

# Sweet Beverages in the Caribbean BARBADOS



**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 BARBADOS<sup>2</sup>

Childhood levels of  
**OVERWEIGHT or OBESE**

**27.6%**

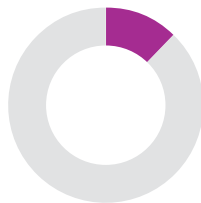
BOTH SEXES  
AGE: 5 to 19



Childhood levels of  
**OBESE**

**12.3%**

BOTH SEXES  
AGE: 5 to 19



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

**73.3%**

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.

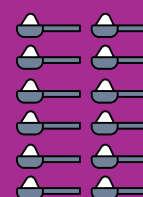
The American Heart  
Association advises  
against the prolonged  
consumption of low  
calorie sweetened  
beverages by children<sup>3</sup>



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> Barbados Obesity Fact Sheet - <https://www.healthycaribbean.org/wp-content/uploads/2019/07/HCC-COP-Fact-Sheet-Barbados-July-2019.pdf>

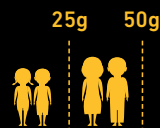
<sup>3</sup> Low-Calorie Sweetened Beverages and Cardiometabolic Health: A Science Advisory From the American Heart Association. Rachel K. Johnson, Alice H. Lichtenstein, Cheryl A. M. Anderson, et al., Circulation. 2018 Aug 28; 138(9): e126-e140. doi: 10.1161/CIR.0000000000000569. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/30354445>.

<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?



		Grams per container		Grams per 100 ml
Product Name		g		g
ml				
CARBONATED BEVERAGES	Old Jamaican Ginger Beer	591	97.5	16.5
	Frutee Ginger Beer	500	72	14.4
	Frutee X-Treme Red	500	68	13.6
	Ju-C Pine	500	66	13.2
	Frutee Sorrel Rush	500	66	13.2
	Mountain Dew	500	60	12.0
	Coca-Cola	500	53	10.6
	White Rock Ginger Ale	500	42	8.4
	Busta Banana	370	37.5*	10.1
	Angostura Lemon Lime Bitters	355	37	10.4
	Sprite	500	37*	7.4
	Frutee Ginger Ale	500	32	6.4
	Coconut Cooler	330	30	9.1
	American Classic Ginger Ale	370	30	8.1
FRUIT/VEGETABLE DRINKS	Tropical Rhythms Reggae Medley	473	54	11.4
	Welch's Concord Grape	295	45	15.3
	Lasco iCool Fruit Punch	500	38*	7.6
	Motts Apple Juice	296	34	11.5
	V8 Splash Tropical Blend	473	34*	7.2
	Pinehill Passion Fruit Juice Drink	250	32	12.8
	Pinehill Bajan Cherry Juice Drink	250	29	11.6
	Cool Fruit Cherry Ice	200	25	12.5
	Capri-Sun Apple	200	23	11.5
	Orchard Orange	250	19	7.6
OTHER	Turbo Original	370	42	11.4
	Smalta	330	39	11.8
	Powerade Mountain Blast	591	35	5.9
	Gatorade Cool Blue	591	34	5.8
	Tiger Malt	275	31	11.3
	Plus	340	31	9.1
	Blue Waters Cran Water	500	20	4.0
	Nestlé Milo	200	13.4*	6.7
	Viva Strawberry Melon	500	2*	0.4

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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