

FAT

Meaning: Fat refers to a natural oily or greasy substance found in animal and plant tissues, which is used in cooking and as a measure of body composition.

1. The chef decided to use less fat in the recipe to make it healthier.
2. After weeks of exercise, she noticed her body fat percentage had decreased significantly.
3. Many people believe that not all fats are bad for you, as some are essential for a balanced diet.
4. He felt self-conscious about his weight and the fat that he wanted to lose before summer.
5. The label on the snack clearly stated that it was low in fat but high in sugar.
6. The cake was so rich and decadent that it felt almost too fat to cut into.
7. He was determined to shed the extra fat he had gained over the holidays.
8. The cat lounged lazily on the windowsill, its fat belly rising and falling with each breath.
9. She preferred to wear loose clothing that would disguise her fat, rather than tight-fitting outfits.
10. After weeks of exercise, he noticed the fat around his waist beginning to disappear.
11. The chef recommended using a bit of fat to enhance the flavor of the dish.
12. After years of working out, she noticed a significant decrease in body fat.
13. The new policy aims to reduce fat content in school lunches for healthier eating habits.
14. He felt self-conscious about his weight and the extra fat around his waist.
15. The scientific study explored the effects of dietary fat on overall health and well-being.
16. The chef used a blend of olive oil and fat to enhance the flavor of the dish.
17. She was concerned about her health and decided to reduce her intake of saturated fat.
18. The athlete's diet included healthy fats to support her rigorous training regimen.
19. His face glistened with sweat and a thin layer of fat, a testament to his hard work.
20. In cooking, certain fats can impart a richness that elevates a simple recipe.
21. The chef recommended using fat for sautéing vegetables to enhance their flavor.
22. Many people struggle with body image issues related to being perceived as fat.

23. The scientist explained how fat serves as an important energy reserve in the body.
24. After the holiday feast, she decided to cut down on foods high in fat.
25. The book explores the cultural perceptions of fat and how they have evolved over time.

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