



EAT YOUR VEGGIES...SEE WELL

A majority of Americans don't consider the foods they eat to have an effect on their vision, but you can eat your way to healthier vision. There are foods naturally designed to maintain eye health that may have an important role in keeping your eyes healthy and protecting them from age-related eye diseases.

Carrots are probably the first food to come to mind when thinking about foods good for your eyes. But there are other vegetables also rich in vision-enhancing nutrients that top the list.



SPINACH

One of the best food sources for lutein is spinach. Lutein and zeaxanthin may slow the progression of and even possibly improve age-related macular degeneration (AMD) and the development of cataracts. Surprisingly, lutein in cooked spinach is absorbed easier than in raw spinach. Lutein and zeaxanthin are found in dark leafy green and gold foods, including spinach, kale, corn, collard greens, broccoli, squash and eggs.

KALE

Along with being a rich source of vitamin A and lutein, kale provides several other sight-saving nutrients, including vitamin C and vitamin B6. Kale is an excellent source of vitamin C, which has been shown to reduce the risk of cataracts and AMD. New studies have also found B vitamins, include B6, may help lower the risk of AMD.

SWEET POTATOES

If you eat sweet potatoes only at Thanksgiving, you might want to reconsider eating this eye-healthy food in your diet year-round. That's because a sweet potato is one of the best foods you can eat for vitamin A. In fact, one serving (medium-size sweet potato) gives you 360% of the daily value for vitamin A. When sweet potatoes are not an option, try sweet potato fries.

DID YOU KNOW? SWEET POTATO FRIES

Simple to use!

- Bake Alexia Sweet Potato Fries in the oven for a healthy, low-sodium snack or side dish.
- For a healthy sweet potato dipping sauce, mix ½ cup of fat-free plain Greek yogurt and ¼ cup of your favorite salsa.
- Available in the frozen food section.
- One serving gives you 100% daily need for vitamin A.

SPRING CLEANING FOR YOUR HEALTH...

With spring finally here, it's time to think about spring cleaning. When most of us think of spring cleaning, we think of the traditional cleaning and organizing, but what about spring cleaning for your health? Here are a few tips for spring cleaning, the healthy way:

CHANGE YOUR WORKOUT AND REDUCE STRESS -

Enjoy the nice weather and move your routine outside! Take a brisk walk or go for a bike ride. Cool down after the workout by slowing down to listen to the birds and observe plant and wildlife along the way. Look to see what flowers, grasses and other plants are along your route.

THE TRULY NATURAL CLEANSING TOOL - Drinking water is absolutely vital to good health. It is important that you drink water before you actually feel thirsty. Try adding fruit or even cucumbers to the water. This will help give it some flavor without a ton of calories. Your goal should be drinking at least half of your body's weight in water per day. If you weigh 150 pounds, then 75 ounces of water should be your goal.

WHAT'S NEW & EXCITING



FULL CIRCLE SUNFLOWER BUTTER

Available in creamy and crunchy. Sunflower butter is delicious and a healthy alternative to peanut butter. Great source of vitamin E.
www.fullcirclefoods.com



TERRA EXOTIC HARVEST CHIPS

A new blend of chips from Terra, including kabocha, carrots and blue potatoes. Kabocha is known as a Japanese pumpkin and has a sweet flavor similar to butternut squash. Chips have 40% less fat than regular chips and provide vitamin A and beta-carotene, good for eye health. www.terrachips.com



MRS. MEYER'S CLEAN DAY AROMATHERAPEUTIC HOUSEHOLD CLEANERS

The essential oils found in Mrs. Meyer's cleaners have naturally occurring cleaning agents, along with adding a special fragrance to the home when cleaning. Can be used to clean for different uses – wood, tile floors, countertops, walls and bathroom fixtures. www.mrsmeyers.com

SWEET POTATO FRIES WITH MAPLE DIPPING SAUCE

Serves 6

ALL YOU NEED

- 1 (22-oz) pkg frozen sweet potato fries
- 1/4 cup light sour cream
- 1/4 cup Hy-Vee low-fat plain yogurt
- 2 tsp Grand Selections maple syrup
- 1/4 tsp ground cinnamon

ALL YOU DO

1. Cook sweet potato fries according to package directions.
2. Meanwhile, for sauce, in a small bowl combine sour cream, yogurt, maple syrup and cinnamon. Serve fries with dipping sauce.

Nutrition facts per serving: 205 calories, 8g fat, 1g saturated fat, 5mg cholesterol, 200mg sodium, 33g carbohydrate, 4g fiber, 3g protein

Source: Hy-Vee recipe of month, Try Foods International



LEMON BASIL HALIBUT



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Serves 4

ALL YOU NEED

- 2 tbsp fresh lemon juice
- 3 tbsp Grand Selections olive oil, divided
- 1 tsp Hy-Vee Dijon mustard
- 4 tsp chopped fresh basil
- 1 tsp freshly grated lemon peel
- 1 1/2 tsp minced fresh garlic
- Hy-Vee salt, to taste
- 1 1/2 lbs halibut fillets
- Hy-Vee salt and pepper, to taste

ALL YOU DO

1. For sauce, in a small bowl whisk together lemon juice, 2 tablespoons oil plus mustard, basil, lemon peel, garlic and salt to taste; set aside.
2. In a large nonstick skillet heat remaining 1 tablespoon oil over medium-high heat. Season fillets with salt and pepper to taste; add to skillet. Cook 4 to 6 minutes per side or until fish flakes easily with a fork. Drizzle with sauce and serve immediately.

Nutrition facts per serving: 300 calories, 15g fat, 2g saturated fat, 60mg cholesterol, 130mg sodium, 1g carbohydrate, 0g fiber, 39g protein

Source: Hy-Vee recipe of month, Try-Foods International