

The Sugar Story

Why Too Much Sugar Is Bad For You

By Emelie Kamp & Benjamin Kamp Illustrations by Katerina Branchukova © 2016 Emelie Kamp. All rights reserved. www.EmelieKamp.com



Worth it Living Publishing www.worthitliving.com/publishing www.TheSugarStory.com

Dedicated to our niece and nephews who were our inspiration for creating this book. We love you!

/Emelie & Benjamin

Hi. my name is Sugar.
I live in fruits and vegetables.
making them taste sweet!

Sugar was a good guy with good friends.

His job was to tell everyone how good fruits and vegetables were for their bodies and minds.





His friends, the fruits and vegetables of every color, each had superpowers to help keep you healthy, happy, and strong.



Sugar loved telling everyone about his good friends!

"Eat this delicious carrot, it will keep your eyes strong!"





"Eat this sweet raspberry, it will keep your heart healthy!"



"Eat this tasty broccoli, it will help you think quickly!"

"Eat this yummy kiwi, it will help keep you from getting sick!"





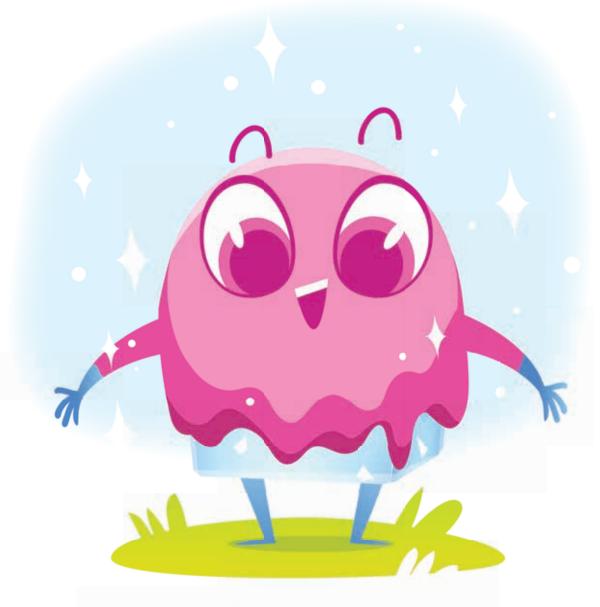
"Eat this delightful red beet, it will help you run fast!"

"Eat this wonderful coconut, it will help you play longer!"





But one day people started using Sugar in all kinds of different things.



All by himself he was turned into lollipops, candies, and soft drinks.



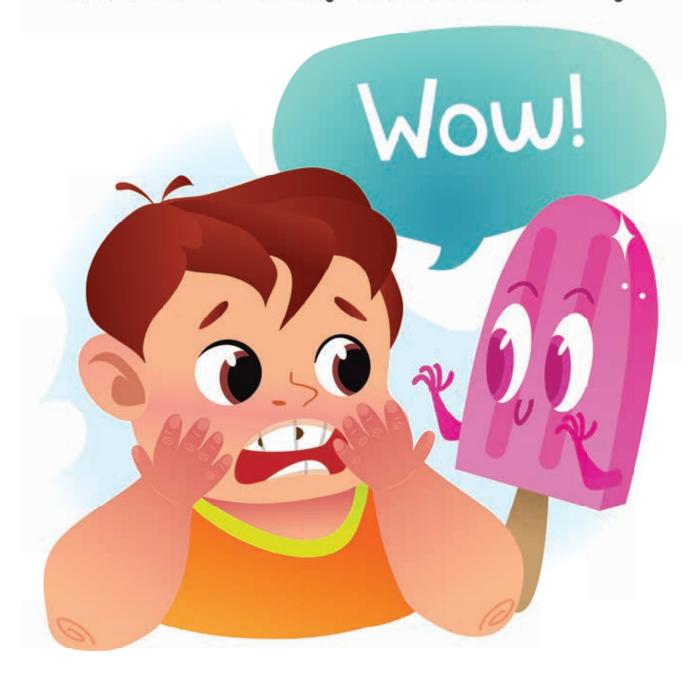
Sugar continued to do his job, and said; "Eat this sweet, it's good for you."

But it was a lie.



Lollipops, candies, and soft drinks don't have any of the superpowers that help keep you healthy, happy, and strong.

Too much sugar can also make you sick, is bad for your teeth, and can make you want even more sugar.





That's why more and more people decide to enjoy sugar as it was meant to be; in fruits and vegetables of every color.

Not only because they taste great...

...but also because they help keep you healthy, happy, and strong!





The End

Recipes

STRAWBERRY ICE CREAM

(makes about 12 popsicles)

1 can coconut milk (400 ml/13.5 oz) 300 ml (10 oz) strawberries 1/2 banana 1/2 avocado

Mix the ingredients in a blender and pour into popsicle molds. Freeze at least 8 hours. For extra sweetness, add more banana or liquid stevia.

BANANA POPSICLES

1 banana 2 forks or popsicle sticks

Cut the banana in half. Push a fork or popsicle stick in each banana half. Place in freezer for a few hours.

RASPBERRY JAM

225 g (8 oz) raspberries2 tbsp chia seeds3 tbsp water

Using a fork or spoon, mix the raspberries with chia seeds and water. Let sit 10-20 min before serving.

BANANA PANCAKES

2 bananas

4 eggs

Mix together the ingredients in a blender. Fry as pancakes with a little butter or coconut oil. Serve with fresh berries or raspberry jam (see above).

Visit TheSugarStory.com for videos and more!



Visit TheSugarStory.com for more fun!

Play games, color your favorite fruits and vegetables, print out recipes, and learn more about how you can keep yourself healthy, happy, and strong!

FACT PAGE

Amount of Sugar in 100 grams of:

Carrots 4.7 grams

Kiwi 9 grams

Raspberries 4.4 grams

Red Beets 7 grams

Broccoli 1.7 grams

Coconut 6 grams

Superpower Facts

Carrots - Contain beta-carotene, lutein, and other carotenoids which promote overall eye health.

Kiwi - Contains almost twice as much vitamin C as oranges which helps boost your immune system.

Raspberries - Contain antiinflammatory anthocyanins which promotes heart health. **Red Beets** - Contain inorganic nitrate which boost oxygen levels in the blood.

Broccoli - High in lignans and choline which promotes overall brain function.

Coconut - Contains fats (medium chain triglycerides - MCT) that are easy for the body to use as energy.

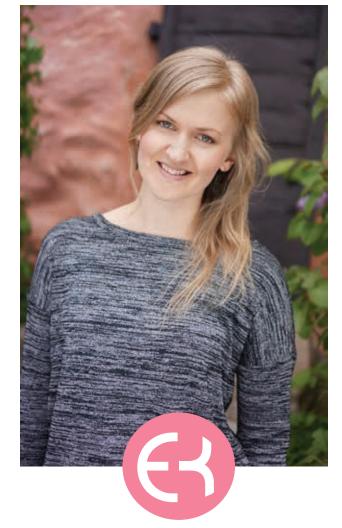
Visit TheSugarStory.com for more information and facts.

I'm so thankful you made a choice to invest in encouraging our younger generation to make healthy choices.

Sugar wasn't a problem until we began extracting it from its natural sources. We now consume 4-8 times more sugar than before industrialization and it is simply too much for our bodies.

Cutting down on sugar doesn't have to be hard and small changes can make a big difference. Visit TheSugarStory.com to learn more and see how you can make a difference!

All the best! Emelie Kamp



EMELIE KAMP

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