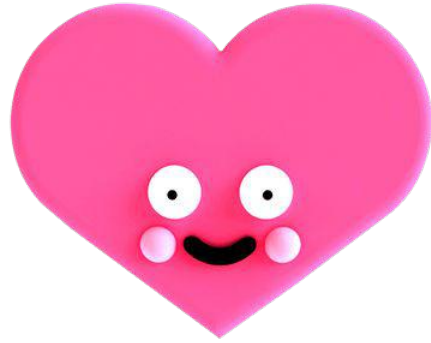


# Fat: Good vs. Bad

**Fats are needed to keep your body healthy, but not all are healthy**



**UNSATURATED FAT** 👍



**TRANS FAT** 👎

