

Sweet Beverages

in the Caribbean

SAINT KITTS AND NEVIS

Sweet beverages are the main source of sugar in our diets

Caribbean children are drinking too many sweet beverages!

HIGH IN 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 SAINT KITTS AND NEVIS²

Childhood levels of **OVERWEIGHT or OBESE**

27.9% BOTH SEXES AGE: 5 to 19

Childhood levels of **OBESE**

12.3% BOTH SEXES AGE: 5 to 19

61.6% 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	
		g	g	g	g
CARBONATED BEVERAGES					
Busta Orange	474	48*	10.1		
Pepsi	355	41	11.5		
7-Up	355	38	10.7		
Ting	275	33	12.0		
Sprite	591	29*	4.9		
Ting Pink	275	29	10.5		
Schweppes Tonic Water	237	21	8.9		
FRUIT/VEGETABLE DRINKS					
Welch's Concord Grape	473	72	15.2		
Snapple Strawberry Kiwi	473	45	9.5		
Rica Orange	330	42.2	12.8		
Fruta Apple	315	38	12.1		
Sun Top Orange	250	30	12		
Fruta Orange	315	28	8.9		
OTHER					
Lucozade Orange	360	41	11.4		
Nestlé Splash Natural Lemon Flavored Water	500	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/
- Saint Kitts and Nevis Obesity Fact Sheet - <https://www.healthycaribbean.org/wp-content/uploads/2019/08/HCC-COP-Fact-Sheet-St-Kitts-and-Nevis-Aug-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 adults, the WHO recommends reducing the 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=17D4B29FC596A5AFA5F08A25A14078?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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