



Sweet Beverages in the Caribbean JAMAICA

Sweet beverages are the main source of sugar in our diets

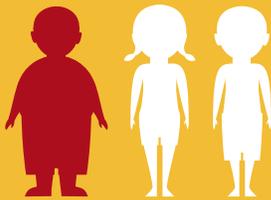


Caribbean children are drinking too many sweet beverages!



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

JAMAICA²

Childhood levels of **OVERWEIGHT or OBESE**

29.8%

BOTH SEXES
AGE: 5 to 19



Childhood levels of **OBSESITY**

13%

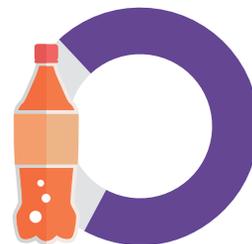
BOTH SEXES
AGE: 5 to 19



69.9%

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.

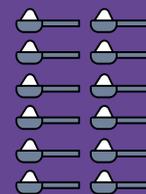
The American Heart Association advises against the prolonged consumption of low calorie sweetened beverages by children³



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

² Jamaica Obesity Fact Sheet - <https://www.healthycaribbean.org/wp-content/uploads/2019/07/HCC-COP-Fact-Sheet-Jamaica-July-2019.pdf>

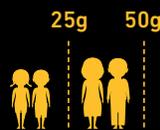
³ Low-Calorie Sweetened Beverages and Cardiometabolic Health: A Science Advisory From the American Heart Association. Rachel K. Johnson, Alice H. Lichtenstein, Cheryl A. M. Anderson, et al., Circulation. 2018 Aug 28; 138(9): e126-e140. doi: 10.1161/CIR.0000000000000569. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/30354445>.

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
			g	g
Bigga Fruit Punch	600		82.5	13.8
D&G Midnight Grape	591		82.5	14.0
Ting	591		75	12.7
Lyrix Pineapple	330		46.2	14.0
Sunkist Orange	355		44	12.4
Coca Cola	355		39	11.0
Dr. Pepper	355		39	11.0
Canada Dry Ginger Ale	355		35	9.9
Busta Cranberry	370		34.5*	9.3
Bigga Orange	355		34	9.6
Sprite	591		29*	4.9
Diet Pepsi	355		0*	0
Diet Sunkist Orange	355		0*	0

FRUIT/VEGETABLE DRINKS



Minute Maid Apple Cranberry	473		61	29.8
Tropical Rhythms Reggae Medley	473		54	11.4
Ocean Spray Cranberry Classic	450		50	11.1
Ocean Spray White Cran-Peach	450		49	10.9
Welch's Concord Grape	295		45	15.3
Motts Apple Juice	296		34	11.5
Welch's Grape Juice	296		33*	11.1
Capri Sun Berry Cooler	200		28	14.0
Tru-Juice Apple	200		26	13.0
Ribena	250		25.3	10.1
Cool Fruit Fruit Punch	200		25	12.5
Tru-Juice 100% Orange Juice	200		20	10.0
Hawaiian Punch Fruit Juicy Red	296		18*	6.1
Campbell Tomato Juice	163		4	2.5

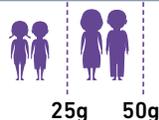
OTHER



Arizona Iced Tea	680		66.1*	9.7
D&G Malt	330		46.2	14
Boom Energy Drink	355		42	11.8
iCool Cranberry Flavoured Water	500		24*	4.8
Cranberry WATA	330		19	5.8

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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