



PROTECT YOUR VISION... EAT LEAFY GREENS

Leafy greens like spinach and kale are some of the best foods to eat for vision health.

Lutein (LOO-teen) and **zeaxanthin** (zee-uh-zan-thin) are essential nutrients that help maintain the health of your eyes. Leafy greens like spinach, kale and collards are the best of sources of lutein and zeaxanthin – and when cooked, these leafy greens cooked seem to have more of these sight-saving nutrients.

Even if you have 20/20 vision, healthy levels of lutein and zeaxanthin in your eyes can improve your visual performance. Benefits of eating foods rich in lutein and zeaxanthin include:

- Work like internal sunglasses absorbing damaging light we are exposed to every day, both sunlight and indoor light.
- Act as powerful antioxidants, helping to protect and maintain healthy vision and improve visual performance.
- Reduce the time your eyes need to recover from glaring light, like headlights while driving at night.

Getting the recommended amounts of lutein and zeaxanthin from foods is preferred, but can be difficult. Supplementing your diet with an eye vitamin that contains lutein, zeaxanthin and omega 3 fats is an easy way to bridge the gap of several essential nutrients. Talk to your Hy-Vee dietitian for more information on vision health.

See the Benefits...

To find out if you're getting enough of these essential nutrients daily to protect your eyes and improve quality of vision, you can have your macular pigment optical density (MPOD) tested.* Checking your MPOD is a simple, non-invasive test available from many eye doctors. Nearly half of Americans have a low MPOD score.



WHAT'S NEW & EXCITING



THRIVE FROZEN NUTRITION

This frozen treat provides a nutrition boost for adults and kids. Thrive provides complete balanced nutrition and is similar to Ensure. Available in four flavors: homemade vanilla, milk chocolate, chocolate fudge and strawberry. Each cup provides 9 grams protein, 3 grams fiber and 250 calories with 4 probiotic live cultures.



ALMOND DREAM ALMOND NON-DAIRY YOGURT

A delicious new smooth and creamy indulgence. All-natural and made from real almonds. Non-dairy and lactose-free. Available in four flavors – plain, vanilla, mixed berry and strawberry.



ZEVIA

A better-for-you-soda that also tastes great. Uses stevia as a natural sweetener, which makes this soda option all-natural with zero calories. Available in a variety of favorite soda flavors.

Dietitian Pick of the Month

ALCON ICAPS® LUTEIN & OMEGA-3

Did you know?

- The only once-daily softgel with 10 mg of lutein and 2 mg of zeaxanthin and beneficial levels of omega-3s to support eye health
- Lutein and zeaxanthin are critical in maintaining the health of your eyes. The American diet only provides about 2 mg daily - far below intakes clinically shown to help your eyes stay healthy. Taking eye vitamins containing 10 mg lutein and 2 mg zeaxanthin can help bridge this gap.
- Alcon ICaps Lutein & Omega-3 is formulated with FloraGLO brand lutein, the most trusted brand by doctors*.

*Based on the results of the National Disease and Therapeutic Index Syndicated Report among physicians who recommend a dietary supplement with lutein for eye health – Aug. 2010 – Aug. 2011 (USA data).

Dietitian Recipe of the Month

TIJUANA TORTA

Serves 4. Total time: 25 minutes

Looking for an easy, no-cook recipe for a hot summer day? Try this sandwich featuring California avocados.

All you need

- 1 (15 ounce) can Hy-Vee black beans or pinto beans, rinsed
- 3 tablespoons Hy-Vee prepared salsa
- 1 tablespoon chopped pickled jalapeño
- 1/2 teaspoon Hy-Vee ground cumin

- 1 ripe avocado, pitted
- 2 tablespoons minced onion
- 1 tablespoon lime juice
- 1 (16- to 20-inch-long) baguette, preferably whole-grain
- 1 1/3 cups shredded green cabbage

All you do

1. Mash beans, salsa, jalapeño and cumin in a small bowl. Mash avocado, onion and lime juice in another small bowl.
2. Cut baguette into 4 equal lengths. Split each piece in half horizontally. Pull out most of the soft bread from the center so you're left with mostly crust. Divide the bean paste, avocado mixture and cabbage evenly among the sandwiches. Cut each in half and serve.

To make ahead: Cover and refrigerate the bean mixture (Step 1) for up to 3 days.

Nutrition facts per serving: 354 calories, 9g fat, 1g saturated fat, 0mg cholesterol, 682mg sodium, 60g carbohydrate, 17g fiber, 17g protein. Source: adapted from Eating Well, Inc.