This essay will talk about how sugar can affect your body and what it does to you. Sugar is always bad in some way.

Sugar can make you hyper and make you have bad habits not eating healthy. Not eating healthy can be a really bad thing for you.

Sugar can give you heart disease and other bad effects on your body and it’s just too dangerous to eat more than ½ a tablespoon each day

In conclusion don’t eat too much sugar it can cause Cataracts, kidney damage, tooth decay, gallstones to form and last asthama.