

## THE AFFECT OF HIGH AMOUNT OF SUGAR AND INGREDIENTS ON CHILDREN' S HEALTH

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The importance of the topic. Sugar is the alcohol of the child. Children are getting disease of alcohol without alcohol. Addictive substances are addictive , you can have the knowledge that this addictive substance is ruining your health your life your family's life and everyone around you because it is addictive that is the definition biochemistry is stronger than any behavioral efforts that you can put up against it. That is the definition of addiction . Moreover, sugar is very much like alcohol, dangerous because of the molecule because of the inherent toxicity of the molecule because of things that alcohol does and how alcohol is metabolized in the body . If you show all of the diseases of alcohol type 2 diabetes, fatty liver disease and brain problems. We are now seeing in children and they do not drink alcohol. But boy do they consume sugar.

Material: Growing generations, of course, the best example of victim getting higher amounts of sugar from anywhere. So, we have observed in some places performing application from different ages of children. Especially, at school age youths, Random questionnaire has been done.

Results. Look at the consumption the tendency among 7- 18 school ages pupils at 1 st school Samarkand city (average 100 people ). Most of them around 28% desire Sugary products, 18% Fruit and vegetables although it is not the big figure compared to others, and 16% chose Beverages including soft drinks coca cola Pepsi. The figure for meat, fish and eggs took at 11 %, and for starchy foods and breakfast cereals consists of 12 %. A small number of percentages spoke of dairy products, fat and sauces, and daily snacks with 8%, 5% and 2% respectively. Another research has indicated where do children aged 4-18 get the most sugar application from Samarkand. The majority of children get sugar from soft drinks (26%), sugar and chocolate confectionery (12%) and fruit juice(10%).

Conclusion. If we give our children what will happen after 20 -25 years? They will get the most diseases like American people heart disease, cancer, gene expression, diabetes, brain problems obesity and high levels of excitotoxins have been linked to brain tumors, diseases such as Alzheimer's disease and Parkinson's disease, brain

damage, learning disorders, and behavioral problems. That is why, we should feed our children with organic food, lifestyle, and supply chain management of milk.

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