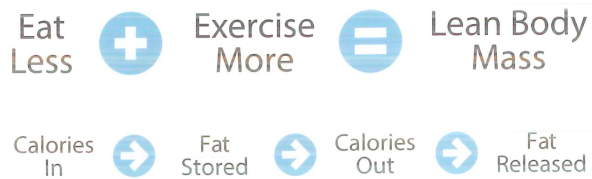


The Skinny on Fat

Understanding what body fat is and where it comes from will make it easier to lose it and keep it off. Your body's preferred sources of energy are dietary carbohydrates, fats, and proteins. However, when you consume more than you use, those calories are stored in fat cells for later use.

Fat cells are formed by converting tissue stem cells into adipocytes that swell up like balloons with dietary lipids. When caloric needs exceed available free calories from the food we eat, calories stored as lipids in fat cells are released into the blood stream for energy. Managing a healthy body fat percentage includes slowing down the production of new fat cells and increasing the burn rate of calories stored in body fat.

The solution to storing fewer calories as fat can be summarized with the equation:



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