EAT WELL, CARE WELL.
HEALTHY VISION

WHAT ARE THE TOP 5 FOODS FOR EYE HEALTH?

One of the top 5 foods for eye health is **kale**. It has a rich source of lutein and zeaxanthin, which is believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. **Sweet potatoes** are also high in vitamin A and beta-carotene. These nutrients prevent dry eyes and night blindness. Try to incorporate other deep orange foods into your diet, like carrots and butternut squash. Liver, milk, and eggs are other great sources of Vitamin A. **Strawberries** contain a large amount of Vitamin C, which is an antioxidant that helps lower your risk of cataracts. Other foods that contain Vitamin C are bell peppers, broccoli, and citrus fruits. **Salmon** can also help alleviate dry eyes through its omega-3 fatty acids. It is recommended we eat fish two to three times per week. Lastly, **green tea** provides antioxidants that can lower the risk of developing cataracts and macular degeneration. Try getting some of these foods into your diet to help promote healthy vision!

WEEKLY CHALLENGES

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**DRINK GREEN TEA THIS WEEK**

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**EAT FISH TWICE THIS WEEK**

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**TRY ONE OF OUR PROVIDED RECIPES, WHICH CONTAIN LOTS OF VITAMIN A**

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**INCORPORATE STRAWBERRIES INTO A MEAL OR SNACK**

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**DID YOU KNOW?**

**BETA-CAROTENE AND VITAMIN A ARE BEST ABSORBED WHEN EATEN WITH HEALTHY FATS, LIKE OLIVE OIL.**

Photo courtesy of Pixabay.com
**Roasted Carrots with Cardamom Butter** Takes only 15 minutes to prepare!

This recipe is brought to you from [http://www.eatingwell.com/recipe/249574/roasted-carrots-with-cardamom-butter/](http://www.eatingwell.com/recipe/249574/roasted-carrots-with-cardamom-butter/)

**INGREDIENTS:**

- 4 tablespoons butter, melted
- 2 teaspoons canola oil
- 1 teaspoon ground cardamom
- ½ teaspoon salt
- 2-pounds carrots, peeled and cut diagonally into ¼ inch thick slices

**DIRECTIONS:**

1. Position rack in lower third of oven; preheat to 450F.

2. Combine butter, oil, cardamom and salt in a medium bowl. Add carrots and toss well to coat. Spread evenly on a rimmed baking sheet. Roast the carrots, stirring twice, until tender and golden, about 30 minutes. Serve immediately.

What is Cardamom?

Pronounced: KAR-duh-muhm

Cardamom is a spice native to the Middle East, North Africa, and Scandinavia. There are three types of cardamom; green cardamom, black cardamom and Madagascar cardamom. Cardamom has a strong, unique spicy-sweet taste, which is slightly aromatic.

Cardamom is rich in niacin, pyridoxine, riboflavin, thiamine, vitamin A, vitamin C, potassium, calcium, copper, iron, manganese, magnesium, phosphorus, and zinc.

1. [http://www.geniuskitchen.com/about/cardamom-319](http://www.geniuskitchen.com/about/cardamom-319)
Sweet Potato Mash  Takes only 25 minutes! This recipe was adapted from https://www.foodnetwork.com/recipes/food-network-kitchen/sweet-potato-mash-recipe-2105071

INGREDIENTS:

- 2 sweet potatoes
- 1 ½ tablespoons of butter
- 4 sage leaves
- 2 scallions, chopped
- Salt and Pepper to taste

DIRECTIONS:

1. Pierce the sweet potatoes with a fork; microwave 8 minutes. Scoop the flesh into a bowl, then mash.
2. Brown the butter in a skillet, then add the sage leaves and fry until crisp; transfer to a plate.
3. Cook the chopped scallions with salt and pepper in the browned butter. Drizzle over the sweet potatoes; top with the sage if desired. Enjoy

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