

## Twitter Thread by Paras Chopra



**Paras Chopra**

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**Sugar was once promoted in newspaper ads as a healthy snack that helps save calories and prevents obesity.**

**Oh, how the tables turn.**

# Get ready for the "fat time of day."

*"The sugar in a soft drink now  
can save me  
a lot of calories later."*



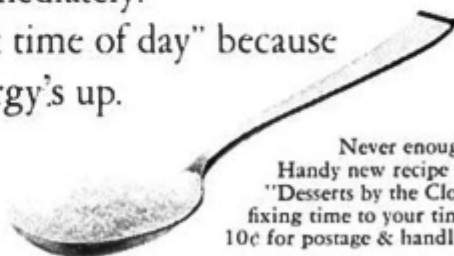
Anytime you allow yourself to get ravenous, you're in trouble. That's the "fat time of day" when your appetat\* is turned up and you're likely to overeat.

By snacking on something sweet shortly before mealtime, you turn your appetat down.

The sugar in a couple of cookies or a small dish of ice cream can turn it down almost immediately.

You're able to get past the "fat time of day" because your appetite's down and your energy's up.

*Sugar...only 18 calories per teaspoon,  
and it's all energy.*



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*\*"A neural center in the hypothalamus  
believed to regulate appetite."—  
Webster's Third New International Dictionary.*

## Sugar Information

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