

# [We risk of developing type 2 diabetes than](https://assignbuster.com/we-risk-of-developing-type-2-diabetes-than/)

[Nutrition](https://assignbuster.com/essay-subjects/nutrition/), [Healthy Food](https://assignbuster.com/essay-subjects/nutrition/healthy-food/)

We consume ahuge amount of sugar through the different types of food that we eat daily. Unfortunately, most of this sugar is actually refined sugar which has beenthrough a process that removes all the beneficial nutrients. Moreover, Refinedsugar is found anywhere from bread, ketchup and especially sugary drinks. Thehuge amount of refined sugar found in sugary drinks makes them veryharmful for our health, especially for children who are developing and growing.

In addition, buying sugary drinks is a very easy method since theyare cheap and sold everywhere, making it easy for childrento purchase them and drink them on a daily basis. Therefore, Sugarydrinks should not be sold for children because it has a negativeeffect on the children’s health and can cause addiction. Excessiveconsumption of sugary drinks is dangerous for the children’s health and causesmany serious diseases. Some of the most common diseases are obesity anddiabetes. As a matter of fact, drinking sugary drinks regularly increases therisk of obesity and developing diabetes. Research  by  Maliket al.

(2010) have found “ People who consume sugary drinks regularly—1 to 2cans a day or more—have a 26% greater risk of developing type 2 diabetes thanpeople who rarely have such drinks”. Moreover, dental caries in children aremainly developed by the sugar found in food and sugary drinks. According to Tahmassebiet al.

(2006), “ With the frequent consumption of acidic, sugar-rich softdrinks, children are at a higher risk of acid demineralization and ultimatelyleading to erosion and caries development”.  Furthermore, sugary drinks are also quiteharmful to the children’s joints and bones due to the huge amount of phosphatefound in the drinks. Addiction is one of the most seriouseffects of frequently drinking sugary drinks because it has high levels ofcaffeine and sugar.

When children consume sugary drinks daily, they startdeveloping an addiction that would lead them to having a headache and nausea ifthey didn’t drink a certain amount a day. In addition, high intake of sugarydrinks on a daily basis could lead to developing a sugar addiction, which suppressesthe children’s appetite and provokes bad behavior. According to Dr.

DesMaisons (2004),” Children with a sugar addiction may exhibit problem behaviors such asirritability, mood swings, low self-esteem, tantrums and excessive talking”. Moreover, when a child becomes addicted to sugary drinks, it means that he hasa weak personality and could easily develop more serious addictions towardsdrugs and other harmful substances. Therefore, it is important to control thechildren’s intake of these beverages to prevent addiction.

On the other hand, people say thatsugar is actually beneficial and that it is a source of energy and a moodbooster. This point of view makes sense because sugar does provide us with immediateenergy that could be somewhat beneficial. However, the type of sugar that isbeneficial is the natural sugar found in organic food not the processed one thatis found in sugary drinks. In addition, the energy obtained from processedsugar is temporary and doesn’t last for long. In fact, after this temporaryenergy fades the body becomes more tired than before because of the unexpectedenergy boost. Moreover, the happiness and joy obtained from sugar are alsolimited and fade quickly. Therefore, most of the benefits of sugar are actuallyharmful, especially for children since their bodies are more sensitive thanadults.

In conclusion, selling sugary drinksto children can lead them into developing some serious diseases and anobsession. Children who consume sugary drinks regularly are more likely tosuffer from serious diseases such as obesity and diabetes as well as dentalcaries and weak joints. Addiction is also one of the negative effects of sugarthat causes children to behave badly and to stop eating healthy food.

Additionally, some people argue that sugar is beneficial and provides the bodywith energy. However, this energy is quick to fade and does more damage thangood to the human body especially for children. Therefore, children should notbe allowed to buy sugary drinks.