

## IAP - IJPP CME 2021

**JUNCS**

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**Abstract:** Globally there is a rising trend in consumption of undesirable foods among children in the last few decades. There are multiple reasons for this, including changing demographic patterns, increasing urbanization, affordability and easy availability of these foods. The acronym “JUNCS” has been coined to include a variety of unhealthy foods. Considering the various ill effects, there is an urgent need to curb the consumption of “JUNCS”, especially among children.

**Keywords:** JUNCS, Caffeinated drinks, Fruit drinks, Negative effects.

**Points to Remember**

- “JUNCS” should be avoided to the extent possible in all children and adolescents.
- Packaged fruit juices /fruit drinks/sugar sweetened beverages are not to be given to children less than 2 years age, and to be avoided as far as possible in older children.
- No caffeinated drinks are to be given to children and adolescents.
- There must be strict regulations to control advertisements promoting consumption of “JUNCS” in TV, print and social media.

**References**

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