

Why do we need fats in our diet?

Fats protect our blood.

Fats protect our bodies from losing the heat.

All products are high in fat.

**FATS HELP TO MAINTAIN PROPER
TEMPERATURE OF OUR BODIES.**

Fats reduce our bodies temperature.

*Fats produce energy when there's lack of
energy from carbohydrates.*

*Some vitamins need fats
to be absorbed by the body.*

Fats are like a cushion to the liver or stomach.

*They make you
feel fuller for
a long time.*

*All vitamins need fats to
be absorbed in the body.*

We don't need fats in our diet.

