

Sugar videos Homework

First, view the following informational video as a review of what we covered last week:

<https://www.youtube.com/watch?v=Q4CZ81EmAsw>

Second, view the following informational video and write a one page summary of what Dr. Hyman is explaining, and include a goal or suggestion you can apply to your diet related to what he is encouraging with a healthy diet:

<https://www.youtube.com/watch?v=abGeRIEyEoE>