



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 by adding more fruits and vegetables to your diet:

- 1 KNOW YOUR NUMBERS.** Your body's fruit and vegetable needs are determined by your age, gender, and physical activity level. Visit ChooseMyPlate.gov to find out how many [fruits](#) and [vegetables](#) you need daily.
- 2 READ THE LABELS.** Some drinks and foods claim to be "made with real fruit," but the ingredients only include 10% fruit or fruit juice with the rest being water or other ingredients, such as added sugar or flavorings. Check the food label to be sure the product contains 100% juice, or if it's a fruit, that it is packed in water or its own juice, not heavy syrup. Learn more at [What's Behind the Label?](#)
- 3 SHAKE IT UP.** Blend fresh or frozen fruit, such as raspberries or a banana, and vegetables, such as spinach or kale, with fat-free or low-fat milk or plain yogurt to make a smoothie.
- 4 SNACK ON IT.** Munch on apple slices and peanut butter or celery sticks and hummus, instead of chips and dip.
- 5 CHANGE IT UP.** Mix chopped vegetables, such as carrots, zucchini, or cauliflower, into hamburgers, soups, and sauces.
- 6 EAT FROM THE RAINBOW.** Different colored fruits and vegetables contain different vitamins and minerals. Aim for at least three colors at every meal to get the variety of nutrients your body needs.
- 7 THIN IT OUT.** Instead of extra meat or cheese on your sandwich, double up on lettuce, tomato, or avocado.
- 8 JAZZ IT UP.** Dress up a baked or sweet potato with steamed broccoli or caramelized onions. Also add vegetables in eggs or omelets.
- 9 TOP IT OFF.** Substitute sausage or pepperoni with pineapple, peppers, or mushrooms on your next pizza. Also try adding fruit, such as strawberries or blueberries, to salad, oatmeal, or yogurt.
- 10 TRACK IT.** Use [SuperTracker](#) to monitor your daily fruit and vegetable intake and adjust your eating habits to maximize your overall health.

