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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Try a variety of low fat
products which have
less than 3g of fat per
100g.



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This fortnight's healthy topic...

Myth Buster: Low fat products have smaller fat molecules compared to full fat products, and fat molecules are too big to be absorbed into our body.



Myth Buster

Unfortunately, this one is false for two reasons. Fat is fat and is digested and absorbed by the body in exactly the same way no matter what the **size**. There is no difference between low fat and full fat products in terms of the fat molecule size.

Low Fat Products

The difference between low and full fat products is the **amount** of fat in the product not the size of the fat molecules. In other words, for a product to claim to be low in fat, it has to have less than 3g of total fat per 100g. For example, low fat yoghurt is only about 1g of fat per 100g, whereas certain full fat yoghurt's can have as much as 10g of fat per 100g.

Reduced Fat Products

Reduced fat products are only **lower** in fat compared to the original full fat product but may not necessarily be low in fat. For example, regular ice-cream can have as much as 10g of fat per 100g, whereas the reduced fat version may still contain as much as 6.5g of fat per 100g.

What's the moral of the story?

Aim to always choose foods containing less than 10g of total fat per 100g but ideally less than 3g per 100g. These products contain less than the original products, but the fat molecules will still be the same size.

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**