



Healthy Eating for Healthy Eyes

Recipes that Help Fight
Age-Related Macular Degeneration (AMD)





Why it's important to
eat healthy when **AMD** is a concern



You already know that eating right helps keep your body healthy. But did you know that **certain foods can help keep your eyes healthy—and protect your vision?**

It's true! In fact, more than 300 studies show that getting enough of certain nutrients could significantly lower your risk of developing AMD. If you already have AMD, these same nutrients could help slow its progression.

Three groups of nutrients are especially important for your eye health—antioxidants, lutein and zeaxanthin, and omega-3 fatty acids.

This booklet will explain how these nutrients work to protect your eyes and what foods are good sources of these nutrients. You'll also find some simple, delicious recipes which can help you add these important “eye health” nutrients to your diet.

When it comes to AMD, eating a healthy diet may be one of the most important things you can do to help maintain healthy vision.

Talk to your eye care professional before making significant changes to your diet, especially if you are taking medications.



fast fact

75% of vision loss can be treated or prevented if you act quickly enough. Without proper exams and information on how to protect eye health, thousands of Canadians live unknowingly with eye disease and may needlessly lose vision.

How **3 key nutritional groups** help protect your vision

1

Antioxidants are nutrients, including vitamins C and E and beta-carotene, that defend your whole body against damage from free radicals. Free radicals are highly reactive atoms that circulate in your body and can damage healthy cells. Some are natural by-products from digestion—others are created by ultraviolet (UV) rays and environmental toxins. By seeking out and neutralizing free radicals, antioxidants work like bodyguards by protecting your healthy cells, including those in your eyes.

- ▶ **Best food sources:** Colorful fruits and vegetables
- ▶ **Recommended amount:** 7 servings of fruits and vegetables per day if you're over age 50. A serving is 1 medium-sized piece of fruit, or 1/2 cup of frozen, fresh, or canned vegetables.



2

Lutein and zeaxanthin are two natural carotenoid pigments that give leafy green vegetables their color. When you eat them, they do two important jobs to keep eyes healthy, scientists suggest. First, they act like antioxidants, protecting healthy cells from free radical damage. Second, these pigments actually build up in your retina, acting like internal sunglasses that protect your eyes from UV radiation and other damage that can affect your vision over time.

- ▶ **Best food sources:** Dark leafy vegetables, such as spinach, collard greens, and kale. Slightly cooked greens are best, since the heat helps release more nutrients.
- ▶ **Recommended amount:** 10 mg lutein and 2 mg zeaxanthin per day*



3

Omega-3 fatty acids are fats found in fish, flax seeds, walnuts, soybeans—or “plant sources.” Two in particular—known as DHA and EPA—may help protect your eyes. Scientists believe DHA and EPA work by treating damaged cells and helping your retina function normally. They also think DHA and EPA may reduce inflammation and help prevent fragile, leaky blood vessels from growing in your eye, something eye care professionals associate with advanced AMD.

- ▶ **Best food sources:** Oily fish, such as salmon, trout, and sardines. Oil-rich plant sources, such as flaxseed and nuts, contain a type of omega-3 fatty acids, some of which the body can convert to DHA and EPA.
- ▶ **Recommended amount:** At least 2 servings of oily fish per week



* Although there is no official recommended daily intake for lutein and zeaxanthin at this time, most recent studies show a health benefit with lutein supplementation at 10 mg/day and zeaxanthin supplementation at 2 mg/day.



fast fact

To cope with vision or other eye problems, more than half of adults say they schedule frequent eye exams. But less than a third say they have adjusted their diets to benefit their eye health.

Snacks and Soups

Creamy Herb Hummus With Sliced Red Bell Peppers, Broccoli Flowerets, and Whole Wheat Pita Wedges

Good source of: antioxidants, plant-source omega-3 fatty acids

INGREDIENTS

1 (15-oz) can garbanzo beans, drained and rinsed
1 tbsp lemon juice
2 tbsp olive oil
2 garlic cloves, minced
1/3 cup chopped parsley
1/4 cup + 1 tbsp chopped fresh basil
Pinch of cayenne pepper
Salt and pepper, to taste
1/4 cup sliced scallions
1 red bell pepper, seeded and cut into 1-inch slices
1 cup broccoli flowerets
2 whole-wheat pitas, cut into wedges

- 1** In a food processor or blender, mix first 8 ingredients, adding enough water to make a smooth dip.
- 2** Spoon into a bowl and top with sliced scallions and 1 tbsp basil.
- 3** Serve with pita wedges and vegetables.

Makes approximately 4 servings



fast fact

Eating too much of some foods could actually *increase* your risk for AMD. They include red meat and simple carbohydrates, such as white-flour bread, pasta, and sugar-heavy foods. Eating more white meats, fish, and complex carbohydrates like whole grains and produce can help lower your AMD risk.

Kickin' Crispy Kale

Good source of: lutein & zeaxanthin

INGREDIENTS

1 large bunch lacinato kale
(also known as “dinosaur kale”)
1 clove garlic, chopped
1/4 cup chopped pecans or walnuts
1 1/2 tbsp olive oil
Salt and paprika, or cayenne pepper

- 1** Heat oven to 375°F.
- 2** Wash and rinse the kale; pat dry.
- 3** Tear kale into pieces by hand, removing tough middle stem if desired.
- 4** In large mixing bowl, toss kale with garlic, nuts, olive oil, and seasoning as desired. Use your hand to rub the kale with the oil and spices for a few minutes.
- 5** Place mixture in baking dish, and bake for 10-15 minutes. Cook longer for extra crispness.
- 6** Remove from oven and transfer to serving bowl.

Makes approximately 4 servings



Roasted Garlic and Kale Soup

Good source of: antioxidants, lutein & zeaxanthin

INGREDIENTS

1 whole bulb of garlic, unpeeled
1 cup uncooked elbow or bowtie pasta
(ideally whole wheat)
8 cups kale, washed, drained, and chopped
(remove the spines)
1 tbsp extra-virgin olive oil
1 1/2 cups onion, diced
2 cans lima beans, drained and rinsed
2 tbsp fresh sage, chopped (or 2 tsp, dried)
1 1/2 lbs sweet potatoes, peeled and cut into bite-size pieces
8 cups chicken or vegetable stock
1 tbsp “Better Than Bouillon” chicken base,
or 1 to 2 chicken bouillon cubes
Salt and pepper, to taste

- 1** Heat oven to 425°F.
- 2** Wrap garlic in aluminum foil, and bake for 40 minutes or until soft. Remove from foil, cool, and squeeze cloves from skin. Set them aside.
- 3** Cook pasta al dente according to package directions. Drain and set aside.
- 4** In a large non-stick pan, heat oil over medium heat. Add onions and sage, then cook until onion is transparent, stirring occasionally, approximately 5 minutes. Add kale and continue to stir for another 5 minutes. Add sweet potatoes, stock, and chicken base or bouillon cubes. Bring to a boil, reduce heat, and simmer until sweet potato is soft, but still firm, approximately 15 minutes.
- 5** Add pasta and beans to the mixture, adjust seasonings, and heat through for 5 minutes. Serve hot.

Makes 8 generous servings

Salads and Sides

Green Bean and Fennel Salad

Good source of: lutein & zeaxanthin

INGREDIENTS

2 lbs green beans, washed and trimmed
2 small fennel bulbs, washed and thinly sliced into half-moon shapes
3/4 cup walnuts, lightly toasted and coarsely chopped
1/2 cup crumbled goat cheese
2 tbsp Dijon mustard
2 tbsp white wine vinegar
1 tbsp freshly-squeezed lemon juice
1/3 cup extra-virgin olive oil
Sea salt and pepper, to taste

- 1** Bring a saucepan of salted water to a boil. Add green beans and cook until tender, 6 to 8 minutes. DO NOT OVERCOOK.
- 2** Drain and run under cold water, set aside.
- 3** While beans are cooking, whisk together mustard, vinegar, salt and pepper, and lemon juice.
- 4** Gradually add the oil and whisk together until well-combined.
- 5** Toss together green beans, fennel, and walnuts.
- 6** Add goat cheese and dressing just before you are ready to serve.

Makes approximately 4 servings

fast fact

If you think carrots are the best food for your eyes, think again! Carrots are great sources of vitamin A, an important nutrient for overall health, but dark green, leafy vegetables are considered an even better eye-health food.



Grilled Chicken and Mangos on Baby Greens

Good source of: antioxidants, lutein & zeaxanthin

INGREDIENTS

For marinade:

1/4 cup low-sodium soy sauce
1 tbsp sesame oil
1 tbsp minced fresh ginger root
2 tbsp lemon juice
Pinch of red pepper flakes

For dressing:

3 tbsp lemon juice
1 tbsp minced lemon peel
2 tbsp extra-virgin olive oil
1 tbsp honey
Salt and pepper, to taste

For salad:

4 (4-oz) skinless chicken breasts, cut in 1-inch strips
Cooking spray
8 cups baby lettuce
1/2 cup thinly-sliced red onion
1/2 cup julienned red bell pepper
1 large mango, peeled, seeded, and diced
2 tbsp mint leaves, minced



- 1 Prepare marinade by whipping soy sauce, oil, ginger, lemon juice, and red pepper flakes in a blender.
- 2 Place chicken in a shallow pan and pour marinade over top. Turn to coat, cover, then refrigerate for up to 1 hour.
- 3 Prepare dressing by blending lemon juice and peel, oil, honey and seasoning. Set aside.
- 4 Spray a large non-stick skillet with cooking spray and heat over medium-high heat. Add chicken strips and cook on each side for 2 minutes, or until done. Remove from heat.
- 5 In a large salad bowl, toss lettuce, onions, and peppers. Add dressing and toss thoroughly.
- 6 Divide among 4 salad plates, top with chicken strips and mango. Sprinkle with mint leaves.

Makes 4 servings

Salads and Sides

Roasted Butternut Squash With Bacon and Pistachios Over Baby Lettuce or Baby Greens

Good source of: antioxidants, lutein & zeaxanthin, plant-source omega-3 fatty acids

INGREDIENTS

Cooking spray

1 1/2 lbs butternut squash, peeled, seeded and chopped into 1/2-inch cubes (about 4 cups)

1 lb beets, peeled and cut into 8 to 12 cubes

Salt and pepper, to taste

2 slices bacon

3 tbsp red wine vinegar

1 1/2 tsp Dijon mustard

1 tbsp olive oil

1/3 cup red onion, thinly sliced

1 (9 oz) bag baby lettuce greens

3 tbsp pistachio nuts, chopped

- 1** Coat cookie sheet with cooking spray. Heat oven to 425°F.
- 2** Spread squash on half of cookie sheet and beets on the other half, keeping them one layer thick and not touching so colors don't mix. Spray them with cooking spray, and season with salt and pepper.
- 3** Bake for 20 to 25 minutes, or until cooked but firm, turning once. Remove from oven and set aside.
- 4** While vegetables roast, cook bacon in small frying pan until crisp. Remove and crumble. Reserve 2 tsp of bacon drippings.
- 5** In a small bowl, blend vinegar, mustard, olive oil, salt and pepper, bacon, and drippings. Set aside.
- 6** In a large bowl, toss onion, lettuce, and dressing until coated. Arrange on salad plates, top with squash, beets, and pistachios.

Makes 6 servings



Rum-flavored Kiwi, Pineapple, Orange Toss With Coconut and Chopped Nuts

Good source of: antioxidants, especially vitamin C



INGREDIENTS

2 tbsp sugar
2 tbsp Splenda® No-Calorie Sweetener
1/4 cup water
Juice from half a lime
1 tsp rum extract
4 kiwi fruits, peeled and cubed
1 cup pineapple chunks
2 medium oranges, peeled and cubed
3 tbsp coconut
1/4 cup almonds, chopped

- 1** In a small saucepan, heat sugar, Splenda®, and water until dissolved. Remove from heat and cool. Add lime juice and rum extract.
- 2** Place fruit in a medium bowl, add coconut and sugar water mixture. Toss well. Cover and refrigerate for up to 1 hour so flavors blend.
- 3** Serve topped with chopped nuts.

Makes 4 servings

Salads and Sides

Green Mashed Potatoes

Good source of: vitamin C, lutein & zeaxanthin



fast fact

People with AMD have lower levels of lutein and zeaxanthin in their eyes. That's why getting more lutein and zeaxanthin through diet and/or supplements can help you maintain healthy vision.

INGREDIENTS

2 1/2 lbs russet potatoes, peeled and cut into large chunks

1 bunch collard greens, washed and stems removed, then cut into 1/2-inch strips (approximately 8 cups)

2 garlic cloves, minced

1/2 cup fat-free half-and-half

1 tbsp butter

Salt and pepper, to taste

- 1** Place potatoes in a large pot of cold water, bring to a boil, reduce heat, and simmer until tender, about 20 minutes. Drain and return potatoes to pot.
- 2** Place collards and garlic in a large saucepan over medium heat. Bring to a simmer. Cover and let steam for 10 minutes or until cooked through, but still bright green, stirring occasionally to prevent burning. Remove from heat.
- 3** Add collards and remaining ingredients to potatoes. Mash or whip to desired consistency. Add more half-and-half if too thick.

Makes 8 servings

Dad's Spinach and Beans

Good source of: lutein & zeaxanthin

INGREDIENTS

1 (12-oz) can cannellini beans, drained with liquid reserved

1 (9-oz) bag prewashed baby spinach leaves

4 to 5 cloves of garlic

Olive oil

Salt and pepper or chili powder, to taste

- 1** Cover bottom of deep skillet with olive oil. Place on medium-high heat.
- 2** Add garlic cloves, sauté for 4 to 5 minutes.
- 3** Lower heat to medium, add beans, and continue to sauté for 3 to 4 minutes.
- 4** Begin to add spinach leaves (a few at a time). Once they start to wilt, add a little of the liquid reserved from the beans. Stir everything together.
- 5** Add seasoning. Mix well.
- 6** Add the rest of the reserved liquid from the beans, cover, and let simmer for 3 to 4 more minutes. Remove from heat.

Makes approximately 4 servings



Entrees

Grilled Salmon With Lime Butter Sauce

Good source of: omega-3 fatty acids (DHA/EPA)

INGREDIENTS

2 (6-oz) pieces center-cut salmon fillet (about 1-inch thick) **with skin on**

1/2 tsp grated fresh lime zest

For sauce:

1 tbsp butter, melted

Juice from 1/2 lime

1/2 clove of garlic, minced

Fresh ground black pepper, to taste

- 1** Prepare grill or stove-top pan, so it is medium-hot and lightly oiled.
- 2** Prepare lime butter sauce by mixing melted butter, lime juice, garlic, and pepper in small pan. Heat gently for 30 seconds.
- 3** Season salmon all over with salt and pepper, cook skin side down. Cover grill if cooking with gas.
- 4** Cook for 4 minutes, then turn and cook 4 to 6 minutes longer until flesh turns from dark to light pink.
- 5** Sprinkle fillets with lime zest, then top with 1 tbsp lime butter each.

Makes 2 servings



fast fact

In a recent study, people with AMD who ate more than two servings of fish per week were 39% less likely to develop advanced AMD.

Seared Tuna With Orange, Avocado, and Cilantro Salsa

Good source of: antioxidants, lutein & zeaxanthin, omega-3 fatty acids (DHA/EPA)

INGREDIENTS

1 tbsp olive oil

1 clove garlic, minced

2 tbsp lemon juice

4 (4-oz) tuna steaks (preferably sushi grade)

1/3 cup red onion, minced

2 oranges, peeled and cubed

1 avocado, peeled and cubed

1/4 cup cilantro, chopped

Juice from 1 lime

Salt and pepper, to taste

- 1** Blend olive oil, garlic, and lemon in a shallow pan. Add tuna, turn to coat evenly, cover and marinate for up to 1 hour.
- 2** In a medium bowl, make a salsa by blending onion, oranges, avocado, cilantro, lime juice, and salt and pepper. Cover and refrigerate for up to 1 hour.
- 3** Place tuna steaks in a non-stick skillet over medium-high heat. Cook 2 minutes per side for medium rare (3 to 4 minutes per side for well done). Serve topped with salsa.

Makes 4 servings



Entrees

Whole Wheat Penne With Spinach and Gorgonzola

Good source of: antioxidants, lutein & zeaxanthin

INGREDIENTS

- 10 oz uncooked whole wheat penne pasta**
- Olive oil cooking spray**
- 1 1/2 cups yellow onion, diced** (about 1 medium onion)
- 3 large cloves garlic, minced**
- 1/2 cup chicken broth**
- 3 Roma tomatoes, chopped** (about 2 cups)
- 1 (6-oz) bag fresh baby spinach**
- 1/3 cup fresh basil, chopped** (or 1 tsp dried basil)
- Salt and pepper, to taste**
- 2/3 cup crumbled gorgonzola cheese**
- 1/3 cup pine nuts** (optional)



- 1** Cook pasta according to package directions, without salt.
- 2** While pasta cooks, spray a large non-stick frying pan with cooking spray. Heat over medium-high heat.
- 3** Add onions, stir, and cook until slightly transparent, about 5 minutes.
- 4** Add garlic, stir, and cook for 1 minute. Add broth and let simmer for 3 minutes.
- 5** Add tomatoes, toss, and simmer for 2 minutes.
- 6** Add spinach and basil, cook, and stir for 2 minutes or until leaves wilt. Remove from heat and add salt and pepper.
- 7** Drain pasta and add to spinach mixture. Toss, then serve topped with gorgonzola and pine nuts.

Makes 6 servings

Smoked Salmon Pizza With Dill & Lemon

Good source of: omega-3 fatty acids (DHA/EPA)

INGREDIENTS

Cooking spray

2/3 cup fat-free sour cream

3 tbsp fresh dill, chopped

2 tsp lemon zest

1 clove garlic, minced

Pinch of red pepper flakes

Black pepper

1 (13.8-oz) can refrigerated pizza crust

1 cup red onion, thinly sliced

6 oz smoked salmon, thinly sliced

1/4 cup cucumber, peeled and thinly sliced

- 1** Coat cookie sheet or pizza pan with cooking spray. Heat oven to 425°F.
- 2** In a small bowl, mix first 6 ingredients. Set aside.
- 3** Remove pizza dough from tube and roll out to make 12-inch circle.
- 4** Sprinkle onion evenly over top and bake for 12 minutes until golden brown. Remove and let cool.
- 5** Spread sour cream mixture over crust, and top with salmon and cucumbers.

Makes 6 servings



fast fact

Studies suggest that making certain lifestyle choices such as quitting smoking, controlling high blood pressure, and limiting exposure to sunlight could reduce your risk for developing AMD.

Entrees

Stuffed Peppers

Good source of: antioxidants, lutein & zeaxanthin

INGREDIENTS

4 orange or yellow peppers
1 medium onion
1 tomato, finely diced
4 black olives, finely chopped
2 tbsp olive oil

For stuffing:

1/2 cup wild rice
1 cup spinach and kale, mixed
1/2 cup drained sweet corn
1/4 cup cheddar cheese
Salt and pepper, to taste

- 1** Heat oven to 350°F.
- 2** Cook the rice in boiling salted water until tender and drain. In a separate pan, fry the onions in olive oil on low heat until soft. Add the tomato, olives, corn, spinach, kale, rice, and cheese, reserving some cheese to top the pepper.
- 3** Season with salt and pepper.
- 4** Cut off the pepper tops, remove seeds, and fill peppers with the stuffing. Sprinkle cheese on top.
- 5** Place the peppers on a baking sheet and cook in lower half of oven for 1 hour, until peppers are soft. If peppers are browning too quickly, lower oven temperature.

Makes 4 servings

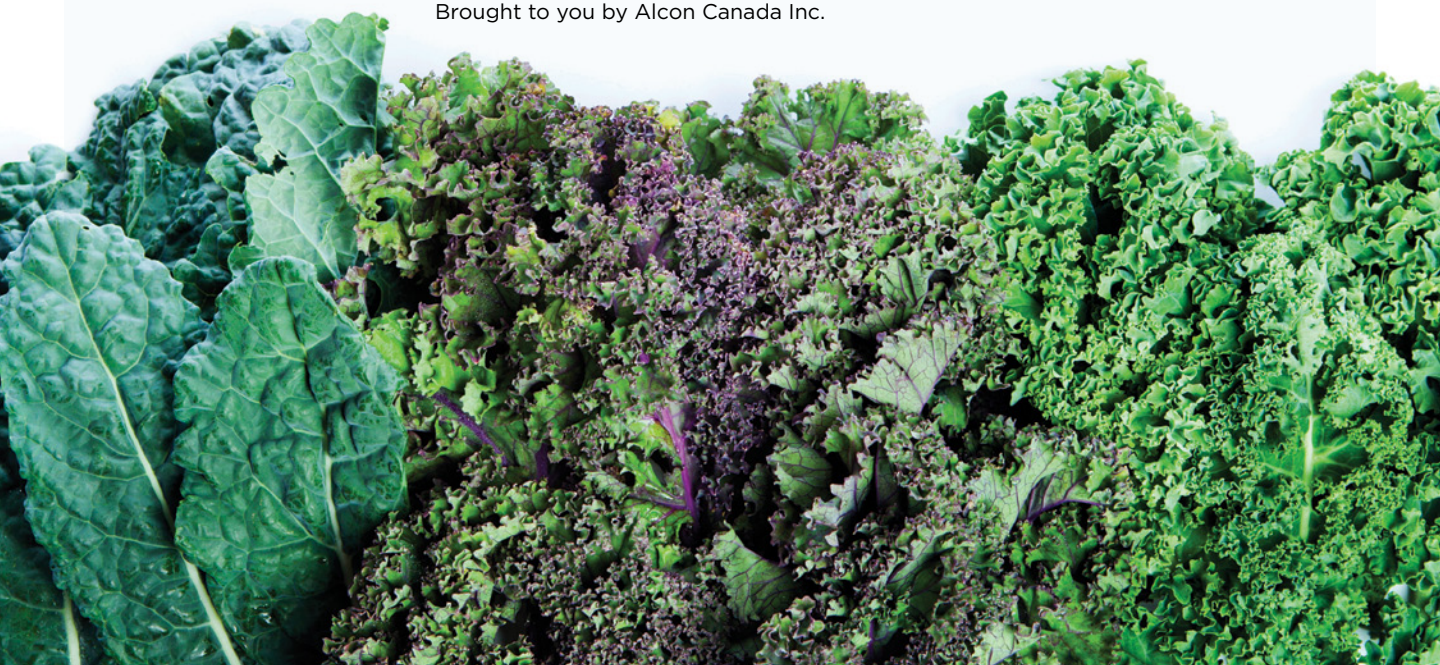


If adding eye-health nutrients to your diet is challenging, your eye care professional may recommend supplements. These over-the-counter products are an easy way to get the vitamins, minerals, and other nutrients experts recommend for people with or at risk for AMD. Some products are formulated to help prevent AMD and support your overall health. Some are formulated to help keep AMD from progressing. To learn more, ask your eye care professional.

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