

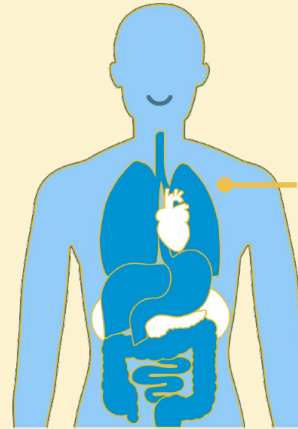
Excess (unused) sugar in your body is stored as fat

There may be excess fat in your body even if you look thin

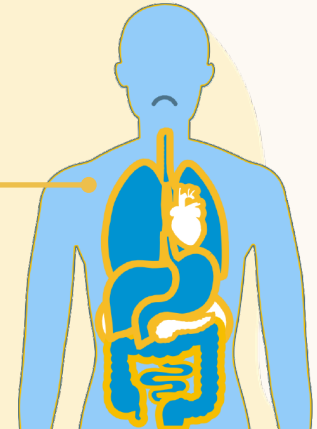
Where is the fat stored?

Fat surrounding the organs and muscles (this is not visible to us)

Fat under the skin (this is visible to us)



Healthy
Less internal fat



TOFI (Thin Outside, Fat Inside)
More internal fat even though the person appears to have less fat under the skin. **If you are TOFI, you are also at risk of diabetes.**



You are likely to have excess internal fat if you have **an apple-shaped body**.