





## Sugar is bad!





THEINDIANSPOT.COM



WEAKENED IMMUNE SYSTEM

> CHOLESTEROL DIABETES

HDL LDL

Sugar can make
PMS WORSE

HEADACHE CONSTIPATION LOW ENERGY

HEART DISEASES



WRINKLES, ACNE
& HAIR LOSS

LACK OF SLEEP

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



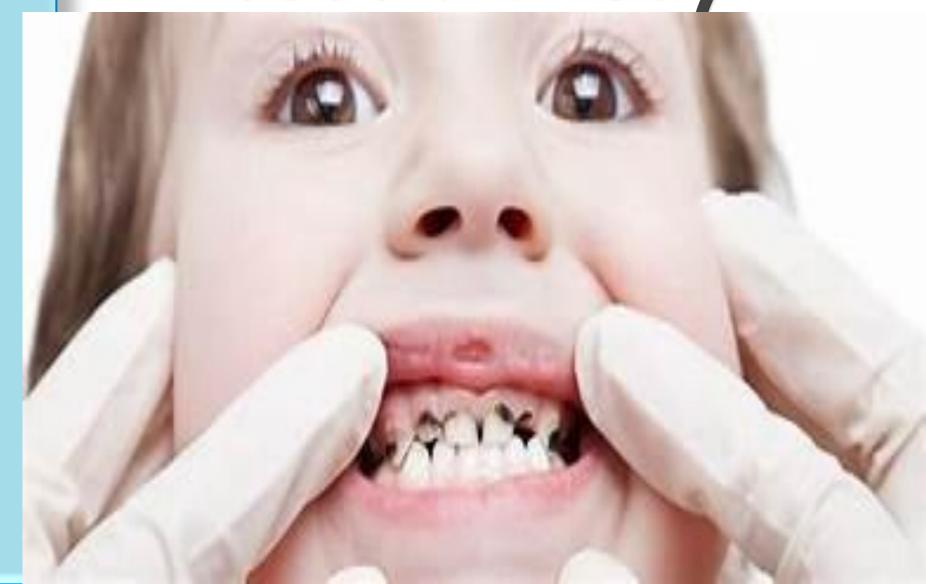
# fat



# moody



## tooth decay



How many sugar cubes are there in your milk tea?





Di Getty Pringers

#### How to make milk tea?

1. Boil the water.

### 2.Place a tea bag.



#### 3. Add the milk and 22 sugar cubes.



