

# Attention fat traps

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## Attention fat traps

Don't fall into the trap of "light" products

We may fall into traps that are misleading in their appearance. We often improve our nutrition, yet we still can't manage to lose weight, even though we stay away from pizza, junk food, bread and other fattening foods. And it's because we forget about the less obvious traps. Light products, when consumed without restraints, lead us to stress situations in which we sleep less, which also makes us gain weight.