

Words on Wellness

Protect Your Eyesight



Age-related macular degeneration (AMD) is the leading cause of vision loss for adults over age 50. The macula is part of the back of the eye that detects light. When the macula breaks down, central vision becomes blurry. This affects the ability to see fine details.

Early signs and symptoms of AMD:

- Increased blurriness of smaller print
- Fuzzy appearance of straight lines
- Increased difficulty adapting to dim light
- Difficulty recognizing faces

AMD can be prevented and/or treated. To help lower your risk of AMD, keep the following in mind:

- **Wear sunglasses to prevent UV damage.**
- **Choose lutein-rich foods.** Lutein maintains eye health. The body does not make lutein, so it needs to come from the diet. Lutein-rich foods include egg yolks, dark green leafy vegetables, orange and yellow vegetables, and fruits such as kiwi and grapes. Check out your [local farmers market](http://go.iastate.edu/E16ZAI), go.iastate.edu/E16ZAI, for lutein-rich produce.
- **Don't smoke.** Smoking can advance AMD damage. If you are ready to quit, call the tobacco hotline at 1-800-784-8669. The hotline is open 8:00 a.m. to 12:00 a.m. Monday through Friday.
- **Get regular eye exams.** Early treatment is critical to prevent common eye diseases from causing permanent damage. EyeCare America, go.iastate.edu/HBIWUX, provides free eye exams for adults ages 65 years and older.

Sources:

[Dry Macular Degeneration](http://go.iastate.edu/SX6LN1), go.iastate.edu/SX6LN1

[Age-Related Macular Degeneration](http://go.iastate.edu/AJCG3Z), go.iastate.edu/AJCG3Z



Orange Dressing with Fruit and Greens

Serving Size: 3 cups salad, 2 tablespoons dressing | Serves: 4

Ingredients:

Dressing:

- 1/4 cup orange juice
- 2 tablespoons vinegar
- 1 1/2 tablespoons white sugar
- 2 tablespoons oil

Salad:

- 8 cups greens (romaine, lettuce, or spinach)
- 2 cups vegetables, chopped (broccoli, cabbage, carrots, cauliflower, etc.)
- 2 cups fruit, chopped (apples, berries, grapes, or oranges)

Directions:

1. Combine dressing ingredients in a container with a screw top. Close tightly and shake until combined. Store in the refrigerator until ready to use (up to 1 week).
2. For each salad, top 2 cups of greens with 1/2 cup vegetables and 1/2 cup fruit.
3. Take dressing from the refrigerator and shake hard to combine ingredients again. Drizzle 2 tablespoons of dressing onto each salad.

Nutrition information per serving:

160 calories, 7g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 60mg sodium, 21g total carbohydrate, 5g fiber, 14g total sugar, 3g protein. This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu

Keep Your Picnic Safe

Eating outdoors in warm weather increases the chance of food becoming unsafe to eat. Pack only what you need. This will lessen food waste since foods kept out for more than 2 hours (1 hour if 90°F+) should be tossed. Follow these tips to keep food safe:

- Wash your hands and surfaces before, during, and after handling raw food items. Use paper towels to clean up spills.
- Avoid cross-contamination by keeping raw foods separated from cooked foods. Use separate cutting boards for meats and produce.
- Check temperatures. Use a food thermometer to check the food's temperature before serving. Watch the [food thermometer video](#), go.iastate.edu/2VJCT3.
- Keep cold foods cold. Keep cold foods chilled at 40°F or lower. Keep coolers filled with ice. Frozen bottles of water can serve as ice packs. Replace ice frequently if melted.
- Keep hot foods hot. Keep hot foods hot at 140°F or higher. Wrap and cover foods and place in an insulated warming container until needed.



Learn more about ISU's food safety programs

go.iastate.edu/MLA6BY

Immune Boosting Adaptogens

Stress can affect the immune system. Research suggests that adaptogens, a group of plant-based herbs, may help our immune system by calming our central nervous system, decreasing anxiety, and boosting overall health. Five common adaptogens are:

- **Astragalus Root.** Increases the production of immune cells and boosts heart health.
- **Ginseng.** May reduce inflammation, enhance strength and stamina, and improve blood sugar.
- **Holy Basil.** Antioxidant that treats bacterial, inflammatory infections.
- **Licorice Root.** Soothes the stomach, reduces stress, and cleanses the respiratory system.
- **Raw Cacao.** Helps improve digestion, enhances learning, and balances mood swings.
- **Schisandra.** Boosts the immune system by managing stress, protects against liver disease, and treats menopause symptoms.

Before adding any adaptogen, other herbal remedies, or supplements, consult with your health care provider to ensure they are safe for you.

Sources: [Plant Adaptogens- History and Future Perspectives](#), go.iastate.edu/SFTK2S
[10 Adaptogens that Boost the Immune System](#), go.iastate.edu/KGSETP

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extension.iastate.edu/answerline

Spend Smart. Eat Smart.®

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Human Sciences

extension.iastate.edu/

humansciences

If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.

