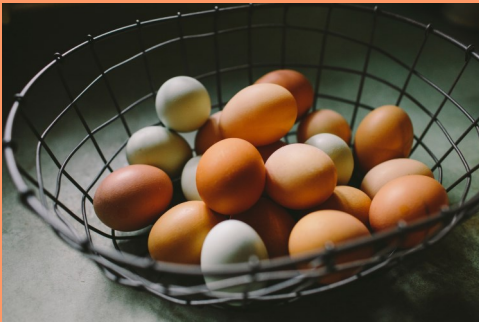


## The F Word

## Understanding fats

### The good



### The bad



### The ugly



We explain here all about fat, low fat foods and spreads.

We look at the impact of different kinds of fats on the body.

Again there may be surprises...

### Actions for this week

- ✓ Watch the videos about fat
  - ✓ Find out about fat in your food
  - ✓ Do the quizzes about fat
  - ✓ Learn more about sugar
- ⇒ Keep using the hunger scale
  - ⇒ Continue committing to daily physical activity
  - ⇒ Keep working on noticing the messages you send yourself

Small actions and some 'eye can' attitude will soon make a difference