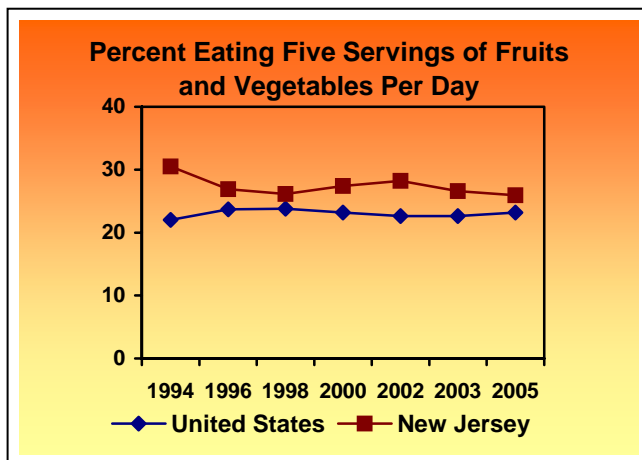


HEALTH DATA FACT SHEET September 2006

September is National 5 A Day Month Time to remember that more than an “Apple a Day. . .” does matter

- The Centers for Disease Control and Prevention recommends that all adults eat five or more servings of colorful (i.e. deeply hued) fruits and vegetables each day. The National 5 A Day Program current efforts are to double consumption of fruits and vegetables during the next five years. An objective of [Healthy New Jersey 2010](#) is that 35% of all adults in New Jersey consume five servings at minimum.
- Colorful fruits and vegetables are rich sources of fiber, vitamins such as A and C and phytochemicals. Phytochemicals are plant components that have properties that help reduce the risk of certain types of cancers, heart disease, diabetes, obesity, hypertension and other chronic diseases and concerns of aging. A simple guide for inclusion of a colorful variety of fruits and vegetables includes a selection of blue/purple, green, white, yellow/orange and red fruits and vegetables when grocery shopping, meal planning or restaurant dining because these deeply hued fruits and vegetables provide the wide range of nutrients the body needs.



- New Jerseyans are more likely to eat five or more servings of fruits and vegetables per day than the average US citizen (26% vs. 23%, respectively).
- New Jersey women are more likely than men to eat five a day (30% vs. 22%) and are less likely to report eating no fruits and vegetables (2% vs. 4%).
- Adherence to 5 A Day is highest for senior citizens (65+) where 31% report eating the recommended five a day.
- In 2005, Non-Hispanic blacks were more likely than non-Hispanic whites and Hispanics to report eating five or more fruits or vegetables per day (28%, 26% and 22%, respectively).

Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2002

- The 2005 Dietary Guidelines for Americans provides science based advice on food and physical activity choices for health. A key recommendation is to include a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2.5 cups of vegetables per day are the recommended intake level for the reference 2,000 calorie intake, which is the referenced calorie level on the Nutrition Facts Panel food label. Individuals can learn their own recommended intake level at <http://www.mypyramid.gov/mypyramid/index.aspx>.
- Fruit and vegetable consumption as a part of a healthy diet is a positive strategy to help manage your weight. Fruits and vegetables are naturally low in fat and calories. More information is available at http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/weight.htm

- For more data from the New Jersey Department of Health and Senior Services:
<http://www.state.nj.us/health/chs/brfss.htm>
- For more information on New Jersey's 5 A Day initiative: www.state.nj.us/health/fiveaday/index.html
- To see where you can buy Jersey Fresh produce: www.state.nj.us/jerseyfresh/searches/roadside.htm
- To learn about the Centers for Disease Control and Prevention 5 A Day Campaign:
www.cdc.gov/nccdphp/dnpa/5Aday/index.htm
- For tips on how to get kids to eat more fruits and vegetables:
www.dole5aday.com/Grownups/Fun/G_GetKidsToEat5ADay.jsp
- The National 5 A Day for Better Health program was launched in 1991 and as the largest public private nutrition partnership and anticipates launch of a new brand identity and approach in 2007 to improve fruit and vegetable intake based on science based consumer research.
- The New Jersey 5 A Day program is co-sponsored by the New Jersey Departments of Health and Senior Services and Agriculture. It is a coalition of 26 different government agencies, nonprofit organizations, industries, retailers, hospitals and HMO's located throughout the state. For more information about or to join the NJ 5 A Day Coalition contact maryann.ellsworth@doh.state.nj.us
- The New Jersey prevalence data in this fact sheet are from the Behavioral Risk Factor Surveillance System, a CDC telephone survey that asks questions related to health for adults eighteen and over.

Sources:

Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion:
[5 A Day](#)
[Behavioral Risk Factor Surveillance System](#), 2005
[Color Your Way to 5 A Day](#)

New Jersey Department of Health and Senior Services, Center for Health Statistics:
[New Jersey Behavioral Risk Factor Survey](#), 1996-2002
[Healthy New Jersey 2010](#)

National Cancer Institute, [5 A Day Initiative](#)

New Jersey Department of Health and Senior Services, Division of Family Health Services, [5 A Day Program](#)

United States Department of Agriculture, [Center for Nutrition Policy and Promotion](#)



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