



NOURISH

ISSUE 1

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Nourish and Exercise Your Body

Look After Your Eyes

Do you enjoy the colors of spring, including the sprouting grass and flowering trees? Did you know that your food choices and physical activity levels help you maintain the ability to see clearly and enjoy the colors around you?

Age-related macular degeneration (AMD) is an eye disease affected by lifestyle choices. The macula is an area in the back of our eyes. It's about the size of a capital "O" (in 12-point font). The macula is made up of lutein and zeaxanthin, which are pigments we get from our food. Macular degeneration is one of the leading causes of blindness. Check out the Amsler grid in "Look After Your Eyes" at <https://tinyurl.com/ndsueyes>.

Some risk factors for AMD are not in our control. For example, advancing age, being female, having light skin and/or blue eyes and having someone in our immediate family who has had the disease are risk factors we cannot prevent, but eating eye-healthy foods can reduce our risk. Do you have any of these risk factors for age-related macular degeneration?

- Do you smoke?
- Do you spend a lot of time in the sun?
- Are you sedentary?
- Is your diet low in fruits and vegetables?

Nourish Your Eyes

We need to feed our eyes with food rich in lutein and zeaxanthin to help maintain the function of the macula. Spinach, kale, collard greens, broccoli, peas, kiwi, oranges, mango, orange peppers and corn are notable sources of lutein and/or zeaxanthin. Visit www.ag.ndsu.edu/nourishyourbody/eyes to learn more.



For more information, visit the National Eye Institute of the National Institutes of Health at www.nei.nih.gov/health.

Slip on Some Shades

While sunglasses can be a fashion statement, consider their primary job first. Sunglasses should protect your eyes from the sun's ultraviolet rays. Ultraviolet rays can damage your eyes and your eyelid skin.

Add a hat with a brim to block out even more potentially damaging rays. Be sure that the sunglasses are comfortable; the frames should fit snugly but not pinch.

Be sure the lenses of your sunglasses provide 100 percent protection from UVA and UVB rays. If you are buying a pair, check out the price sticker or tag on the sunglasses.

Also check with your eye-care professional to find out if your shades are doing their job. Check out www.webmd.com/eye-health/features/how-to-pick-good-sunglasses for a feature article about sunglasses.



Hash Brown Egg Cups With Bacon and Avocado

2½ c. hash browns, thawed
3 Tbsp. olive oil
Salt and pepper, to taste
6 eggs
½ avocado, diced
½ c. shredded cheddar cheese
2 slices bacon
½ red or green bell pepper (or a mixture), diced

Preheat oven to 425 F. Spray a muffin tin with cooking spray and set aside. Pour hash browns into a large bowl. Add olive oil 1 tablespoon at a time, stirring in between, until the hash browns are just coated, not oily. Season with salt and pepper to taste. Line each muffin cup with seasoned hash browns, pressing down to fit the bottom and sides of each cup, creating a crust. Place muffin tin in preheated oven and cook for about 20 minutes, or until the hash browns are golden brown. Lower oven temperature to 325 F. Whisk eggs in a mixing bowl. Fold in avocado, cheese, bacon and pepper. Scoop egg mixture into each hash brown crust and place back in oven. Bake for 15 to 20 minutes, or until eggs are set. Let cool for a few minutes and serve.

Makes eight servings. Each serving has 160 calories, 12 grams (g) fat, 8 g protein, 6 g carbohydrates, 1 g fiber and 150 milligrams sodium.

Question

I have noticed that my vision seems to be changing. Can I do anything to accommodate for these changes?

Yes, you can do things to improve vision and make daily living easier, such as the following:

- Improve lighting
 - Use higher wattage light bulbs, especially in stairways and places used for reading. Older adults need nearly three times as much light as younger individuals.
 - Make sure each room has a light switch at the entrance.
 - Put night-lights in key locations, such as the bedroom, bathroom and hallways.
 - Make sure light is distributed evenly in the house because older eyes have trouble refocusing when going from light to dark.
- Reduce glare
 - Cover any shiny surfaces and avoid waxy floors, which also can be a hazard for falls.
 - Install blinds or curtains on windows that are filled with bright sunlight.
 - Wear sunglasses to cut down on glare and protect your eyes.
- Create contrast
 - Make steps easier to see by placing reflector or colored tape on the edges of steps.
 - Make things more visible, such as using dark dishes on a white countertop or putting dark wallpaper behind a white toilet.