

SUGAR





Sugar is bad!



Sugar contributes to
WEIGHT GAIN



Sugar can lead to
LOW ENERGY

WEAKENED IMMUNE SYSTEM

Sugar causes
HEART DISEASES



CHOLESTEROL DIABETES



Ages the body and causes
WRINKLES, ACNE & HAIR LOSS

Sugar can make
PMS WORSE

LACK OF SLEEP



HEADACHE CONSTIPATION

Sugar can cause
TOOTH DECAY

The recommended sugar limit is no more than six teaspoons, or about 25 grams, of added sugars per day for women, and nine teaspoons, or about 36 grams, for men.

Sugar is bad.

hyperactive



fat



moody



tooth decay



How many sugar cubes are there in your milk tea?



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7 Reasons Why Sugar is Bad For You

1. Sugar is Empty Calorie Addition
2. Best For Your Teeth
3. Sugar is Bad for Your Heart
4. Sugar is Bad for Your Skin
5. Sugar is Bad for Your Liver
6. Sugar is Bad for Your Blood Pressure
7. Sugar is Bad for Your Cancer

How to make milk tea?

- ▶ 1. Boil the water.



7 Reasons Why Sugar is Bad For You

1. Sugar is Highly Addictive

2. Can Cause Insulin Resistance

3. Bad For Your Teeth

4. Can Cause Non-Alcoholic Fatty Liver Disease

5. Increases Your Cholesterol

6. Can Give You Cancer

2. Place a tea bag.



7 Reasons Why Sugar is Bad For You

1. Sugar is Highly Addictive

2. Can Cause Insulin Resistance
and Type 2 Diabetes

3. Bad For Your Teeth

4. Can Cause Non-Alcoholic
Fatty Liver Disease

5. Raises Your Cholesterol
and Triggers Heart Disease

6. Can Give You Cancer

3. Add the milk and 22 sugar cubes.



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5. Raises Your Cholesterol

6. Can Give You Cancer