



Marilyn Magaram Center

Food Science • Nutrition • Dietetics



Nutrition
Experts

CSUN

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Whole Body Whole Health

Sense Your Health: Sight

Nutrition
Experts

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Our Mission

To enhance and promote good health and well-being through research, education and services in food science, nutrition and dietetics





American Culinary Federation



NEIGHBORHOOD PARTNERS IN ACTION



Working Within Our Community

- Schools to incorporate nutrition & lifestyle intervention techniques
- National and international collaborations
- Programs (50+) and research projects (20+) funded by federal, state, and private grants & donations
- Collaborating with (50+) various community partners reaching more than 70,000+ community participants

Presenters



Housekeeping

We welcome all your questions and comments.

Try to write them down and ask at the end.

We can only answer general nutrition questions. For specific medical nutrition therapy, we will refer you to your medical provider and Registered Dietitian Nutritionist (RDN).

Learning Objectives

Learn how our sense of sight is connected to our health.

How what we see is connected to what and how we eat.

What a healthy plate should look like.



Do you associate food with certain colors?

- Do you associate healthy foods with certain colors?



- Or junk food with others?









Eat
with
your
eyes





EAT THE RAINBOW.

Eating the Rainbow

- Green- Chlorophyll, Lutein
- Orange- Beta-carotene (vitamin A)
- Red- Lycopene
- Purple/Blue- Anthocyanin
- White- Betaglucans, quercetin



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Nutrition and Eye Health

- Beta-carotene-→ Vitamin A
- Essential for healthy body, especially eyesight and eye health
- Not having enough foods, especially orange foods can lead to poor eyesight, in children can cause blindness or poor sight function if deficient, and in adults deficiency can cause night blindness- or difficulty seeing in the dark.



Appetite Changes

- Sometimes certain treatments and illnesses can cause a loss of appetite
 - The body needs enough nutrients for the body to be able to heal and protect itself
 - Lack of appetite can cause less food to be eaten
 - Weight loss and delayed healing is associated with lack of appetite

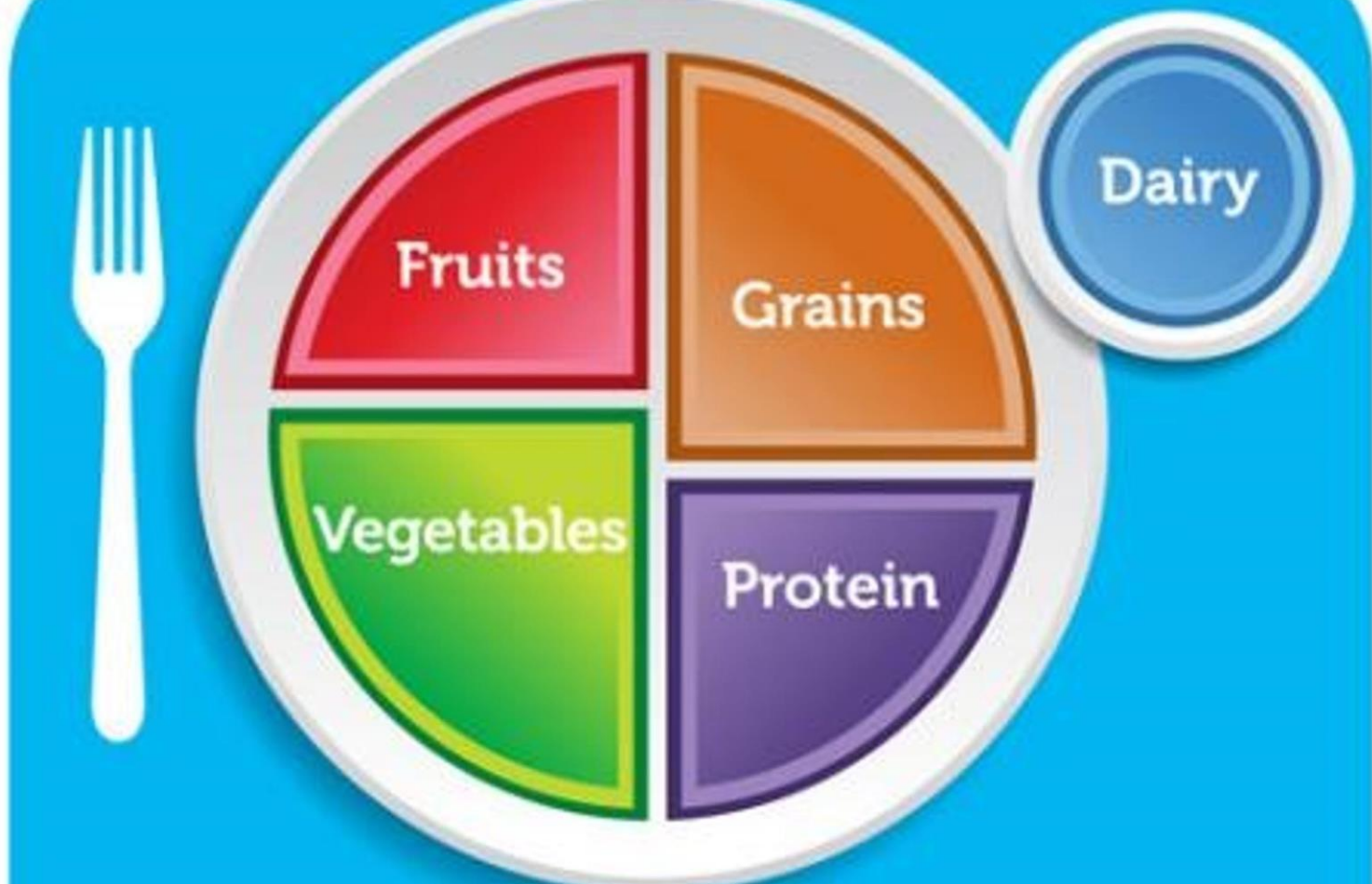














Thank you!