



NUTRITION TIPS

Refined Sugar: The Sweet Poison.

Refined sugar is one of the worst things we can give to our body, especially our immune system. Refining sugar means all its vitamins, minerals, protein, fibre, water and other synergists have been stripped away. Other sugars such as fructose in fruit and honey, lactose in milk, and maltose in grains are natural substances with nutritional value. Raw sugar is a coarse, broom, sticky variety made by simply boiling down whole cane



juice and it is a whole some food.

Refined Sugar: Effects on Immune System.

Sugar is known to suppress the immune system, damage the digestive system and produce side effects that are harsh enough to cause chaos all over the body. It reduces the production of



antibodies, proteins that inactivate foreign invaders in the body. It interferes with the transport of vitamin C. It causes mineral imbalances and allergic reactions, both of which

weaken the immune system.

Heavy sugar consumption therefore causes a constant siphoning of nutrients from the body

Refined Sugar: No sweet Rewards.

It is important to encourage children to eat proper breakfast everyday. Children must learn to eat good food without parents having to use sweets to entice them. Give your child's brain the best start by beginning each day with a healthy and balanced breakfast of complex carbohydrates proteins and fruits.

Eating breakfast enhances learning and behaviour in school children. It also stimulates their brain's neurotransmitters to a feeling of lasting well-being.

Refined Sugar: Dangers to children's Health

Excess sugar usually results in a number of consequences. Sugar upsets relationships in the body. Too much sugar can cause a rapid rise of

adrenaline, hyperactivity, anxiety and difficulty in concentration for children. Sugar can reduce the learning capacity of children thereby causing learning disorders. Sugar is an addictive substance which can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHO)



► *For more information on child nutrition*

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