

FOOD EDUCATION PROJECT

LESSON 05: WHY TO AVOID SWEETENED OR SPARKLING DRINKS

Sparkling drinks are bad for everyone, especially for Kids. There are many reasons why those type of drinks should be eliminated from kids' diet, but here you can find out the first 7. So, if your children regularly consume sparkling drinks, the following are the main dangers they will run into:

1. Sweetened drinks fatten without nourishing

Liquid calories – I mean, sparkling drink calories – do not hold any nourishing properties and usually lead to increase weight and obesity. Remember that a sparkling drink is anything but a can containing calories (39 grams of sugar, which is to say 10 sugar cubes) and toxic substances which are totally unhealthy.

2. They increase fat around vital organs

A regular consumption of sparkling drinks can be the cause of hepatic and skeletal fat accumulation, which are responsible of many diseases.

3. They contain chemical and carcinogenic substances

Sparkling drinks are full of colorants which are made up of agents that cause cancer in animals.

4. They increase the risk of type 2 diabetes

The risk of contracting type 2 diabetes rises up to 26% if you consume 2 sparkling drinks a day, while it decreases to 15% with a consumption of one sparkling drink a day.



WhatsApp: +44 7874 389203

ecrosskids.com

info@ecross-sport.com

VAT n°: 280270421
Beaumont House 1B Lambton Road - London - England - SW20 0LW

5. They cause addiction

Sugar in sparkling drinks activates the release of dopamine, the neurotransmitter which drives you to experience pleasure and creates addiction similarly to drugs.

6. They damage teeth

Phosphoric acid contained in sparkling drinks can damage teeth provoking caries, gum issues and even tooth decay.

7. They disturb sleep

Great part of sparkling drinks contains caffeine, an alkaloid with stimulating effects on heart and nervous system which can also provoke insomnia and hyperactivity.

But, pay attention! Light sparkling drinks, that is to say those containing sweeteners instead of sugars, have zero calories but if taken in big quantities they can have an effect of metabolism provoking damages and serious diseases.

Therefore, we recommend that parents have to be themselves an example for their children avoiding the consumption of sweetened drinks, which are bad also for adults, and preferring healthier options as fresh-squeezed juices or delicious fresh fruit smoothies.

Task for parents:

Try to reduce the consumption of sweetened drinks to once a week in order to create a new healthy habit for your children and for you.

For any information you can refer to your trainer

ECross Kids Italy National Staff



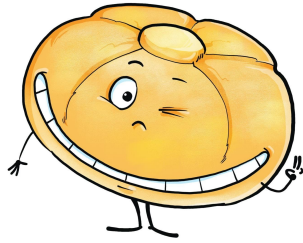
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Functional Training
Technologies Corporation Ltd



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