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Is your child addicted to food?

Staff Reporter



Children who are fed on high levels of fatty and sweet foods are found to have behavioural problems, say experts.— File photo.

: Those who take sweet and fatty foods on a daily basis could be addicted to food, say psychiatrists.

Children who thrive on food that has high sugar content like cream biscuits or pastries are commonly found to display anger, frustration and unhappiness if they are denied these items, said Dr. Badr Ratnakaran, lecturer, psychiatry, Alappuzha Medical College, in his presentation on 'Understanding Food Addiction' at the three-day psychiatric meet that concluded here on Sunday.

Children who are fed on high levels of fatty and sweet foods are found to have behavioural problems, he argued. About 25 per cent of obese children and 10 per cent of thin children are found to be addicted to food, he said.

When in stress, these children seemingly get a high by consuming sweetened drinks because of the immediate realisation of sugar in the body. Such addictions become a major health problem, said Dr. Ratnakaran.

In a paper presented on home-based care for late-state dementia patients, Dr. Ram Kumar, field psychiatrist, district mental health programme, Kollam, said that there should be a system to take care of such patients.

Caregivers and family should also be made aware of the behavioural changes in patients because of dementia, he added.

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