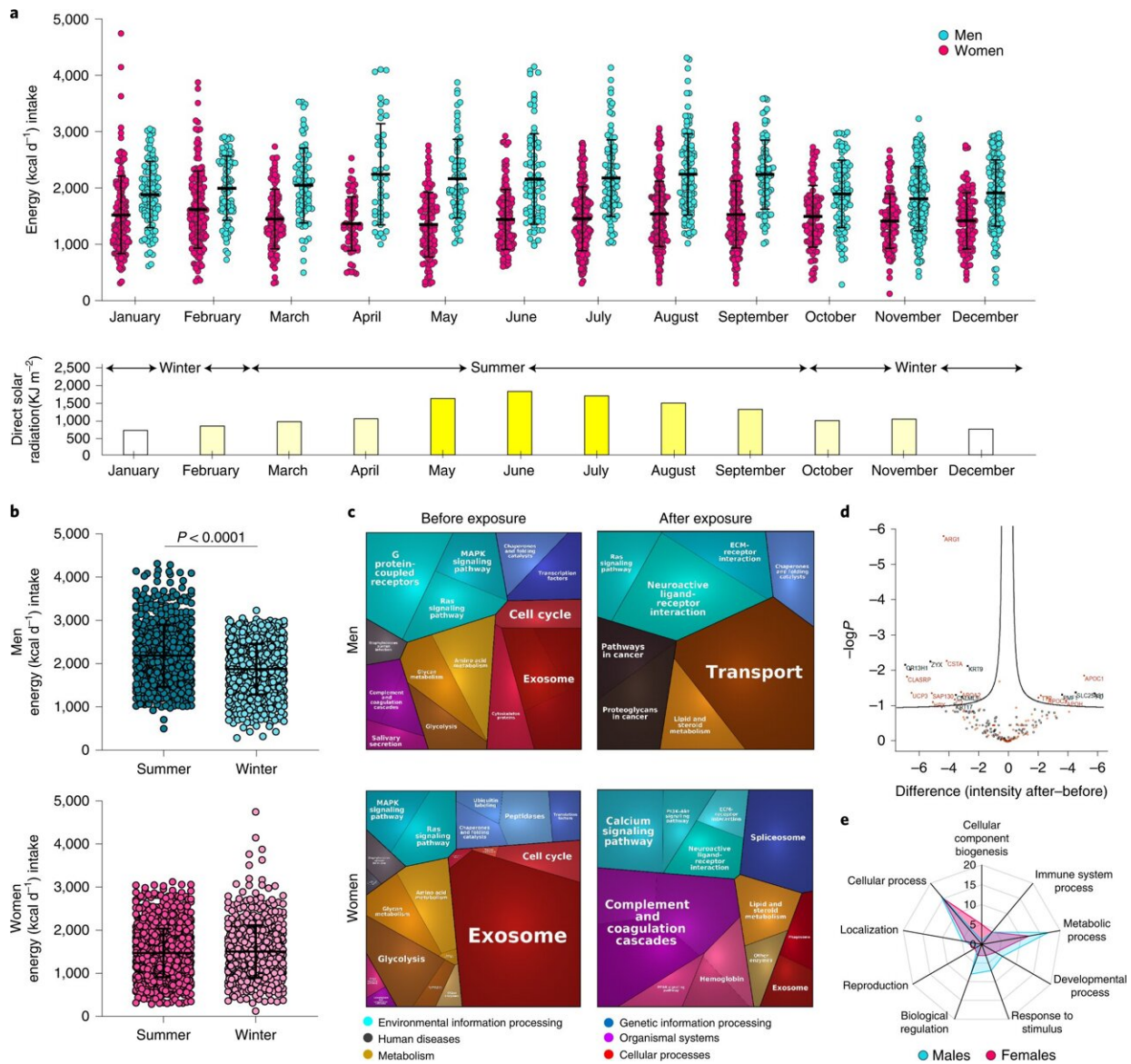


# Sunlight exposure found to trigger increased eating in men

July 12 2022, by Bob Yirka



Solar exposure enhances the energy intake and metabolic profile of men

compared to women. a, Dot plot of the monthly energy intake (Kcal per day), from 1999 to 2001, of 2,991 men (cyan blue) and women (pink) (top). Midline represents the median. Data are presented as mean  $\pm$  SD. Men's energy consumption was significantly higher during the summer (2,188 Kcal versus 1,875 Kcal, p

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