

We risk of developing type 2 diabetes than

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We consume a huge amount of sugar through the different types of food that we eat daily. Unfortunately, most of this sugar is actually refined sugar which has been through a process that removes all the beneficial nutrients.

Moreover, Refined sugar is found anywhere from bread, ketchup and especially sugary drinks. The huge amount of refined sugar found in sugary drinks makes them very harmful for our health, especially for children who are developing and growing.

In addition, buying sugary drinks is a very easy method since they are cheap and sold everywhere, making it easy for children to purchase them and drink them on a daily basis. Therefore, Sugary drinks should not be sold for children because it has a negative effect on the children's health and can cause addiction. Excessive consumption of sugary drinks is dangerous for the children's health and causes many serious diseases. Some of the most common diseases are obesity and diabetes. As a matter of fact, drinking sugary drinks regularly increases the risk of obesity and developing diabetes.

Research by Malik et al.

(2010) have found " People who consume sugary drinks regularly—1 to 2 cans a day or more—have a 26% greater risk of developing type 2 diabetes than people who rarely have such drinks". Moreover, dental caries in children are mainly developed by the sugar found in food and sugary drinks.

According to Tahmassebi et al.

(2006), " With the frequent consumption of acidic, sugar-rich soft drinks, children are at a higher risk of acid demineralization and ultimately leading to erosion and caries development". Furthermore, sugary drinks are also

quite harmful to the children's joints and bones due to the huge amount of phosphate found in the drinks. Addiction is one of the most serious effects of frequently drinking sugary drinks because it has high levels of caffeine and sugar.

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

DesMaisons (2004), "Children with a sugar addiction may exhibit problem behaviors such as irritability, mood swings, low self-esteem, tantrums and excessive talking". Moreover, when a child becomes addicted to sugary drinks, it means that he has a weak personality and could easily develop more serious addictions towards drugs and other harmful substances. Therefore, it is important to control the children's intake of these beverages to prevent addiction.

On the other hand, people say that sugar is actually beneficial and that it is a source of energy and a mood booster. This point of view makes sense because sugar does provide us with immediate energy that could be somewhat beneficial. However, the type of sugar that is beneficial is the natural sugar found in organic food not the processed one that is found in sugary drinks. In addition, the energy obtained from processed sugar is temporary and doesn't last for long. In fact, after this temporary energy fades

the body becomes more tired than before because of the unexpected energy boost. Moreover, the happiness and joy obtained from sugar are also limited and fade quickly. Therefore, most of the benefits of sugar are actually harmful, especially for children since their bodies are more sensitive than adults.

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

Additionally, some people argue that sugar is beneficial and provides the body with energy. However, this energy is quick to fade and does more damage than good to the human body especially for children. Therefore, children should not be allowed to buy sugary drinks.