

## How Parents Can Control Obesity in Indian Kids?

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With the fast commercialization and globalization of the Indian food industry, eating habits of a large urban population are shifting from traditional to junk and fast food. On top of this, massive advertisement by the global fast food giants are making today's kids more and more attached to high calorie burgers, pizzas, soft drinks and more.

Due to this unhealthy shift in eating habits, today's kids are in great danger like – poor brain development, imbalanced hormones, over-weight and obesity. Hence to control obesity in kids, parents should take the following steps;

### Breakfast

Sometimes children refuse to finish their morning breakfast and parents have to ignore it due to the time crunch. Don't do that! According to research done by the University of Sydney, a strong connection has been found between children skipping breakfast and being overweight.

Therefore, change the timetable of your kid so that they wake up early in the morning and get enough time to complete their breakfast before going to their school.

### Don't mix television or mobile with the meal

Today in a lot of urban homes, kids take their dinner while watching television or mobile phone. As parents, do not let that happen. Remember watching TV while eating can interrupt the signals body uses to recognize when it's hungry and full. Hence kids in front of TV tend to overeat and gain weight.

### Water intake

Due to the extreme popularity of soft drinks and sugar loaded tetra packed fruit juices or simply due to lack of physical activity, many kids today drink lesser water than they should ideally take.

Remember water is important for proper metabolism and organ functioning in our body. Hence encourage your child to take ample water every day, so his/her body stays healthy and keeps weight gain process remains under check. Ideal daily water intake for kids

- 6 glasses (1 - 1.2 liter) for 5 to 8-year-olds
- 7 glasses (1.5 - 1.8 liters) for 9 to 12-year-olds
- 8 to 10 glasses (2 liters) for 13+ years

Kids should drink additional water when they exercise or play on a hot day.

### Sleep

Lack of adequate sleep also triggers obesity and mood issues, especially among children. An average child should sleep at least for 8 to 9 hours every day.

Hence, remove all screens (including mobile phones) from their bedroom at night. Limit the time your child spends on watching TV, surfing mobile and playing video. There's no hard and fast advice on how much is too much, but experts advise that children should watch no more than 2 hours of television each day.

### Carbohydrates

An all-time misconception is to lower Carbohydrate intake for weight loss but the sentence is not completely true. In fact carbohydrates are classed as a macronutrient – that is, a major food type that is essential for survival. They help provide the energy the brain and body need, and they also help to regulate blood sugar.

In reality, there are two types of carbohydrates, simple and complex and it's the simple carb that majorly causes weight gain. Simple carbohydrates are a quick source of energy, they are digested very quickly and are essentially just sugars. Food items that contain simple carbohydrates are fast food, bakeries, soft drinks, artificial juices, potato chips, French fries etc.

Complex carbohydrates these contain high levels of dietary starch and are also usually rich in fiber. They are digested slowly by the body, releasing energy over a long period of time. As complex carbohydrates are usually found in plant sources, they are therefore also high in vitamins and minerals.

As complex carbohydrates are digested slowly, they help the child to feel fuller for longer. This reduces the urge to snack between mealtimes - a leading cause of weight gain. Additionally, as the energy is released slowly, this helps the blood sugar level to remain stable.

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