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## 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

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

# 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/>

## 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



Photo courtesy of Pixabay.com

## 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.<sup>1</sup>

Cardamom is rich in niacin, pyridoxine, riboflavin, thiamine, vitamin A, vitamin C, potassium, calcium, copper, iron, manganese, magnesium, phosphorus, and zinc.<sup>2</sup>

1. <http://www.geniuskitchen.com/about/cardamom-319>

2. <https://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-cardamom.html>

# 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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