WHAT YOU CAN DO
TO REDUCE SUGAR CONSUMPTION

HOME
- Consume fewer sugary drinks
- Drink water & coconut water

YOUR COMMUNITY
- Approach local supermarkets to remove sugary drinks from the line of sight of children and replace with 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

COUNTRY
- 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