



Before you eat, think about what goes on your plate or in your bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products and lean protein foods contain the nutrients you need without too many calories. Over the day, include foods from all the food groups. Try the following tips to “Get Your Plate in Shape.”

## Make half your plate fruits and vegetables.

- Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count.
- Choose “reduced sodium” or “no-salt-added” canned vegetables. Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

## Make at least half your grains whole.

- Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice.
- Check the ingredients list on food packages to find whole-grain foods.

## Switch to fat-free or low-fat milk.

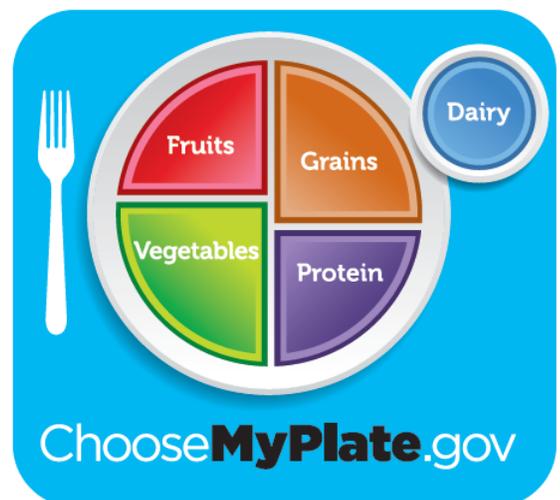
- Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

## Vary your protein choices.

- Eat a variety of foods from the protein food group each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs.

## Move to low-fat or fat-free milk or yogurt.

- Choose fat-free milk, yogurt and fortified soy beverages (soy milk) to cut back on saturated fat.
- Replace sour cream, cream and regular cheese with low-fat yogurt, milk and cheese.



# Recognizing and Treating Eye Injuries

When an eye injury occurs, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor at first. A serious eye injury is not always immediately obvious. Delaying medical attention can cause the damaged areas to worsen and could result in permanent vision loss or blindness. Because eye injuries can cause serious vision loss, it is important to be able to recognize an injury and appropriately respond to it.

**DO NOT attempt to treat a serious eye injury yourself.**

## How to recognize an eye injury

If you notice any of these signs in yourself or someone else, get medical help right away.

- The person has obvious pain or trouble seeing.
- The person has a cut or torn eyelid.
- One eye does not move as well as the other.
- One eye sticks out compared to the other.
- The eye has an unusual pupil size or shape.
- There is blood in the clear part of the eye.
- The person has something in the eye or under the eyelid that can't be easily removed.

## What to do for an eye injury

### For all eye injuries:

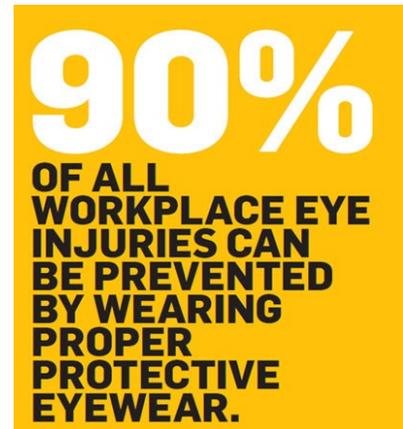
- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

### If your eye has been cut or punctured:

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

### If you get a particle or foreign material in your eye:

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.



### In case of a chemical burn to the eye:

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

### To treat a blow to the eye:

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

### To treat sand or small debris in the eye:

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.



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