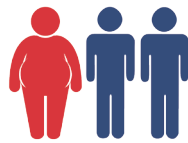


SUGAR

IN THE CARIBBEAN

CARIBBEAN CHILDREN ARE CONSUMING TOO MUCH SUGAR



1 IN 3

CARIBBEAN CHILDREN IS ESTIMATED TO BE OVERWEIGHT OR OBESE

CHILDREN WHO ARE OVERWEIGHT OR OBESE MAY HAVE SERIOUS MEDICAL PROBLEMS IN CHILDHOOD INCLUDING TYPE 2 DIABETES AND HIGH BLOOD PRESSURE



OBESE CHILDREN ARE MORE LIKELY TO BECOME OBESE ADULTS

ADULT OBESITY IS ASSOCIATED WITH INCREASED RISK OF NCDs INCLUDING HEART DISEASE, DIABETES, METABOLIC SYNDROME, AND CANCER



SUGARY DRINKS (CARBONATED BEVERAGES AND JUICES) ARE THE PRIMARY SOURCE OF SUGAR IN DIETS



ON AVERAGE ONE SERVING OF THESE SUGARY DRINKS EXCEEDS THE DAILY MAXIMUM HEALTHY SUGAR INTAKE FOR CHILDREN

CHILDREN AGED 2 - 18 YEARS SHOULD CONSUME LESS THAN 25 GRAMS OF ADDED SUGARS DAILY¹



ADULTS SHOULD CONSUME LESS THAN 50 GRAMS OF FREE SUGARS DAILY²



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

²Recommended 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.]