

Why A Sweet Tooth May Have Been An Evolutionary Advantage For Kids

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NPR:

It's no surprise researchers have shown again and again that kids are more likely than adults to spring for something like a bowl of Fruit Loops.

But young kids' preference for extremely sugary foods might be even more biologically ingrained than we thought. Scientists now think that kids' growing bodies may prompt them to crave more sugar — and a child's sweet tooth might be heightened during growth spurts.

In a small study, researchers from the Monell Chemical Senses Center in Philadelphia determined what tastes kids prefer by having them rate various soups, sugar waters, jellies and crackers with different levels of salt and sugar.

The study included 108 kids, ages 5 to 10, as well as their moms. The children who preferred sweet solutions over salty ones tended to be tall for their age. And there was a slight correlation between sweet preference and a biomarker of growth found in the kids' urine.

Read the whole story: [NPR](#)