SUGAR: IS IT TO BE BLAMED?

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Candies, popcorns, bubble gums, all that pink sparkle always loosen someone’s end when one is still a kid! Meaning, one is attracted with the colorful and beautiful scents of sugar. They come in varieties of colors and packed in cute little ways. I still remember when I was still a child, I licked candies when I am given by my parents, I used to pull out some ice creams on the “mamang sorbetero” when I have the chance to. Sugar and sweets are all that children crave.

For most of the parents, taking in as much as sugar could affect one’s health. As per discussed by the unlockfood.ca most of the intakes of these sugars are being worried by some parents since sugar as per discussed by the website is a type of carbohydrates which add sweetness to the foods. It could mostly be seen on snacks, soda, pop, or even naturally manifested on fruits. Therefore, sugar is commonly found among foods for everyone. Since carbohydrates is one of the commonly consumed edible things for human.

With this, I have observed that most of the parents which I had met, comment things like: “Ah, kakasugar mo yan, kaya magulo ka!”, “Dami mo kasing kinain na matamis eh, kaya ka ganyan!” or say to the teacher statements such as: “Ay naku, teacher, kasi nung umaga nagmatamis (nag-sugar) agad yan, yan lang po ang laman ng tyan nya!”.

So I often wonder and think of these statements which I myself is guilty of these consumptions. It could be seen everywhere. As you walk through the aisle of the school, when you are thirsty and you are lonely, sometimes when you are depressed, a box of chocolate or a cup of coffee for the tired eyes could console you. So, how could this beauty
really is given the verdict that they are the culprit for the unconventional behavior of the children? Is it really concrete, that we need to blame sugar for its components and effect? Could we blame the production of these varieties of colors that melts on your tongue?

The website of unlockfood.ca revealed that there is nothing wrong with the consumption of children with sugar even if it is seen on natural or man-made processed foods. The consumption does not affect the behavior of the children especially those that are tagged with ADHD. The same concept was concluded by Wolraich et. al (1995) in their study entitled “Effect of Sugar on Behaviour and Performance”. They reiterated the conclusion that “the sugar could not be the sole identifier of the misbehavior and the cognition of the children”.

However, as for the website of the health.clevelandclinic.org it was revealed that as tempting as sugar is for the children, the parents have the responsibility to control the diet of their children. This means that the children especially those who are in the school must be given priority in terms of the choices of their foods. They must be assisted by those who are adult than them. The pediatricians such as Dr. Gaydos et. al had been interviewed in the scenario and revealed that children younger than two years old must never take in sugar. As revealed by Dr. Pomaranets on the website, that it could lead to certain negative effects and diseases on the body. The recommendation for sugar intakes must be updated from the eyes of the parents. 6 teaspoons of sugar per day for 2 to 18 years old.

With the argument presented, I often wondered now, as I walk through the aisle of the classroom, and having these foods on the table, be it man-made or natural sugars found in natural foods, “everything must be consumed in moderation” I think that would be better than any rules and verdict on behavior and cognition of children. The parents, the adult, the guardian, we do have the responsibility to take good care of these children whom will be making their own world in the next generation.
References:

