



Sweet Beverages

in the Caribbean

ANTIGUA & BARBUDA

Sweet beverages are the main source of sugar in our diets

Caribbean children are drinking too many sweet beverages!

HIGH SUGAR

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.

Childhood Obesity Statistics ANTIGUA & BARBUDA²

Childhood levels of **OVERWEIGHT** or **OBESE**

26.7%
BOTH SEXES
AGE: 5 to 19

Childhood levels of **OBESE**

11.5%
BOTH SEXES
AGE: 5 to 19

58.8%

STUDENTS
AGE: 13 to 15
drank **ONE OR MORE** carbonated sugar sweetened beverages every day in the last 30 days.

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

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

How much sugar is in your beverage?

Product Name	ml	Grams per container	Grams per 100 ml
CARBONATED BEVERAGES			
Coca-Cola	591	63	10.7
Cole Cold Banana	500	48*	9.6
Mountain Dew	355	46	13.0
Coca-Cola	355	38	10.7
Canada Dry Ginger Ale	355	35	9.9
Fanta Grape	237	29	12.2
Sprite	355	26*	7.3
Chubby Orange Tango	250	24*	9.6
FRUIT/VEGETABLE DRINKS			
Everfresh Apple Juice	473	58	12.3
Pinehill Passion Fruit	250	32	12.8
Ribena	500	23.2*	4.6
Orchard Apple	250	18*	7.2
Capri Sun Fruit Punch	177	13	7.3
OTHER			
Arizona Iced Tea	680	66	9.7
Monster Energy Pacific Punch	500	52*	10.4
Vita Malt	330	46	13.9
Smalta	330	39	11.8
Gatorade Orange	591	34	5.8
Lucozade Original	360	31.3	8.7
Red Bull	250	27	10.8
Grace Coconut Water	310	22	7.1
Nestlé Milo	250	17*	6.8
Roosters Fresh Coconut Water	500	6	1.2
Glaceau Vitamin Water	591	0*	0

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- 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

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



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