



Sweet Beverages

in the Caribbean

SAINT LUCIA

Caribbean children are drinking too many sweet beverages!

HIGH IN SUGAR

Sweet beverages are the main source of sugar in our diets

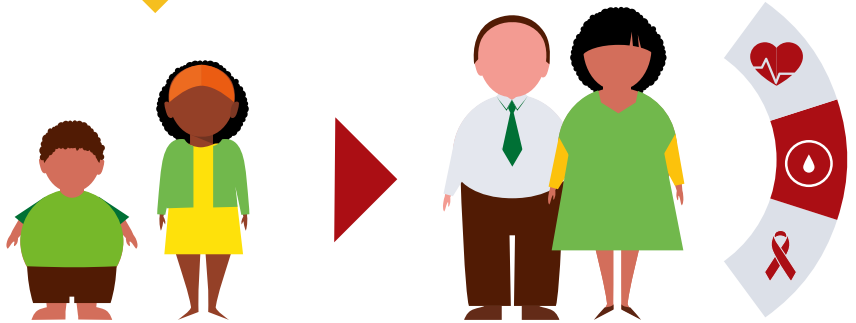
Eating and drinking too much sugar has been linked to overweight and obesity in children¹.



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.



Childhood Obesity Statistics SAINT LUCIA²

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

23.4%
BOTH SEXES
AGE: 5 to 19



Childhood levels of **OBSIDITY**

8.8%
BOTH SEXES
AGE: 5 to 19



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

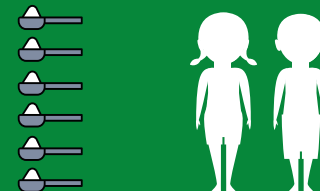


World Health Organization and American Heart Association RECOMMENDATIONS:

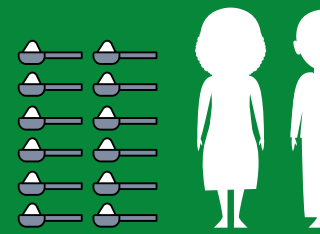
Beverages may also contain non-nutritive sweeteners (NNS), to boost sweetness beyond what is indicated on the label. The American Heart Association advises against the prolonged consumption of low calorie sweetened beverages by children³



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?

25g 50g

Product Name	ml	Grams per container		Grams per 100 ml
		25g	50g	g
CARBONATED BEVERAGES				
Icy Grapefruit	500	70	140	14.0
Coca-Cola	500	53	106	10.6
Angostura Lemon Lime Bitters	355	37	74	10.4
Classic Cola	330	33.8	67.6	10.2
Solo PearJ	250	26	52	10.4
Sprite	500	24*	48	4.8
Royal Club Berry Blast	200	11	22	5.5
FRUIT/VEGETABLE DRINKS				
Welch's Mango Passion Fruit	473	60	120	12.7
Bluebird Apple Juice	340	40	80	11.8
Motts Apple Juice	296	34	68	11.5
Fruta Orange	315	28	56	8.9
Grace Tropical Rhythms Fruit Punch	200	28	56	14.0
Ribena	250	25	50	10.0
Capri-Sun Apple	200	23	46	11.5
OTHER				
Vita Malt Ginger	310	43	86	13.9
Piton Malt	275	32	64	11.6
Super Malt	200	23	46	11.5

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

- 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 Lucia Fact Sheet - <https://www.healthycaribbean.org/wp-content/uploads/2019/07/HCC-COP-Fact-Sheet-St-Lucia-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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