



Photos by Pixabay.com

EAT WELL, CARE WELL.

EATING FOR EYE HEALTH

Having good eye health starts with the food that you have on your plate. There are many nutrients that might help ward off age-related vision problems, such as cataracts. These nutrients include omega-3 fatty acids, lutein, zinc, and vitamins C and E. Foods that are rich in these nutrients are:

- Green leafy vegetables such as kale, spinach, and collards
- Salmon, tuna, and other oily fish
- Eggs, nuts, beans and other non-meat protein sources
- Oranges and other citrus fruits
- Oysters and pork

Eating a well-balanced diet also helps you maintain a healthy weight and decreases your chance of having a chronic disease, like obesity and related diseases like type 2 diabetes. Type 2 diabetes is the leading cause of blindness in adults.

Other precautions to take that will help keep your eye health up to par include wearing sunglasses, wearing safety eyewear, looking away from the computer screen, and having regular eye exams.

WEEKLY CHALLENGES

EAT BEANS, EGGS, OR NUTS TWICE A WEEK

EAT GREEN LEAFY VEGETABLES SUCH AS SPINACH, KALE, OR COLLARDS AT LEAST TWICE A WEEK

INCREASE YOUR OMEGA-3 FATTY ACID INTAKE BY EATING SALMON, TUNA, AND OTHER OILY FISH

**Happy
New Year!**

Recipe: Leafy Green Salad

Ingredients:

- 2 cups torn romaine lettuce
- 2 cups fresh baby spinach
- ½ cup thinly sliced red onion
- ½ cup thinly sliced fresh mushrooms
- 3 tablespoons balsamic vinegar
- 1 tablespoon olive oil

Yield: 4 servings

Nutrients per serving:

57 calories, 3 g fat, 90 mg sodium, 171 mg potassium, 2 g fiber, 1 g protein, 130% vitamin A & 9% vitamin C.

Recipe adapted from *EatingWell.com*

Directions:

1. In a large bowl toss together romaine lettuce, baby spinach, red onion and mushrooms.
2. In a screw-top jar combine balsamic vinegar and olive oil. Shake to mix.
3. Drizzle over the salad and toss to coat.

Variations:

Add hard boiled eggs, nuts, beans, or tuna to increase protein. Add whatever fruit you have on hand.

