

Sugar & Kids

2 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=5V3KBGNWLMY](https://www.youtube.com/watch?v=5V3KBGNWLMY)
<https://www.youtube.com/watch?v=5V3kbgnWLMY>

SUMMARY

Excessive added and processed sugars can negatively impact children's focus and energy levels, leading to hyperactivity and nutrient depletion. However, natural sugars from fruits and dairy are essential for growth, brain development, and overall health, and should be included in a balanced diet.

- *Added sugars can cause energy spikes and crashes, affecting children's behavior and focus.*
- *Natural sugars from fruits and dairy are vital energy sources for growing children.*
- *Glucose is the brain's preferred energy source, crucial for cognitive function and learning.*
- *A balanced intake of healthy carbohydrates supports memory and concentration.*
- *Excessive added sugars can be harmful, but natural sugars provide essential vitamins and minerals.*
- *Parents should discern between harmful added sugars and beneficial natural sugars.*
- *Nutritional balance is key; children need healthy carbs for physical activity and development.*

parents listen up the harmless sugar that you're giving to your kid is doing more damage than you think too much sugar creates energy spikes and crashes making your child hyperactive and unfocused Sugar's only job is to deplete vitamin and minerals from your body so much information about sugar consumption in children sugar is bad sugar should not be given to children please note that nobody here is

saying sugar is bad for children they are saying added sugar and processed sugars are bad in excess for children as a mother of two small children I have been researching on how much sugar and what form of sugar to give my children let's get into it sugar plays an essential role in your child's natural growth and development it is an important energy source sugar particularly natural sugars found in fruits and dairy are a prim source of

energy for growing children the body converts carbs into glucose which fuels the brain and muscles essential for Learning and physical activity according to UNICEF it's also important for brain development glucose is the brain's preferred source of energy a well balanced intake of healthy carbs support cognitive function memory and concentration in children according to CDC sugars are also critical for developing nutritional balance while excessive added sugars can be harmful natural sugars from fruit fruits vegetables and dairy contribute

important vitamins and minerals needed for overall development according to UNICEF so while you're flooded with hundreds of videos by social media content creators and influencers on how sugar is bad for your child use that information discerningly be more careful in what form of sugar your child is consuming and in what quantity always keeping in mind that the nutritional balanced meal is very important your child does need natural sugars and healthy carbs to make sure that he's

active and you know playing and physically agile the whole day long