FOOD FOR EYE HEALTH

We know that what we eat can increase the likelihood of developing high blood pressure, heart disease, cancer, diabetes and other health conditions. But **what about our eyes**? Research confirms that our eye health is directly linked to the foods we consume. Here are some foods that might benefit your eyes.

89% of Americans are not eating the recommended amount of <u>vegetables.</u>

88% are not consuming enough <u>fruit.</u>

CITRUS FRUITS

As an antioxidant, Vitamin C helps repair and grow new tissue cells to prevent or at least delay age-related macular degeneration (AMD) and cataracts.

LEAFY GREENS

Foods like kale and spinach carry two antioxidants—lutein and zeaxanthin—help protect the macula, the area of the eye that gives us our central and most detailed vision.

ALMONDS

High in Vitamin E, which helps protect the cells in our eyes from free radicals, and cataract growth.
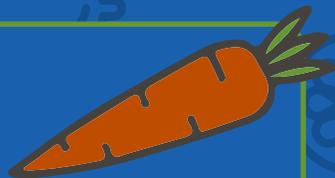
FISH

Cold-water fish is rich in omega-3 fatty acids that may help reducing the risk of eye diseases <u>research suggests.</u>

ORANGE-COLORED VEGETABLES AND FRUITS

Carrots, sweet potatoes, cantalope, and apricots all have a high source of vitamin A. Vitamin A helps turn light rays into the images we see as well as keeping our eyes moist.

BEANS

Legumes are the best source of zinc. This helps the retina healthy and can protect your eyes from the damaging effects of light.

Solstice