

# 5 A Day and School-Age Children:

- Trends

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- Effects

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- Solutions





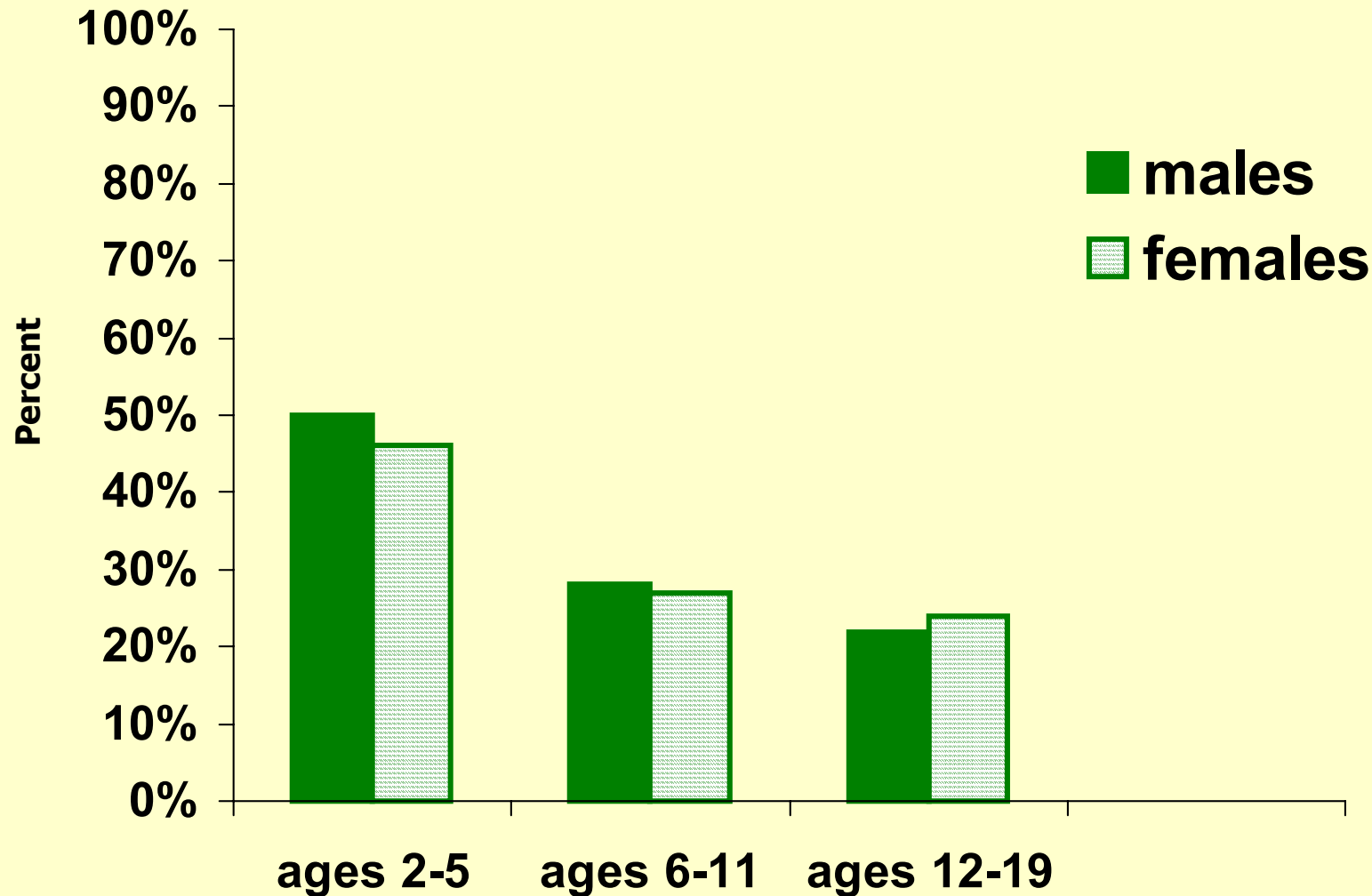
**EAT 5 A DAY**  
for better health

- **three daily servings of vegetables**
- **two daily servings of fruit**



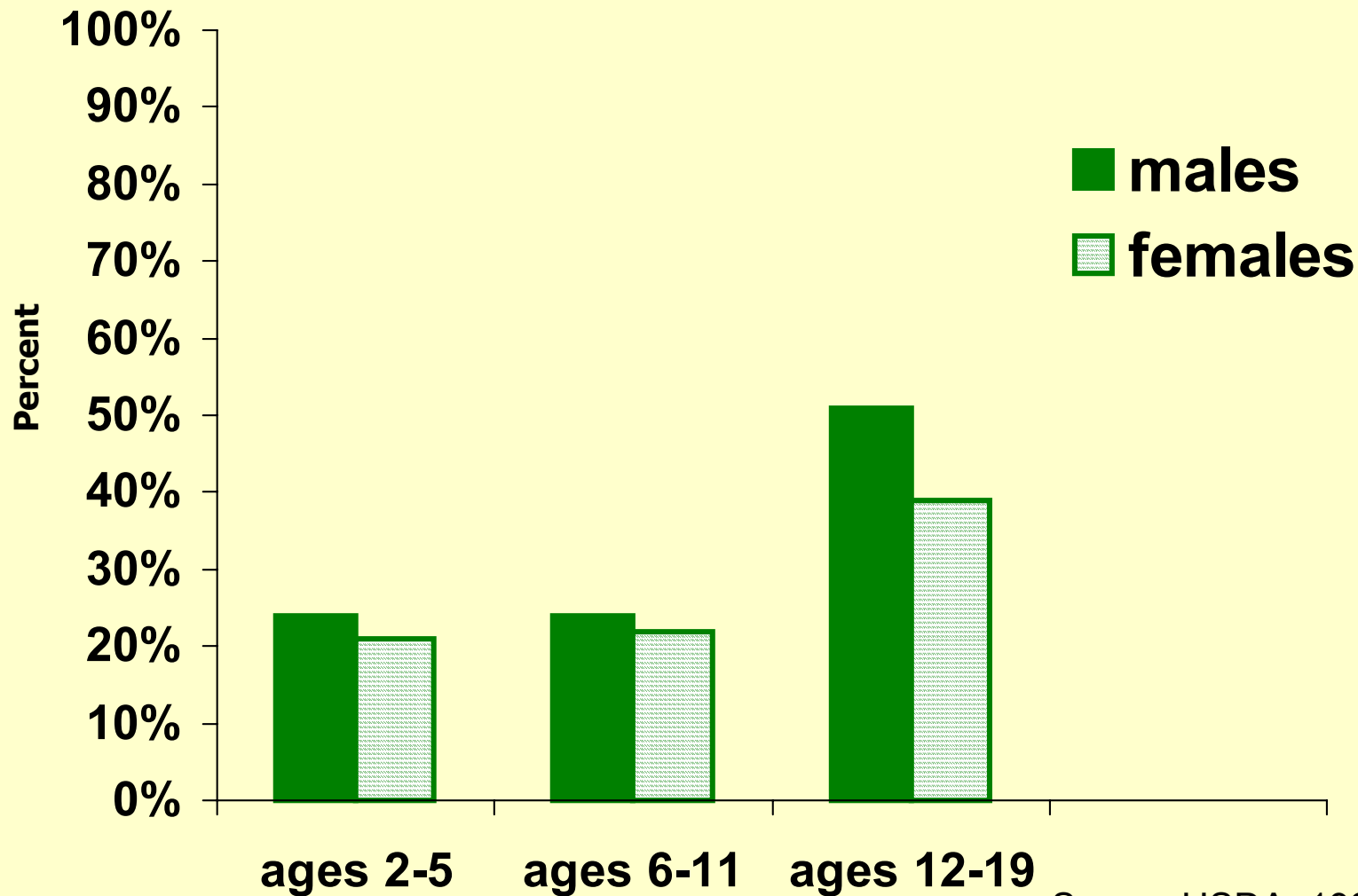


# Percent of U.S. Children Eating Two Servings of Fruit Each Day



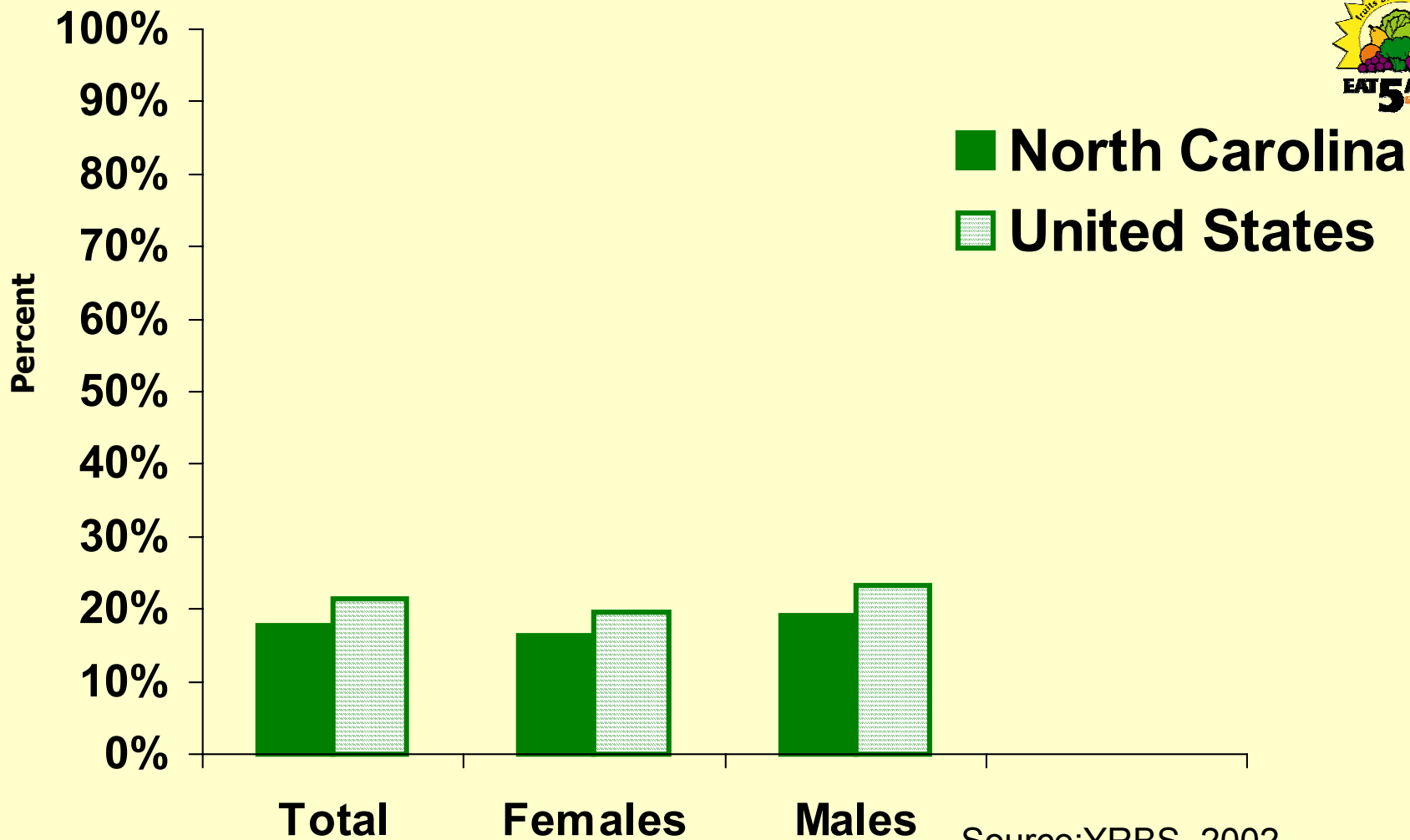
Source:USDA, 1994-96, 1998

# Percent of U.S. Children Eating Three Servings of Vegetables Each Day



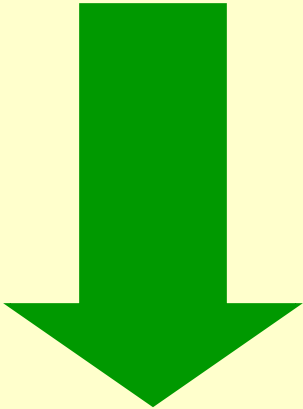
Source:USDA, 1994-96, 1998

# Percent of N.C. High School Students Eating 5 A Day



Source: YRBS, 2002

# Fruit and Vegetable Quality



- **raw fruit**
- **deep green and orange vegetables**





# Fruit and Vegetable Quality

50%

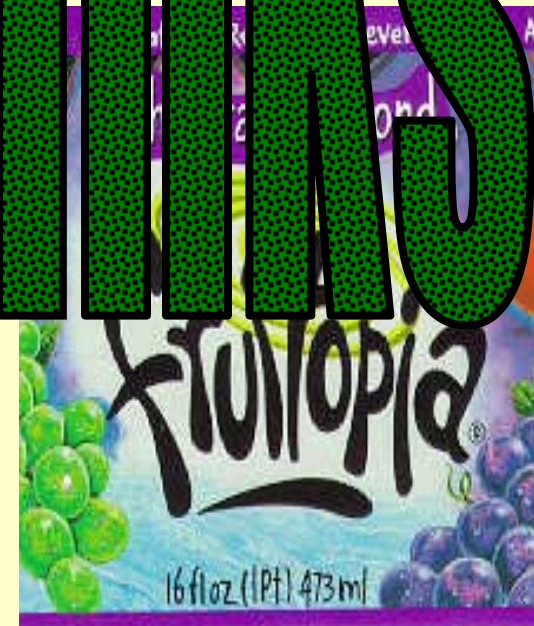


25%



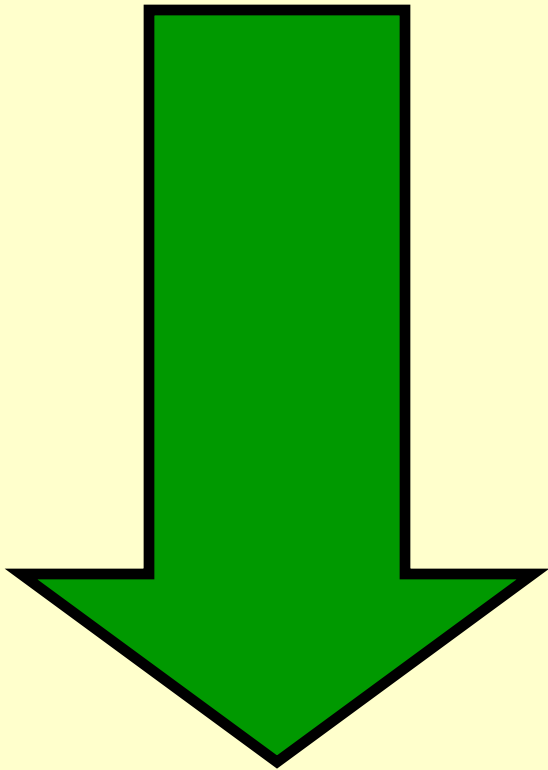


# Juice Drinks

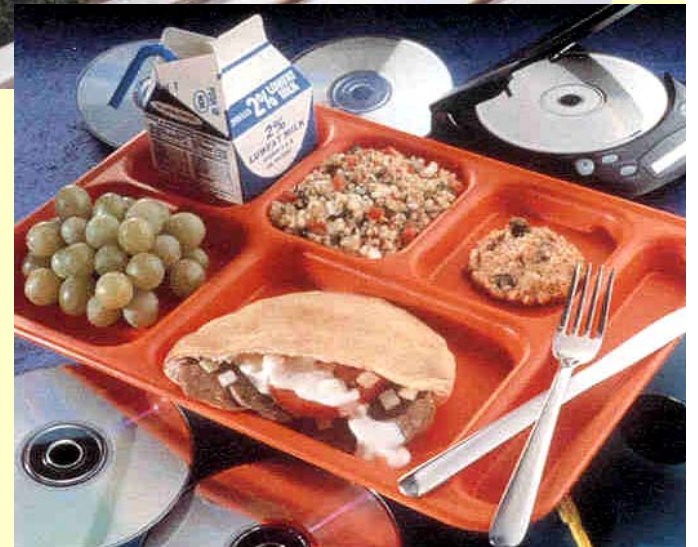
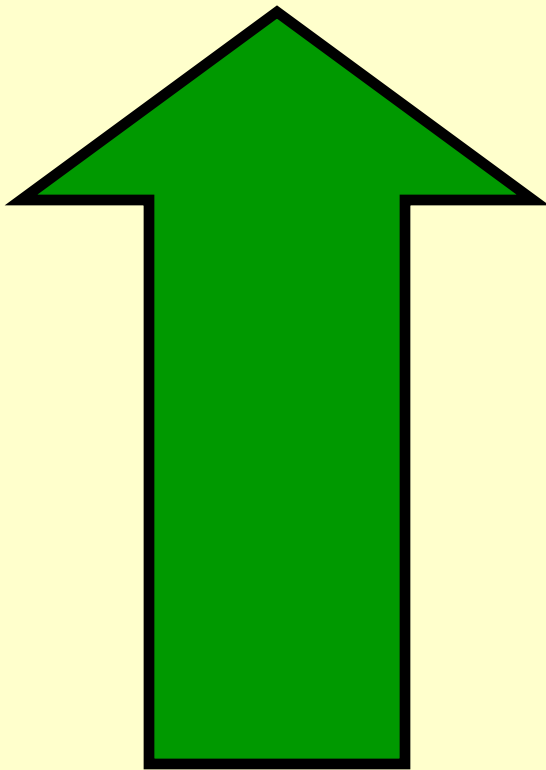


# Influence of Schools

# Vending Machines & Snack Bars



# School Meals





# Health Benefits of 5 A Day





# Health Benefits of 5 A Day

Antioxidants

Minerals

Vitamins

Phytonutrients

Fiber



# Health Benefits of 5 A Day

COLOUR



# Health Benefits of 5 A Day

# green



# Health Benefits of 5 A Day

yellow orange



# Health Benefits of 5 A Day

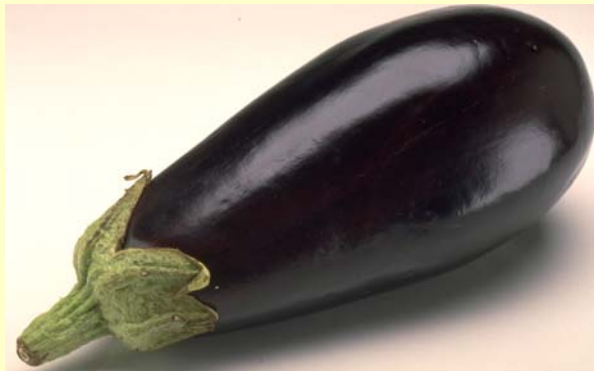
red



# Health Benefits of 5 A Day

blue

purple



# Health Benefits of 5 A Day

# white



# Health Benefits of 5 A Day



**TWINLAB**

Nature's Way

Country Life

**NATROL**

**RAINBOW LIGHT**

**NOVOGEN**  
Green Foods

**ATKINS**



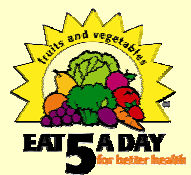
Source  
Naturals



Planetary  
Formulas

**NATURE'S HERBS**

**Futurebiotics**







# Schools Can Make a Difference

- **There is a direct link between good nutrition and the ability to learn, play, grow and develop.**
- **Well nourished children have higher test scores, better school attendance and fewer behavioral problems.**

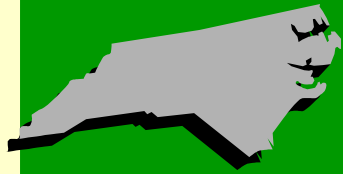
**Schools are important environments that impact children's nutritional intake.**

# USDA Regulations

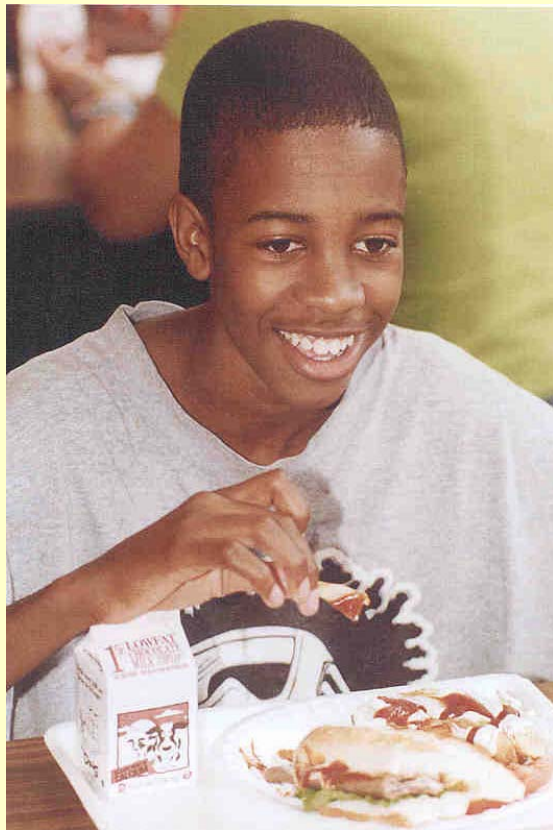
## School Meals Initiative

Nutrition standards for school breakfast and lunch that are consistent with the Dietary Guidelines for Americans.





# North Carolina Policies



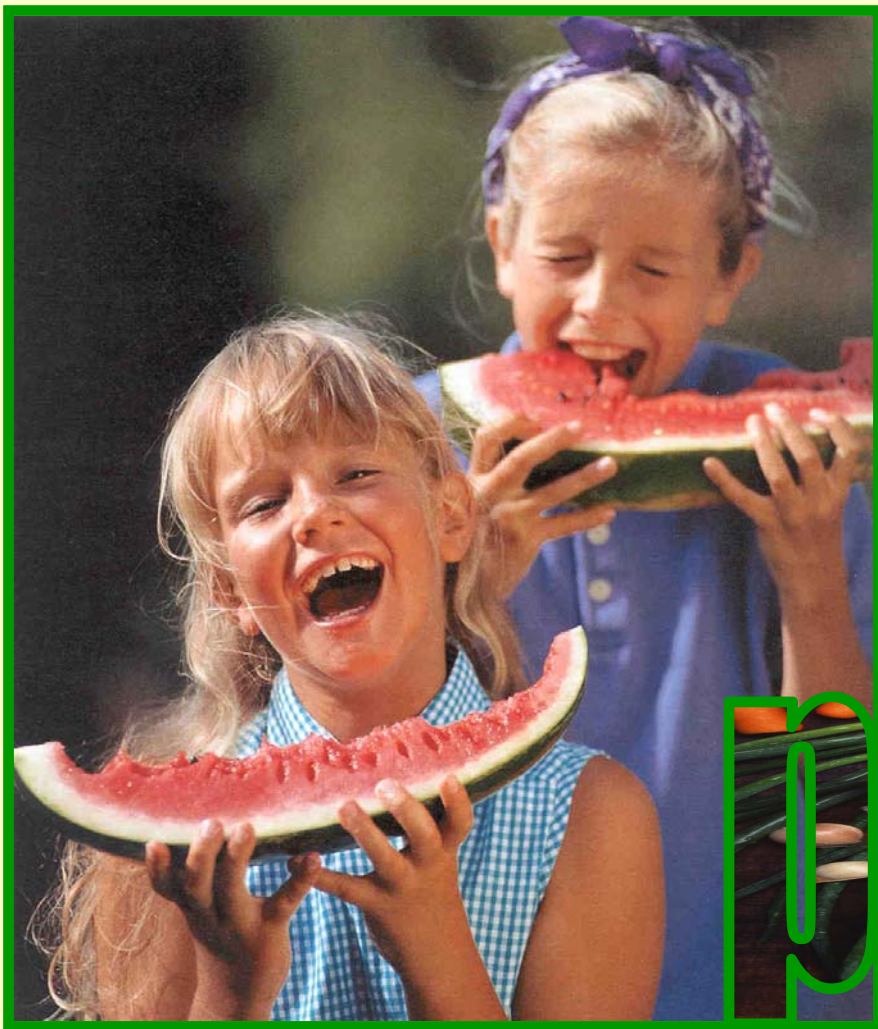
All a la carte food and beverages sold in the school cafeteria must contribute to the nutritional well being of the child and aid in establishing good eating habits.

**Influencing Access**

**to 5 A Day**

**in Schools**

# Promoting 5 A Day in Schools



policies

# Promoting 5 A Day in Schools



school gardens

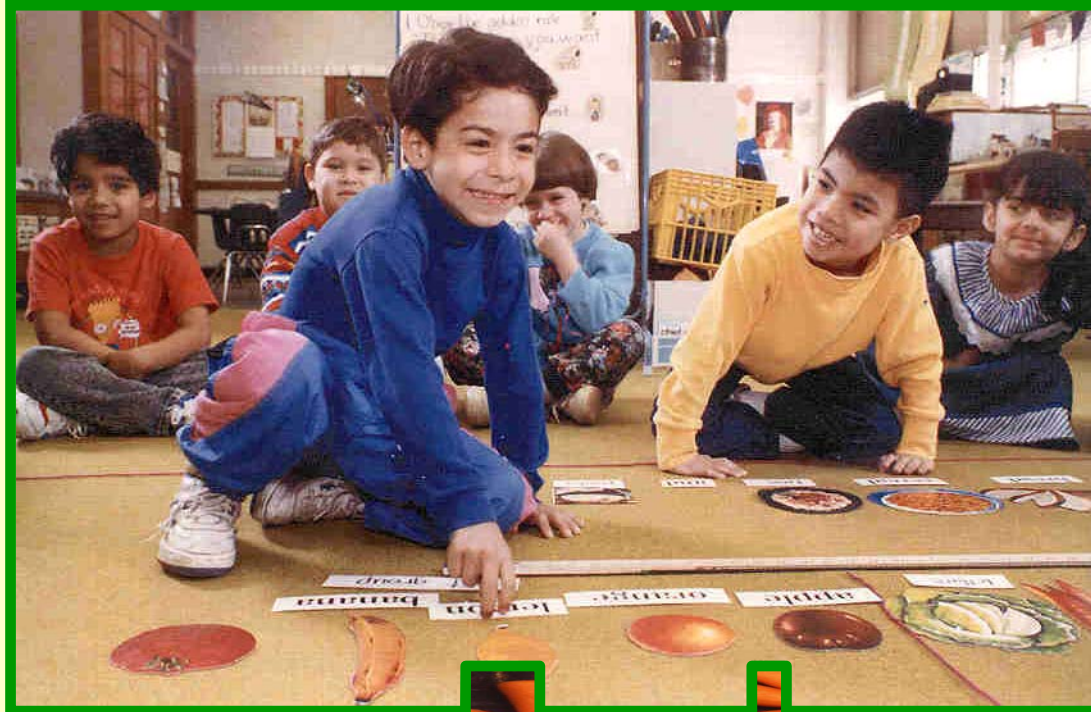
# Promoting 5 A Day in Schools



farm-to-school



# Promoting 5 A Day in Schools



5 a day education

# Promoting 5 A Day in Schools



field trips

# Promoting 5 A Day in Schools



health fairs

# Promoting 5 A Day in Schools



salad bars

What Can

We Do?

# Advocating for a Healthful School Nutrition Environment...

