

# WHAT YOU CAN DO TO REDUCE SUGAR CONSUMPTION



CONSUME FEWER  
SUGARY DRINKS



DRINK WATER &



COCONUT WATER



YOUR  
COMMUNITY



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



COUNTRY  
NGOS



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