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EAT WELL, AGE WELL.

EATING FOR EYE HEALTH

Maintaining eye health is important in all stages of life.

Vitamin A helps keep the cornea clear, prevents night blindness, and reduces one's risk of age-related macular degeneration. In addition, **vitamins E and C** combat oxidative stress and protect one's eyes from damage from harmful free radical molecules. Vitamin E & C decrease one's risk of developing cataracts (cloudy, impaired vision).

Eating a balanced diet rich in fruits, vegetables, whole grains, protein, and healthy fats provides your eyes with the needed nutrients to sustain eye health.

See the chart below for vitamin-rich food sources that promote eye health.

Vitamins for Eye Health	Food Sources
Vitamin A	Sweet potatoes, carrots, tuna, leafy green vegetables, cantaloupe, bell peppers, broccoli
Vitamin E	Nuts, seeds, avocado, dark green leafy vegetables, broccoli, kiwifruit, some oils
Vitamin C	Bell peppers, oranges, guava, strawberries, kiwifruit, broccoli, kale, tomatoes

WEEKLY CHALLENGES

EAT FOOD SOURCES RICH IN AT LEAST 2 OF THE 3 LISTED VITAMINS 5 TIMES THIS WEEK

INCORPORATE ONE OF THE FRUITS LISTED FOR BREAKFAST TWICE THIS WEEK

MAKE A SALAD OUT OF THESE VITAMIN-RICH FOODS: LEAFY GREENS, AVOCADO, NUTS OR SEEDS, AND VARIOUS VEGETABLES

DID YOU KNOW?

Sweet potatoes contains over 300% of your daily value of vitamin A, which is great for eye health!

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try the foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like I added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Eating for Eye Health*
- Placemat/handout – *Broccoli Strawberry Orzo Salad*
- *Monthly Tracking Calendar*
- Table Tent: *Eating for Eye Health- Did you Know*

Week 2: Give out/Post

- Placemat/handouts – *Apple, Beet, Carrot & Kale Salad*
- Table Tent- *Eye Health Food- Salmon*

Week 3: Give out/Post

- Placemat/handouts – *Sweet Spinach Salad*
- Table Tent-*Spinach and Eye Health*

Week 4: Give out/Post

- Placemat/handout- *Red Bean Soup Recipe*
- Table Tent-*Sweet Potatoes and Eye Health*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in a full-size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org