



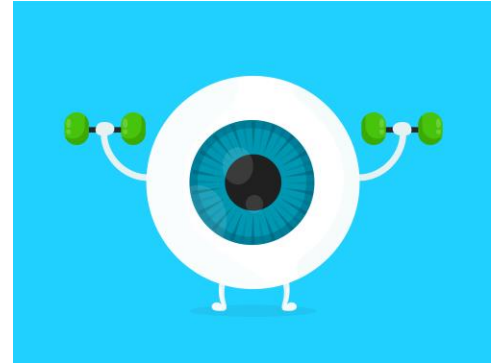
NEWS

**Nutrition Education
with Seniors!**

Winter 2024 | HealthierLiving.HHSA@sdcounty.ca.gov | www.HealthierLivingSD.org | 858-495-5500

Maintaining Strong Eyes

Although it's normal for our vision to change as we age, vision loss and blindness are not inevitable. Simply protecting our overall health can go a long way toward keeping our eyes healthy! Making healthy food choices, staying active, and not smoking are healthy habits that lower our risk for conditions like diabetes, high blood pressure, and high cholesterol, which can all



cause vision problems. Generally, as we age, we are more likely to get eye diseases, many of which don't have any symptoms or warning signs. Thus, it becomes essential for us to get annual eye exams and start treatment early if we need to. Being over-weight or obese, having a family history of eye disease, or being African American, Hispanic, or Native American puts us at higher risk for eye disease. Talking with our doctor early can help us learn about steps we can take to lower our risk! Our eyes are important, so let's do our best to take care of them!

My Commitment to Vision Health

In order to preserve my vision, I will:

- Eat well – especially dark, leafy greens, and fish high in omega-3 fatty acids (i.e. salmon, tuna, and halibut)
- Be active
- Quit Smoking
- Take breaks while reading small print
- Use sunglasses – protection from the sun's harmful ultraviolet rays
- Visit the eye doctor once a year





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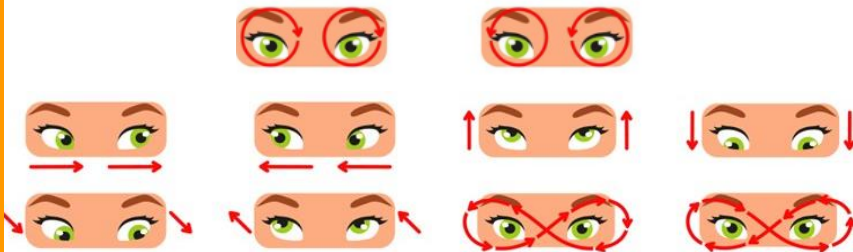
Vitamins for Vision Health

Vitamins A, C, and E are essential for maintaining healthy eyes.

- **Vitamin A** supports the functioning of the cornea, which protects the eye. Vitamin A is present in beta carotene, which can be found in yellow, orange, and green leafy vegetables and fruits.
- **Vitamin C** protects against UV (Ultraviolet Light) induced cell damage. Vitamin C is especially present in citrus fruit, bell peppers, broccoli, and brussels sprouts.
- **Vitamin E**, commonly found in nuts and seeds, prevents the development of cataracts.

Vision Eye Exercises

Eye exercises can reduce eye strain. Taking a break and doing this quick eye workout can help strengthen your eye muscles, ease eye movements, and stimulate your brains vision center. Try your best to follow the diagram!



Nutrition Facts

8 servings per container
Serving size 1 cup (68g)

Amount per serving
Calories 370

	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 48g	15%
Dietary Fiber 5g	14%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 12g	
Vitamin A 10mcg	20%
Vitamin C 1mg	100%
Vitamin D 1mcg	50%
Vitamin E 2mcg	100%
Riboflavin 5mcg	75%
Folic Acid 200mcg	60%
Thiamin 2mcg	35%
Vitamin B12 5mcg	100%
Zinc 7mg	50%
Biotin 300mcg	100%
Calcium 50mcg	25%
Phosphorus 90mcg	90%
Magnesium 400mcg	100%
Chromium 75mcg	80%
Potassium 5g	100%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Eat Healthfully This Winter

San Diego offers a wide variety of fresh produce! In-season produce is often cheaper and at its peak of nutrition. Here's what's in-season this Winter:



Beets



Broccoli



Cabbage



Cauliflower



Radishes



Celery

Vision Health Activity: Matching

Below are four of the most common eye conditions in older adults. Match the eye condition with its corresponding definition.



- a. Glaucoma
- b. Age related Macular Degeneration
- c. Diabetic Retinopathy
- d. Cataracts

1. _____ can result in loss of central vision. This can be prevented by having a healthy lifestyle, lowering cholesterol, and not smoking.
2. _____ is a cloudy area in the lens of the eye. This can be prevented by wearing protective eye wear.
3. _____ is a group of eye conditions that can damage the optic nerve, resulting in blindness. This cannot be prevented but can be detected with an eye exam and treated to prevent visual impairment.
4. _____ is an eye condition that can cause vision loss and blindness in people who have diabetes. This can be prevented by staying physically active and eating nutritiously.

Answers: 1.) b 2.) d 3.) a 4.) c

Take a Break: 20 – 20 – 20

Source: Medical News Today

Long periods of screen time can strain the eyes. Using the 20-20-20 rule can prevent this problem. For every 20 minutes a person looks at a screen, they should look at something 20 feet away for 20 seconds. Taking short breaks allows eye muscles to relax, relieving strain.



Take a
20
Second
Break

Every
20
Minutes

Look
20
Feet
Away



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Words of Wisdom

A few years ago, my eyes kept feeling dry, and my eyesight was getting worse. I went to the doctor and learned I had macular degeneration. He told me I needed to come in every month to get an injection into my eyes. I did that for 4 years, up until I learned that eating vegetables can really help. I changed my diet, and started eating all kinds of vegetables, especially Thai chilies, my favorite! I think this is why my eyes are now much better, to the point where I haven't needed an injection in a year!

- Susan Sheum, Food Smarts participant



Resource Spotlight: EyeCare America



AMERICAN ACADEMY
OF OPHTHALMOLOGY®

Email: eyecareamerica@aao.org

Phone: [\(877\) 887-6327](tel:(877)887-6327)

EyeCare America offers a free eye exam and up to one year of care to individuals 65 and older. To qualify for the program, individuals must not have visited an ophthalmologist in the past 3 years, and must be US citizens aged 65 or older, without HMO or VA benefits.

Massaged Kale Salad

Serves 4 | 20 minutes | *Source: Food Network*

Ingredients:

- 1 bunch kale, thinly sliced
- 1 lemon, juiced
- ¼ cup extra virgin olive oil, plus additional to drizzle
- kosher salt (to taste)
- black pepper (to taste)
- 2 tsp. honey
- 1 mango, diced
- 2 tbsp. toasted pumpkin seeds



Directions:

- In a large bowl, add the kale, half the lemon juice, a drizzle of olive oil, and salt. Massage until the kale starts to soften (2-3 minutes).
- In a small bowl, whisk the remainder of the lemon juice with honey and pepper. Pour in oil while whisking until dressing forms.
- Massage dressing into salad. Add in the mango and pumpkin seeds, toss, and serve.