



IT'S SAVE YOUR VISION MONTH

National Save Your Vision Month designates the month of March to promote eye health. This year, the “focus” is on **digital eyestrain** and the importance of receiving **regular, comprehensive eye exams**.

The American Optometric Association’s (AOA) 2016 American Eye-Q[®] survey revealed that 88% of Americans know that digital devices can negatively affect their vision, but the average American still spends seven or more hours per day looking at their screens. (Of course, for those of us who work on computers, that number is probably higher!) **This overexposure to blue light—high-energy visible light emitted from digital devices**—can lead to eye strain, sleep problems, blurred vision, headaches and neck and shoulder pain, among other things.

Too much exposure to blue light adds up and can also lead to eye diseases like macular degeneration. In addition, the survey indicates that the average millennial spends nine hours per day on devices such as smartphones, tablets, LED monitors and flat-screen TVs, which also emit blue light.

Kids are definitely at risk for too much blue light exposure. Lots of them do homework online. Plenty of children have their own tablets and phones as well, and their eyes are still developing the protective pigments that filter out blue light. **Just like with UV radiation, most blue light exposure occurs before the age of 18.**

The following tips explore ways people can protect their eyes and monitor digital screen usage while at home or work:

- ▶ **Power down before you turn in:** Turn your digital devices off at least one hour before bed.
- ▶ **Unplug with the 20-20-20 rule:** When you are using any device or computer, take a 20-second break every 20 minutes and focus your eyes on something at least 20 feet away. (It takes 20 seconds for your eyes to relax.)
- ▶ **Take care of glare:** While many new phones and laptops have glass screens with excellent picture quality, they also produce a strong glare that can aggravate the eyes. If you use a glass screen device, try a matte filter for your screen
- ▶ **Stay at arm’s length:** The eyes actually have to work harder to see close up than far away. If you have a desktop computer, try placing the monitor 25 inches away from your face. No measuring tape? Put your screen an arm’s length away. You may need to adjust the font to appear larger at that distance.
- ▶ **Lighten up:** When your screen is much brighter than your surroundings, your eyes have to work harder to see. Adjusting your environmental lighting can reduce eye strain. Also, try adjusting the contrast on your monitor.

E	200 FT 61 MT
F P	100 FT 30.5 MT
T O Z	70 FT 21.3 MT
L P E D	50 FT 15.2 MT
P E C F D	40 FT 12.2 MT
E D F C Z P	30 FT 9.14 MT
F E L O P Z D	25 FT 7.62 MT
D E F P O T E C	20 FT 6.10 MT
L E F O D P C T	15 FT 4.57 MT
F D P L T C E O	13 FT 3.96 MT
E N O S N E E U Q	10 FT 3.05 MT



Put Your Best Fork Forward

March is National Nutrition Month and it's a great time to remember that eating right doesn't have to be complicated—simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started:

- ▶ Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- ▶ Include lean meats, poultry, fish, beans, eggs, and nuts.
- ▶ Make sure your diet is low in saturated fats, trans fats, salt (sodium), and added sugars.

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight, and give you the energy to be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen, or canned. Eat more dark green vegetables such as leafy greens and broccoli, as well as orange vegetables, such as carrots and sweet potatoes. Vary your protein choices with more fish, beans, and peas. Eat at least three ounces of whole-grain cereals, breads, crackers, rice, or pasta each day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

SAVE THE DATE

**Our Lunch-N-Learn is on Thursday, March 16.
The topic is "Food for Fuel, Not Comfort."**

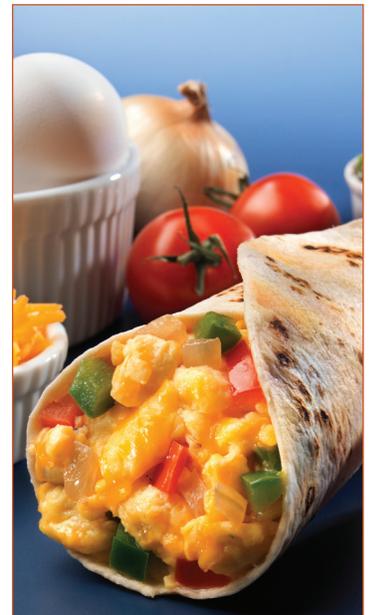
Recipe: Make Your Day Burritos

Ingredients

2 teaspoons vegetable oil
1/2 small onion, diced (1 cup)
1 bell pepper, seeded and diced
1 cup low-sodium black beans, drained and rinsed
1/4 teaspoon crushed red pepper
1/4 teaspoon black pepper
Dash of salt
4 whole eggs and 4 egg whites
1/3 cup (about 1 1/2 ounces) grated low-fat cheddar cheese
4 (10 inch) whole wheat tortillas
1/4 cup reduced fat-free sour cream
1/4 cup hot sauce (or to taste)
1 large tomato, diced (Roma tomatoes work well for this)
1 small avocado, cubed
Nonstick cooking spray

Directions

1. Heat the oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes. Add black beans and crushed red pepper and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.
2. Whisk together the eggs and egg whites then stir in the cheese. Spray the skillet with cooking spray, and reheat the skillet over a medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes.
3. Spread each tortilla with 1 tablespoon each sour cream and salsa, then layer with 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato and 1/4 of the avocado. Add hot sauce to taste. Roll up burrito-style and serve.



Serving Size – 1 burrito – Calories: 460 | Total Fat 20 g | Saturated Fat 6 g | Cholesterol 235 mg | Sodium 750 mg
Carbohydrate 51 g | Dietary Fiber 12 g | Protein 23 g