



## are low-fat diets for you?

*Many people wrongly believe that low-fat products are the key to weight loss. While such products help cut down fat intake, they won't necessarily make you lose weight. You must still eat less food overall and become more physically active.*



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### calorie intake is important

Low-fat products are not the same as low-calorie products. Just compare some food labels next time you go supermarket shopping. Many low-fat foods will still contribute significant amounts of calories to your diet. The reason is that they can contain a lot of sugar. Sugar is often used as a "filler" in a product to maintain the viscosity of a food when the fat is removed.

So don't think you can eat as much low-fat food as you want and not gain weight. You might actually be gulping more calories than you if you indulge in a smaller piece of something fatty. A golden rule to observe is: consume in moderation.

### exercise still important

Without regular exercise, you'll struggle to lose weight and keep it off. Our bodies aren't designed to be sedentary. If your job means you don't move around

much or climb stairs, you should create space for about an hour of physical activity per day, with more on weekends, if possible. This will, at least, prevent weight gain. For most sedentary people, it will help burn up body fat.

The fitter you are, the more calories you will burn. A person who is quite fit burns about three times the energy of someone with a low level of fitness.

### a balancing act

So while specially formulated "low-fat" products can help you limit the amount of fat in your diet (especially the nasty animal or saturated fats), they're not the only consideration in a weight-reducing diet. It's your total kilojoule intake that counts. And remember, without consistent, regular physical activity, any weight-reduction diet is most likely doomed.

See page 24 for some exciting and tasty low-fat recipes.

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