

Sweet Beverages

in the Caribbean

TRINIDAD & TOBAGO

Sweet beverages are the main source of sugar in our diets

HIGH IN SUGAR

Caribbean children are drinking too many sweet beverages!



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 TRINIDAD & TOBAGO²

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

24.9%
BOTH SEXES
AGE: 5 to 19



Childhood levels of **OBESE**

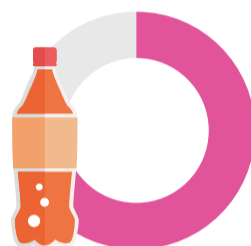
11.1%
BOTH SEXES
AGE: 5 to 19



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

74.6% STUDENTS
AGE: 13 to 15

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

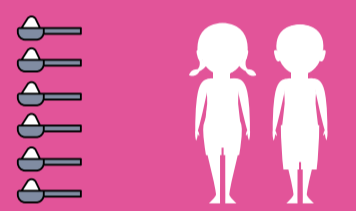


World Health Organization and American Heart Association RECOMMENDATIONS:

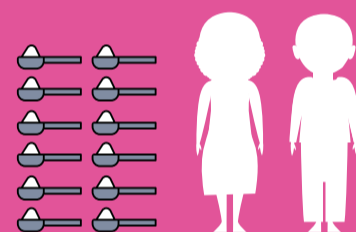
Beverages may also contain non-nutritive sweeteners (NNS), to boost sweetness beyond what is indicated on the label. The American Heart Association advises against the prolonged consumption of low calorie sweetened beverages by children³



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

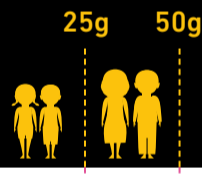


ADULTS should consume less than **50 grams** of sugar daily^{5,6}



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

How much sugar is in your beverage?



	Product Name	ml	Grams per container		Grams per 100 ml	
			g	g	g	g
CARBONATED BEVERAGES	Coca-Cola	591	63	10.2		
	Busta Banana	590	60	10.2		
	Cole Cold Kola Champagne	370	39*	10.5		
	Angostura Lemon Lime Bitters	355	37	10.4		
	Sprite	500	24*	4.8		
	Chubby Poppin Pear	250	23*	9.2		
FRUIT/VEGETABLE DRINKS	Minute Maid Fruit Cooler Portugal	500	66	13.2		
	Bare Fruit Orange Pineapple	500	64	12.8		
	Trinidad Freshh Fruit Punch Juice	330	43	13.0		
	Trinidad Freshh Apple Juice	330	38	11.5		
	Minute Maid 100% Juice	250	32	12.8		
	Fruta Orange Juice	250	22	8.8		
	Fruta Kids 100% Apple Juice	200	21	10.5		
	Orchard Orange	250	19	7.6		
	Orchard 100% Orange Juice	200	18.5	9.3		
	Orchard Apple	250	18.0*	7.2		
	Jamma Tangerine Fruit Flavoured Drink	330	15.6*	4.7		
	Orchard Calorie Conscious Juice Drink	200	8.0*	4.0		
	Kool Kidz Fruit Punch	200	7*	3.5		
OTHER	Lucozade Tropical	360	45.4	12.6		
	Lipton Peach Ice Tea	400	24*	6.0		
	Turbo Sparkling Energy Drink	370	36	9.7		
	Blue Waters Cran+ Cranberry	500	20*	4.0		
	Nestlé Milo	250	17*	6.8		
	Viva Strawberry Watermelon	500	2*	0.4		

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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/
- Trinidad and Tobago Obesity Fact Sheet - <https://www.healthycaribbean.org/wp-content/uploads/2019/07/HCC-COP-Fact-Sheet-Trinidad-and-Tobago-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=17D4B2E9FC596A5AAFA5F08A25A14078?sequence=1.
- Recommended Daily Maximum Intake Adults: For adults, the WHO recommends 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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