



10 Ways to Increase Your Fruits and Vegetables Intake

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.

