

# Sweet Beverages in the Caribbean BELIZE



**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\*.*

**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.**



# Childhood Obesity Statistics BELIZE<sup>1</sup>

Childhood levels of  
**OVERWEIGHT or OBESE**

**28.5%**

BOTH SEXES  
AGE: 5 to 19



Childhood levels of  
**OBESEITY**

**12.2%**

BOTH SEXES  
AGE: 5 to 19



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

**66.9%**

STUDENTS  
AGE: 13 to 15

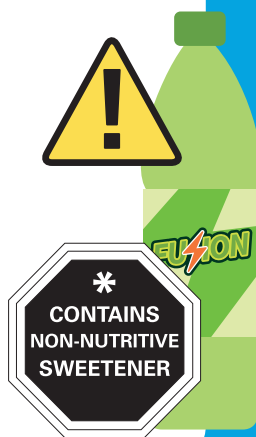
drank  
**ONE OR MORE**  
carbonated  
sugar sweetened  
beverages every  
day in the last  
30 days.



## 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.**

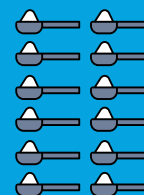
**The American Heart Association advises against the prolonged consumption of low calorie sweetened beverages by children<sup>3</sup>**



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



**ADULTS**  
should consume  
less than  
**50 grams**  
of sugar daily<sup>4,5</sup>



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

<sup>1</sup> Belize Obesity Fact Sheet- <https://www.healthycaribbean.org/wp-content/uploads/2019/08/HCC-COP-Fact-Sheet-Belize-Aug-2019.pdf>

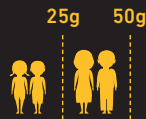
<sup>2</sup> Low-Calorie Sweetened Beverages and Cardiometabolic Health: A Science Advisory From the American Heart Association. Rachel K. Johnson, Alice H. Lichtenstein, Cheryl A. M. Anderson, et al., Circulation. 2018 Aug 28; 138(9): e126-e140. doi: 10.1161/CIR.0000000000000569. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/30354445>.




<sup>3</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>4</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=17D4B2E9FC596A5AFA5F08A25A14078?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/149782/9789241549028_eng.pdf;jsessionid=17D4B2E9FC596A5AFA5F08A25A14078?sequence=1).

<sup>5</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?



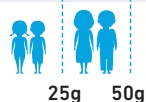
	Product Name	ml	Grams per container	Grams per 100 ml
<b>CARBONATED BEVERAGES</b> 	Fanta Fruit Punch	600	79.2	13.2
	Fanta Orange	600	79.2	13.2
	Coca-Cola	600	62.4	10.4
	Bigga Pineapple	600	57.5*	9.6
	Sunkist Pineapple	355	50	14.1
	A&W Cream Soda	355	46	13.0
	Faygo Orange	355	41*	11.5
	Ritz Black Cherry	355	32*	9.0
	Sprite	600	28.8*	4.8
	Chubby Purple Power	250	25*	10.0
<b>FRUIT/VEGETABLE DRINKS</b> 	Cool Delight	473	62	13.1
	Natura's Peach Nectar	330	49	14.8
	Ocean Spray Cranberry Juice Cocktail	450	49	10.9
	Kern's Mango Nectar	340	42	12.4
	Del Frutal Apple Nectar	330	40	12.1
	Crystal Juce Apple	525	36*	6.9
	Motts Apple Juice	296	34	11.5
	Dole 100% Pineapple Juice	250	31	12.4
	Welch's Grape Juice	296	30*	10.1
	Petit Pineapple Nectar	200	29	14.5
	Splash Carrot Pineapple Juice Drink	300	24	8.0
	Tru-Juice Fruit Punch	200	23	11.5
	Jugazzo Pear	330	22*	6.7
	Hawaiian Punch Fruit Juicy Red	355	21*	5.9
	Jugazzo Pineapple	200	14*	7.0
	Tropical Fantasy Mango	665	12*	1.8
<b>OTHER</b> 	Chillers Milk	500	56	11.2
	Fuze Tea	500	44	8.8
	Gatorade Fruit Punch	591	34	5.8
	Yoo-Hoo Chocolate Drink	325	32*	9.8
	Parrot Coconut Water	340	24	7.1
	Arnold Palmer Iced Tea Lemonade Lite	340	19*	7.9
	Toucan Coconut Juice	330	18	5.5
	Brisk Iced Tea	355	17*	4.8
	Crystal Watermelon Water	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