

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > Mythbusters - As long as it's fat free!

---

## **Mythbusters - As long as it's fat free!**

Is Fat really all you have to worry about? Or are other ingredients just as important?



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/podcast/2009/01/20/mythbusters-long-it-s-fat-free>