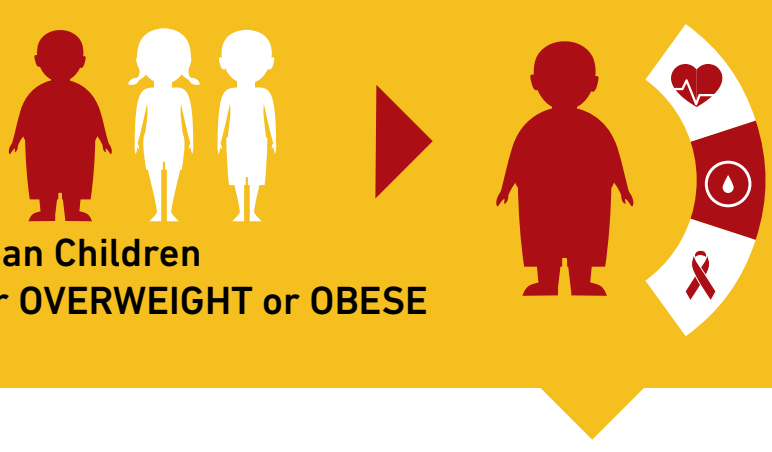
Sweet Beverages
in the Caribbean
THE BAHAMAS

Caribbean children are drinking too many sweet beverages!

Sweet beverages are the main source of sugar in our diets

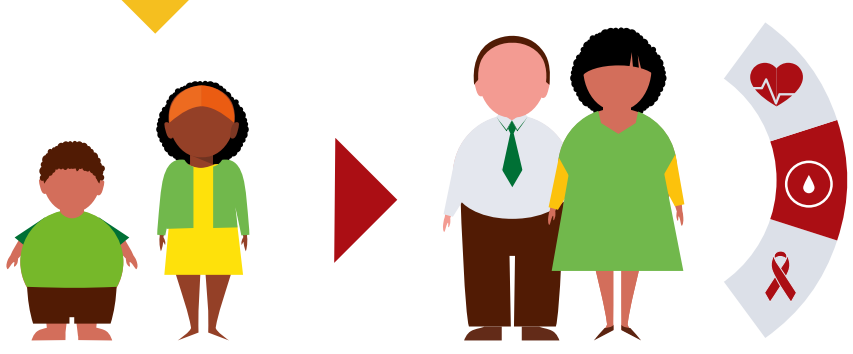
Eating and drinking too much sugar has been linked to overweight and obesity in children[1].

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.



Childhood Obesity Statistics
THE BAHAMAS[2]

Childhood levels of **OVERWEIGHT or OBESE**

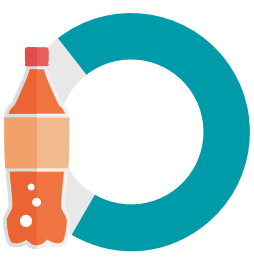
35.8% BOTH SEXES AGE: 5 to 19

44.7% ADOLESCENTS AGE: 13 to 15

Childhood levels of **OBESITY**

17.3% BOTH SEXES AGE: 5 to 19

69% STUDENTS AGE: 13 to 15 drank **ONE OR MORE carbonated sugar sweetened beverages every day in the last 30 days.**



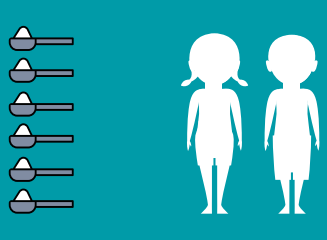
On average, one serving of a sweet beverage exceeds the daily maximum HEALTHY sugar intake for children

World Health Organization and American Heart Association RECOMMENDATIONS:

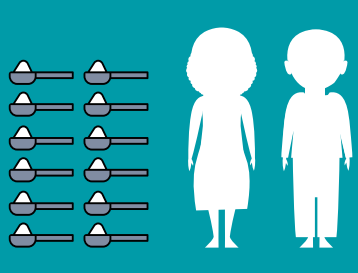
Beverages may also contain non-nutritive sweeteners (NNS), to boost sweetness beyond what is indicated on the label.

The American Heart Association advises against the prolonged consumption of low calorie sweetened beverages by children[3]

CHILDREN aged **2-18 years** should consume less than **25 grams of sugar daily**[3,4]

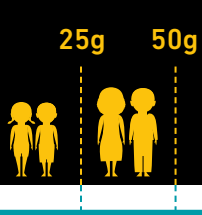


ADULTS should consume less than **50 grams of sugar daily**[5,6]



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

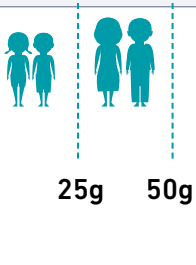
How much sugar is in your beverage?



	Product Name	ml	Grams per container (g)	Grams per 100 ml (g)
CARBONATED BEVERAGES	Bahamas Goombay Punch	355	54	15.2
	Fanta Fruit Punch	355	49	13.8
	Barritts Ginger Beer	335	48	14.3
	Fanta Orange	355	48	13.5
	Pepsi	355	41	11.5
	Coca-Cola	355	38	10.7
	Chubby Blueberry Blast	250	26*	10.4
FRUIT/ VEGETABLE DRINKS	Mistic Bahama Blueberry	473	57	12.1
	Juice Bowl Fruit Punch	340	46	13.5
	Tampico Citrus Punch	591	42.5*	7.2
	Bluebird Pink Grapefruit Cocktail	340	40	11.8
	Welch's Orange Pineapple	295	30*	10.2
	Welch's Fruit Punch	295	29*	9.8
	Hawaiian Punch	355	21*	5.9
OTHER	Gatorade Frost	591	34	5.8
	Red Bull	250	27	10.8
	Grace Canned Coconut Water	310	14	4.5

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 — Contains non-nutritive sweetener

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/

2 Bahamas Obesity Fact Sheet - https://www.healthycaribbean.org/wp-content/uploads/2019/10/HCC-COP-Fact-Sheet-Bahamas-Oct-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.

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