

# THE SUGAR STORY

By Emelie Kamp

# The Sugar Story

Why Too Much Sugar Is Bad For You

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





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) raspberries
- 2 tbsp chia seeds
- 3 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](http://TheSugarStory.com) for videos and more!





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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.

**Raspberries** - Contain anti-inflammatory anthocyanins which promotes heart health.

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

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

**Red Beets** - Contain inorganic nitrate which boost oxygen levels in the blood.

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

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](http://TheSugarStory.com) to learn more and see how you can make a difference!

All the best!  
Emelie Kamp



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