



Guidelines for sugar consumption in children

Children love sweets, but as parents we often wonder how much of it is really okay. In this blog post we get to the bottom of this question and give tips for a balanced diet.

Guidelines:

The World Health Organization (WHO) has published guidelines for sugar consumption in children. These recommendations refer to the sugar added to foods and beverages during production.

The guidelines are as follows:

Children under 2 years: It is recommended to avoid the consumption of added sugars.

Infants should not be fed foods or drinks containing sugar.

Children ages 2 to 18 years: Added sugars should be limited to less than 10% of daily energy intake, but a reduction to 5% or less is recommended as an additional benefit to overall health.

The American Heart Association (AHA) recommends similar guidelines. Children ages 2-18 should consume no more than 25 grams (6 teaspoons) of added sugar per day.

It is important to note that these guidelines refer to added sugars and not natural sources of sugar such as fruit and dairy products. Natural sugars in foods are usually accompanied by fiber, vitamins and minerals and have a different effect on the body than added sugars. It is also advisable to limit the consumption of sugary drinks such as sodas, fruit juices and sweetened milk drinks and offer water as the main drink instead.

However, the individual needs and preferences of each child should be taken into account. The guidelines given serve as a guideline to control sugar consumption in children and promote their health. A balanced diet with a variety of healthy foods is the key to a healthy diet for children.

It is important to offer children healthy, sugar-free options. Healthy, sugar-free options, such as fruits, vegetables, whole grains, lean meats, fish and other protein-rich foods, provide important nutrients such as vitamins, minerals, fiber and protein. By offering your children these healthy options, you will help them develop a balanced diet that contains all the nutrients they need.

Why is reducing sugar consumption in children so important?

Health effects: Excessive consumption of added sugar is linked to a number of health problems, including overweight, obesity, type 2 diabetes, heart disease, tooth decay and inflammation in the body. Reducing sugar consumption can reduce these risks.

Weight control: Sugary foods and drinks often contain a lot of calories but few nutrients. High sugar consumption can lead to consuming more calories than your body needs, which can lead to weight gain and obesity.

Reducing sugar consumption can help control weight and achieve a healthy body weight.

Dental health: Sugar consumption is one of the main factors for tooth decay. When sugar is broken down by bacteria in the mouth, it produces acids that can attack tooth enamel and lead to tooth decay. Limiting sugar consumption can reduce the risk of tooth decay and other dental problems.

Stabilizing blood sugar levels: Foods high in sugar can cause rapid spikes in blood sugar levels followed by a rapid drop, which can lead to energy drops and cravings. By reducing sugar consumption, blood sugar levels can be kept more stable, resulting in a more consistent energy supply and better appetite regulation.

Developing healthy taste preferences: When children are accustomed to the taste of sugary foods from a young age, they often develop a preference for sweet foods and drinks. By offering them healthy, sugar-free alternatives, you can help shape their taste preferences and teach them to appreciate the natural taste of foods. This can help them prefer less sugary options over time.

Promote natural energy supply: Sugar provides quick energy, but it comes down quickly and can lead to energy crashes. Healthy, sugar-free alternatives, especially those with fiber and complex carbohydrates, provide a more sustained energy supply. By offering your children such alternatives, you will help them maintain a more consistent energy supply and reduce cravings.

In general, you should offer your child healthy, sugar-free alternatives. This will promote their long-term health, support a balanced diet and help them develop healthy eating habits. It is important that these alternatives are presented in a tasty and appealing way to encourage their acceptance by children.

How do I recognize processed sugar in food?

Detecting hidden sugar in foods requires some attention and reading nutritional labels and ingredient lists.

Here are some tips to help you identify hidden sugar:

Read the ingredient list: Look for terms like sugar, sucrose, glucose, fructose, high fructose corn syrup, syrup, dextrose, maltose, molasses, honey, or agave syrup. There are many different names for sugar that can be used in food products. Be aware of alternative names for sugar, which often indicate the ending "-ose." The higher a sugar is listed on the ingredient list, the higher its percentage is in the product.

Consider processed foods: Processed foods such as breakfast cereals, yogurt, granola bars, sweetened beverages, sauces and dressings can often contain a significant amount of hidden sugar. Read the labels on these foods carefully and look for added sugar.

Look at the Nutrition Facts: Look at the "Carbohydrates" section of the nutrition facts panel. Note that not all carbohydrates are sugar, but they can contain sugar.

Look for the "of which sugars" value to determine the sugar content.

Be aware of different types of sugar: It's important to note that not all sugars are created equal. Natural sugars, found in fruits or dairy products, are naturally accompanied by fiber or other nutrients that slow the body's ability to digest the sugar. Added sugars, added by food manufacturers, often provide empty calories with no additional nutrients.

Be aware of hidden sugar in seemingly healthy products: Many seemingly healthy foods such as fruit yogurt, granola bars or breakfast cereals can contain large amounts of added sugar. Be careful and check labels to ensure you are making conscious decisions about sugar consumption. By reading and understanding the labels of the foods you buy, you can get a better idea of the sugar content. This will enable you to make conscious decisions and reduce sugar consumption.