



## Sugar



Sugar is classified as a table condiment. One of the main ingredients in any kitchen. 

Sugar is the genetic name for a sweet taste in our food , Coffee, Tea and in Baking.

Sugar include glucose , fructose and galactose.

There is absolutly no fiber or starch in granulated sugars.


They say sugar are bad for us as humans, One of the (main) reasons is...

- When we eat too much sugar in our daily life the extra insulin in our blood stream can be affected.
  - It stresses our hearts and damage it over time.
  - This can lead to heart diseases, heart failure ,heart attacks and strokes.

How much do we need per day?

- About 6 teaspoons or 24g for most woman and 9teaspoons or 36g for most men.
- There is no nutritional need or benefit that comes from eating added sugar.
- At the end it is our own decision how much we need for own health.



 Honey is sweet!

Is honey better than sugar...Yes indeed

It is good and healthier to use honey than sugar. Honey is more natural than sugar.

Let us be carefull and health concern over how many sugar is in our diets.





