

## Limiting Sugary Foods is Essential in Preschool

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Mothers nourish their babies with sugar too early. Because of the sweet and pleasant taste of sugary substances, when it is consumed for the first time, the child enjoys the taste so much that it causes him to demand more for this substance. Nowadays, this issue has become a problem in the world because high sugar consumption has caused a kind of addiction.

Sugar addiction in children with unhealthy diets increases the risk of various chronic diseases such as obesity, heart disease, tooth decay, and diabetes type 2. Sugar can provide energy to the baby's body but large amounts of it are quite harmful. Instead of using it as an important part of the diet, it is better to consume it as an additive in children's diet. Unfortunately, sugar is found in a variety of processed and junk foods.

American Heart Association (AHA) has reported that children above two years of age should not consume more than 25 grams or 6 teaspoons of sugar daily. On the other hand, mothers should not add any sugar to their children less than 2 years old [1].

School is a nutritionally significant period because the child is still developing. Consequently, this issue should be considered by parents from kindergarten and preschool age. The desire to eat sweet foods is well evident in children. Unfortunately, it starts at an early age and reaches its peak during primary school. Sweet foods are generally an excellent source of energy that has a pleasant taste. Eating sugary foods causes stimulation of the brain's reward system. Eating sugary foods causes stimulation of the brain's reward system that makes the child eager to repeat the consumption of these foods.

The use of sticky sugars and high-frequency sugar intake between main meals are two important factors in causing dental caries. Parents should avoid children eating sugars gradually throughout the day. This diet should be especially exacerbated during preschool to primary school.

Early childhood dental caries is one of the chronic oral diseases in preschool children. In most research, the consumption of cariogenic foods such as candy, chewing gum, chocolate and sweets is introduced as causing factors in the development of dental caries [2].

Another study points out that children who consume sweets as a snack between their main meals are more susceptible to dental caries than those who eat the same amount of sweets as their main meals [3].

Karimi has pointed out the outbreak of dental caries in children, the effect of sugar on children's obesity, and their oral health in his articles which in itself can indicate how important the control of sugar consumption in preschool and elementary school [4-11].

Complications such as stunted growth and increased risk of chronic diseases, such as diabetes and heart disease, and even their behavior are all negative side effects of consuming too much sugar, which is beyond the scope of this article.

Parents should be warned that consuming too much sugar can inhibit growth in children. Therefore, dietary modification and restriction of sugars are essential to reduce the risk of obesity and tooth decay in kindergarten and preschool children.

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