



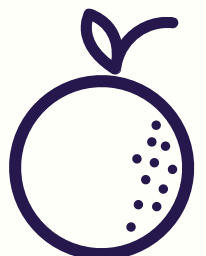
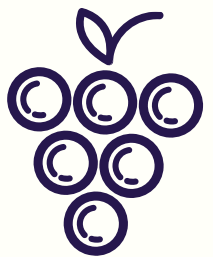
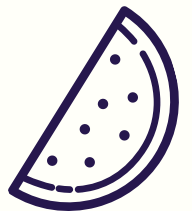
AdaptiVision

Your vision brought to light!™

TIPS & TRICKS FOR

COOKING & EATING WITH LOW VISION

REDISCOVER THE JOY OF COOKING
with a few simple tips.



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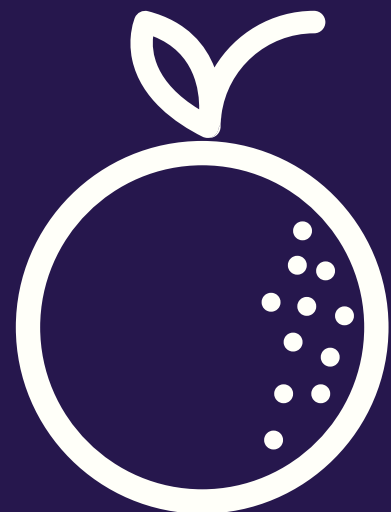
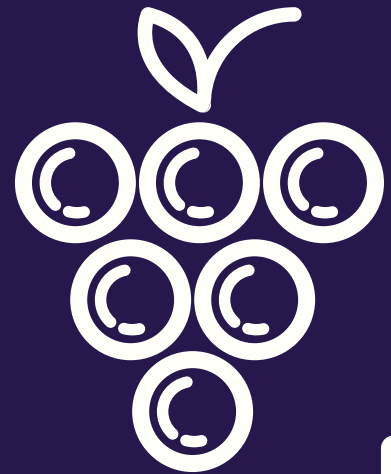
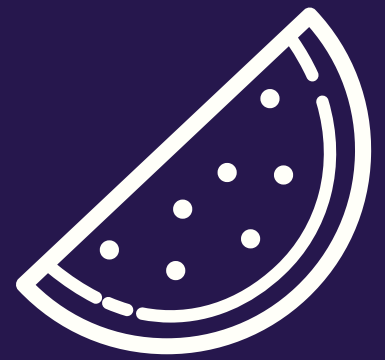
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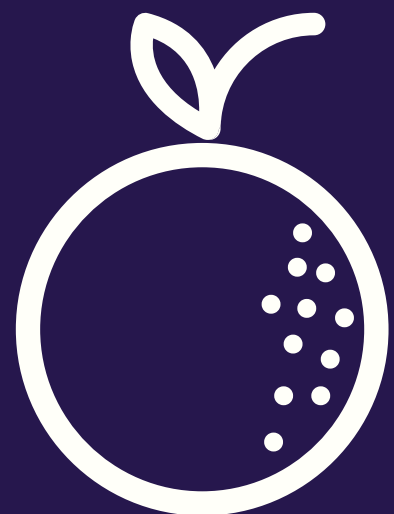
SHOPPING

- Plan ahead before shopping, making grocery lists or even menus for a week at a time.
- Ask grocery clerks for help choosing products, or ask the butcher to cut meats at the counter, saving you preparation time at home.
- When choosing produce, use other senses such as touch and smell. For example, feel the skin of oranges for thinness.
- Find pre-cut options for fresh produce, such as pineapple, strawberries, broccoli and bagged salad greens. Some vegetables such as onions also may be available frozen and diced.
- Try online shopping or ask about other services, such as personal shoppers or ordering groceries by phone.



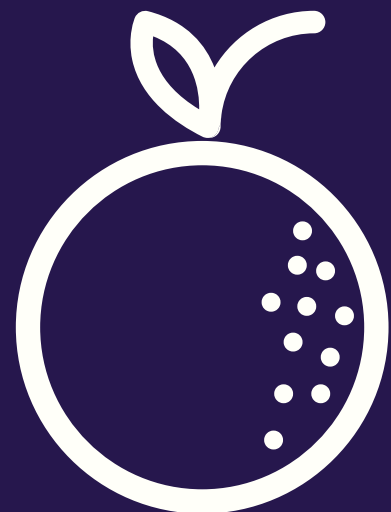
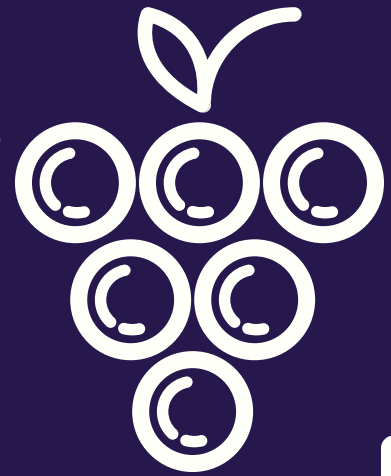
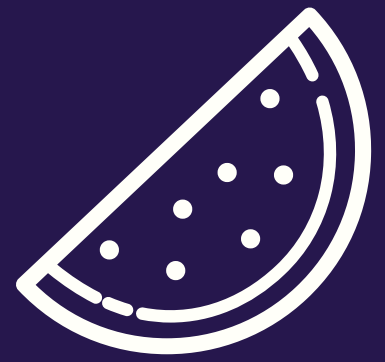
COOKING

- Limit glare in the kitchen or food prep areas. Use adjustable lamps to provide more light and blinds over kitchen windows that may emit glare. Replace shiny appliances and surfaces.
- Use contrasting colors when measuring or pouring. For example, measure dark brown sugar in a white measuring cup.
- Wear oven mitts that cover up to the elbow.
- Try marking commonly used temperatures on oven and microwave settings with bump dots or small dots of brightly colored craft paint.
- When using a cutting board, choose colored boards that contrast with the food being cut. For example, cut a dark red apple on a white cutting board.
- Use any adaptive tool that is found to be helpful. Each person will have preferences for different tools; one item may not be helpful for everybody.



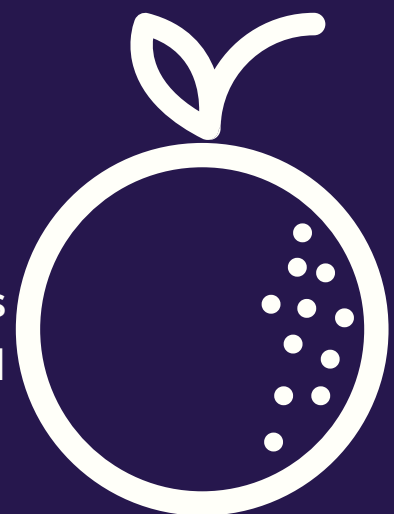
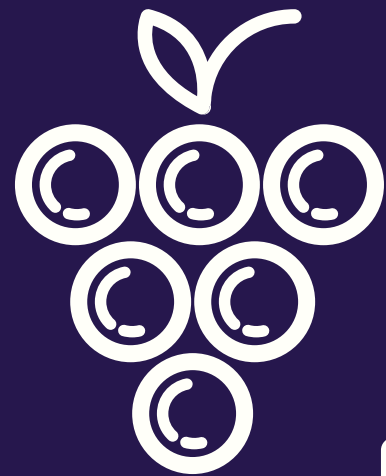
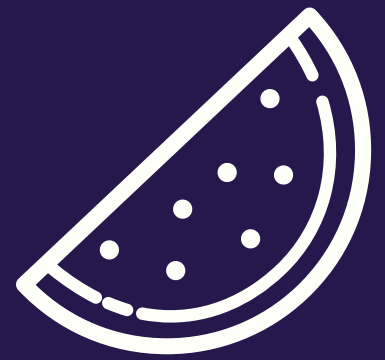
ADAPTIVE KITCHEN TOOLS

- “Talking” thermometers, kitchen scales or microwaves
- Audible screen readers for more accessible recipes
- Large-letter labels (for marking and identifying products)
- Bold print, brightly colored measuring cups and spoons
- Cooking utensils or knives with brightly colored handles
- Food chopper or palm peeler
- Brightly colored cutting boards
- Liquid level indicators

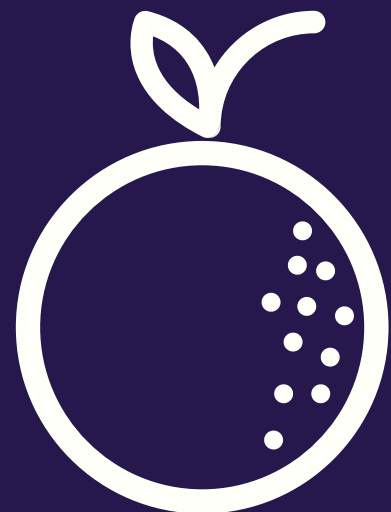
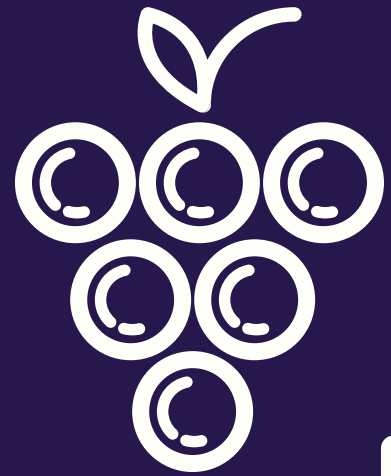
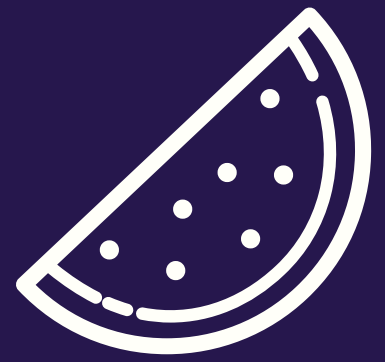


DINING

- Take advantage of color contrast. Place lightly colored foods on dark plates and vice versa. You can also use contrasting colors for placemats and dinnerware.
- Use the clock method for identifying food on your plate and objects around the plate, like cups and utensils. Imagine your plate as a clock with 12 o'clock being the edge furthest from you and 6 o'clock being the edge closest to you. You can explain this method to fellow diners, who can then point out that, for example, your water glass is at 1 o'clock, bread is at 3 o'clock, etc.
- Use a placemat to help keep plates, utensils, glasses, etc. organized and easy to locate in your dining area.
- Use the tip of your knife and fork to check the arrangement of food on the plate. Your knife or a solid food, such as a slice of bread, can help you push food onto your fork.



- When passing items around the table, ask what dish you are receiving, and identify the dish for the next person when passing it along. You'll be helping your dining companions remember to identify the foods being served.
- When salting food, pour a small amount into your palm and sprinkle it onto your dish.
- When pouring liquids, listen to the change in sound as the liquid nears the top of the glass. You can also use a liquid level indicator (for hot liquids) or the tip of your finger curled around the edge of the glass (for cool liquids).
- If you are gradually losing your vision, it is a good idea to practice dining blindfolded. That way, you'll be able to continue eating confidently despite changes in functional vision.



NUTRITION

Diet plays an important role in eye health. Here are some key nutrients and foods to help fill your plate wisely:

LUTEIN AND ZEAXANTHIN

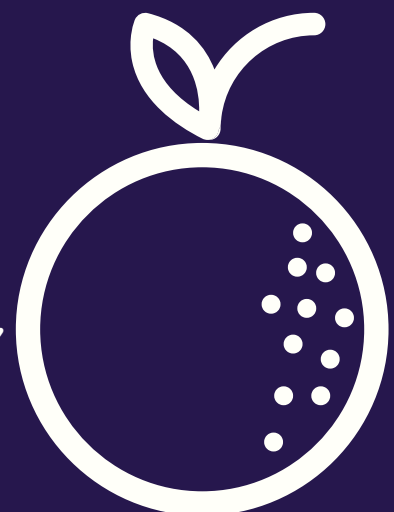
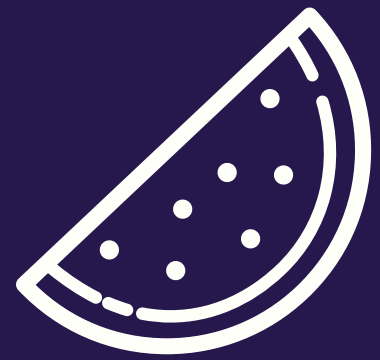
Green leafy vegetables like spinach, kale, and collards. Also found in eggs, broccoli, pumpkin, and bright-colored fruits like kiwi and grapes, plus goji berries. (Please note: According to [WebMD](#), goji berries could interact with certain drugs. Talk with your doctor before consuming goji berries in any form.)

VITAMIN A

Beef liver, fish, milk, eggs, spinach, pumpkin, sweet potatoes, and carrots

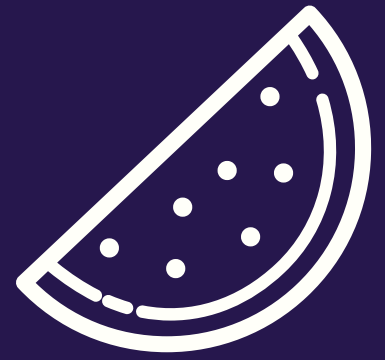
VITAMIN C

Oranges, berries, red and green peppers, cauliflower, broccoli, papaya, cantaloupe, and Brussels sprouts



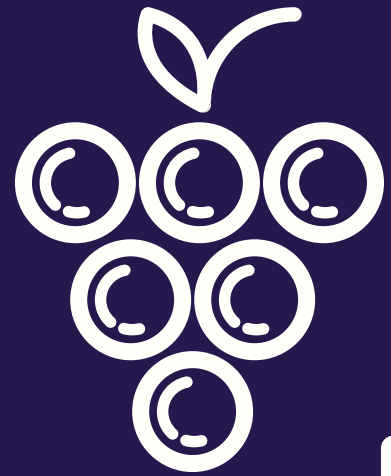
VITAMIN E

Sweet potatoes, almonds, pecans, sunflower seeds, wheat germ oil, fortified cereals, vegetable oils, and peanut butter



ESSENTIAL FATTY ACIDS

Tuna, salmon, mackerel, anchovies, trout, green vegetables, vegetable oils, and walnuts



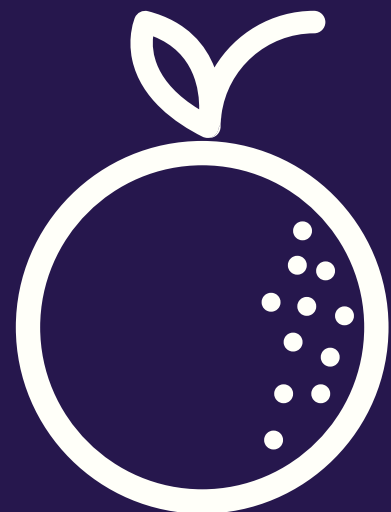
ZINC

Eggs, oysters, crab legs, red meat, poultry, baked beans, and whole grains



HEALTHIER PROCESSED FOOD OPTIONS

- Precut and packaged produce
- Frozen fruits and vegetables
- Low-sodium canned foods
- Nutritionally balanced frozen meals
- Frozen “steamable” vegetables / meals



BONUS TIPS & RECIPES

COACHING

See a qualified occupational therapist to receive coaching. OT coaching should occur as soon as vision becomes difficult. Ask your doctor about an OT referral.

RECIPES

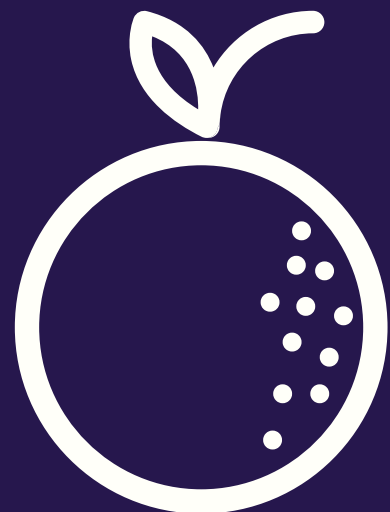
For a little inspiration and additional tips, check out the following recipes by blind chefs.

[Stir-Fry Noodles with Seared Scallops](#) by Christine Ha

[Steamed Chicken with Sticky Rice](#) by Low Wee Keong

[Apple Crumble](#) by Penny Melville-Brown

[Butterscotch & Chocolate Chip Zucchini Cookies](#) by Nicole Rasmussen



ABOUT US



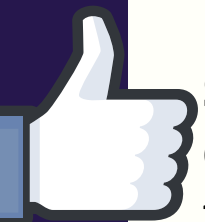
AdaptiVision specializes in finding the right technology solutions for clients who are blind or who have low vision due to conditions like macular degeneration, retinitis pigmentosa, glaucoma, and others. In business for nearly 30 years, we have established relationships with top manufacturers in the industry. Our catalog features a wide range of video magnifiers, optical magnifiers, wearable devices and lamps. We are the exclusive dealer for Optelec products in MA, NH, ME and VT, and for Zoomax products throughout the region. We also carry eSight, Eyedaptic, OrCam, Schweizer, & Stella Lighting.

Let us know how we can help you by contacting us or setting up a free consultation today.

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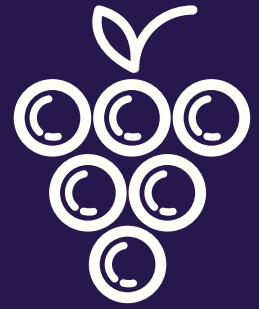
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REFERENCES



Adapted from *Cooking and Eating With Low Vision*

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<https://www.ag.ndsu.edu/publications/food-nutrition/cooking-and-eating-with-low-vision>

Additional Sources

Dine Confidently: Tips for Eating with a Visual Impairment

Wisconsin Council of the Blind and Visually Impaired

<https://wcblind.org/2019/08/dine-confidently-tips-for-eating-with-a-visual-impairment>

Good Nutrition and Eye Health: They're Connected!

VisionAware / Maureen Duffy

<https://visionaware.org/blog/visionaware-blog/good-nutrition-and-eye-health-theyre-connected/12/>

Goji Berries: Health Benefits and Side Effects

WebMD

<https://www.webmd.com/diet/goji-berries-health-benefits-and-side-effects>

Nutrition for Healthy Eyes

All About Vision / Gary Heiting, OD

https://www.allaboutvision.com/nutrition/nutrition_summary.htm

10 Steps for Dealing with a Low Vision Diagnosis

AdaptiVision

<https://lowvisionsource.com/10-steps-for-dealing-with-a-low-vision-diagnosis>

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