Healthy eating helps you perform at your peak and boosts your immune system, but it takes more than an apple a day to keep the doctor away. Here are 10 simple ways to eat healthier:

1. **KNOW YOUR NUMBER OF SERVINGS OF FRUITS AND VEGETABLES.** Your body’s fruit and vegetable needs are determined by a combination of your age and activity level. Visit the HPW Toolbox to find your number.

2. **SHAKE IT UP!** Blend 100% juice with fresh or frozen fruits, like bananas, and vegetables, like spinach, to make a smoothie for an alternative meal on the go.

3. **READ THE LABELS.** Juices can be full of excess sugar, so check for the 100% juice marking.

4. **SNACK ON IT.** Pass up the chips for no sugar added dried fruit or bumps on a log (celery with a thin layer of peanut butter and topped with raisins).

5. **CHANGE IT UP.** Add finely chopped vegetables, like carrots, to hamburgers or meatloaf.

6. **THIN IT OUT.** Instead of extra meat or cheese on your sandwich or sub, add lettuce, tomato or onion.

7. **GARNISH IT.** Add fruit, like fresh strawberries or apple slices, to a salad.

8. **JAZZ IT UP.** Add steamed broccoli and cheese to a baked (or sweet) potato.

9. **ADD TOPPINGS.** Love pizza? The possibilities are endless from pineapple to peppers and mushrooms.

10. **TRACK IT!** Monitor your daily intake and adjust your eating habits to maximize your overall health.