

For Immediate Release
325 words
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SIDEBAR

How to Tell If Your Child Is a 'Little Addict'

You may intuitively feel that your child is addicted to sugar. But how can you know for sure? While there is no blood test for sugar addiction yet, there are several symptoms you can look for in the areas of your child's behavior, health, and emotions.

Behavior

1. Does your child ask for sweet foods all the time?
2. Does your child have unexpected meltdowns that turn into tantrums or tears?
3. Is your child impulsive?
4. Does your child have a very short fuse?
5. Is your child wildly dramatic and goofy?
6. Is your child restless and in motion all the time?
7. Is your child known as a motor mouth?
8. Does your child have a hard time paying attention?
9. Does your child lock into a task for a long time and forget to do anything else?
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Health

1. Does your child have lots of allergies?
2. Does your child still wet the bed?
3. Does your child have persistent ear infections?
4. Is your child overweight?
5. Does your child come home from school exhausted?
6. Has your child been diagnosed with diabetes?
7. Has your child been diagnosed with ADD or ODD?

Emotions

1. Does your child cry at the drop of a hat?
2. Does your child quickly go from being absolutely charming to pouting and moody?

3. Does your child have low self-esteem even though he or she is smart, skilled, and capable?
4. Does your child feel alone, isolated, not a part of the in-crowd at school or on the playground?

If you checked three or more boxes, your child is probably addicted to sugar. If you checked many of the boxes, do not be alarmed. The more boxes you checked, the more dramatic the results you are going to get by changing what and when your child eats.

-- Excerpted from "Little Sugar Addicts"

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