



Có nên cho trẻ sơ sinh ăn kẹo không?

Bánh kẹo làm một trong những món ăn vặt được rất nhiều trẻ em yêu thích bởi hương vị cũng như màu sắc của nó. Thế nhưng, khi các bé đòi ăn kẹo, nhưng bố mẹ lại sợ ăn kẹo không tốt cho trẻ. Vậy có nên cho trẻ sơ sinh ăn kẹo không và thời điểm nào là thích hợp nhất để giới thiệu cho bé đồ ăn này.

1. Có nên cho trẻ sơ sinh ăn kẹo không?

Với độ tuổi sơ sinh, mẹ không nên cho trẻ ăn kẹo bởi vì, kẹo chứa calo rỗng mà trẻ cần chế độ ăn uống lành mạnh để thúc đẩy tất cả sự phát triển cả về thể chất lẫn tinh thần đang được diễn ra trong cơ thể của chúng.

Đối với kẹo cứng hoặc kẹo dai như kẹo hồ tiêu, kẹo bơ, hoặc kẹo đậu trước 4 tuổi bởi chúng có nguy cơ gây nghẹt thở cho trẻ khi sử dụng. Đối với một số loại kẹo mềm như sô cô la cũng có thể góp phần vào thói quen ăn uống kém khi trẻ lớn lên. Khi bạn thiết lập thói quen và khẩu vị ăn uống của trẻ từ sớm, thì những gì bạn cung cấp cho trẻ bây giờ sẽ ảnh hưởng đến con suốt đời. Cho nên, cha mẹ hãy giúp trẻ có một khởi đầu lành mạnh trong khẩu phần ăn nhằm tạo tiền đề cho việc ăn uống bổ dưỡng suốt đời của trẻ.

2. Lý do không nên cho trẻ ăn kẹo mỗi ngày

Trẻ ăn nhiều kẹo sẽ làm giảm cảm giác ngon miệng khi ăn bữa chính và không cung cấp đủ dinh dưỡng cho trẻ phát triển.

Kẹo không tốt cho dạ dày, khi tiêu hóa đường sẽ tạo ra khí gas trong bụng, dẫn tới đầy hơi, đau bụng. Lượng đường nhiều làm tăng nguy cơ mắc bệnh tiểu đường.

Lượng đường trong máu tăng quá cao có thể gây ảnh hưởng tới tâm trạng và giấc ngủ của trẻ, khiến trẻ hưng phấn vì dư thừa năng lượng và không thể ngủ ngon, làm giảm sự tăng trưởng và phát triển trí tuệ.

Đồ ngọt có thể ảnh hưởng đến chức năng của bạch cầu, dẫn đến giảm sức đề kháng, dễ bị viêm, dị ứng và gặp các vấn đề về da.

Đồ ngọt có thể gây ra bệnh béo phì và tiểu đường, sâu răng hoặc hỏng men răng.

Nếu phải chọn kẹo, đừng chọn các loại kẹo chứa đường hóa học, phẩm màu. Nên cho trẻ ăn các loại kẹo được làm từ sữa, hoặc kẹo socola. Tuy nhiên trên thị trường xuất hiện tràn lan thương hiệu bánh kẹo không rõ nguồn gốc, xuất xứ. Vì vậy, để đảm bảo an toàn bạn có thể mua kẹo tại website AVAKids: [https://www.avakids.com/keo?](https://www.avakids.com/keo?utm_source=giaidoan1&utm_medium=social&utm_campaign=nhseoontop&utm_content=hetin)

[utm_source=giaidoan1&utm_medium=social&utm_campaign=nhseoontop&utm_content=hetin](https://www.avakids.com/keo?utm_source=giaidoan1&utm_medium=social&utm_campaign=nhseoontop&utm_content=hetin) hoặc liên hệ hotline 1900866874 để được hỗ trợ hướng dẫn và tư vấn miễn phí nhé. Cảm ơn bạn đã theo dõi và hẹn gặp lại các bạn ở những bài viết sau!

Link social Justpaste: https://docs.google.com/spreadsheets/d/e/2PACX-1vTNpcWqvNwpy-23KOemETUsJSjNYPG1beHNoYsKlKQtg61ubGXdhKxRVSZMLZv-Z-V5UG0jWwV_sUI/pubhtml?gid=0&single=true



Thông tin liên hệ

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- Tumblr: <https://avakids.tumblr.com/>
- Folder: https://drive.google.com/drive/u/0/folders/1DZFpXaeOPmKIPLrcbS_5EXdm_l14JC0r
- Số điện thoại: 1900866874
- Địa chỉ: Lô T2-1.2, Đường D1, Khu Công Nghệ Cao, Phường Tân Phú, Tp Thủ Đức, Thành phố Hồ Chí Minh 70000
- Chỉ đường: <https://g.page/tgddmwg?share>
- Email: quantran.avakids.com@gmail.com

Hệ Thống Google AVAKids

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Blog 2.0 AVAKids

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- Behance: <https://www.behance.net/avakidscom>
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- Ask: <https://ask.fm/avakids26763>
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- Bbpress: <https://bbpress.org/forums/profile/avakids17/>
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