

## Drinking the Healthy Juice

Juice comes in many different flavors and provides essential nutrients that help keep people healthy. Consumers today have numerous choices when it comes to drinking juice. One of the decisions they must make is whether to buy *pasteurized* or *unpasteurized* juice. Though illness due to juice is rare, several outbreaks of diarrheal illness due to juice have been reported in the United States in the last decade. Most of the outbreaks of illness due to juice have been linked to untreated or inadequately treated juice products. Most juice sold in the United States is treated. One of the most common treatments used is pasteurization.



**Orange Juice**

**Pasteurized** juice is heated to a high temperature for a short time before it is sold. By pasteurizing juice, pathogens (germs) which may be present in the liquid are killed. Most juice concentrate sold in stores has been heat treated as part of the concentration process and this is equivalent to pasteurization.

Pasteurized juice can be found as frozen concentrate, displayed at room temperature or in the refrigerated

section of your supermarket. Pasteurized juice may say “Pasteurized” on their labels.

### Pathogens sometimes found in unpasteurized juices:

[E. coli O157:H7](#)  
(bacteria)

[Salmonella](#)  
(bacteria)

[Cryptosporidium](#)  
(parasite)

Click on the links above to find out more about these pathogens.

**Treated** juice, more commonly found in health-food stores and farm markets, has been treated to kill pathogens that may be present in the juice through a method other than pasteurization, such as UV irradiation, surface treatment of the fruit or high pressure treatment.

Some types of treated juice may be marketed as “fresh squeezed.” The methods used to treat the juice must have been proven to work and verified by the Food and Drug

Administration (FDA). These processes must be carried out properly for the treatment to be successful.

If these requirements are not met, the treatment may not be effective in killing pathogens and people who consume the juice may become ill. Treated juice products have labels that do not have a warning label like the one below (fig. 1) and do not say “Pasteurized.” Treated unpasteurized juice is safe if it has been properly processed by a proven effective method such as UV irradiation.

**Untreated (raw)** juice has not been treated in any way to kill pathogens that may be present. This type of juice may be found in the refrigerated sections of grocery stores, health-food stores, cider mills and farm markets. Another form of untreated juice is untreated cider. One way to make this cider safer is to heat it to at least 170°F. Prepackaged, untreated juice must bear a warning label that looks similar to this one:

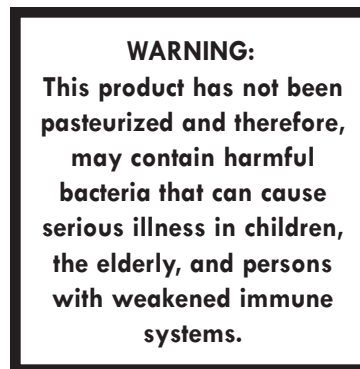


Fig. 1 (Warning Label)

**Caution:** To minimize health risk, young children, the elderly and people with weakened immune systems should not consume packaged juice that bears the above warning label or any other form of juice that is known to be untreated (i.e. untreated juice served by glass at a roadside cider stand). Anyone who wishes to reduce their risk may follow this recommendation.

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## Creating Strong Kids and Families

Physical activity is part of **National Public Health Week** this year held from April 3rd to 9th, 2006. Physical activity builds a great foundation for a healthy life. It is a win-win event for you and your child. Physical activity can:

- Increase self-esteem and capacity for learning
- Help kids handle stress
- Build and maintain healthy bones, muscles and joints
- Help control weight

You can start by setting a good example. Be active, get your family to join you and have fun! Try these:

- **Family Adventures** - Hiking, fishing, canoeing or apple-picking. Visit the attractions in your community.
- **Family Fitness Vacations** - Plan a day at the beach for swimming, a bike ride at the park or a walk on a scenic trail.
- **Gifts of Physical Activity** - Give a present that encourages physical activity.

Select toys that make kids move, such as a basketball or bicycle.

- **Seasonal Celebrations** - Pick a different activity for each season:

Winter - Go sledding

Spring - Play whiffle ball or fly a kite

Summer - Run through the sprinkler or jump rope

Fall - Hike through a pumpkin patch

Keeping your children healthy and active will allow them to develop healthy behaviors that will last a lifetime!



**Good** for the heart, the head  
and the soul.

## Eat Your Vegetables

If you want to keep the weight down, switch to a meat-free diet, scientists said on Tuesday, March 14th, 2006.



Researchers who studied the eating habits of 22,000 people over five years, including meat eaters and vegetarians, found they all put on a few pounds, but meat eaters who changed to a vegetarian or vegan diet gained the least.

"Contrary to current popular views that a diet low in carbohydrates and high in

protein keeps weight down, we found that the lowest weight gain came in people with high intake of carbohydrates and low intake of protein," said Professor Tim Key.

The research compared weight gain among meat eaters, fish eaters, vegetarians and vegans - who eat no animal products - and is published in the International Journal of Obesity.

It showed that on average people gained 4.4 pounds over five years.

"The weight gain was less in the vegans than in the meat-eaters and somewhere in between in the other groups," said Key, of Britain's Cancer Research UK charity and the University of Oxford, who conducted the study.

"The lowest weight gain was in people who changed their diet to eat fewer animal products," he told Reuters.