

# OUR CHILDREN ARE SWEET ENOUGH!



4 GRAMS(6) TOTAL SUGARS = 1 TEASPOON SUGAR

Just **ONE** sugary drink often has more sugar than your child should have in one day

## Typical Sugar Content In Some Popular Beverages Across the Region

SSB (Sugar Sweetened Beverages)



On Average – 330ml  
=10.5 teaspoons

On Average – 330ml  
=9.5 teaspoons

On Average – 250ml  
=7.25 teaspoons

On Average  
0.5 teaspoons

On Average  
0 teaspoons

Drinks	Volume	Amount of Sugar Present	Teaspoons of Sugar
Coke Classic	500 ml	53g	10.6
Grace Tropical Rhythms Reggae Medley	473 ml	27g	5.4
Frutee Extreme Red	250 ml	34g	6.8
Fruta Fruit Punch	315 ml	39g	7.8
Orchard Apple Juice	250 ml	29g	5.8
Thrill Cherry Chempane	200 ml	105g	21.0
Powerade Mountain Blast	591 ml	35g	7.0
Tru-juice Premium Apple Juice (no sugar added)	340 ml	31g	6.2
Lasco ICOOL Tangerine Drink	240 ml	21g	4.2
Dr. Pepper	355 ml	40g	8.0
Pinehill Mango Juice Drink	250 ml	35g	7.0
Kool Kidz Cherry Lemonade Juice Drink	200 ml	28g	5.6
Pinehill Chocolate Flavoured Milk	200 ml	33g	6.6
Cran Grape Wata	500 ml	10g	2.0
Bottled Water	400 ml	0g	0.0

Sugary drinks are high in empty calories and have no or low nutritional value.

**Drink Water Instead!**



Sugary drinks may destroy your children's teeth by causing painful tooth decay and may bring on obesity which may lead to Type 2 diabetes, heart disease and even some cancers.

\* The recommended daily allowance of sugar intake for children (2-18 years) is less than 6.25 teaspoons (American Heart Association Guidelines / WHO/PAHO).

HCC members in participating countries submitted photos of product packaging between August 2018 and April 2019.