## Sugar and Health

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## Candy

Imagine you are in a candy store with candy all around you . You buy many packs of them. You eat them ... The next day you are sick. After you read this article, you will know what's inside the candy and what it can do to you. You might want to change your decision of eating that pack of Twizzlers.

## CANDY AND HEALTH

Candy has artificial colors and flavors that can cause health related problems. The FDA recommends 8 grams of sugar each day; some kids eat way over that amount - more than 30 grams a day. Over 9\% of the U.S.A populations eat candy everyday. Sugar can get you hyper and eating too much of it might even cause violence in adulthood, according to some studies. Candy could cause high blood pressure, diabetes, cancers and of course, tooth decay.

If candy is so harmful, why don't we ban everything sweet altogether? We cannot. We need sugar to survive. Our brain, muscles \& other organs need sugar to function. The question is where you get sugar. You know we must not get it from candy. Then where should we get it? Get it from fruits \& vegetables! Fruits and vegetables contain vitamins and nutrients. Not only it is good for you, it is delicious!

1) Which of the following fruits contain potassium which is good for your heart?
A. Watermelon
B. Peaches
C. Plums
D. Apples
2) What kind of vegetable has the most fiber ?

A Beets
B Cucumber

C Peppers

D Lettuce


CANDY WITH CHOCOLATE


CAFFEINE CHOCOLATE


SWEETS

