



How Much Sugar is Too Much for Your Children?

You're probably wondering how much sugar should my child consume? We like to treat our children. And most children love their treats, which quite often than not are consumed daily and not occasional treats. Are we giving them too much? I'm here today to clarify this.

The sugars you want to reduce are those found in processed foods and drinks. They are often refined sugars that have no nutritional value. These include ready-made milkshakes, chocolate, cookies, pastries, doughnuts, sweets/candy and ice cream. They taste good and are often eaten every day and not just as a treat. Over time they lead to weight gain and dental decay, not to mention the bouncing off the walls, hyperactive children who experience a sugar crash as a result. Children are sensitive to these high and lows caused by too much sugar. We want to help them feel good and not to feel irritable when their energy levels crash. But we do like to give our children something sweet and it's better to satisfy their sweet craving with healthier alternatives. Children are sensitive to these sugars and high and lows. We want to help them feel good and not to feel irritable when their energy levels crash. But we do like to give our children something sweet and it's better to satisfy their sweet craving with healthier alternatives.

These healthier alternatives include:

Fresh Fruit You can easily put together a colourful plate of fruit or vegetables cut up into bite size pieces making it easy for them to eat, which gives them a variety of vitamins, minerals and fibre.

Frozen Fruit Grapes, frozen bananas, melon for example are terrific too. Homemade ice cream/ sorbet which you can make from simple ingredients and no refined sugar.

Dried Fruits which contain natural unrefined sugars and taste sweeter than fresh fruit as they are more concentrated and contain less water. Dried dates, figs, prunes, apricots, goji berries, apple, banana.

Vegetables that Taste Sweet Sweet red, orange, yellow peppers. Carrots, beetroot, peppers, cherry tomatoes.

Opt for Higher Quality Chocolate Dark chocolate >75% cacao mass
1 small piece, a square is fine occasionally, this contains less sugar than processed chocolate bars.

If you really want a healthy sugar alternative, then occasional consumption of the following sugars is fine.

- ✓ Stevia
- ✓ Sugar cane
- ✓ Molasses
- ✓ Jaggery
- ✓ Carob fruit syrup
- ✓ Coconut sugar

