Sugar

Did you know that just one Amaracian eats 40 pound of sugar each year I think that that is a little too much sugar.

Sugar I bad for you because it give you cancer and other bad things like hart problems.

People die every year due to Sugar than anything else.

People think that sugar is good for them because it gives you energy but as fast as it goes in it comes back out but there is also sugar in fruit but its not bad sugar it is sugar that is good for you.

I think that fruit sugar is so much better for you than sugar in Candy’s sugar.