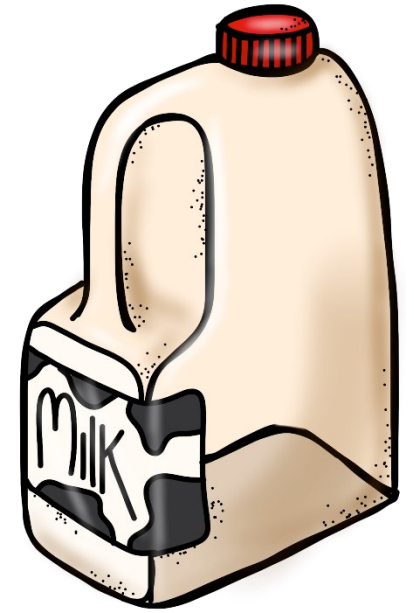
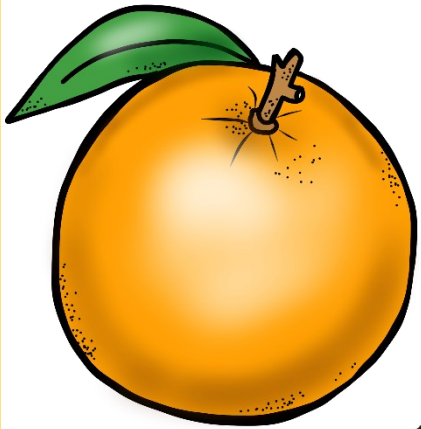


Sugar



We need sugar to stay healthy.



There are different kinds of sugar.



Fruit and even milk has sugar in it.

