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Fat Is The New 30

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Although leaner adults have more brown fat than heavier people,

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even their brown fat cells are greatly outnumbered by white fat cells. "A 150-pound person might have 20 or 30 pounds of fat ...

Body Fat Types (Brown, White, Visceral) and Locations ...

The Fat of the Land is the third studio album by English electronic music group The Prodigy, released on 30 June 1997 through XL Recordings. The album received critical acclaim and topped the UK Albums Chart and the US Billboard 200. It has sold over 10 million copies worldwide as of 2019.

The Fat of the Land - Wikipedia

In the HLF vs HLC diets, respectively, the mean 12-month macronutrient distributions were 48% vs 30% for carbohydrates, 29% vs 45% for fat, and 21% vs 23% for protein. Weight change at 12 months was -5.3 kg for the HLF diet vs -6.0 kg for the HLC diet (mean between-group difference, 0.7 kg [95% CI, -0.2 to 1.6 kg]).

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