

ALTERNATIVE SNACK AND BEVERAGE MAP



Alternative Snack and Beverage Map Team

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Introduction

- The team conducted research in local supermarkets and wholesalers for snack foods and beverages available in Barbados (2021).
- A criteria was outlined, and options were vetted for their nutrient content in support of child nutrition, affordability and convenience.
- Several factors, such as product types, serving sizes and nutrient composition may mean that this list is not exhaustive.
- Food should always be consumed in moderation and attention to portion size is strongly encouraged.



Scope of Project

- o Nutrient Content
- o Affordability
- o Accessibility
- o Availability
- o Cost Comparisons
- o Age Appropriateness
- o Product Type
- o Processing Level
- o Servings/portion size
- o Convenience



Criteria per standard serving

Sodium content:

- 130-240mg which represents 10% max daily recommended by WHO

Sugar content:

- No added
- Max 25g naturally occurring sugars
- For beverages 100% juice only

Fibre content:

- 3g or more per serving

Cholesterol:

- Low: 20mg or less per serving

Fat for Snacks:

- Low: less than 3g

Convenience– easy to consume, access, economical

Snack Map

Here are a few examples of the alternate snacks our team recommended based on the criteria.

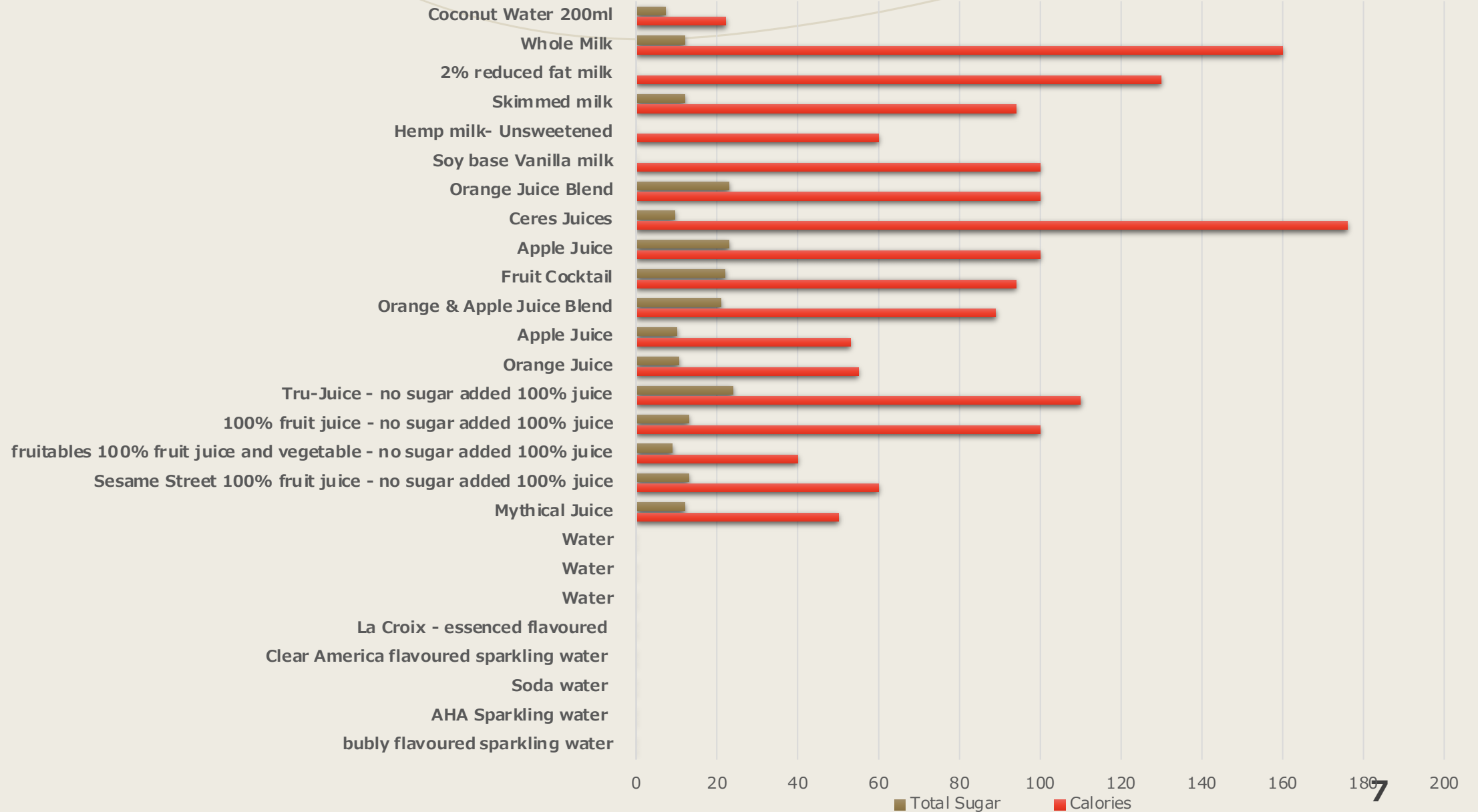


Beverage Map

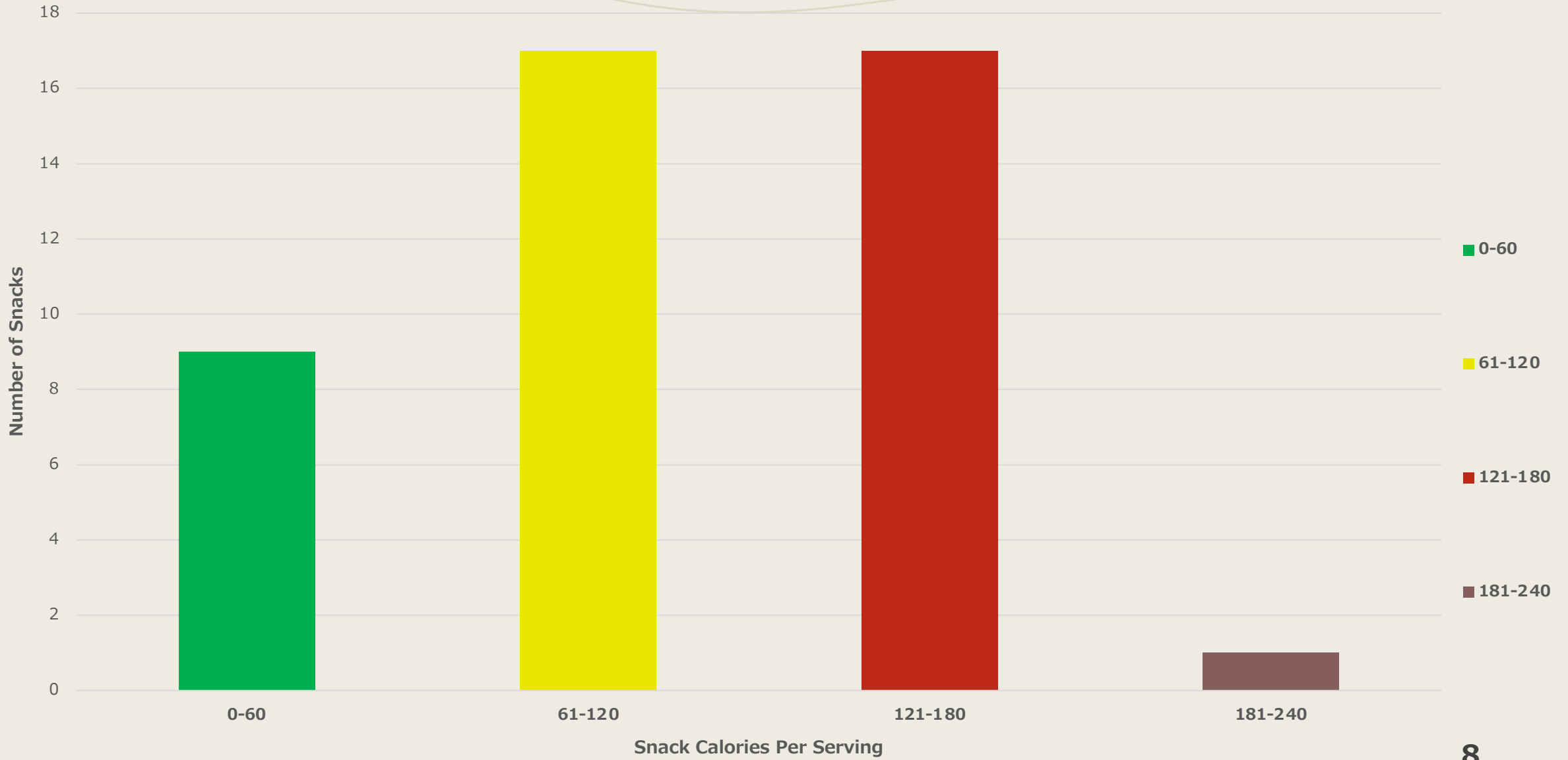
Here are a few examples of the alternate beverages our team recommended based on the criteria.



Alternative Beverages Calories and Sugars



Number of Alternative Snack Foods by Calories



Snack Cost Comparisons

Unhealthy Option	Average Cost	Alternative Option	Average Cost
Zoomers	1.25	Sunshine potato chip	0.75
Cheese Puffs	1.89	Soldanza ripe plantain	1.70
M&Ms	2.50	Nature Valley granola bar	1.75
Nibbles cookies	1.79	Voortman Strawberry wafer	0.88
Devons cookies	2.99	Digestive	0.59
Lays	1.99	Noods popcorn	1.00
Hill corn curls	1.49	Grainz Nacho	1.75
Rocklets	1.25	Oranges	0.75
Crazi Hair	4.50	Fruit jell-o cup	2.00
Sour Patch	3.50	Watermelon	1.25
Strawberry Puffs Candy	3.39	Pear	0.99
Skittles	3.55	Apple	0.69

Beverage Cost Comparisons



Unhealthy Option	Average Cost	Alternative Option	Average Cost
Cola	3.00	Soda Water	3.00
Red	3.00	Bubbly Flavoured Sparkling Water	2.55
Pine	2.50	Nature Valley Bar	1.75
Orange Juice Drink	2.50	Ceres Orange Juice	1.99
Fruit Punch Juice Drink	2.99	Water	2.00
Vanilla Milk Sweetened	2.50	Soy Based Vanilla Milk unsweetened	1.25

ALTERNATIVE SNACK BREAKDOWN

68%

Saturated fats are considered 'unhealthy fats' as overeating them can contribute to high cholesterol levels and heart disease risk.

LOW FAT SNACKS



Low Sodium

100%



Eating salty foods during childhood can produce high blood pressure that progressively worsens with age. Limit intake of foods and drinks containing added salt. Read labels to choose lower sodium options among similar foods. While avoiding adding salt to foods in cooking or at the table.



PROCESSED

Choose nutritious foods from the 5 core food groups with minimal processing. Make sure you can identify what is in the food you are eating and those with minimal processing. Make sure you can identify what is in the food you are eating.



ADDED SUGAR

we have looked at limiting foods containing high amounts of added sugars. Sweets, baked goods, pastries, and many snack foods are often high in added sugar, provide excess energy and are low in beneficial nutrients. sweets, and all sugary drinks contain carbohydrate.



NO CHOLESTEROL

100%



Our body produces all the cholesterol we need, so it's not essential in our diet. Often, foods high in cholesterol also contain trans-fats and are high in saturated fat.

HIGH FIBRE

25%

Fibre is found in plant foods like whole grain bread, cereals, nuts, seeds, fruits and vegetables. It's the part of the plant that passes through the small intestine without being digested contributing to gut health. Also aiding in the prevention of heart disease through cholesterol lowering properties. While the preventing diabetes, obesity and constipation



OUR FAVOURITES

These are the Alternative
we liked the best and why.

HOW WE SNACK!

FRUITS

- Apple Small
- Pear
- Tangerines
- Oranges
- Banana
- Watermelon slice
- Mango
- Strawberries
- Green table Grapes
- All local fruit



WHY

Fruits good sources of vitamins and minerals, including folate, vitamin C and potassium. They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems.

NUTS



WHY

Nuts are rich in heart-healthy polyunsaturated fats and monounsaturated fats, which lower LDL or “bad” cholesterol; plus, they are a good source of phytosterols, compounds that help lower blood cholesterol. They are packed with fiber, protein, vitamins and minerals, including folate, vitamin E, potassium and magnesium.

WATER

SPARKLING OR STILL



Carrying nutrients and oxygen to your cells
Flushing bacteria from your bladder
Aiding digestion
Preventing constipation
Normalizing blood pressure
Stabilizing the heartbeat
Cushioning joints
Protecting organs and tissues

HEALTHY KIDS GROW INTO HEALTHY ADULTS

Recommendations

- Promote the true definition of a snack.
- The alternative snack and beverage map should be updated periodically.



Conclusion

- The alternative map can provide healthier choices for snack foods and beverages.
- The list was able to capture affordable and convenience options compared to other options that are not-so-healthy.
- The list is not exclusive and plans to update periodically should be considered.



Thank you !

