

EAT WELL, AGE WELL. EATING FOR EYE HEALTH

Eating For Eye Health

Many people wait to take action for their eye health until their eyesight starts to deteriorate. It is better to start protecting your eyes as early as possible. Try to have 5 to 9 servings of fruits and vegetables per day. Some foods that are especially beneficial for eye health are leafy green vegetables.

Research shows that eggs are also good for the eyes because they contain lutein like the vegetables do. Even though they have less of the antioxidants, they are more readily used by our bodies making them more effective!

Foods rich in vitamin C provide protection from damage of UV light. Some examples are red bell peppers, strawberries, broccoli, brussels sprouts, and citrus fruits.

Eat Well, See Well!

Broccoli Strawberry Orzo Salad (Serves 3)



Ingredients

- 1 cup fresh broccoli (chopped)
- 1/3 cup orzo pasta (uncooked)
- 2 Tbsp sunflower seeds
- 1 cup fresh strawberries
- 1-1/2 tsp lemon juice (fresh or bottled)
- 1 Tbsp apple cider vinegar
- 1 Tbsp olive oil
- ½ tsp sugar (or honey)
- Poppy seeds (optional)

Directions

1. Cook orzo pasta according to directions
2. Drain and rinse with cold water
3. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds. Drizzle with lemon poppy seed vinaigrette and toss to combine.
4. Chill in refrigerator until ready to serve.

Recipe adapted from: [choosemyplate.gov](https://www.choosemyplate.gov)

<u>Nutrition Information</u>	1 cup
Calories	26
Total Fat	1 g
Saturated Fat	0 g
Sodium	5 mg
Fiber	0 g
Total Sugars	1 g
Protein	1 g

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How do I eat for eye health?

As we age, vision problems become inevitable. Nutrients like omega-3 fatty acids, zinc, and vitamin C can help fight vision deterioration and cataract development. Incorporating the right foods into your diet can help keep your eyes healthy, and delay vision impairments!

APPLE, BEET, CARROT & KALE SALAD



Photo Courtesy of Pixabay.com

Ingredients:

- 1 large **apple** (green or red), cored and julienned*
- 2 **beets**, peeled and julienned
- 1 ½ cups **carrots**, julienned
- 3-4 **kale** leaves, center vein removed and chopped
- 1/3 cup **cranberries** (fresh or dried)
- **Sunflower seeds** to garnish

**Julienne means to cut into long thin strips, similar to matchsticks*

Directions

1. Prepare Orange Dressing by combining the following:
 - 4 tablespoons **orange juice**
 - 1 tablespoon **apple cider vinegar**
 - 2 teaspoons **Dijon mustard**
 - 2 dashes **onion powder**
 - pinch of **salt**
 - **black pepper** to taste
2. Next, julienne the apple, beets and carrots.
3. Add the apples, beets, carrots, kale and cranberries to a large mixing bowl, pour dressing over-top, and toss to combine.
4. Serve with a sprinkle of sunflower seeds if desired.

Recipe adapted from: The Simple Veganista

EAT WELL, AGE WELL. FOODS FOR EYE HEALTH.

What can foods do to improve eye health?

Many foods have the nutrients that can help prevent cataracts, macular degeneration, glaucoma and other eye diseases and disorders.

Nutrients from food are a much better way to boost health than supplements. Many different foods can work together to allow your body to absorb the nutrients that are good for eye health.

Foods such as kale, sweet potatoes, strawberries, salmon, and green tea can boost eye health.

Sweet Spinach Salad (Serves 2)



Photo Courtesy of Pixabay.com

Ingredients:

- 2 tablespoons golden raisins
- 1 tablespoon pine nuts
- 1 tablespoon shaved parmesan cheese
- ½ cup sliced strawberries
- 2 teaspoons balsamic vinegar
- 1 10-ounce bag fresh spinach
- ¼ cup shredded carrots

Directions

1. Place the spinach in a bowl, add the balsamic vinegar.
2. Add the carrots, raisins, pine nuts, strawberries, and parmesan cheese to the bowl.
3. Mix and enjoy!

This salad is a quick and easy meal with many eye healthful foods included. The foods in this meal that boost eye health are spinach, strawberries, and carrots. This meal is also low in calories and carbohydrates.

Recipe adapted from: Taylor Wolfram

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Tips for Eye Health

When people think about food and eye health they tend to think about carrots. It's true, carrots and other yellow/orange produce can assist in eye health by slowing macular degeneration and preventing night blindness. Other foods are just as helpful!

- **Vitamin C** – Found in various fruits and veggies and is an antioxidant good for preventing cataracts
- **Omega-3 Fatty Acids** – This heart-healthy fat is helpful against dry eyes. They can be found in walnuts, flax and chia seeds, and fish like salmon and tuna
- **Dark Green Vegetables** – Like their yellow/orange relatives, these are good sources of vitamin A and carry the same benefits, along with vitamin E (another antioxidant!). Examples are spinach, collard greens, and kale
- **Zinc** – Many legumes (beans) contain this mineral that aids in retinal health and protects eyes.

This dish is SO versatile! Leave off the eggs to make an excellent side dish. Mix in your favorite taco seasonings and put in your tacos. Replace the eggs for fiber-filled beans to make a vegetarian main dish.

Sweet Potato & Kale Hash w/ Egg (Serving Size: 2)

Ingredients

- 1 medium sweet potato, peeled and diced into bite-size pieces
- ¼ cup yellow onion, finely diced
- 1 red bell pepper, finely diced
- 2 packed cups kale, chopped (frozen or fresh)
- 1 tsp chili powder
- 1 tsp paprika (try smoked paprika)
- 2 eggs
- 1 Tbsp extra virgin olive oil (more if needed)
- Pepper & Salt to taste

Cooking Method

1. Heat ½ Tbsp oil in a medium-large skillet over medium heat
2. When oil is hot, add sweet potatoes, onion, red pepper, chili powder, and paprika. Mix until seasonings and oil are evenly distributed
3. Cook mixture until sweet potatoes are fork tender (15-20 minutes). Stir frequently. If mixture begins to stick, add a small amount of extra oil and turn heat to medium-low. Continue stirring
4. During the last 5 minutes of cooking, add kale, stir to combine, and cover
5. Set aside and cook eggs in separate skillet as desired. Serve eggs on top of sweet potato mixture and salt as needed.

Recipe adapted from <https://sharedappetite.com>



Photo courtesy of Chris Cockren

This is a simple, nutritious recipe that will benefit eye health in addition to overall health!