

**UPDATED LIST**

# Better Options For Snacks and Drinks



As Barbados moves towards healthier environments for our children at school and home, we are pleased to provide parents, canteen concessionaires and vendors with alternative options to some of the ultra-processed products, high in fat, salt and sugar that are heavily marketed and sold to our children daily.

This list of alternative snacks and drinks has been produced by a team of dietitians, nutritionists and medical practitioners from the Barbados Childhood Obesity

Prevention Coalition (BCOP Coalition).

The items were collected from various local supermarkets across Barbados and were selected based on agreed nutrient guidelines by the experts.

These items are:

- **Nutrient-friendly**
- **Affordable**
- **Convenient**



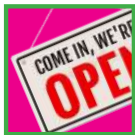
Our team of dietitians, nutritionists and medical practitioners paid special attention to the following factors in making the final selection of items on this list:



Nutrient Content



Affordability



Accessibility



Availability



Cost Comparisons



Age Appropriate



Product Type



Processing Level



# Criteria for selected Snacks & Beverages

## Sodium (Salt)

Low sodium options fall between 130 - 240mg, which represents 10% of the maximum daily intake recommended by World Health Organization (2020).

## Sugar

For beverages, options with no added sugar and 100% juice only have been included in this Alternative List. Snacks with no more than 25g of total sugars have been included.



### References

Department of Health, Food Standards Agency, Food Standards Scotland, & Welsh Government. (2016, November). Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets (2). Gov.UK. [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/566251/FoP\\_Nutrition\\_labelling\\_UK\\_guidance.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/566251/FoP_Nutrition_labelling_UK_guidance.pdf)

National Nutrition Centre. (2017). Food based Dietary Guidelines for Barbados (Revised Edition 2017). FAO. Retrieved July 25, 2021, from <https://www.fao.org/3/19680EN/19680en.pdf>

Public Health England. (2015, July). Why 5%? Gov.UK. Retrieved July 26, 2021, from [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/769482/Why\\_5\\_-\\_The\\_Science\\_Behind\\_SACN.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/769482/Why_5_-_The_Science_Behind_SACN.pdf)

Scientific Advisory Committee on Nutrition. (2011, November 1). The Scientific Advisory Committee on Nutrition report on the DRVs for energy. Gov.uk. Retrieved July 25, 2021, from [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/339317/SACN\\_Dietary\\_](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/339317/SACN_Dietary_)

## Fibre

Where possible, snacks containing 3g or more fibre per serving have been included. In fruit and vegetable juices, fibre will naturally be lower, while sugar content will be higher.

(Public Health England & Scientific Advisory Committee on Nutrition, 2011, Public Health England, 2015, National Nutrition Centre, 2017)

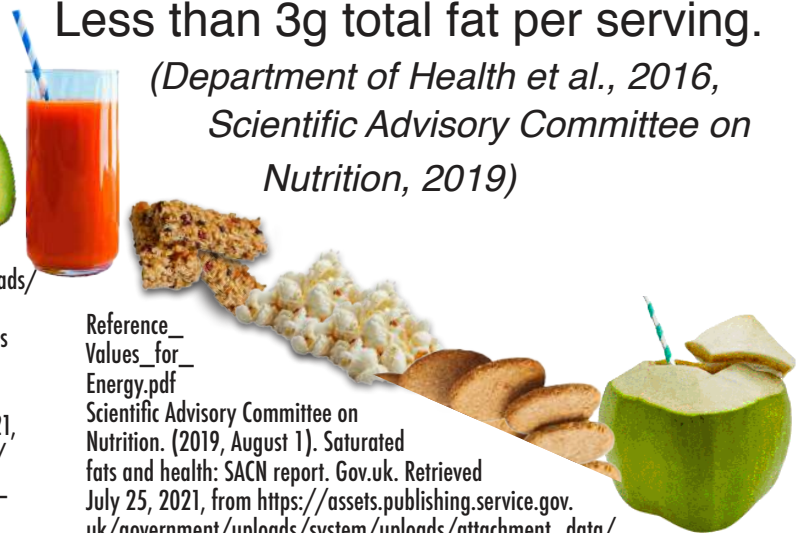
## Cholesterol

The suggested snacks are all low in cholesterol with 20mg or less per serving.

## Fat

Less than 3g total fat per serving.

(Department of Health et al., 2016, Scientific Advisory Committee on Nutrition, 2019)



Reference Values for Energy.pdf

Scientific Advisory Committee on Nutrition. (2019, August 1). Saturated fats and health: SACN report. Gov.uk. Retrieved July 25, 2021, from [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/814995/SACN\\_report\\_on\\_saturated\\_fat\\_and\\_health.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/814995/SACN_report_on_saturated_fat_and_health.pdf)

World Health Organization. (2020, April 29). Healthy diet. WHO | World Health Organization. Retrieved July 25, 2021, from <https://www.who.int/en/news-room/fact-sheets/detail/healthy-diet>



# Remember that we want to choose snacks that contain:

- Salt: between 130 - 240mg 10% of the max daily recommended
- Sugar: no more than 25g of total sugars
- Cholesterol: 20mg or less per serving.
- Fibre: 3g or more
- Fat: less than 3g per serving in total

# Alternative SNACKS

Use in-season fruits and vegetables



Mini pretzels



Granola



Golden apples



Bajan cherries



Apples



Digestive biscuits



Paw-paw



Mango



Grapes



Sugar Apple



Plain/Lightly salted  
Cassava chips



Plain/Lightly salted  
Potato chips



Plain/Lightly salted  
Popcorn chips



Plain/Lightly salted  
Popcorn



Plantain chips



Mixed nuts



Raisins and nuts



Cashew nuts



Trail mix



Mixed fruit cup

**Remember that we want to choose beverages that contain:**

- Salt: between 130 - 240 mg 10% of the max daily recommended
- No added sugars
- Cholesterol: 20mg or less per serving.
- Fibre: 3g or more
- Fat: less than 3g per serving in total

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# Alternative BEVERAGES

Use in-season fruits and vegetables



Water



Non-sugar flavored water



Sparkling Soda water



100% fruit juice



100% vegetable juice



Coconut water



Plant-based milk



Reduced fat milk (Example: 2%)

# Our team of experts highly recommend the following:

## Alternative Snacks we liked the best and why



### Fruits

- |                    |              |
|--------------------|--------------|
| All local fruits   | Banana       |
| Apple (small)      | Watermelon   |
| Pear               | Mango        |
| Tangerine          | Strawberries |
| Orange             |              |
| Green table grapes |              |

#### WHY

Fruits are 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 high 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 cholesterol. They are packed with fibre, protein, vitamins and minerals, including folate, vitamin E, potassium and magnesium.

### Water

Sparkling or still

#### WHY

- Carries nutrients and oxygen to your cells
- Normalizes blood pressure
- Flushes bacteria from your bladder
- Stabilizes the heartbeat
- Aids digestion
- Cushions joints
- Prevents constipation
- Protects organs and tissues







# The World Health Organisation (WHO) recommends that:

Children 7 years and over should consume **NO MORE** than 5 grams or approx. 1 teaspoon of

**SALT**  
(daily)



Children should consume **NO MORE** than 25 grams or 6 teaspoons of

**SUGAR**  
(daily)



Grams

30

25

20

15

10

5

0

