

# Sweet Beverages in the Caribbean JAMAICA



**Caribbean  
children are  
drinking too many  
sweet beverages!**

**HIGH IN  
SUGAR**

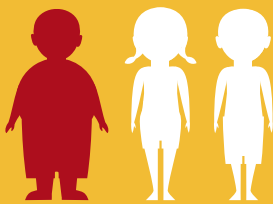
*Sweet beverages are the main  
source of sugar in our diets*



*Eating and drinking too  
much sugar has been  
linked to overweight and  
obesity in children<sup>1</sup>.*

**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.**



<sup>1</sup> 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/](https://www.who.int/elena/titles/ssbs_childhood_obesity/en/)

# Childhood Obesity Statistics JAMAICA<sup>2</sup>

Childhood levels of  
**OVERWEIGHT or OBESE**

**29.8%**

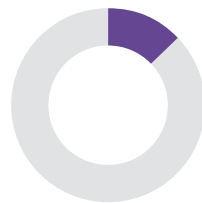
BOTH SEXES  
AGE: 5 to 19



Childhood levels of  
**OBESEITY**

**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.**

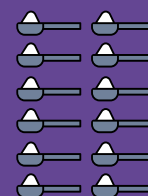
**The American Heart  
Association advises  
against the prolonged  
consumption of low  
calorie sweetened  
beverages by children<sup>3</sup>**



**CHILDREN**  
aged 2-18 years  
should consume  
less than  
**25 grams**  
of sugar daily<sup>3,4</sup>



**ADULTS**  
should consume  
less than  
**50 grams**  
of sugar daily<sup>5,6</sup>



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

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

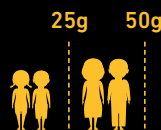
<sup>3</sup> Low-Calorie Sweetened Beverages and Cardiometabolic Health: A Science Advisory From the American Heart Association. Rachel K. Johnson, Alice H. Lichtenstein, Cheryl A. M. Anderson, et al., Circulation. 2018 Aug 28; 138(9): e126-e140. doi: 10.1161/CIR.0000000000000569. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/30354445>.












<sup>4</sup> 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.

<sup>5</sup> 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](https://apps.who.int/iris/bitstream/handle/10665/149782/9789241549028_eng.pdf;jsessionid=17D4B2E9FC596A5AAFA5F08A25A14078?sequence=1).

<sup>6</sup> 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.

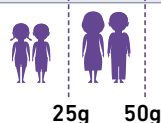
# How much sugar is in your beverage?



	Product Name		Grams per container		Grams per 100 ml
	ml		g		g
<b>CARBONATED BEVERAGES</b> 	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
<b>FRUIT/VEGETABLE DRINKS</b> 	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
<b>OTHER</b> 	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



Follow the Healthy  
Caribbean Coalition on:



For more information please contact the HCC at [hcc@healthycaribbean.org](mailto:hcc@healthycaribbean.org) or visit our website [www.healthycaribbean.org](http://www.healthycaribbean.org)