

EAT WELL, AGE WELL.

Monthly Tracking Calendar- Eating for Eye Health

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: INCORPORATE GREEN LEAFY VEGETABLES (SPINACH, KALE) INTO ONE OF YOUR FAVORITE RECIPES.

WEEK 2: USE SALMON OR OYSTERS IN A DISH.

WEEK 3: EAT MORE NON-MEAT PROTEIN SOURCES LIKE BEANS, NUTS, OR EGGS.

WEEK 4: EAT ONE ORANGE A DAY TO INCREASE YOUR VITAMIN C INTAKE.

Complete the Weekly Challenges & you will feel better and be more in control of your health.