Pros and Cons of Sugar

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## In this essay i will be writing the negative and positive things of sugar. Some people say that sugar is bad and should be limited, others say that sugar is good and should stay the same.

## Some people believe that sugar is good for many different reasons. One reason is sugar produces energy. Sugar stays in your body until you turn it into energy. People need energy for sports and everyday living. Another reason is that it may put you in a good mood. Sugar is in most foods that taste good. When people eat these foods they may get happy because of the taste.

## Some people believe that sugar is bad for many different reasons. People argue that there is enough sugar in fruits and vegetables for energy instead of drinking soda and all these foods that have way to much sugar in it. They argue that sugar causes many diseases. Sugar may cause heart, lung and many other diseases.

## In conclusion, I believe that sugar is good and bad; I believe that people should limit sugar but still eat some sugar on occasion. But in conclusion both of the parts in this essay had good points.