

HEALTHY VISION MONTH

SEE THE WORLD WITH A NEW FOCUS

Our eyes allow us to see the world, and it is our job to keep them healthy. We can do this through nutrition. Start with a well-balanced plate. Then, focus on getting the critical vision-supporting nutrients listed below through your food choices.

VITAMIN/ MINERAL	FOOD SOURCES	BENEFITS
VITAMIN A	Sweet potatoes, carrots, pumpkin, winter squash, summer squash, leafy greens, tomatoes, low-fat milk, herring, fortified cereal, cantaloupe, red bell peppers, eggs, black-eyed peas, apricots, broccoli, mangoes	Keeps eyes lubricated and supports the retina which turns light rays into the vision we see
VITAMIN C	Citrus fruits (oranges, grapefruits, tangerines), strawberries, tomatoes, bell peppers, cruciferous vegetables (broccoli, cauliflower, cabbage, Brussels sprouts), white potatoes	Known for its immune-boosting properties and lowering the risk for cataracts
VITAMIN E	Almonds, sunflower seeds, sunflower oil, hazelnuts, peanuts, peanut butter, spinach, collard greens, avocado, mango, asparagus, red bell peppers, safflower oil, wheat germ oil, fortified cereals	Contains antioxidant properties that prevent free radicals from causing eye damage
LUTEIN & ZEAXANTHIN	Green vegetables (such as spinach, kale, broccoli, parsley, peas and lettuce) egg yolks, red bell peppers, grapes, kiwi, and honeydew melon	Antioxidants related to supporting the macula which is responsible for providing detailed vision
OMEGA 3 FATTY ACIDS	Salmon, tuna, sardines, anchovies, halibut, mussels, oysters, trout	Important for vision development and absorbing nutrients involved with eye care
ZINC	Shellfish (oysters, crab), nuts, seeds, lean beef, lean pork, poultry, legumes, whole grains, fortified cereals	May lower your risk of age-related macular degeneration, an eye disease which can blur your vision

St. Charles AAA

May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Mozzarella Chicken Whipped Potatoes Glazed Carrots Wheat Bread Little Debbie or Cookies Margarine	Ham & White Beans Rice Turnip Greens Pickled Beets Cornbread Orange Juice Margarine	Hamburger Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Spiced Fruit Chocolate Milk Ketchup/Mustard Mayonnaise	Buffalo Style Chicken Garlic Potatoes 4 Way Mixed Vegetables Wheat Bread Little Debbie or Cookies Margarine	Turkey & Ham Chef Salad Fresh Fruit Saltine Crackers Almond Cookie Assorted Dressing
8	9	10 May Special	11	12
Turkey & Sausage Jambalaya Cabbage Green Beans Wheat Bread Little Debbie or Cookies Margarine	Hamburger Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Cranberry Juice Chocolate Milk Ketchup/Mustard Mayonnaise	Pork Roast Pork Gravy Country Corn Duchess Potatoes Wheat Bread Lemon Cookie Margarine	Fiesta Mac and Cheese Green Peas Glazed Carrots Wheat Bread Gelatin Margarine	Ham & Cheese Lettuce & Tomato Coleslaw Wheat Bread (2) Pineapples Mustard Mayonnaise
15	16	17	18	19
Swedish Meatballs Country Tomatoes California Vegetables Wheat Bread Little Debbie or Cookies Margarine	Turkey Breast Brown Gravy Whipped Potatoes Green Beans Wheat Bread Little Debbie or Cookies Margarine	Chicken & Sausage Gumbo & Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake Margarine	Ham & Lima Beans Rice Cabbage Pickled Beets Cornbread Cranberry Juice Margarine	Salisbury Patty Gravy Garlic Potatoes Peas & Carrots Wheat Bread Hermit Bar Margarine
22	23	24	25	26
Creole Meatballs Green Peas Country Corn WG Hot Dog Bun Cranberry Juice	Sausage & Pinto Beans Rice Turnip Greens Cucumber Salad Cornbread Orange Juice Margarine	BBQ Riblet 4 Way Mixed Vegetables Cabbage WG Hamburger Bun Sugar Cookie	Meat Sauce with Penne Pasta Venetian Vegetables Green Beans Wheat Bread Banana Cake Margarine	Baked Bone-in Chicken and Gravy California Vegetables Sour Cream & Chive Potatoes Wheat Bread Fresh Fruit Margarine
29	30	31		
CLOSED	Chicken Shawarma Gravy Whipped Potatoes Carrots Wheat Bread Little Debbie or Cookies Margarine	Turkey Taco Salad Lettuce & Tomato Chuckwagon Corn Tortilla Chips Mixed Fruit Cobbler Taco Sauce	Each Meal is Served with 1/2 Pint of 2% Milk	 <p>TRIO Community Meals an elior company</p>