

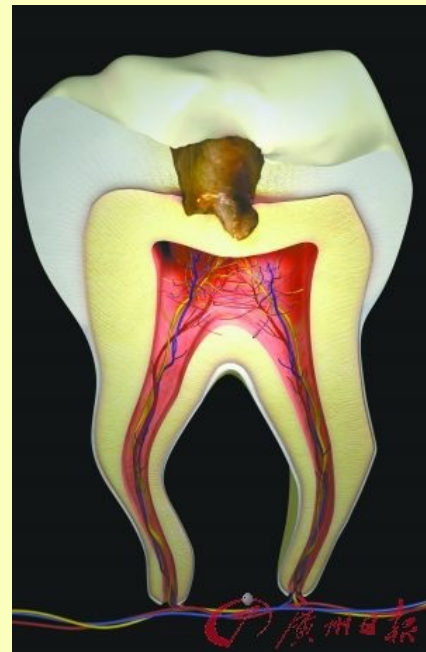
Suga



wiseGEEK

If you keep eating sugar what will happen

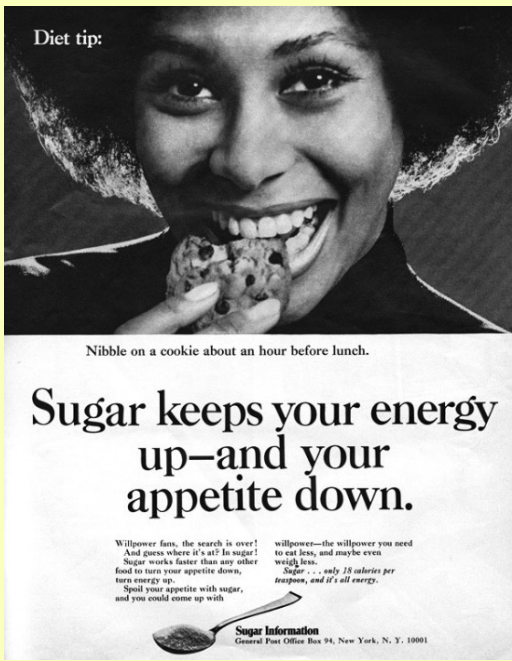
If you eat too many sugar like sweets
your health will be bad your teeth
maybe your brain too will be bad and
dirty so don't eat too much sugar
sometimes the sweets is too yummy
you can't stop so you keep eating sugar



Natural sugar

Fruit have sugar too but
it's natural sugar but other
sugar is not natural sugar
it's bad for your health
also sweets have sugar
too





Why sugar is not healthy

Sugar is bad because a reason amount of sugar isn't bad. Unless you have health issues made worse by consuming sugar. Consuming too much sugar if you're healthy though, might lead to some problems, high cholesterol and other, indeed bad, things. There's many factors to consider when trying to precise how much is too much sugar, but trusting your common sense might do the trick.

Sugar have many kind



How can we stop eating sugar

If you want to stop eating sugar then you must eat good food like vegetable and fruits and others and dont buy too much sugar or you will go to the doctor if you still eat sugar then the healthy stuff is left behind

Is it fake or is it real

What the poster says sugar is healthy that is a mess up , Sugar Is Not HEALTHY ! Please don't keep eating sugar mostly don't eat sugar at night because sugar keeps you energy so if you eat sugar at night you will be very hard to sleep

What the poster says is not right sugar is not good it's made of bad stuff

