

Why Should Parents be Serious about Reducing Sugar Consumption in Children?

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Oral health is a forgotten area of global health. Although this epidemic disease is preventable, it affects the health of the majority of the world's population, unfortunately. Dental caries, periodontal diseases, and oral cancers are the most frequent diseases that have a great impact on human being lives and could appear as aches, disturbances, malformation, and even death. Failure to prevent oral diseases has come at a significant cost to the global community.

FDA statistics show that parents have recently tended to restrict their children's sweet consumption in the diet. The global survey, conducted by You Gov, found that less than half of parents actively limit the consumption of sweets, soft drinks, and fruit juices as a way to protect their children's teeth.

Oral disease accounts for a large share of the burden of preventable diseases, and the results of this study showed that sufficient effective measures are not taken to prevent oral health problems in infancy. Besides, the oral health profession is largely seen as a separate specialty from the medical education system, but the heated debate over sugar over the past few years only reflects fallacies and a lack of information sharing among medical groups with dental and oral health groups. Discussions about sugary drinks and their association with the epidemic of obesity are inconclusive, regardless of the obvious impact of sugary drinks on children's oral health [1].

Mothers should start a new approach to sugar intake during infancy because excessive consumption could cause a high risk to their general conditions in both childhood and adulthood. It is emphasized sugar must not be used as the main meal at all. The natural form of sugars such as natural fruit juices and milk or unsweetened drink or water have to be consumed instead of industrial fruit juices, carbonated soda, and sweetened milk by-products. Fresh vegetables, main meals, nuts, seeds, and proteins are highly recommended instead of junk foods.

In most countries of the international community, excessive consumption of sugars, carbonated and energy drinks among children is increasing, which indicates the incidence of cardiovascular

disease and obesity among this group of society. Research shows that there is a link between the reduction of soft drinks use and the obesity and fatness among children [2].

The American Heart Association (AHA), in collaboration with AAP, authenticated that "sweetened beverages and naturally sweet beverages, such as fruit juices, should be limited to 4 to 6 ounces per day for children 7 to 18 years old" [3]. This part is quoted directly from the source so there is no need to change it as I have put it in the quotation mark.

Some studies indicate the link between the use of sugar and the onset of attention deficit hyperactivity disorder and aggressiveness in children [4].

Lastly, the consumption of added sugars, sugary snacks, soft drinks, and energy drinks should be drastically reduced. Poor nutrition can have lasting negative effects that would continue into adulthood and have a great impact on the individual's lifestyle and health condition.

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