



## Letter to the Editor

### A reply to 'Relationships Between Children's Sugar Consumption at Home and Their Food Choices and Consumption at School Lunch'

Dear Madam,

We thank Dr Julia Jahansooz for responding to our paper 'Relationships Between Children's Sugar Consumption at Home and Their Food Choices and Consumption at School Lunch' published in Public Health Nutrition in January 2020<sup>(1)</sup>. Dr Jahansooz commented on our findings that highlighted the important relationship between eating practices at home and at school and the long-term impact of children's eating preferences.

We also support her comments about the significant role played by parents in guiding children's food choices. Our paper is part of a larger research study that also interviewed the parents of children who had high and low sugar intakes based on the WHO recommendation that free sugars should be <10% of an individual's daily total energy intake<sup>(2)</sup>. Our qualitative study found that 6–7-year-old children who had high sugar intakes were the primary decision-makers, determining their food choices, influencing the family shopping purchases and meal patterns<sup>(3)</sup>. We look forward to presenting this research in a forthcoming publication.

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