



Sugary Foods

By Brianna Lum



Introduction

Are you the type of person that eats sugar all the time? If that's a yes continue to read. Everyone I know has eaten candy, and they have their favorites. Someone might love chocolate more than candy canes, and some might like cherry pie more than apple pie. If you're a child like me, and you lo-ove sugar, but... Think for a moment, when you're older you need to control yourself when you're eating sugar. Something might go wrong in your body if you eat too much, so I'm here to hold you back from sugary foods for just a minute. Think about eating a little because I think sugary foods are ok to eat sometimes, but bad to have often.

One reason why eating too much sugary foods is bad for you is that it can cause health problems. According to *Mindbodygreen*, balancing out how much sugary foods you eat and how much unhealthy sugary foods you're eating with healthier options, won't affect you as much as it would if you ate only sugar all the time. This means that sugar only affects you when you eat a lot of it alone each day. Sometimes when I eat too much sugary foods, and don't eat enough healthy foods needed for the day my face breaks out, and after that I feel more tired than normal.

On the other hand eating too much sugary foods is worse for you nowadays because people consume more sugar now than they had in the past. According to *Nerdfitness*, in 1822 Americans consumed 45 grams of sugar every 5 days. In 2012, Americans consumed 756 grams of sugar every 5 days. We consume sugar when we don't even know! According to *Nerdfitness*, foods that seem like they don't have sugar in them, have sugar. Most foods have sugar in them but trick their buyers into thinking they don't by calling the sugars different names like corn sweetener, corn syrup, corn crystals, fructose, and more. Food's that hold these secret sugars are ketchup, Heinz Classic Tomato Soup, salad dressings, and bread.

Last but not least, if someone ate too much sugar, they could feel really sick for awhile. According to Leah Doughty, a 5th grader from Hallie and Caitlin's class, she told me that she has had an experience where she ate too much ice cream at 16 handles then she felt like she was going to vomit. I was with her at that time. (It was super fun!) On Halloween, I ate so much candy and my stomach started to ache. It was hurting for the rest of that day. People have to watch how much sugar they eat. According to *Articlesmercola*, eating unhealthy sugary foods causes stomach aches because sugar is hard to digest.





KitKat

Hostess
Donettes

6 Mini Donuts

BRAND

BAKERY CLASSICS

BEST BY: JUL
E 051021000

BEST BY: JUL
E 051021000
00

Donettes

Hostess



BOUNTY

2x **BOUNTY** 2x

BOUNTY

BOUNTY

BOUNTY

24x57g

nute
GO!
nute
GO!
nute
GO!
nute
GO!
el



(2)

Cheesecake



Conclusion

To sum everything up, sugar is bad for you in many ways, although it's good in moderation. Sugar is unhealthy, and sugar makes us happy, but the main thing is not to have sugar all the time because health problems will form, especially bad stomach aches. Sugary foods are ok to eat sometimes, but bad to eat a lot. So think about it, will you eat less sugar, or will you continue to eat a lot of it?

