

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

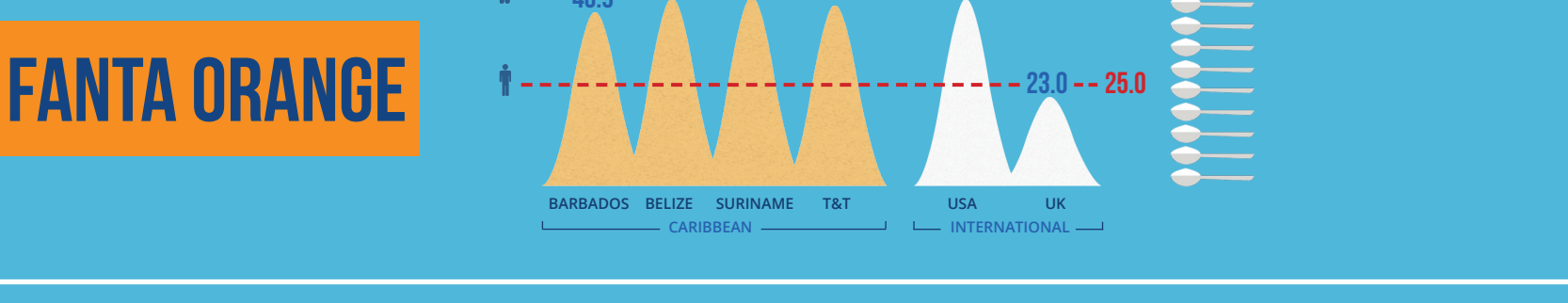
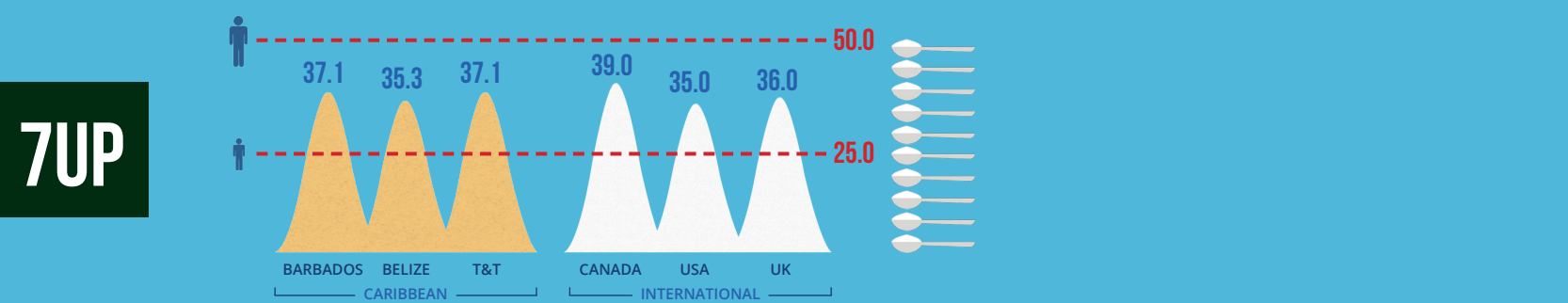
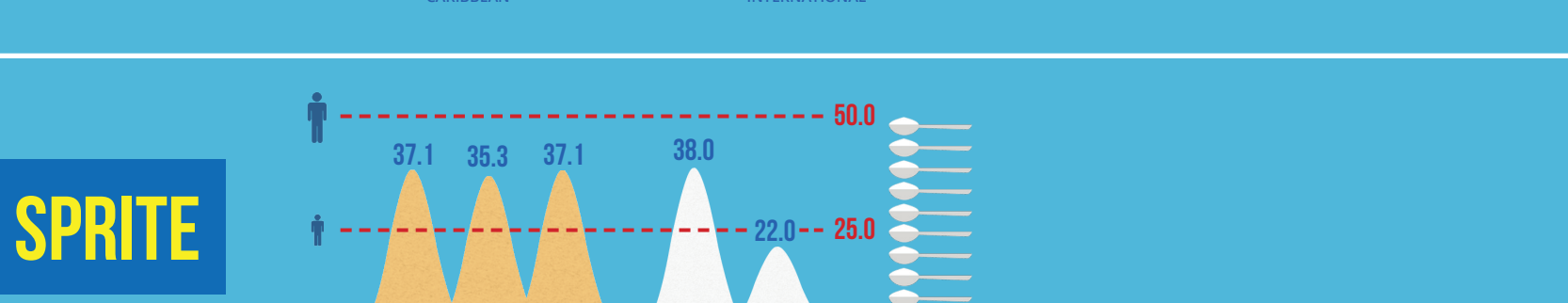
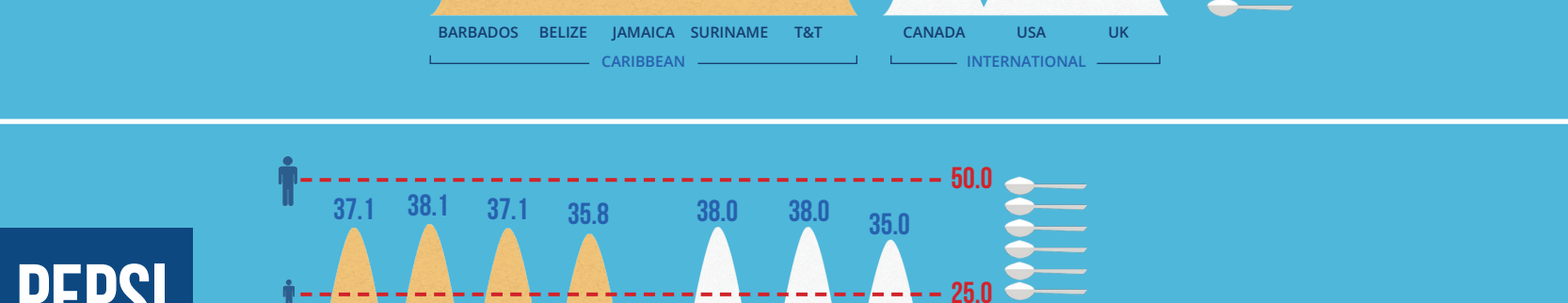
CHILDREN AGED 2 - 18 YEARS SHOULD CONSUME LESS THAN 25 GRAMS OF ADDED SUGARS DAILY¹

= 25 GRAMS = 5 TEASPOONS

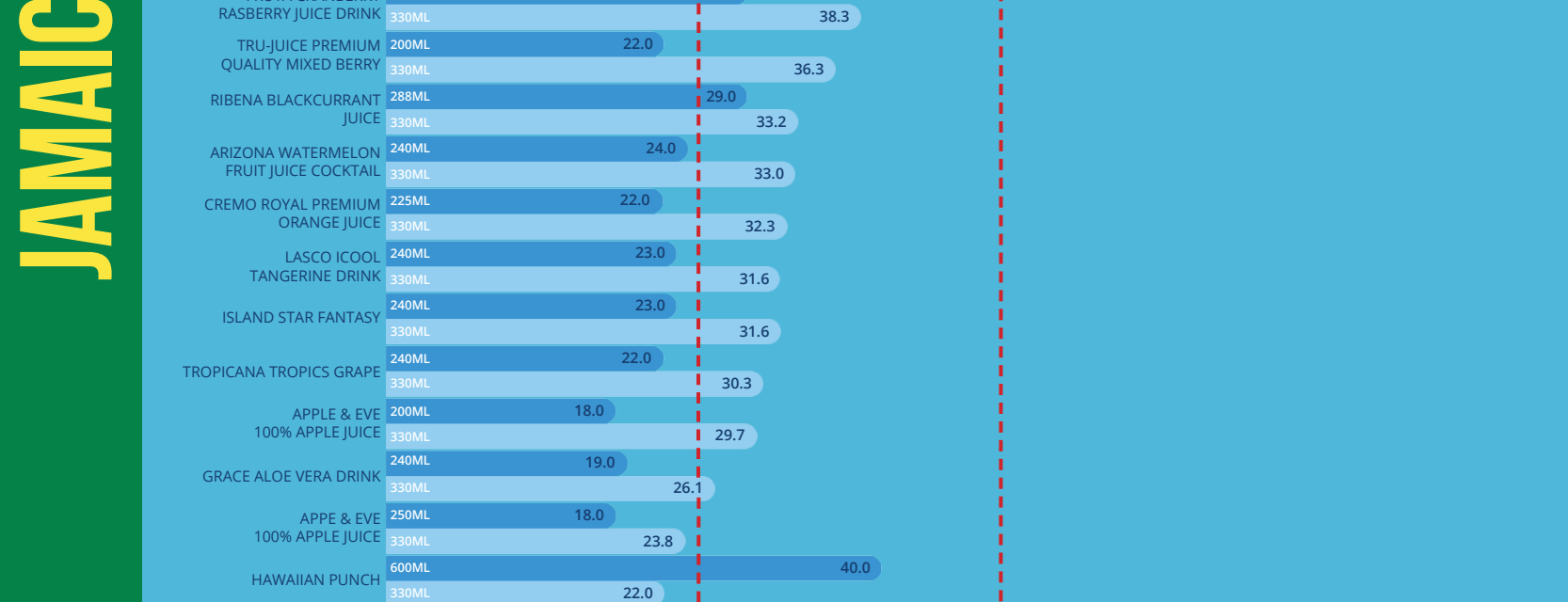
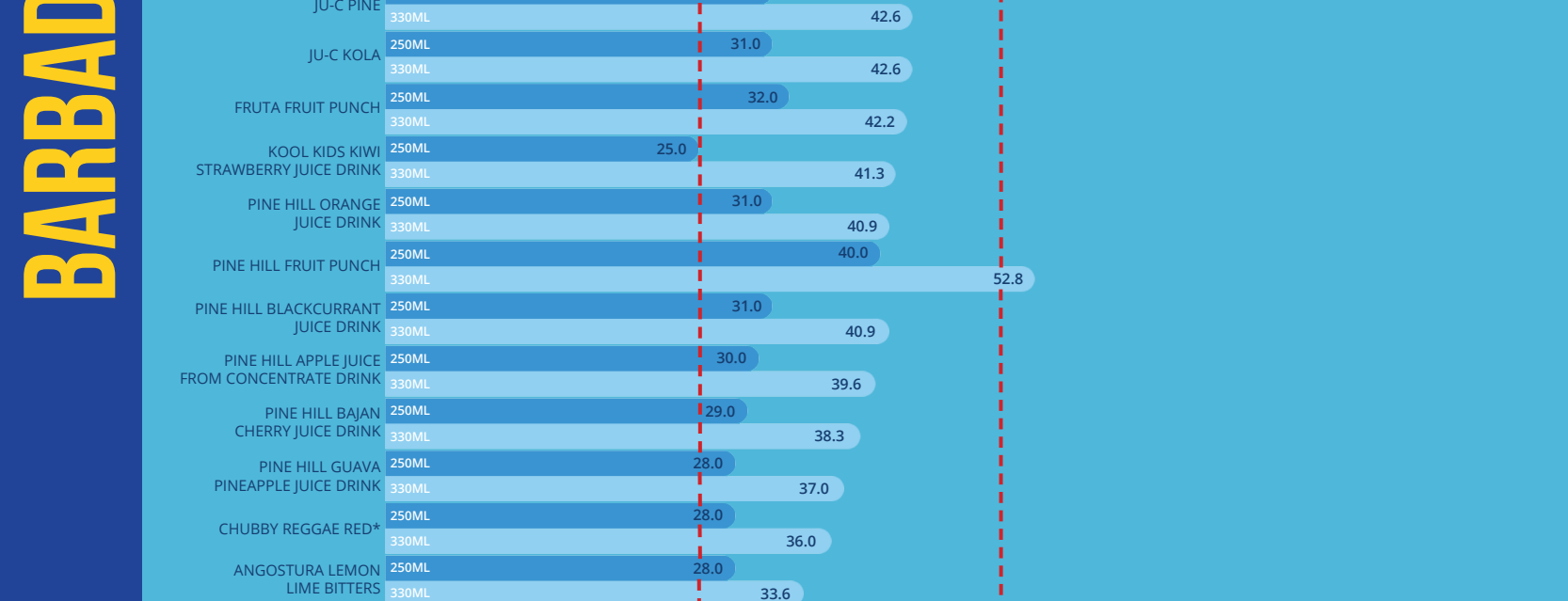
ADULTS SHOULD CONSUME LESS THAN 50 GRAMS OF FREE SUGARS DAILY²

= 50 GRAMS = 10 TEASPOONS

THE FOLLOWING SHOWS THE SUGAR CONTENT IN GRAMS PER 330ML SERVING FOR WELL KNOWN POPULAR INTERNATIONAL SUGAR SWEETENED DRINKS



THE FOLLOWING SHOWS THE SUGAR CONTENT IN GRAMS PER SERVING & PER 330ML SERVING FOR CARIBBEAN SUGAR SWEETENED DRINKS



WHAT YOU CAN DO

CONSUME FEWER SUGARY DRINKS **DRINK WATER & COCONUT WATER**

ADVOCATE TO IMPROVE SCHOOL FOOD ENVIRONMENTS, REMOVING UNHEALTHY FOODS & SUGARY DRINKS, BANNING PROMOTION & MARKETING OF UNHEALTHY FOODS & ENCOURAGING VENDORS IN AND AROUND SCHOOLS TO SELL HEALTHY PRODUCTS

APPROACH LOCAL SUPERMARKETS TO REMOVE SUGARY DRINKS FROM THE LINE OF SIGHT OF CHILDREN AND REPLACE WITH WATER

USE ADVOCACY TOOLS TO BUILD PUBLIC AWARENESS ABOUT THE HARMFUL EFFECTS OF HIGH SUGAR DIETS

SPEAK TO LOCAL MANUFACTURERS & URGE THEM TO REFORMULATE THEIR PRODUCTS AND REDUCE THE SUGAR CONTENT

SUPPORT NATIONAL TAXES ON SUGAR SWEETENED BEVERAGES WHO RECOMMENDS EXCISE TAXES OF NO LESS THAN 20%

HEALTHY CARIBBEAN COALITION

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. International Sugar-Sweetened Soft Drink Data from survey by [Action on Sugar UK](#).

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](#).

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 (100g) 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.