

# Sweet Beverages in the Caribbean THE BAHAMAS



**Caribbean children are drinking too many sweet beverages!**

**HIGH IN SUGAR**

*Sweet beverages are the main source of sugar in our diets*



*Eating and drinking too much sugar has been linked to overweight and obesity in children<sup>1</sup>.*

**1 in 3**

**Caribbean Children is either OVERWEIGHT or OBESE**



**Overweight and obesity increases risk of developing non-communicable diseases (NCDs) including heart disease, diabetes and cancers.**

**Obese children are more likely to become obese adults and develop NCDs.**



<sup>1</sup> Reducing consumption of sugar-sweetened beverages to reduce the risk of childhood overweight and obesity - [https://www.who.int/elena/titles/ssbs\\_childhood\\_obesity/en/](https://www.who.int/elena/titles/ssbs_childhood_obesity/en/)

# Childhood Obesity Statistics

## THE BAHAMAS<sup>2</sup>

Childhood levels of  
**OVERWEIGHT or OBESE**

**35.8%**

BOTH SEXES  
AGE: 5 to 19



Childhood levels of  
**OBESE**

**17.3%**

BOTH SEXES  
AGE: 5 to 19



**44.7%**

ADOLESCENTS  
AGE: 13 to 15



On average,  
one serving of a  
sweet beverage  
exceeds the  
daily maximum  
**HEALTHY** sugar  
intake for  
children

**69%**  
STUDENTS  
AGE: 13 to 15

drank  
**ONE OR MORE**  
carbonated  
sugar sweetened  
beverages every  
day in the last  
30 days.



## World Health Organization and American Heart Association RECOMMENDATIONS:

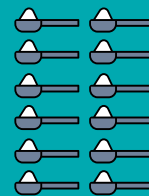
**Beverages may also contain  
non-nutritive sweeteners  
(NNS), to boost  
sweetness beyond what  
is indicated on the label.  
The American Heart  
Association advises  
against the prolonged  
consumption of low  
calorie sweetened  
beverages by children<sup>3</sup>**



**CHILDREN**  
aged 2-18 years  
should consume  
less than  
**25 grams**  
of sugar daily<sup>3,4</sup>



**ADULTS**  
should consume  
less than  
**50 grams**  
of sugar daily<sup>5,6</sup>



1 teaspoon sugar = 4g of sugar  
6 teaspoons = 25g of sugar

<sup>2</sup> Bahamas Obesity Fact Sheet - <https://www.healthycaribbean.org/wp-content/uploads/2019/10/HCC-COP-Fact-Sheet-Bahamas-Oct-2019.pdf>

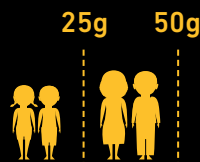
<sup>3</sup> Low-Calorie Sweetened Beverages and Cardiometabolic Health: A Science Advisory From the American Heart Association. Rachel K. Johnson, Alice H. Lichtenstein, Cheryl A. M. Anderson, et al., Circulation. 2018 Aug 28; 138(9): e126-e140. doi: 10.1161/CIR.0000000000000569. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/30354445>.

<sup>4</sup> Recommended Daily Maximum Intake Children: For children 2-18 years, the American Heart Association (AHA) recommends a maximum daily intake of added sugars of 25g.

<sup>5</sup> Guideline: Sugars intake for adults and children. Geneva: World Health Organization; 2015. Available at: [https://apps.who.int/iris/bitstream/handle/10665/149782/9789241549028\\_eng.pdf;jsessionid=17D4B2E9FC596A5AAFA5F08A25A14078?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/149782/9789241549028_eng.pdf;jsessionid=17D4B2E9FC596A5AAFA5F08A25A14078?sequence=1).

<sup>6</sup> Recommended 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.

# How much sugar is in your beverage?



## CARBONATED BEVERAGES



Product Name	ml	Grams per container	Grams per 100 ml
Bahamas Goombay Punch	355	54	15.2
Fanta Fruit Punch	355	49	13.8
Barritts Ginger Beer	335	48	14.3
Fanta Orange	355	48	13.5
Pepsi	355	41	11.5
Coca-Cola	355	38	10.7
Chubby Blueberry Blast	250	26*	10.4

## FRUIT/VEGETABLE DRINKS



Mistic Bahama Blueberry	473	57	12.1
Juice Bowl Fruit Punch	340	46	13.5
Tampico Citrus Punch	591	42.5*	7.2
Bluebird Pink Grapefruit Cocktail	340	40	11.8
Welch's Orange Pineapple	295	30*	10.2
Welch's Fruit Punch	295	29*	9.8
Hawaiian Punch	355	21*	5.9

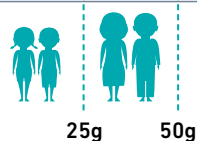
## OTHER



Gatorade Frost	591	34	5.8
Red Bull	250	27	10.8
Grace Canned Coconut Water	310	14	4.5

November 2019

- Source of data: HCC members in participating countries randomly selected and submitted photos of product packaging between May and September 2019. In some cases, this has not been independently verified by the HCC.
- 100ml used as standard volume for comparison of sugar content across beverages.
- Non-nutritive sweeteners (NNS) are sugar substitutes with low or zero calories or nutrients. They have a greater intensity of sweetness when compared to sugar and the health effects of NNS on children are unknown. Non-nutritive sweeteners may be natural (such as stevia) or artificial (such as acesulfame potassium (K), aspartame, neotame and sucralose).



Contains non-nutritive sweetener



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For more information please contact the HCC at [hcc@healthycaribbean.org](mailto:hcc@healthycaribbean.org) or visit our website [www.healthycaribbean.org](http://www.healthycaribbean.org)