Twitter Thread by Paras Chopra



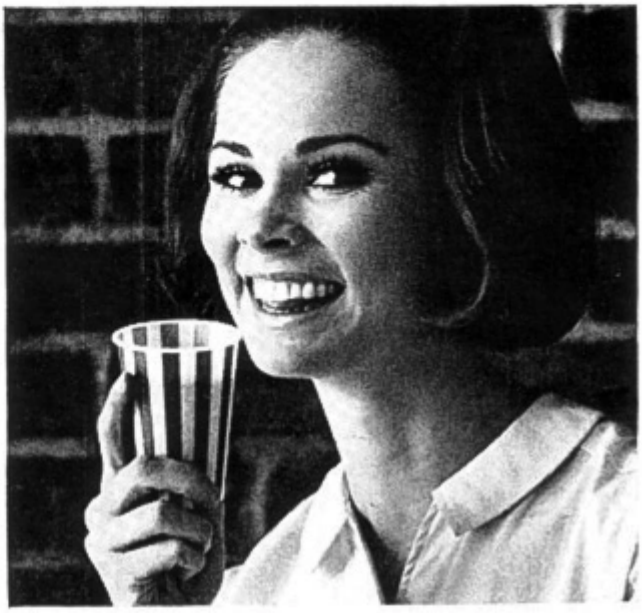
Paras Chopra
@paraschopra

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."



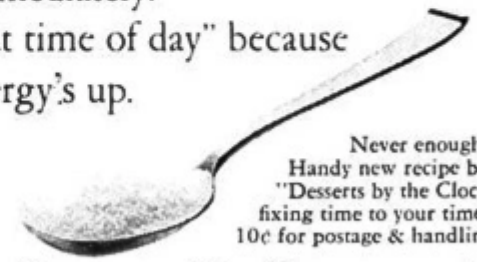
Anytime you allow yourself to get ravenous, you're in trouble. That's the "fat time of day" when your appestat* is turned up and you're likely to overeat.

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



Never enough time? Handy new recipe booklet, "Desserts by the Clock," fits fixing time to your time. Send 10¢ for postage & handling.

Sugar Information

Dept. C, P.O. Box 2664, Grand Central Station, New York, N.Y. 10017

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