



Sweet Beverages

in the Caribbean

SAINT KITTS AND NEVIS

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.

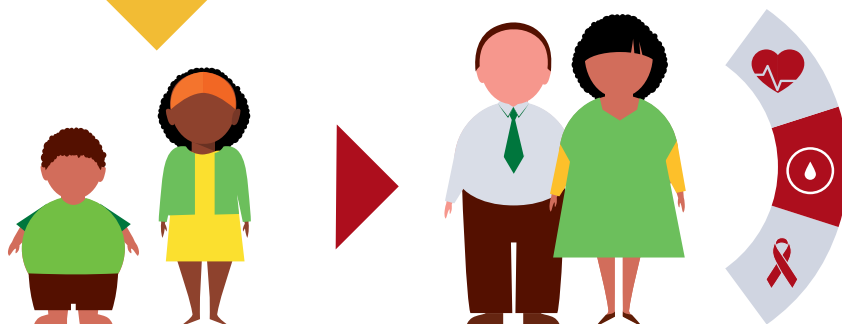


1 in 3
Caribbean Children
is either **OVERWEIGHT** or **OBESE**



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 SAINT KITTS AND NEVIS²

Childhood levels of
OVERWEIGHT or OBESE

27.9%

BOTH SEXES
AGE: 5 to 19



Childhood levels of
OBESE

12.3%

BOTH SEXES
AGE: 5 to 19



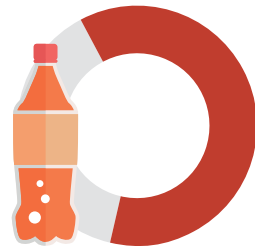
On average, one serving of a sweet beverage exceeds the daily maximum **HEALTHY** sugar intake for children

61.6%

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.

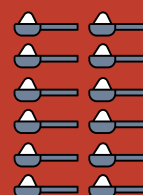
The American Heart Association advises against the prolonged consumption of low calorie sweetened beverages by children³



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

² Saint Kitts and Nevis Obesity Fact Sheet - <https://www.healthycaribbean.org/wp-content/uploads/2019/08/HCC-COP-Fact-Sheet-St-Kitts-and-Nevis-Aug-2019.pdf>

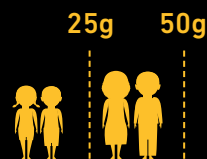
³ Low-Calorie Sweetened Beverages and Cardiometabolic Health: A Science Advisory From the American Heart Association. Rachel K. Johnson, Alice H. Lichtenstein, Cheryl A. M. Anderson, et al., Circulation. 2018 Aug 28; 138(9): e126-e140. doi: 10.1161/CIR.0000000000000569. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/30354445>.

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
Busta Orange	474		48*	10.1
Pepsi	355		41	11.5
7-Up	355		38	10.7
Ting	275		33	12.0
Sprite	591		29*	4.9
Ting Pink	275		29	10.5
Schweppes Tonic Water	237		21	8.9

FRUIT/VEGETABLE DRINKS



Welch's Concord Grape	473		72	15.2
Snapple Strawberry Kiwi	473		45	9.5
Rica Orange	330		42.2	12.8
Fruta Apple	315		38	12.1
Sun Top Orange	250		30	12
Fruta Orange	315		28	8.9

OTHER



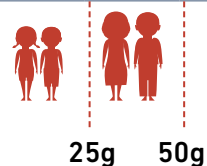
Lucozade Orange	360		41	11.4
Nestlé Splash Natural Lemon Flavored Water	500		0*	0

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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