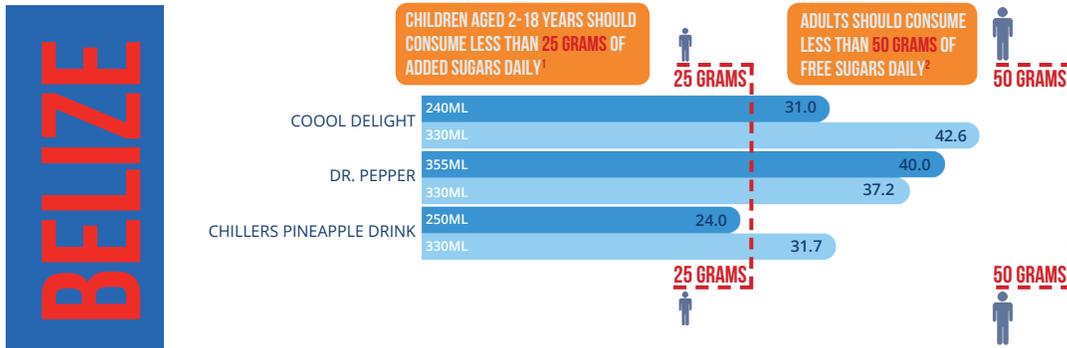


# THE FOLLOWING SHOWS THE SUGAR CONTENT IN GRAMS PER SERVING & PER 330ML SERVING FOR SUGAR SWEETENED DRINKS SOLD IN BELIZE



Source of data: HCC members in participating countries submitted photos of product packaging between Jan 2016 and August 2016. In some cases, this has not been independently verified by the HCC.

Serving Size: Actual and average serving sizes are presented for products. An average was used to facilitate product comparisons as serving sizes vary considerably between products. The average serving size used is 330mL based on work done by [Action on Sugar UK](#).

<sup>1</sup>Recommended Daily Maximum Intake Children: For children 2-18 years, the American Heart Association (AHA) recommends a maximum daily intake of added sugars of 25g.

<sup>2</sup>Recommended Daily Maximum Intake Adults: For adults, the WHO recommends reducing the daily intake of free sugars to less than 10% of total energy intake (strong recommendation) or 50g. [The WHO recommends a further reduction of the daily intake of free sugars from 10% of total energy intake (50g) to below 5% of total energy intake or less than 25g to provide additional benefits.]

Free sugars and added sugars: Both added sugars and free sugars are dietary sugars that provide rapidly-absorbed, concentrated doses of fructose. Added sugars are sugars added to food during processing. The term "free sugars" is inclusive of added sugars, but also includes sugars found naturally in foods like fruit juice and honey. Since free sugars are metabolically equivalent to added sugars, the AHA guidelines apply to both added sugars and free sugars combined.