OUR CHILDREN ARE SWEET ENOUGH!

Just ONE sugary drink often has more sugar than your child should have in one day

- The recommended daily allowance of added sugar intake for children (2-18 years) is less than 6 teaspoons.¹ ²
- Children under 2 years should have no added sugar.¹

Average sugar content in these Sugar Sweetened Beverages (SSB)

<table>
<thead>
<tr>
<th>SSB BOTTLE SODA</th>
<th>SSB BOX DRINK</th>
<th>SSB TETRA PACK</th>
<th>SSB FLAVOURED WATER</th>
<th>BOTTLE OF WATER</th>
</tr>
</thead>
<tbody>
<tr>
<td>600mL</td>
<td>450mL</td>
<td>200mL</td>
<td>500mL</td>
<td>NO SUGAR ADDED</td>
</tr>
<tr>
<td>15 - 20 teaspoons</td>
<td>12 - 15 teaspoons</td>
<td>5 - 6 teaspoons</td>
<td>6 teaspoons</td>
<td>0 SUGAR ADDED</td>
</tr>
<tr>
<td>10-13g/100mL</td>
<td>11-13g/100mL</td>
<td>10-12g/100mL</td>
<td>4g/100mL</td>
<td>0g/100mL</td>
</tr>
</tbody>
</table>

Always read your labels!

ARE YOUR CHILDREN DRINKING THEMSELVES SICK?

Drink Water Instead!

Supported by the following organizations

- Association of Anaesthetists in Jamaica, AAJ
- Association of Consultant Physicians of Jamaica, ACPJ
- Association of General Practitioners of Jamaica, AGPJ
- Association of West Indian Gastroenterologists, AWIG
- Caribbean College of Family Physicians – Jamaica Chapter, CCFP
- Healthy Caribbean Coalition, HCC
- Heart Foundation of Jamaica, HFJ
- Jamaica Association for Health Education and Promotion, JAHEP
- Jamaica Association of Professionals in Nutrition and Dietetics, JAPINAD
- Jamaica Cancer Society, JCS
- Jamaica Dental Association, JDA
- Jamaica Emergency Medicine Association, JEMA
- Medical Association of Jamaica, MAJ
- Nurses Association of Jamaica, NAJ
- Paediatric Association of Jamaica, PAJ

References:

1. Added Sugars and Cardiovascular Disease Risk in Children: A Scientific Statement From the American Heart Association | Circulation
https://www.ahajournals.org/doi/10.1161/CIR.0000000000000439

2. WHO guidelines for daily intake of added sugar.
http://www.who.int/nutrition/publications/guidelines/sugars_intake/en/