



Vision

Feast Your Eyes On Good Health



Healthy eyes are part of a healthy you. Taking care of your eyes can start at the table. Recent studies have found that certain nutrients help keep eyes healthy.

Nutrients that support healthy eyes and vision are:

Omega-3 fatty acids¹

- Found in fish oils (especially sardines and wild-caught salmon) and flaxseed.

Lutein¹

- Found in dark green leafy vegetables like spinach and kale. Also found in corn and egg yolks. The USDA Dietary Guidelines suggest 4-8 milligrams of Lutein daily. A half-cup serving of cooked spinach provides 6 milligrams.

Zeaxanthin¹

- Found in dark green leafy vegetables, corn and orange peppers. The USDA has not established advice for much Zeaxanthin should be in eaten daily.

Both Lutein and Zeaxanthin are a form of Vitamin A. Vitamin A and Omega-3 fatty acids help keep your eyes healthy. They may also lessen the chance of cataracts (a cloudy lens in the eye). Omega-3 fatty acids have also been found to help dry eyes.

Antioxidants Can Slow Age-Related Macular Degeneration

Certain antioxidants can slow the progression of age-related macular degeneration (the loss of central vision) by about 25 percent.² Age-related macular degeneration is a leading cause of vision loss for older Americans.

These antioxidants include:

- **Vitamin C** – found in oranges, lemons, broccoli and bell peppers.
- **Vitamin E** – found in nuts, fortified cereals and sweet potatoes
- **Vitamin A (beta-carotene)** – found in green leafy vegetables as well as orange and red vegetables
- **Zinc** – found in oysters, red meat, chicken, turkey and seafood

Getting enough of these antioxidants through food alone may be a challenge. Adding an eye health nutritional supplement may be better choice for you. Talk to your eye doctor to see which supplements you need.

A healthy diet and annual visits to your eye doctor can help overall health and your eye health.

Choosing food that looks good can also be food that looks out for your eyes.



¹ Ocular Nutrition Society Consumer Information, April 2012

² NEI Age-Related Eye Disease Study, Archives of Ophthalmology, October 2001

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