

American Business Coalition

# ABC Chronicle



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# 5 Top Foods for Eye Health



Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? Read on to learn about the top foods for eye health. But don't count on popping a pill to get these nutrients — your best sources of vitamins and antioxidants are from whole foods, since it may be a food's combination of nutrients that have a synergistic healing effect.

## **Kale: See the Light**

This leafy green is a rich source of lutein and zeaxanthin, which are related to vitamin A and beta carotene, and are believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melon. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of healthy fat such as a drizzle of olive oil or a few slices of avocado. And kale isn't just a one-note food — it contains vitamin C and beta carotene, other eye-friendly nutrients.

## **Sweet Potatoes: The Color of Health**

These orange tubers are a good source of beta carotene, which may slow progress of macular degeneration. Your body converts beta carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Beta carotene and vitamin A also help reduce the risk of eye infections. Sweet potatoes not your favorite? For beta carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are other great sources of vitamin A.

And, similar to lutein and zeaxanthin, beta carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

## **Strawberries: Help You "C" Better**

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that can help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

## **Salmon: Goodbye, Dry Eyes**

Dry eyes? Eating enough omega-3 fatty acids can help alleviate the problem. Get some healthy fats every day in the form of salmon or other types of fish (two to three times per week), walnuts (which also contain eye-healthy vitamin E), flax and chia seeds. Salmon also is a good source of vitamin D, which helps protect against macular degeneration. You also can get vitamin D by enjoying sardines, mackerel, milk and orange juice fortified with vitamin D.

## **Green Tea: Antioxidant Powerhouse**

A cup of green tea is more than relaxing and delicious — its antioxidants may help lower risk of developing cataracts and macular degeneration. Green tea contains healthful substances called catechins, which are responsible for its anti-inflammatory and antioxidant properties. Other foods that are high in catechins include red wine, chocolate, berries and apples. Black tea also boasts catechins, but in lower amounts than its green cousin.

*Article reprinted from [www.eatright.org](http://www.eatright.org)  
Reviewed by Taylor Wolfram, MS, RDN, LDN  
Published May 11, 2018*

# NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of The American Business Coalition will be held at 3131 S. Las Vegas Blvd, Las Vegas, NV 89109, on Monday, October 1, 2018 at 10:00 a.m. (PDT) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

**PROXY**  
**American Business Coalition**  
**October 1, 2018 Annual Meeting of Members**  
**THIS PROXY IS SOLICITED ON BEHALF OF**  
**AMERICAN BUSINESS COALITION**

The undersigned member of the American Business Coalition does hereby constitute and appoint the President of the American Business Coalition, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of the American Business Coalition and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [     ], or to [     ] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors: John Marshall, Suzanne Pattison, and Greg Peterson.
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: \_\_\_\_\_, 2018.

Signature \_\_\_\_\_

Name (please print) \_\_\_\_\_

Please date and sign and return promptly to 16476 Wild Horse Creek Road, Chesterfield, Missouri 63017 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri  
September 5, 2018  
Date



# Can a Healthy Diet Prevent Cataracts?

**A healthy diet that provides good nutrition for healthy eyes includes five to nine servings of fruits and vegetables every day, at least three servings of 100 percent whole grains each day and two servings of fish each week.**

Age-related cataract is a leading cause of blindness in the world today. Currently, the only treatment for cataracts is surgical removal of the cloudy lens, which typically is then replaced with an intraocular lens (IOL) during the cataract surgery.

While the exact cause of cataracts is unknown, experts believe that oxidative stress damages certain enzymes and proteins in the eye's natural lens, which causes the lens to become cloudy.

And though some research has produced conflicting results, eating a healthy diet rich in antioxidants and certain vitamins has been shown in several studies to be associated with a reduced risk of cataracts or their progression.

## **Diet, Oxidative Stress And Cataracts**

Oxidative stress results when there is an imbalance between damaging free radicals roaming the body and the antioxidants that keep them in check. Free radicals are atoms or groups of atoms (molecules) that are highly reactive with other atoms and molecules because they have unpaired electrons.

In the body, a free radical usually is an oxygen molecule that self-stabilizes by taking an electron from another molecule, which in turn tries to take an electron from another molecule, and so on.

Free radicals damage the body by stealing electrons from the normally healthy cells of organs and other tissues. This process of stealing electrons from healthy cells is called oxidation.

In the eye, oxidation affects proteins and fats in the lens to the extent that the lens becomes damaged and cloudy, creating a cataract. Preventing free radical damage with healthy foods, particularly those containing antioxidants, may help slow down this process.

Free radicals that damage our eyes and the rest of the body may originate from eating unhealthy foods, exposure to pollution or chemicals, smoking and ultraviolet radiation. Some free radicals occur from normal daily metabolism, which means even people who don't have these risk factors need antioxidants found in healthy foods.

## **Healthy Foods And Cataract Prevention**

People who consistently follow a healthy diet that includes colorful fruits, vegetables and whole grains may show a decreased risk of cataracts. Antioxidant vitamins and phytochemicals found in fruits and vegetables that may reduce the risk of cataracts include vitamins A, C and E, lutein and zeaxanthin.

Consumption of fish, which is high in omega-3 fatty acids, also has been linked to potentially

reduced risk of cataracts or their progression.

However, other studies have failed to show an association between nutritional supplements and reduced risk of cataracts. In two long-term Age-Related Eye Disease studies (AREDS and AREDS2) sponsored by the National Eye Institute, neither study found use of daily multi-vitamin supplements containing vitamin C, vitamin E and zinc (with or without beta-carotene, lutein and zeaxanthin, and omega-3 fatty acids) prevented or slowed the progression of cataracts.

And while all nutrients, antioxidants and phytochemicals associated with cataract prevention in studies can be found in eye vitamins and vision supplements, many experts believe these substances should be acquired from a healthy diet rather than from nutritional supplements.



But if you are like most Americans, it's likely that your diet lacks key nutrients because you're not eating enough fruits and vegetables. Therefore, it's wise to consider taking one or more daily nutritional supplements to make sure you are getting all the nutrients you need for optimum eye health.

Prior to embarking on a regimen of eye vitamins and other nutritional supplements, consult your optometrist or ophthalmologist. In some cases, taking too much of a specific vitamin or nutrient could be harmful to your health.

## Shape Up Your Diet For Good Vision

So exactly what is a healthy diet?

A healthy diet that provides good nutrition for healthy eyes includes five to nine servings of fruits and vegetables every day, at least three servings of 100 percent whole grains each day and two servings of fish each week. The total calories consumed should be just enough to keep you at a healthy weight, based on your individual activity level and metabolism.

Dark green and colorful fruits and vegetables are great sources of eye-friendly antioxidants. They also contain folic acid and calcium — important nutrients which also may help reduce the

risk of cataracts and should be included in a healthy diet.

To maintain a healthy diet, it is equally important to avoid fried foods, processed foods and sugary snacks and soft drinks — all of which appear to be associated with an increased risk of cataracts, as well as obesity and other health problems.

Reducing sodium in your diet also is a good idea, as researchers at the University of Sydney (Australia) have found evidence that high salt intake may increase your risk for cataracts.

Giving up greasy fast food, chips, sugary snacks and soft drinks may not be easy. But it's worth it. Once you get used to eating delicious fruits and vegetables, fresh fish and other healthy foods, you won't miss junk foods. And your reward just might be both a healthy body and a lifetime of good vision.

## Shield Your Eyes From UV

When taking steps to reduce your risk of cataracts, it's important to know that dietary modifications alone aren't enough. It's also important to shield your eyes from the primary source of harmful UV radiation: the sun.

In addition to wearing a wide-brimmed hat that shades your eyes from direct sunlight, consider these UV-protective

eyewear choices:

- **Polarized sunglasses.** Polarized sunglasses provide 100 percent UV protection and are available in a wide variety of colors and shades.
- **Photochromic lenses.** Transitions-brand lenses and other photochromic lenses are clear indoors, darken automatically in sunlight, and provide 100 percent UV protection at all times.
- **UV-blocking contact lenses.** Many soft contact lenses provide at least partial protection against UV rays entering the back of your eyes. But UV-blocking contacts should be considered only supplemental defense against UV rays because they protect only the area of your eye covered by the lens. (They don't protect the conjunctiva, sclera or the eyelids from UV damage like sunglasses or photochromic lenses do.)

For the best choices in frame styles for UV-protective eyewear, ask your optician for guidance.

*Article reprinted from [www.allaboutvision.com](http://www.allaboutvision.com)*

*By Shereen Jegtvig, Certified Nutrition Specialist (CNS); reviewed by Gary Heiting, OD*



# 6 Healthy Alternatives to Butter

For those trying to lower their cholesterol, The American Heart Association recommends reducing fat intake to 11 to 13 grams - meaning that 2 tablespoons of butter has already put you over the daily limit. Luckily, there are a handful of ingredients that can easily stand in for butter in your favorite recipes. You'll still enjoy all the creamy texture and taste, but cut back on fat and up the nutritional value in the process. Whether you're topping a piece of toast or baking up a cake, these six healthy swaps will blend seamlessly into your dish and - dare we say it - taste even better than butter.

**Avocado** - Is buttered toast a breakfast staple in your house? Spreading avocado on your bread is just as delicious and provides a dose of fiber, vitamin K, and potassium. While high in fat, it's monounsaturated fat - the heart-healthy kind - which helps to lower bad cholesterol and raise good cholesterol. And you can bake with avocado too: Simply sub in equal parts pureed avocado for the amount of butter called for in your baked goods.

**Olive Oil** - Olive oil is a popular ingredient in salad dressings and stir fries - but did you know that you can bake with it too? Simply use 3/4 cup of olive oil for every cup of butter called for in a recipe. Olive oil is also an effective butter substitute in pasta sauces and mashed potatoes. Touted as a heart-healthy staple by the American Heart Association, olive oil is loaded with healthy unsaturated fats that are worth the extra calories.

**Greek Yogurt** - When you're looking to add protein and moisture to your baked goods, without a ton of extra calories and fat, Greek yogurt is the answer. The popular health food lends an amazing velvety texture to breads and cakes, while adding a hefty dose of protein. Use 1/2 cup of Greek yogurt for every cup of butter required.

**Applesauce** - Another way to ensure moist, delicious baked goods while saving tons of calories is opting for applesauce, which works particularly well in sweet recipes. Applesauce is a fabulous swap when baking sweets because it adds moisture and fiber to your baked goods while saving tons of calories. Use equal amounts applesauce for the butter called for in your recipe.

**Nut Butter** - Looking for the perfect topping for that bagel or muffin? Make peanut or almond butter your spread of choice. Much like avocados, nut butters taste great spread on bread and toast, and offer up heart-healthy fats, potassium, and fiber - unlike butter, which can boast very few nutritional benefits. Sprinkle on sliced strawberries or bananas for a tasty and satisfying breakfast.

**Pumpkin Puree** - Coffee cakes and muffins are a great place to swap in pumpkin puree. Not only will you benefit from added nutrients like vitamin K, potassium, and fiber, but you'll also infuse delicious flavor into your baked goods for very little extra calories. Use 3/4 cup of pumpkin puree for every cup of butter called for. Bonus: You can also swap in equal amounts pumpkin puree for any oil called for in baked goods, too.

*Article reprinted from [www.everydayhealth.com](http://www.everydayhealth.com)*

*By Brianna Steinhilber*

## Key Takeaways:

- The fats found in butter are mostly the saturated variety, with about 7 grams per tablespoon.
- Mashed avocado and nut butters are a more nutritious (and delicious) spread for toast.
- Swap 1/2 cup of Greek yogurt for every cup of butter called for in your favorite baked goods.



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The ABC Chronicle is published by:  
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and association services, call or write:

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Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change.

Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting  
any exercise program.

