

Eye Injury Prevention

Athletes, protect your eyes!

There are about 40,000 sports-related eye injuries in the U.S. each year. Any sport in which balls, racquets or flying objects are present poses the potential for eye injury. Always wear appropriate sport-specific protective eyewear when participating in high-risk sports such as baseball, softball, basketball, fencing, hockey, lacrosse, football, soccer, racquet sports (even badminton!) and paintball. Eye protection for athletes will have "ASTM F803" stamped on the arm if it meets the sports-specific safety standards. Lenses in most types of sport safety glasses are made of impact-resistant polycarbonate, which offers the added benefit of ultraviolet protection -- a valuable feature for outdoor sports.

Sports goggles must fit properly to be effective. This is especially important in children because the normal temptation is to buy a larger pair than needed so the child has "room to grow." This is a risk not worth taking.

Keep fireworks away from children

All types of fireworks can cause eye injuries. Even sparklers burn hot enough to melt gold. The American Academy of Ophthalmology offers these safety tips to protect yourself from fireworks:

- Never let children play with any fireworks.
- View fireworks from at least 500 feet away.
- Only trained professionals should light fireworks.
- Don't touch any unexploded fireworks remains.

If You Suffer an Eye Injury:

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible

Tuscan Bean and Vegetable Soup) Makes: 6 servings

The carrots and chard in this heart-healthy soup are especially good for your eyes.

Ingredients

Olive oil cooking spray
6 plum tomatoes, sliced in half lengthwise
2 carrots, peeled and cut into chunks
1 onion, cut into 8 wedges
6 cloves garlic, peeled
4 cups low-sodium chicken broth
2 to 3 cups water
3 ribs Swiss chard, stems cut into 1-in pieces, leaves sliced into thin ribbons
½ cup multi-grain macaroni or other small pasta shape
½ teaspoon salt
1 15-ounce can low-sodium great northern or cannellini beans, rinsed and drained
Freshly ground black pepper
Chopped fresh parsley
Freshly grated Parmesan cheese, to sprinkle (optional)

Preparation

1. Preheat the oven to 400° F. Spray a roasting pan with olive oil cooking spray. Spread tomato halves, onion wedges, carrots and garlic in the pan. Spray the vegetables with cooking spray. Roast for 20 minutes or until the vegetables are tender and beginning to brown. Remove the pan from the oven and let cool a minute or two.
2. Transfer the roasted vegetables to a food processor. Pour 1 cup of the broth onto the pan to loosen any browned bits left in the pan; pour this liquid into the processor as well. Process until roughly pureed, but not smooth. Transfer to a large saucepan.
3. Add the remaining broth plus 2 cups water, Swiss chard stems, macaroni and salt to the saucepan. Bring the soup to a gentle boil over medium heat. Cover, reduce the heat and simmer for 10 minutes. Stir in beans and Swiss chard leaves and cook until heated through, about 3 minutes. Add more water if soup is too thick.
4. Ladle the soup into bowls, sprinkle with pepper, parsley and Parmesan (if using) and serve.



Nutritional info / serving

186 Calories
1g Fat
0.1g Saturated fat
9g Protein
32g Carbohydrate
6g Fiber
351mg Sodium