



# Sweet Beverages in the Caribbean JAMAICA



*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\*.*

**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.**



\* 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>1</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

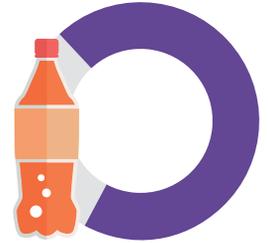


On average, one serving of a sweet beverage exceeds the daily maximum **HEALTHY** sugar intake for children

**69.9%**

**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:**

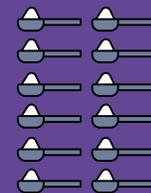
**Beverages may also contain non-nutritive sweeteners (NNS), to boost sweetness beyond what is indicated on the label. The American Heart Association advises against the prolonged consumption of low calorie sweetened beverages by children<sup>3</sup>**



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



**ADULTS**  
should consume  
less than  
**50 grams**  
of sugar daily<sup>4,5</sup>



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

<sup>1</sup> Jamaica Obesity Fact Sheet - <https://www.healthycaribbean.org/wp-content/uploads/2019/07/HCC-COP-Fact-Sheet-Jamaica-July-2019.pdf>

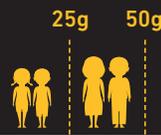
<sup>2</sup> Low-Calorie Sweetened Beverages and Cardiometabolic Health: A Science Advisory From the American Heart Association. Rachel K. Johnson, Alice H. Lichtenstein, Cheryl A. M. Anderson, et al., *Circulation*. 2018 Aug 28; 138(9): e126–e140. doi: 10.1161/CIR.0000000000000569. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/30354445>.

<sup>3</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>4</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=17D4B2E9FC596A5AFA5F08A25A14078?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/149782/9789241549028_eng.pdf;jsessionid=17D4B2E9FC596A5AFA5F08A25A14078?sequence=1).

<sup>5</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?



## CARBONATED BEVERAGES



Product Name	ml	Grams per container	Grams per 100 ml
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

