

SERVING SENIORS
IN OUR COMMUNITY
WITH NEWS THEY
CAN USE...

The Healthy Plate

CSFP NEWSLETTER

MAY 2012

THIS MONTH'S TOPICS

- **Healthy Vision**
- **Summer Squash**
- **May Sudoku**
- **Recipe**

Nice to See You! – Foods for Healthy Vision

May is Healthy Vision Month. In addition to regular eye exams, a great way to celebrate is to enjoy the delicious foods that can help keep your eyesight strong. One of the best things about eating foods that are good for your eyes is that these foods are already part of a healthy diet, and have additional health benefits. For example, green leafy vegetables like spinach and kale contain lots of vitamins and minerals, including vitamin A which protects the eye cells.

Fish such as salmon, sardines and albacore tuna are rich sources of DHA, a nutrient proven to fight against the decline in eyesight that often comes with age. A great eye-healthy snack is a handful of walnuts, almonds, or pistachios. These nuts not only help your eyesight, they are also good for your heart. People with high blood pressure are at risk of developing some eye problems, and a great way to help lower blood pressure is by eating berries. Try mixing fresh



or frozen blueberries or strawberries into your morning cereal, or blending them into a smoothie for a delicious eye-healthy treat. So this month, try some of these vision-supporting foods and **see** how great they can be!

Info from: http://www.aarp.org/health/conditions-treatments/info-01-2011/10_foods_to_help_prevent_eye_disease.html



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This Month in Food: Summer Squash



If you're looking for a yummy, nutritious and versatile vegetable, look no further than the summer squash. The term summer squash refers to several vegetables but they all contain lots of vitamin C and antioxidants that are good for your eye health,

and may prevent some diseases. They are also naturally low in fat and calories. When looking for summer squash in your local farmers market or grocery store, pick those that are medium in size and slightly firm for the best flavor and texture. These vegetables

can be sautéed as a side dish, served raw in salads, or even included in baked goods, like zucchini bread. Try any or all of the summer squashes this month to add color and variety to your diet.

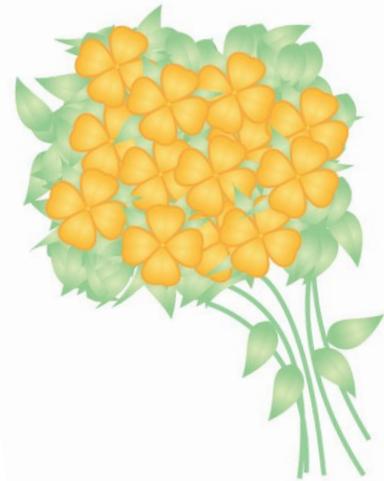
Info from: <http://www.whfoods.com/genpage.php?name=foodspice&dbid=62>

For more information on how to apply for SNAP (food stamp) benefits, dial 800-464-4357.

May Sudoku

Source: www.dailysudoku.com/sudoku/archive/2012/04/2012-04-4.shtml

			2		8		6	
		2		1	6	5	8	3
				3			4	2
		5			7		9	1
			9		3			
6	8		1			4		
7	6			5				
2	5	1	3	9		6		
	9		6		2			



Daily Sudoku: Wed 4-Apr-2012

4	9	8	6	7	2	3	1	5
2	5	1	3	9	4	6	7	8
7	6	3	8	5	1	9	2	4
6	8	9	1	2	5	4	3	7
1	7	4	9	8	3	2	5	6
3	2	5	4	6	7	8	9	1
8	1	6	5	3	9	7	4	2
9	4	2	7	1	6	5	8	3
5	3	7	2	4	8	1	6	9

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Farmer's Market Vegetarian Quesadillas

A colorful, quick and healthy meal – Serves 6 (makes 3 quesadillas)

Ingredients:

- 1/2 cup chopped red bell pepper
- 1/2 cup chopped zucchini
- 1/2 cup chopped yellow squash
- 1/2 cup chopped mushrooms
- 1 tablespoon olive oil
- 6 whole wheat tortillas
- 1 1/4 cups shredded reduced-fat cheddar cheese

Preparation:

1. In large nonstick pan, cook veggies in olive oil over medium heat until just tender. Remove from pan.
2. Place one tortilla in pan, sprinkle with 1/4 cup cheese, add 3/4 cup veggie mix and top with 2nd tortilla.
3. Cook until golden on both sides.
4. Repeat with remaining ingredients.

Nutritional Information:

Calories:	209
Carbohydrate:	36.8 g
Fiber:	4 g
Total Fat:	7.1 g
Saturated Fat:	2.8 g
Cholesterol:	13 mg
Protein:	10.2 g
Sodium:	441 mg

Adapted from: <http://allrecipes.com/recipe/farmers-market-vegetarian-quesadillas/detail.aspx>

This material was funded by the USDA's Supplemental Nutrition Assistance Program. (SNAP) SNAP provides nutrition assistance to people with low income. To find out more about SNAP, contact the Delaware Department of Social Services: 1-800-372-2022. In accordance with Federal law and the US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.