Keep an Eye on Your Diet to Improve Your Eye Health

While we may eventually need glasses as we age, it is not a guarantee. Learn what you can do to keep your eyes as healthy as possible by choosing eye healthy foods!

**Macular Degeneration**
Age-related loss of central vision and the ability to see fine detail and colors

**Cataracts**
Cloudy areas in the normally clear lens of the eye

**Glaucoma**
damage to the optic nerve resulting in vision loss

**Blindness**
Caused by trauma to the eye or head, advanced diabetes, and inflammatory disorders of the eye.
NUTRITION AND EYE HEALTH

VITAMIN A

Found in many orange or yellow fruits and vegetables as well as dark leafy greens, sweet potatoes and squash.

Essential for night vision.

Deficiencies can lead to night blindness, crusty and dry eyelids, and eye discomfort in the sun.
NUTRITION AND EYE HEALTH

VITAMIN C

Found in many citrus fruits such as grapefruit and oranges. Also highly abundant in peppers, broccoli, tomatoes, and strawberries.

Vitamin C helps lower your risk of getting cataracts. It is also important in glaucoma management.

VITAMIN E

Foods high in Vitamin E include: sunflower seeds, nuts, green leafy vegetables, and vegetable oils.

Vitamin E is a powerful antioxidant which protects healthy tissues against damage from free radicals.
ZINC

Foods high in zinc include: shellfish, milk and dairy products, and legumes

ESSENTIAL FATTY ACIDS

Essential fatty acids play a role in proper visual development and retinal function. Inadequate intake can lead to dry eyes

Zinc is involved in the production of melanin, a productive pigment in the eyes

Found in fatty fish, such as salmon
NUTRITION AND EYE HEALTH

BIOFLAVONOIDs

Found in many foods including: tea, citrus fruits, berries, legumes, and soy

Bioflavonoids can help protect against cataracts and macular degeneration

LUTEIN & ZEAXANTHIN

These antioxidants also help protect against cataracts and macular degeneration

Abundant in green leafy vegetables and eggs
NUTRITION AND EYE HEALTH

TOP 10 FOODS FOR EYE HEALTH

1) Fish
2) Leafy Vegetables
3) Whole Grains
4) Eggs
5) Citrus Fruits
6) Nuts
7) Colorful Fruits & Vegetables
8) Legumes
9) Fish Oil
10) Sunflower Seeds
<table>
<thead>
<tr>
<th>Food</th>
<th>Eye Healthy Nutrient</th>
<th>Food Example &amp; Serving Size</th>
<th>Nutrient Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish</td>
<td>Omega-3 fatty acids</td>
<td>3 oz Salmon</td>
<td>1-2 grams omega-3 fatty acids</td>
</tr>
<tr>
<td>Leafy Greens</td>
<td>Lutein and Zeaxanthin</td>
<td>1 cup chopped kale</td>
<td>26499 mcg lutein &amp; zeaxanthin</td>
</tr>
<tr>
<td>Eggs</td>
<td>Lutein and Vitamin A</td>
<td>1 large egg</td>
<td>270 IU vitamin A</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>Vitamin E, Zinc, and Niacin</td>
<td>1 slice whole wheat bread</td>
<td>1.8 mg niacin</td>
</tr>
<tr>
<td>Citrus Fruits &amp; Berries</td>
<td>Vitamin C</td>
<td>1 kiwi</td>
<td>93 mg vitamin C</td>
</tr>
<tr>
<td>Nuts</td>
<td>Omega-3 Fatty acids</td>
<td>1 oz or 14 halves walnuts</td>
<td>2565 mg omega 3-fatty acids</td>
</tr>
<tr>
<td>Colorful Fruits &amp; Veggies</td>
<td>Vitamins A and C</td>
<td>1 cup sliced carrots</td>
<td>26572 IU vitamin A</td>
</tr>
<tr>
<td>Legumes</td>
<td>Bioflavonoids and Zinc</td>
<td>½ cup kidney beans</td>
<td>0.4 mg zinc</td>
</tr>
<tr>
<td>Fish Oil</td>
<td>Omega-3 Fatty acids</td>
<td>1 teaspoon</td>
<td>2150 mg omega-3 fatty acids</td>
</tr>
<tr>
<td>Sunflower Seeds</td>
<td>Vitamin E and Zinc</td>
<td>1 oz</td>
<td>9.3 mg zinc (47% Daily Value)</td>
</tr>
</tbody>
</table>
Eye Supplements

Important to try to get nutrients from the diet alone, but can be beneficial to “fill in the gaps” with a dietary supplement targeted to promote eye health

Popular Brands include:
- ICaps (Alcon)
- Ocuvite PreserVision (Bausch + Lomb)
- Oculair (Biosyntrix)
- Macular Health Formula (EyeScience)
Eye Supplements

Tips for buying
- Check for an expiration date to make sure the supplement you are purchasing is fresh. Make sure the seal on the bottle has not been broken.
- Check the serving size. Do you need to take only one tablet, or do you need to take two or more each day to get the percentages of the Daily Value of each ingredient listed?
- Capsules often are absorbed better than hard tablets and may cause less stomach upset.

Precautions
- If you are taking blood thinners (anti-coagulants), speak to your doctor before using any type of nutritional supplements.
- Even though vision supplements are a non-prescription item, do not exceed the dosage instructions on the bottle, to reduce the risk of toxicity or drug reactions.
Berry Green Smoothie
Serves 1

Ingredients:
- 3/4 c. low fat vanilla yogurt
- 3/4 c. frozen mixed berries
- 1/2 c. spinach
- 1/2 c. low fat milk

Directions:
Combine all ingredients in blender and blend for 1 minute until smooth

Nutrition Facts:
Calories: 236
Protein: 14 g
Fat: 3 g
Saturated Fat: 2 g
Carbohydrate: 40 g
Fiber: 2 g
Sodium: 186 mg

Pair this smoothie with 2 eggs for a complete breakfast packed with nutrients to improve your eye health!
Roasted Winter Vegetables
Serves 3

Ingredients:
- 2 large carrots
- 1 large parsnip
- 1 large sweet potato
- 1 tablespoon olive oil
- 1 tablespoon chopped thyme
- 1/8 tsp Salt and pepper

Preparation
1. Preheat oven to 425°F
2. Cut carrots, parsnip, sweet potato and combine in a large bowl. Add olive oil, thyme, salt and pepper, and toss to coat.
3. Roast 35-40 minutes until golden brown and tender

Try pairing this delicious recipe with salmon and a side of brown rice for a complete meal!

Nutrition Facts:
Calories: 150
Protein: 3 g
Fat: 4 g
Saturated Fat: 1 g
Carbohydrate: 25 g
Fiber: 5 g
Sodium: 125 mg
Nutrition & Eye Health

Antioxidants  Cataracts  Lutein
Berries  Eggs  Supplements
Beta Carotene  Fish  Vitamins
Blindness  Glaucoma  Zinc
Carrots  Legumes