2 forks
- In a large bowl, add the shredded chicken, avocado, onion, corn, and parsley.
- Drizzle with the lime (or lemon) juice, and season with salt and pepper. Toss gently until all the ingredients are combined and served.

Nutrition Facts:

- Calories – 340
- Protein – 39g
- Carbohydrates – 20g

Dietary Fiber – 5g

Sugar – 6g

- Total Fat – 12g

Trans Fat – 0g

Saturated Fat – 2.5g

- Cholesterol – 95mg
- Sodium – 100mg

For recipe number 4 we've prepared a breakfast option for you. Lemon Blueberry Pancakes are the best option for you if you want a high protein, delicious, and different outcome of the



traditional omelet.

Ingredients for 1 serving:

- 1/2 cup old fashioned oats, grounded
- 3 egg whites
- 2 oz cottage cheese
- 1 scoop vanilla protein powder (if you don't have a protein powder add 3 more egg whites)
- 2 tbsp lemon juice
- 1/4 tsp lemon zest
- 1/4 cup water
- 1 tbsp plain greek yogurt
- 1 tsp lemon juice
- 1 tsp honey
- 8 blueberries

Preparation:

- Combine the oats, egg whites, cottage cheese, vanilla powder, lemon juice, 1/4 tsp. lemon zest, and water in a blender. Blend until the mixture is smooth.
- pour 1/4 cup of the pancake mixture into the center of the pan. Cook for 2-4 minutes, or until the edges start to harden and a spatula can

easily slide underneath the pancake.

- If you don't have to make little sweet pancakes one by one, pour more mixture into the pan and make them bigger.
- Flip over and cook an additional 2-4 minutes, or until the batter is cooked through.
- Repeat with the remaining mixture.

Pro Tip:

- For the topping, combine the yogurt, honey, lemon juice, in a small mixing bowl.
- Top yogurt over the pancakes along with a few fresh blueberries. Enjoy!

Nutrition facts:

- Calories – 410
- Protein – 48g
- Carbohydrates – 42g

Dietary Fiber – 5g

Sugar – 12g

- Total Fat – 6g

Trans Fat – 0g

Saturated Fat – 1.5g

- Cholesterol – 15mg
- Sodium – 420mg

The last recipe is your ultimate time-saver breakfast. It is the Green Protein Smoothie



Ingredients for one cup:

- 1 cup unsweetened almond milk
- 1/2 pear
- 1/2 banana
- 2 oz spinach
- 1.5 scoop vanilla powder
- 1 tbsp peanut butter

Preparation:

Combine all the ingredients in a food processor and blend until it gets *smooth*.

Nutrition facts:

- Calories – 390
- Protein – 44g
- Carbohydrates – 34g

Dietary Fiber – 6g

Sugar – 19g

- Total Fat – 11g

Trans Fat – 0g

Saturated Fat – 1.5g

- Cholesterol – 10mg
- Sodium – 330mg

Here is a bonus list of 5 tips for low-fat cooking:

1. Freeze soups, gravies, and stews, and remove the hardened fat on top before eating.
2. Cut all visible fat and remove the skin from poultry.
3. Try plain, nonfat or low-fat yogurt and chives on baked potatoes rather than sour cream. Reduced-fat sour cream still has fat, so restrict the amount you use.
4. Bake, broil, or grill meats on a rack that enables fat to drip from the meat. **Don't fry food.**
5. Instead of using cheese, butter, or cream-based sauces, sprinkle spices, herbs, and lemon juice on cooked vegetables.

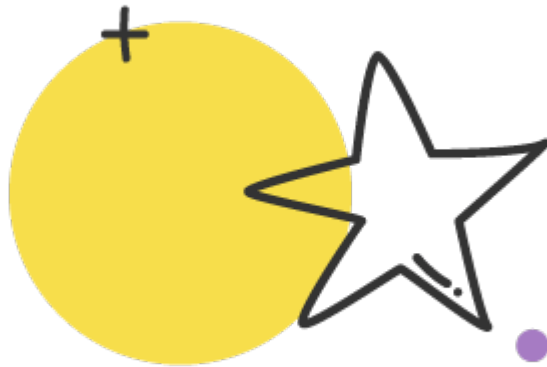
Before going to the kitchen and start preparing these mouth-watering recipes, take a look into some of the most famous people who follow a low-fat diet in chapter 9.

CHAPTER 9:

Celebrities Who Love To Eat Low Fat

You have probably heard about a favorite celebrity from your childhood that eats “X” diet.

You are not the only one eating a low-fat diet plan. In fact, there are many celebrities who eat like that. Today we are going to learn about 5 of the notorious people who enjoy low-fat meals.



Famous People Who Follow Low-Fat Diet

1. Beyonce

Вижте тази публикация в Instagram.

Публикация, споделена от Beyoncé (@beyonce) на Ное 19, 2019 в 1:25 PST

Queen B is one of the personalities who has always been very serious about what she eats. And how can you say something different? She looks so young with her fit body and awesome skin.

She assumes that the principle of creating healthier habits by moving towards a [plant-based lifestyle](#) is what helped her the most.

She has also tried some other diet plans in the past. One of the most commented diets that Beyonce had put herself into was the juice fast. She has not only consumed low-fat dishes, but she also hasn't eaten at all. This diet is mainly of drinking fresh-pressed juices (from 3 to 10 days), for detoxing and

losing weight.

Remember, that the juice diet can do more danger to your body than any good. Instead of detoxing, we recommend eating a balanced diet with all micro and macronutrients included.

2. Anne Hathaway

Вижте тази публикация в Instagram.

☺☺ ☺☺☺☺☺☺☺☺ Love and thanks to my glam village!!! #GoldenGlobes

Публикация, споделена от Anne Hathaway (@annehathaway) на Яну 8, 2019 в 6:40 PST

The Catwoman has been on an almost vegan, anti-inflammatory diet, which includes whole grains to control blood sugar, avocados, almonds (she doesn't like walnuts), sesame seeds, dark chocolate, bright red and orange vegetables, which are high in antioxidants.

Eating high protein was a difficult task for her. She totally avoided the red meat from her diet and ate plenty of fatty fish rich in omega 3 like salmon, sardines, and trout along with legumes to increase fiber and fatty acids. At the end of the day, she would have consumed around 1500 to 1800 calories.

“This will help you fill up and reduce saturated fat and, overall, you will eat less,” says Keller (her coach). Then, the nutrition coach recommends you do what Hathaway did during filming and modify the portions on your plate. Vegetables should cover half of your dish with the other half divided between protein and carbohydrates.

3. Alex Rodrigues

Вижте тази публикация в Instagram.

Публикация, споделена от Alex Rodriguez (@arod) на Яну 31, 2019 в 7:00 PST

The photo was taken after he and Jey Lo have finished the 10-day challenge without carbs and sugar. The former baseball player and a present fiancé of Jennifer Lopez is no stranger to clean eating.

Furthermore to brown rice, scrambled eggs, and fruits for breakfast, this former Baseball player and a father of 2 kids eat fish and plain steamed vegetables on a daily basis.

He also loves to eat sushi, pasta, and seafood. He has restricted his fat intake to a minimum and eats only healthy fats like avocado, nuts, and fish.

4. Gal Gadot

Вижте тази публикация в Instagram.

Nothing like a french morning @Revlon #RevlonCandid #RevlonPartner #ad

Публикация, споделена от Gal Gadot (@gal_gadot) на Окт 19, 2019 в 1:07 PDT

What does Wonder woman eat to stay fit? The famous actress has one purpose when it comes down to food habits. She wants to educate her daughters on how to eat healthy at a young age.

She starts her day with a nutritious breakfast. She usually eats eggs, fruits, and drinks smoothies and coffee. The other main foods of her diet are fish and lean chicken, as well as a lot of raw vegetables.

5. Jennifer Lopez

Вижте тази публикация в Instagram.

Relaxed and recharged. ☐

Публикация, споделена от [Jennifer Lopez \(@jlo\)](#) на Фев 16, 2020 в 10:22 PST

Jay Lo is another celebrity who likes pizza. Yet, today she is 50 years old and is very cautious about what she eats. She only eats fresh, organic, nutritious, well-balanced foods based on protein. The only processed food she puts in her mouth is protein powder.

Her menu is packed with fruits and vegetables and from the protein sources, she loves to eat low-fat fish. She regularly sprinkles lemon juice on her salads as a dressing.

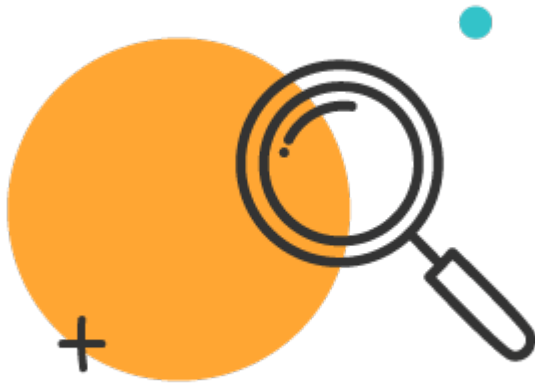
Before kick-starting your diet and start living the wonderful life you deserve, let's make a quick summary of everything we learned so far and provide you with the most important Takeaways.

CHAPTER 10:

Summary & Takeaways + FAQs

You've learned all the necessary information, now we will make a quick summary.

Don't forget about the bonus after the last lines of the article!



Summary & Takeaways + FAQs

In this chapter, we are going to cover everything we learned in this Ultimate Guide.

First, you have learned that cutting most of the bad fats (Trans Fats and Saturated Fats) is beneficial for your health. You have also learned that a Low Fat Diet is essential for reducing weight, keeping your cholesterol low, and reducing the risk of a heart attack.

Second, you have learned that you need to start small and take baby steps to your road to the change. Remember how are the skyscrapers built?

You know that you don't need to mislead the low-fat diet with a diet with zero fats. There are good fats (monounsaturated and polyunsaturated), which you should consume because they make your body function well and have many essential vitamins. Foods with healthy, good fats are fatty fish, avocado, nuts,

olives, seeds.

You have learned all pros and cons of the diet and made your picture of a low-fat diet crystal clear. After seeing both the positives and the negatives of the diet you have considered whether it is the right plan for your specific goal.

In chapter 5 we talked about whether the low-fat diet is good for weight loss. We discussed that the only thing that matters is the calorie deficit (burning more calories than you consume). If you meet these criteria, I guarantee you that you will lose weight.

We have also put 11 famous myths about fat and cholesterol to the test.

In chapter 6 we gave you an important list with nutritious foods when being on the Low-Fat Diet. Keep this list with you on your next grocery shopping!

Chapter 7 was about dieting and working out. We emphasized the importance of daily activity in your life. Strengthening the immune system, bones health and longer life are a small part of the benefits of active life.

We have learned that there is no "best diet." The best diet is that you can stick to the longest. Making the diet a way of living and eating healthy will become a normal part of your routine.

In chapter 8 you have learned 5 Quick & Easy recipes that are low in fat and calories overall. Don't hesitate to try any of the recipes today!

In the previous chapter, we peeked into the diets of some of

the world-known celebrities.

We've come to the end of this article. We hope that you learned something today. If you have any questions, I encourage you to ask them below in the comment section.

If you have found this post helpful, do not hesitate to spread the love by sharing it on social media!

BONUS: 7 Low-Fat Diet Most Popular Question – FAQs Section

1. Does the Low-Fat Diet work in the long-term?

Every diet works in the long-term if you are willing to follow it. Many individuals quit whatever diet they are following after 1-3 months. Make the diet a part of your lifestyle and you won't be meeting any problems for life.

2. Can I lose weight on a Low-Fat Diet?

You can lose weight on every diet if you obey one condition – calorie deficit.

3. What are the health effects of the Low-Fat Diet?

The rational benefits like losing and maintaining weight, keeping normal cholesterol levels, and heart rate are not the only ones. Being on the low-fat meal plan makes you more energized, more focused, and keeps your hunger down.

4. Do I need to prepare my food?

We recommend you always meal prepping your food for the next day. Having a nutritious dish in your backpack is always useful as it saves time. Meal prepping also stops you from craving for fast food as you have a healthy meal with yourself.

Pro Tip: Buy silicone or plastic food containers. They are large enough and also don't weigh much so you won't be having problems carrying them with you.

5. What Are Processed Foods?

There is a big dispute about the term "processed." Processed food is everything that isn't raw. Even when you cook a meal, it becomes processed. Yet, by processed foods, we mean foods that have added fats, added sugars, and/or added salt and may have fiber removed.

6. Are all non-fat or low-fat foods a smart option for weight loss?

Non-fat or low-fat foods like ice-cream, cookies, or even brownies may seem like a choice to their high-calorie options. Remember that most of the time, these foods have too much added sugar that can cause you a lot of trouble in the future.

However, the dose makes the poison, so if you keep your consumption of these foods under control, things should be good.

7. How often is the Dietary Guideline updated?

Every five years, HHS and USDA announce the Dietary Guidelines to reflect the latest scientific evidence on nutrition, food, and health. The 2015–2020 Dietary Guidelines will be current until the release of the next edition in late 2020.

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