**LIMIT SUGAR**

Did you know that you could get many cancers and sicknesses from sugar? Sugar can be very bad for you if you have too much of it. This essay will discuss what people think and the facts about sugar and what it can do to you. Sugar can shorten your life. This essay will explain why you should not eat a lot of sugar.

Make sure you limit eating and drinking sugar. like from having too much you could get very sick. Some of the side effects are, crankiness, you can’t concentrate well, you could get heart disease, sugar weakens your eyesight, and you could get cataracts. There are way more damaging effects that sugar can cause.

Many people say things like sugar is good for you but if you have too much then you could get many sicknesses. Also people say sugar gives you energy but the truth is fruits and vegetables have sugar in them. Some top level athletes eat only vegetarian foods yet do not need the energy to perform. So why not eat those instead? As soon as the sugar goes into you it leaves your body leaving you tired and slow.

In conclusion sugar can have many side affects if you have to much. Also you should limit sugary foods and you will live longer.