

DIET, NUTRITION AND EYE HEALTH

Scientists understand that proper nutrition is critical to eye health. Intensive research has identified five essential nutrients which promote healthy vision and may reduce the risk of eye diseases. In fact, studies have concluded that taking an antioxidant vitamin or mineral supplement reduced the risk of advanced AMD progression by 25% and visual acuity loss by 19% in some subjects.

Little changes in your diet can have a big impact on eye health and improve the quality of life. Eye care professionals know that good eye health is proactive. Our bodies do not create all the nutrients we need, so it's essential to get them through our diet and/or nutritional supplements.

Recommended Nutrients:

Lutein - found in vegetables such as spinach, kale and corn. Lutein is deposited in various tissues of the eye, including the macula, retina and lens. Foods with Lutein: Kale, spinach, collards, turnip greens, corn, green peas, broccoli, romaine lettuce, green beans, eggs.

Vitamin C - found in fruits and vegetables. Virtually all cells of the body depend on it, including those of the eye where it is actively concentrated in all tissues. Foods with Vitamin C: Orange juice, grapefruit juice, orange, spinach, tomato, banana, apple, peach.

Vitamin E - found in nuts, fortified cereals and sweet potatoes. Vitamin E is an antioxidant that promotes the health of cell membranes and DNA repair. Foods with Vitamin E: Cereal, wheat germ, almonds, sunflower seeds, hazelnuts, peanut butter, peanuts, sweet potato.

DHA/EPA - Dietary fat is an important source of energy and a necessary part of the human diet. Fatty acid, such DHA and EPA are important parts of fat molecules. Foods with DHA/EPA: Salmon, tuna, mackerel, anchovy, trout, halibut, scallops, snapper.

Zinc - Zinc is an essential trace mineral or "helper molecule" found in oysters, beef and lobster. It is vital to bringing vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the eyes. Foods with Zinc: Oysters, beef, lobster, pork, brand flakes, yogurt, salmon, milk, eggs.