



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 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.



HEALTHY CARIBBEAN COALITION



LAKE
HEALTH AND WELLBEING



ENOUGH.
OUR HEALTH. OUR RIGHT. RIGHT NOW.

* 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 NEVIS¹

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.

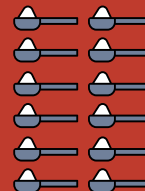
The American Heart
Association advises
against the prolonged
consumption of low
calorie sweetened
beverages by children³



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



ADULTS
should consume
less than
50 grams
of sugar daily^{4,5}



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

¹ 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>

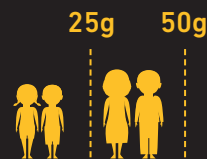
² Low-Calorie Sweetened Beverages and Cardiometabolic Health: A Science Advisory From the American Heart Association. Rachel K. Johnson, Alice H. Lichtenstein, Cheryl A. M. Anderson, et al., Circulation. 2018 Aug 28; 138(9): e126-e140. doi: 10.1161/CIR.0000000000000569. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/30354445>.







³ 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.

⁴ 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.

⁵ 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?



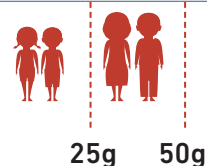
	Product Name		Grams per container		Grams per 100 ml	
		ml		g		g
<div>CARBONATED BEVERAGES</div> <div></div>	Busta Orange	474	<div></div>	48* <div></div>	<div></div>	10.1
	Pepsi	355	<div></div>	41	<div></div>	11.5
	7-Up	355	<div></div>	38	<div></div>	10.7
	Ting	275	<div></div>	33	<div></div>	12.0
	Sprite	591	<div></div>	29* <div></div>	<div></div>	4.9
	Ting Pink	275	<div></div>	29	<div></div>	10.5
	Schweppes Tonic Water	237	<div></div>	21	<div></div>	8.9
<div>FRUIT/VEGETABLE DRINKS</div> <div></div>	Welch's Concord Grape	473	<div></div>	72	<div></div>	15.2
	Snapple Strawberry Kiwi	473	<div></div>	45	<div></div>	9.5
	Rica Orange	330	<div></div>	42.2	<div></div>	12.8
	Fruta Apple	315	<div></div>	38	<div></div>	12.1
	Sun Top Orange	250	<div></div>	30	<div></div>	12
	Fruta Orange	315	<div></div>	28	<div></div>	8.9
<div>OTHER</div> <div></div>	Lucozade Orange	360	<div></div>	41	<div></div>	11.4
	Nestlé Splash Natural Lemon Flavored Water	500		0* <div></div>		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

