

ASSESSMENT OF SUGAR INTAKE IN TODDLERS AND PRE- SCHOOLERS

Punita¹ and Pratibha Singh²

¹Student, Department of Nutrition & Dietetics of Applied Science,
Manav Rachna International Institute of Research and Studies,
Faridabad, Haryana -121004

²Assistant Professor, Department of Nutrition & Dietetics of Applied Science,
Manav Rachna International Institute of Research and Studies,
Faridabad, Haryana -121004
E-mail: punitagrak98@gmail.com

Abstract

Background Information : *Toddlers and pre- school age is an intense period of physical growth and mental development of a child. Researches announce that health problems as a result of distressed nutritional status in pre- school age children are the utmost familiar elements of lesser school admissions, deficient performances in classroom, high absence .Toddlers have an intrinsic preferences for sweet and salty flavors and avoid bitter and sour tastes. Due to lack of knowledge mother's keep on feeding their child with the excessive sugary drinks and other food items which in researches shows that children are consuming the daily required energy from sugary foods instead of having them from healthy food options which provides with the macro and micro nutrients which are required for a child's growth.*

- *WHO recommends a reduced intake of free sugars throughout the life course. In children, WHO recommends reducing the intake of free sugars to less than 10% of total energy intake.*

Eating too much sugar has been linked with obesity, dental caries, asthma and risk factors for heart disease, such as high cholesterol and high blood pressure. Eating foods with added sugar also can influence a child's food preferences, potentially leading to less healthy food choices later in life.

Objective: *To purpose of this study was to study the dietary profile of sample population and to assess the knowledge and awareness of sample population's mothers regarding consumption of sugar.*

Methodology: *A cross- sectional study was performed among 100 mother's according to their education level by a self administered questionnaire and interview method using purposive sample technique.*

Conclusion: *Knowledge of sugary food items, consequences of its over consumption and awareness of food labels was not there in mother's with lower level of education. Hence, awareness needs to be created among mother's regarding sugary foods and its health outcomes.*