

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.



## Eye Health Sweet Potatoes



### Sweet Potato Math

One pound raw fresh sweet potatoes = 3 cups shredded, cubed or sliced = 1 3/4 cups cooked, mashed.

#### Weekly Challenge:

Try a recipe using sweet potatoes! Check out [www.foodhero.org/sweet-potato](http://www.foodhero.org/sweet-potato)

*Photo courtesy of Pixabay.com*

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Hope Quilling. Jan. 2021

## Eye Health Food: Sweet Potatoes



Sweet Potatoes have the ability to slow the progress of macular degeneration. Macular degeneration is when a part of the eye deteriorates, leaving people with loss of vision.

#### Weekly Challenge:

Try roasting sweet potatoes drizzled with olive oil.  
Bake at 400 for 10-20 min. depending on size.



*Photos courtesy of Pixabay.com*

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Hope Quilling. Jan. 2021

## Eye Health Food: Sweet Potatoes



Sweet potatoes can also help prevent dry eyes, night blindness, and reduce the risk of eye infections.

#### **Try a Microwaved Sweet Potato:**

Prick the skin of whole sweet potatoes several times. Microwave on high until tender, 5 to 8 minutes for whole sweet potatoes depending on size.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Hope Quilling. Jan. 2021

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## Eye Health Food:



### Salmon

Salmon is a good source of vitamin D, which helps protect against macular degeneration. The macula is a part at the center of the retina that is light sensitive. Risk for impairments increases after age 50. Researchers now believe trans fats have a negative effect on the eye's blood vessels.

#### Weekly Challenge:

Try a recipe using salmon at least twice this week! Pictured is baked salmon with a side salad.



*Photo courtesy of Pexels.com*

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Marcelina Worden. January 2021

## Eye Health Food:



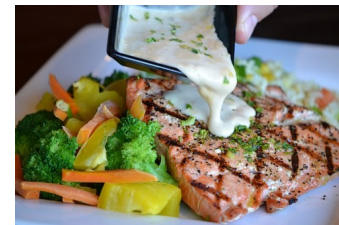
### Salmon

Salmon or other types of fish are good sources of healthy fats. Eating enough omega-3 fatty acids can help alleviate the problem of dry eyes.

Research shows they reduce inflammation in the retina. Omega 3's also help keep the heart healthy.

#### Weekly Challenge:

Try a recipe using salmon at least twice this week! Pictured is grilled salmon with vegetables.



*Photo courtesy of Pixabay.com*

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Marcelina Worden. January 2021

## Eye Health Food:



### Salmon

Eating salmon may help with symptoms of depression and improve cognitive function of patients with mild Alzheimer's disease.

Fish such as salmon helps improve fine motor speed, verbal knowledge, and verbal fluency.

#### Weekly Challenge:

Try a salmon recipe at least twice this week! Pictured is raw salmon on crackers with cream cheese.



*Photo courtesy of Pixabay.com*

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Marcelina Worden. January 2021

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Eating For Eye Health:

## Spinach



Spinach also contains vitamins C and E. These nutrients both work as antioxidants and help prevent cataracts. Check out recipes at [www.foodhero.org/spinach](http://www.foodhero.org/spinach)



*Photos courtesy of Pixabay.com*

**Why are Spinach Leaves Never Lonely? Because they come in bunches.**

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Tom Paine. Jan. 2021

Eating For Eye Health:

## Spinach



Spinach is a great source of vitamin A; this vitamin helps prevent dry eyes and can improve night vision.

It also contains beta carotene which slows macular degeneration.



*Photos courtesy of Pixabay.com*

**Weekly Challenge:**

Buy 8 oz pre-packaged spinach and incorporate it throughout the week!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Tom Paine Jan. 2021

Eating For Eye Health:

## Spinach



There are many ways to add spinach to your diet. It's great in smoothies, as a salad base, add-in to soups and pasta sauce, or add some fresh spinach and feta cheese to scrambled eggs near the end of cooking for a tasty treat.



*Photos courtesy of Pixabay.com*

**Weekly Challenge:**

Try and eat spinach at least twice this week.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Tom Paine. Jan. 2021

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## Eating for Eye Health

### Did you know...

Spinach and Kale contain antioxidants that protect against eye damage from things like sunlight, cigarette smoke, and air pollution.

These leafy greens are loaded with two of the best antioxidants for eyes, lutein and zeaxanthin.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan

## Foods to Eat for Eye Health

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



Photos courtesy of pixabay.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan. January 2021

## Eating for Eye Health

### Did you know...

Healthy eyes come from the food on your plate. Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E might help ward off age-related vision problems like macular degeneration and cataracts.

To include them in your diet, fill your plate with food rich in these nutrients.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan



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