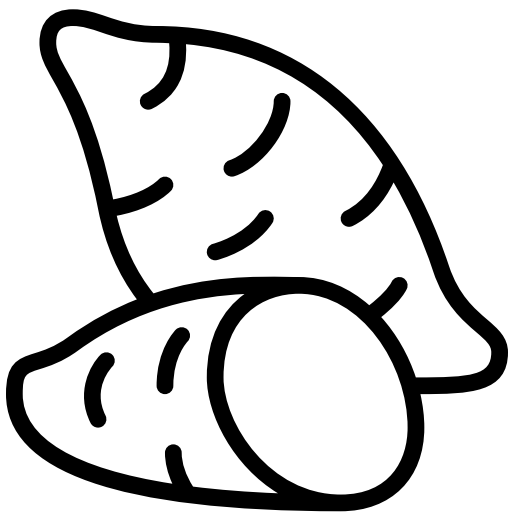
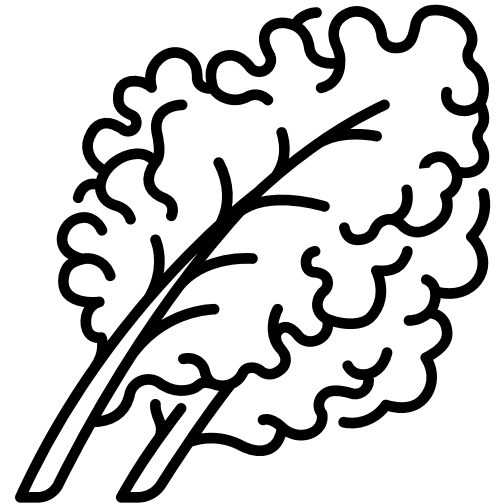


HEALTHY FOODS FOR YOUR EYES

Kale

This leafy green is a source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene, and may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, kiwi, grapes, yellow squash, oranges, corn and egg yolk. Kale also contains vitamin C and beta-carotene, other eye-friendly nutrients.



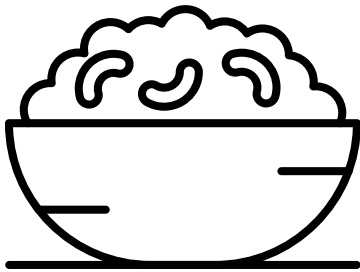
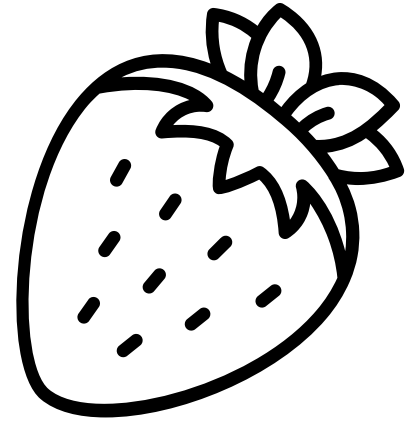
Sweet Potatoes

Beta-carotene gives these tubers their orange color. Your body converts beta-carotene to vitamin A, a nutrient that helps prevent night blindness and age related macular degeneration. Sweet potatoes not your favorite? Try other deep orange foods such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are also sources of vitamin A.



Strawberries

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that may help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.



Kale Mac & Cheese

Ingredients:

- 3.5 oz (100 g) Kale
- 1 clove of garlic, chopped
- 2 cups (200 g) dry macaroni
- 2.5 cups (590 ml) whole milk
- 1 tsp dijon mustard
- 9 oz (250 g) grated cheddar cheese

- First, you'll cook your kale. Heat a little olive oil in a pan and add your garlic and kale, in batches, until it's softened and wilted. Add a twist of lemon juice and then remove from the heat.
- In a food processor, pulse the kale until it's chopped into tiny pieces.
- Now make the macaroni and cheese. Pour the macaroni and milk into a saucepan. Heat, stirring very frequently, until the milk begins to bubble. Turn the heat down and simmer for 10 minutes. Continue to stir at regular intervals. You may need to add more milk depending on how thick your macaroni is. If your macaroni isn't cooked by the time your milk has cooked down, you'll need to add more.
- Once the macaroni is cooked al dente, stir in the mustard and cheese until melted through. Assess the texture. If it's too thick and sticky, add more milk to make it creamier.
- Finally, stir in the chopped kale and serve!

Resources: www.eatright.org, www.happyveggiekitchen.com

