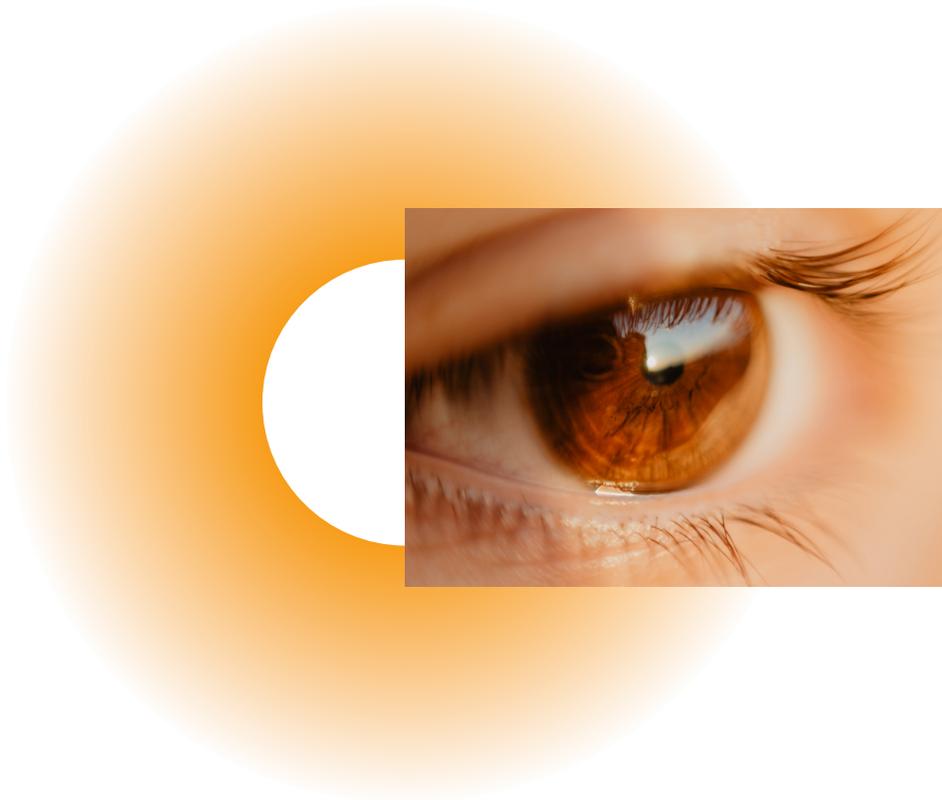


AGE-RELATED MACULAR DEGENERATION

N u t r i t i o n a n d E y e H e a l t h



Healthy Eating Tip of the Month
October 2021

What is AMD?

- **Age-related macular degeneration** or **AMD** is an eye disease that predominantly occurs in older age individuals.
- AMD affects the central area of vision also known as the macula.
- People with AMD can experience blurry vision, blank spots, vision irregularities (straight lines appearing wavy), and even vision loss.



Risk Factors

Individuals are at an increased risk of developing AMD if they

- Have high blood pressure or cholesterol
- Are overweight
- Are over 50 years of age
- Have a family history of AMD
- Are of White ethnicity
- Smoke cigarettes

Nutrition & AMD

Improving your overall nutrition and lifestyle can reduce your risk of developing AMD or slow the rate of its progression.



Read more to learn how you can incorporate healthy habits to support your eye health.

Eat Your Vitamins and Minerals!

- According to recent findings, eating a diet rich in vitamin A, B6, C, folate, magnesium, lutein, and zeaxanthin, may decrease your risk of progressing to late stage AMD.



Eye Spy Eye Friendly Foods

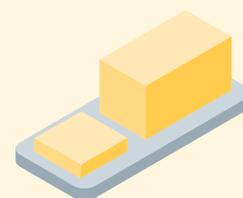
Eat a combination of the following vitamin and mineral rich foods to maximize your eye health!

- Vitamin rich foods:
 - sweet potato, spinach, pumpkin, carrots, chickpeas, tuna, salmon, chicken breast, red peppers, oranges, broccoli, strawberries, corn, kale, leeks, basil, parsley, swiss chard, kale
- Mineral rich foods:
 - pumpkin seeds, almonds, cashews, black beans, peanut butter



Saturated Fat

- Saturated fat is a type of fat that is solid at room temperature.
- Consume saturated fat foods in moderation as this type of fat has shown to raise one's risk of developing late AMD.
- Saturated fat foods: red meat/deli meat, processed food, butter/lard, coconut.



Lifestyle

- Physical activity is an essential part of maintaining your overall health.
 - Being physically active can prevent development of early and late AMD.
 - The CDC recommends that adults exercise for a minimum of 30 minutes 5 times a week for a total of 150 minutes.

Bike

Swim



Hike

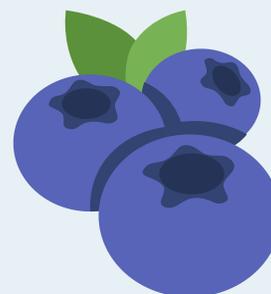
Dance

Mediterranean Diet

- Scientific research suggests that following a Mediterranean diet can reduce the risk of progressing to late stage AMD.

Incorporate the Mediterranean diet into your day with these simple tips.

- Sprinkle walnuts, hemp seeds, or sliced almonds on your favorite salad.
- Add chopped up fruit to your morning bowl of cereal, oatmeal, or on top of toast.
- Prepare a bean soup with barley or brown rice.
- Enjoy baked fish with roasted sweet potatoes and a side of vegetables.



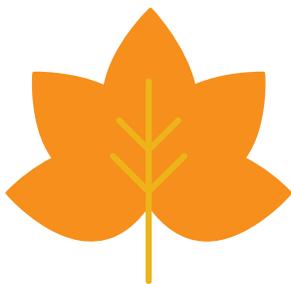
Healthy Eyes Recipes



Autumn Dinner

Ingredients:

- 2 chicken breasts
- 1 cup of quinoa cooked
- 4 medium carrots
- 4 tbsp olive oil
- 3 cloves of garlic—
chopped
- 4 cups of chopped kale
- 3 tbsp of walnuts



Directions

Roasted Chicken

1. Preheat your oven to 425 degrees F. Line a baking sheet with tinfoil.
2. Peel 4 medium carrots and mince 2 cloves of garlic.
3. Place 2 chicken breasts on the pre-lined baking sheet. Rub 1 tablespoon of oil and 1 garlic clove on top of each chicken breast and season with salt and pepper.
4. On the other half of the baking sheet, place the peeled carrots and drizzle 1 tablespoon of olive oil on top.
5. Roast for 35–40 min.

Sautéed Kale

1. To a pan add 2 tablespoons of olive oil.
2. Cook the oil and garlic clove over medium-high heat until it turns a light golden color.
3. Add 4 cups of washed and chopped kale into the pan and 1/2 a cup of vegetable stock. Cook for 6 minutes or until kale appears wilted.
4. Scoop 1/2 cup of quinoa onto a plate and add the kale and roasted carrots. Place the chicken breast on top and sprinkle 1 tablespoon of walnuts for crunch.

Breakfast Bowl

Ingredients:

- 1 cooked sweet potato
- 1 tbsp peanut butter
- 1 apple or banana
- 1/2 cup granola
- 1/2 tsp cinnamon
- 1 tbsp maple syrup
- 1/4 cup milk or alternative dairy milk

Directions:

1. Mash 1 cooked sweet potato in a bowl.
2. To the bowl add peanut butter, cinnamon, maple syrup, and warmed milk. Mix together.
3. Sprinkle granola and fresh fruit on top. Enjoy with a cup of tea or coffee on the side.

Snack Ideas

• Mediterranean Plate

- Add chopped olives to your favorite hummus. Eat with whole wheat crackers, sliced cucumbers, bell peppers, and carrots.

• Fall Dip

- Mix 1/2 teaspoon of pumpkin pie spice and 1 tablespoon of maple syrup into 1/2 cup Greek yogurt or alternative milk yogurt. Enjoy with sliced apples or spread on top of a toasted English muffin.

Visit the Healthy Eating Tip of the Month website for additional nutrition tips.
<http://www.med.umich.edu/pfans/services/tip.html>

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