

To sugar or not to sugar, that is the question!

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On the one hand, I believe that not eating sugar (as such, it's quite different if it comes with fiber in fruit) and sugary sweets helps to avoid overeating, as those kinds of foods don't satiate you for a long time and can make you crave for more.

On the other hand, I noticed it much depends on the individual. Some people do eat jam at breakfast every morning, for instance, still they do not crave for more, nor do they binge on candies all day long. Others do crave and overeat, instead.

So I guess there is no absolute truth about that.

I mean, "no free sugar" might be a good idea for overweight people or for people with eating disorders, but shouldn't be an axiom for everyone.

What do you reckon, folks? :)

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