

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 children¹.*

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.**

¹ 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/

Childhood Obesity Statistics

BELIZE²

Childhood levels of
OVERWEIGHT or OBESE

28.5%

BOTH SEXES
AGE: 5 to 19



Childhood levels of
OBESE

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.

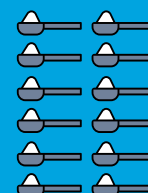
The American Heart Association advises against the prolonged consumption of low calorie sweetened beverages by children³



CHILDREN
aged 2-18 years
should consume
less than
25 grams
of sugar daily^{3,4}



ADULTS
should consume
less than
50 grams
of sugar daily^{5,6}



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

² Belize Obesity Fact Sheet- <https://www.healthycaribbean.org/wp-content/uploads/2019/08/HCC-COP-Fact-Sheet-Belize-Aug-2019.pdf>

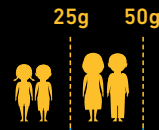
³ Low-Calorie Sweetened Beverages and Cardiometabolic Health: A Science Advisory From the American Heart Association. Rachel K. Johnson, Alice H. Lichtenstein, Cheryl A. M. Anderson, et al., Circulation. 2018 Aug 28; 138(9): e126-e140. doi: 10.1161/CIR.0000000000000569. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/30354445>.

⁴ 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.

⁵ 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.

⁶ 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
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

FRUIT/VEGETABLE DRINKS



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

OTHER



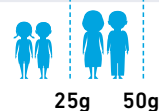
Chillers Milk	500	56	11.2
Fuze Tea	500	44	8.8
Gatorade Fruit Punch	591	34	5.8
Yoo-Hoo Chocolate Drink	325	32*	9.8
Parrot Coconut Water	340	24	7.1
Arnold Palmer Iced Tea Lemonade Lite	340	19*	7.9
Toucan Coconut Juice	330	18	5.5
Brisk Iced Tea	355	17*	4.8
Crystal Watermelon Water	500	<2*	<0.4

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



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