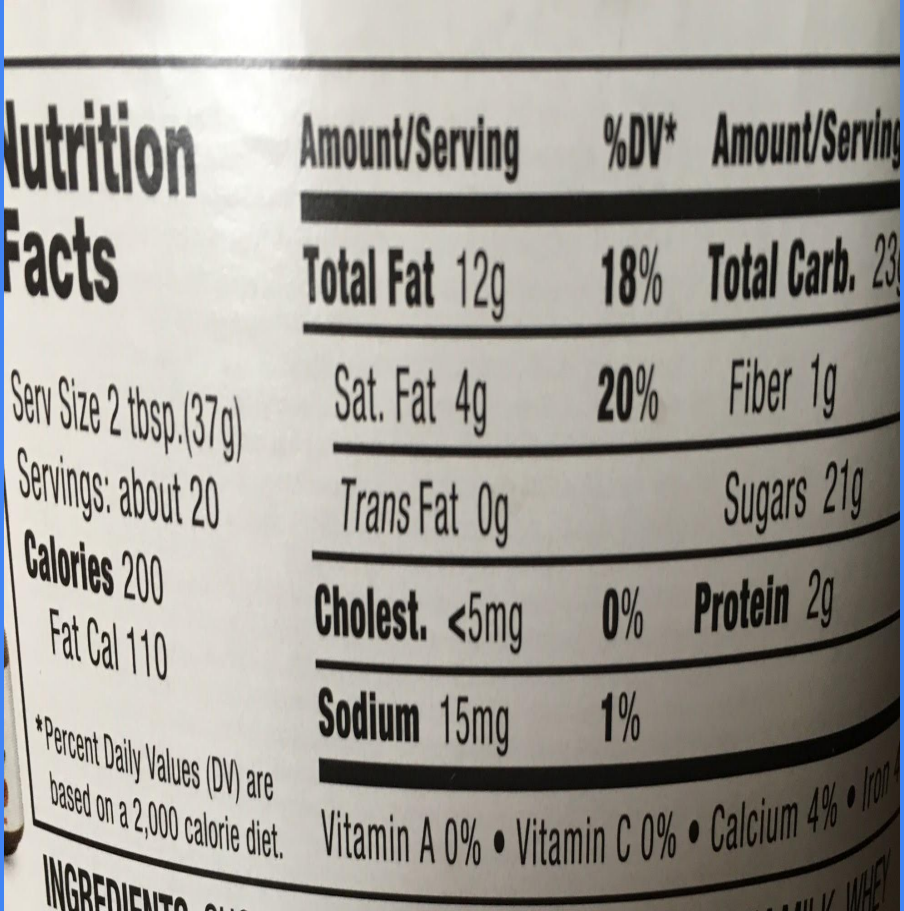# Candy

By: Ariella Ron

# Introduction

Have you ever eaten so much candy that you got sick? Do you know how bad candy really can be? Do you even know what you can get from it?  You probably don't, because there is  a lot of negatives to candy. You can gain weight, get tooth decay, and lastly you're at risk of disease. I honestly think that candy is bad and unhealthy.

# Gaining weight

Most people love candy but they don't know what happens and how sugar can affect you. There are many ways but one way is you can gain weight. According to *The Effects of Candy on the Body,* it states " eating too many calories every day results in weight gain if you cannot burn them off." Also its states that "40 percent of the sugar people consume is stored in the body as fat." Kids and adults not only eat it because it's good, they don't know it's bad for them. In an interview with Leo kravitz, a sugar obsessed kid, he said that he eats it because he's addicted to it.

**Nutrition Facts**

Serv Size 2 tbsp.(37g)
Servings: about 20

**Calories** 200
Fat Cal 110

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

| Amount/Serving | %DV* | Amount/Serving | |
|---|---|---|---|
| **Total Fat** 12g | 18% | **Total Carb.** 23g | |
| Sat. Fat 4g | 20% | Fiber 1g | |
| Trans Fat 0g | | Sugars 21g | |
| **Cholest.** <5mg | 0% | **Protein** 2g | |
| **Sodium** 15mg | 1% | | |

Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron

**INGREDIENTS**

# Tooth decay

Another way that candy is bad for you is you can get tooth decay. According to *The Effects of Candy on the Body,* it states, "eating too much candy leads to a development of cavities. The bacteria that causes cavities that feeds on sugar." Also it states, "a lot of candy also leads to bleeding gums and losing teeth because sugar allows bacteria to damage your teeth."

Lastly, you can also get a risk of disease, according to *the Effects of Candy on Your Body,* it states, " large amounts of sugar contributes to insulin resistance, which can cause diabetes." Also it states " being overweight increases your risk of heart disease." Also it states, "poor diets lower the effectiveness of your immune system, making it easier for your body to get heart disease." Also, candy can make you sick if you eat too much of it. In an interview with Rosalie Stein, a candy lover, she said, "Once I wa eating candy and talking and lost track of how much candy I was eating and got so sick."

# Conclusion

In conclusion, I have learned that candy can cause so many bad things and is very unhealthy. It's important to be healthy, and not have bad things going on in your body even if you love candy. One possibility is you have to be careful not to gain weight but to still enjoy candy so you can chose the one with the least amount of calories. Or you can limit the days you eat candy. In an interview with Rosalie Stein, a student at PS290, she limits her candy to only three days in a week, instead of every single day. This is why I think that candy is so unhealthy and bad for you.