



Macular  
Disease  
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AUSTRALIA



# EATING FOR EYE HEALTH

Simple, delicious recipes to support your vision and manage diabetes every day.



# Why eating well matters for your eyes

Looking after your eyes begins with looking after your overall health, and what you eat plays a vital role.

For people living with diabetes-related eye conditions, healthy food choices can help manage blood glucose levels, blood pressure, and cholesterol, all of which are important for protecting your vision.

This menu has been specially developed for Eye Connect to support people living with diabetes-related eye conditions.

Every recipe is designed to be both diabetes friendly and eye healthy, making it easier to enjoy delicious meals that nourish your body and protect your sight.



## What makes a recipe “eye-friendly” and diabetes friendly?

**Plenty of colourful vegetables:** Fill half your plate with a variety of non-starchy vegetables or salad. These are rich in antioxidants, vitamins, and minerals that support eye health. Important antioxidants for eye health include lutein and zeaxanthin, found in dark green leafy vegetables (spinach, kale, silverbeet), corn, yellow capsicum, peas, pumpkin, and Brussels sprouts.

**High-fibre, low glycaemic index (GI) carbohydrates:** Choose wholegrain breads, brown rice, legumes (chickpeas, lentils), and other low-GI options to help keep blood glucose levels steady.

**Lean protein:** Include lean meats, fish, eggs, tofu, or legumes in your meals to help you feel fuller for longer.

**Omega-3 fatty acids:** All fish and shellfish contain omega-3s which are important to eye health.

**Healthy fats:** Olive oil, avocado, nuts, and seeds are good for your heart and blood vessels, including those that supply your eyes.

**Limit added salt and sugar:** Reducing salt and sugar helps manage blood pressure and blood glucose, both of which are important for eye health.

# Vegetable fritters

Use up leftover vegetables to make these delicious fritters. Increase the low-GI carbohydrates by adding legumes such as chickpeas or lentils. These are also a great source of protein.



## Ingredients

- 4 eggs, lightly beaten
- 1 onion, finely chopped
- ½ cup finely chopped broccoli or cauliflower
- 4 cups grated vegetables (zucchini, carrot, sweet potato, parsnip or potato)
- ½ cup self-raising flour
- 1 teaspoon curry powder
- Salt and cracked black pepper
- Plain yoghurt
- Salsa, to serve

## Instructions

- Combine the eggs, onion, broccoli and grated vegetables in a large bowl.
- Add the flour, curry powder, salt and pepper and mix until well combined.
- Heat a little olive oil in a non-stick frying pan over medium heat. Add heaped tablespoonfuls of the egg mixture to the pan and cook in batches for 2-3 minutes each side or until golden.
- Transfer to a plate and keep warm.
- Serve fritters with plain yoghurt and salsa.

Serves 4

Time to make  
10 mins

Eggs are a good source of lutein and zeaxanthin, antioxidants found in high concentrations in the macula. They help to protect your eyes.





Serves 4

Time to make  
20 mins

## Broccoli and pea soup

Dark, green leafy vegetables including broccoli, are packed with lutein and zeaxanthin, two important nutrients for eye health. Wholegrain sourdough also adds a low-GI carbohydrate to this meal.

### Ingredients

- 1 tablespoon olive oil
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 1 teaspoon lemon zest
- 2 large potatoes, peeled, chopped
- 350g broccoli, trimmed, chopped
- 2 cups frozen peas
- 2 cups reduced-salt vegetable stock
- ¼ cup reduced-fat sour cream
- 2 tablespoons chopped mint leaves, plus extra leaves, to serve
- 2 tablespoons pistachio nuts, chopped
- 4 slices toasted grainy sourdough, to serve

### Instructions

Heat the oil in a large saucepan over medium high heat. Sauté the onion for 5 minutes, or until soft.

Add the garlic and lemon zest, and cook, stirring for 1 minute more.

Add the potatoes, stock and 2 cups of water, and bring to the boil.

Reduce heat and simmer, covered, for 5 minutes. Add the broccoli and peas. Then simmer, partially covered, for 10 minutes, or until vegetables are tender.

Set aside to cool slightly. Blend soup in batches until smooth. Return soup to a clean saucepan and reheat until hot.

Season with black pepper. Combine sour cream and mint.

Serve soup with a dollop of the mint sour cream, and sprinkle with the pistachio nuts and extra mint leaves.

# Smoked salmon and pickled cucumber tacos

Who doesn't love tacos? Tacos are a quick and easy meal option to whip up if you're running short on time. Salmon is a good source of omega-3 fatty acids and whole wheat tortillas are low-GI carbohydrates to keep you feeling full for longer. Tacos are also a good way to add vegetables to your diet.

## Ingredients

- 2 tablespoons rice vinegar
- 1 tablespoon caster sugar
- 2 cucumbers, trimmed
- 1 medium avocado
- 1 tablespoon lemon juice
- ¼ teaspoon chilli flakes
- ¼ teaspoon paprika
- ½ red onion, thinly sliced
- 1 fresh red chilli, thinly sliced (optional)
- 8 small wholewheat tortillas

## Instructions

Place rice vinegar and sugar in a medium bowl and stir to dissolve sugar.

Slice cucumber clockwise into discs.

Add cucumber to vinegar bowl; toss to combine, then set aside for 5 minutes.

Drain any excess liquid.

Meanwhile, place avocado, lemon juice, chilli flakes and paprika in a small bowl. Mash mixture until smooth.

Spread a little avocado onto each tortilla, then top each with some flaked salmon, cucumber, onion and fresh chilli.

**Serves 4**

**Time to make  
10 mins**

**Omega 3 fatty acids are important to eye health. All fish and shellfish contain omega-3s. Oily varieties of fish contain higher concentrations of omega-3.**





## Eating well every day

Making healthy food choices for your eyes is just like eating well for overall wellbeing – there’s no need to prepare separate meals or buy special foods.

Whether you’re cooking for yourself or your family, these recipes are simple, practical, and suitable for busy lives.

We hope these recipes inspire you to enjoy a variety of delicious, nourishing meals that support your eye health and overall wellbeing.



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## Need more information?

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