



Nutrition Times

South Zone Healthy Eating Newsletter

Orange you glad?



Image from Magnific

As autumn approaches, you've likely started to see the trees turn yellow and orange. The fall harvest also brings lots of orange vegetables like carrots, pumpkins, squash and sweet potatoes to the farmers markets and grocery stores. Most people know that carrots are good for their vision, but there are many other orange vegetables that contain important nutrients for our eyes. October 10th is also World Sight Day, an event that highlights the importance of eye health around the world.

24 Carrot Gold

Many orange vegetables are high in carotenoids like **beta-carotene** and **lutein**, which are plant compounds that convert into vitamin A in our body. Vitamin A helps our eyes convert light into brain signals and maintain vision at nighttime. It's also important for our skin, immunity, and wound healing. Canada's Food Guide recommends eating orange vegetables a few times per week to help you get enough vitamin A. Carotenoids can also be found in leafy green vegetables like spinach, kale, and collard greens.

Keep your eyes peeled

The active form of Vitamin A or "**retinol**" can also be found in dairy foods, eggs, fish, seafood and liver. While there is no risk to eating too many carotenoids, it is possible to get sick from eating too much retinol. Symptoms of vitamin A toxicity include nausea, vomiting, blurred vision, and peeling skin but long-term overuse can lead to harmful liver damage. To avoid having too much retinol, make sure to read the labels of your supplements and supplemented food and drinks. Men and women over the age of 19 should not have more than 3,000 mcg (or 10,000 IU) per day.



Image by Sarah for Pexels

Harvest gold (and orange)

Getting enough beta-carotene through food doesn't need to be complicated. Fresh, frozen, and canned vegetables are all good options. Try adding an orange vegetable to a dish you already prepare. For example, frozen carrots or squash can be added to a soup or pasta sauce. Fresh carrots and orange peppers could be added to a stir-fry, or sliced up to eat with a favorite dip. Cooked or canned pumpkin adds moisture and flavour to baked goods as well.

Add a little orange to your table

- **Carrots:** Let the carrots shine in this hearty [Crowd-pleasing Chickpea and Carrot Salad](#).
- **Peppers:** Add an extra burst of orange by slicing up some carrots and peppers to dip in this [Red Pepper and Walnut Dip](#). This recipe works with roasted red, orange, or yellow peppers.
- **Pumpkin:** Combine two orange foods with these [Orange Pumpkin Muffins](#).
- **Butternut squash:** Add a bit of color to a brunch favorite [Butternut Squash, Spinach and Feta Frittata](#).
- **Sweet potato:** Spice it up with this [Southwestern Sweet Potato Soup](#).

To learn more, check out these additional resources:

- [Recipes: Inspiring Healthy Eating](#)
- [Cookspiration](#)
- [Recipes from Canada's Food Guide](#)

Upcoming Events & Classes

We offer classes on a variety of nutrition topics including:

- Preventing or managing chronic disease

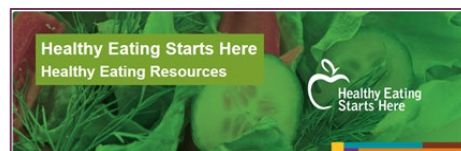
For a complete list of workshops that are available anywhere in the province click [here](#).

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat	403-502-8200
Brooks	403-501-3300
Lethbridge	403-388-6666

For more information on this or other nutrition topics, go to healthyeatingstartshere.ca



Questions? Email us at publichealthnutrition.southzone@ahs.ca