

# Nutrition for Eye Health

Nutritious foods are the building blocks for health, including your eyes. Most people are aware that carrots are good for their eye health, but are unaware of any other sources of vitamins that may be good for their eyes.

Try these 3 easy steps to eating better for your eyes and overall health.



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## Eat the Rainbow

Did you know that 8 out of 10 Americans do not eat enough color? Eating a variety of fruits and vegetables - the colors of the rainbow - helps to ensure the widest array of nutrients, vitamins, and minerals to protect your vision and long-term health.

### Fruits



Vitamin C is an antioxidant found in fruits. Vitamin C is known to delay the development of cataracts, and when taken in combination with other essential nutrients, can slow the progression of age-related macular degeneration.



### Vegetables



Carrots are loaded with beta carotene, an antioxidant that helps reduce the risk of age-related macular degeneration and cataracts. Broccoli, Brussels, and bell peppers also contain Vitamin C.



**TIP:** To maximize your overall health, try to eat 1 cup of each colored fruit and vegetable everyday.

# Don't count it out. Add it in!

When it comes to nutrition think of them both in terms of “adding,” rather than subtracting. Adding in more veggies (as many greens as you can!), more protein, more exercise, more fruit, more water, etc. It's healthier that way, especially mentally, than starting by simply subtracting certain foods.

In addition to fruits and vegetables, start adding in these eye healthy foods!



## Leafy Greens

Lutein and zeaxanthin are important nutrients found in green leafy vegetables. When consumed in recommended amounts, lutein and zeaxanthin reduce the risk of chronic eye diseases, including age-related macular degeneration and cataracts.

Spinach | kale  
collard greens | broccoli



## Omega-3s

Fats are an essential part of your diet. Omega-3 fatty acids have been shown to be important for proper visual development and retinal function.

Flax oil | salmon | mackerel  
shrimp | crab | halibut | sardines



## Protein

Proteins that contains zinc are essential for eye health. Zinc is an essential trace mineral or ‘helper molecule.’ It plays a vital role in bringing Vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the eyes.

Beef | dark turkey meat  
eggs | oysters | herring | tuna



## Whole Grains

Whole grains contain vitamin E, zinc and niacin which help promote overall eye health.

Quinoa | brown rice  
oats | whole wheat  
buckwheat | amaranth



## Nuts, Legumes, Seeds

Vitamin E in its most biologically active form is a powerful antioxidant found in nuts. It helps protect cells of the eyes from damage caused by unstable molecules called free radicals which break down healthy tissue.

Pumpkin seeds | almonds  
flax seeds | walnuts  
sunflower seeds | pistachios  
pecans | peanuts | kidney beans  
black-eyed peas | lentils



## Herbal

These herbs contain potent antioxidant and flavonoids to aid in keeping the eyes healthy.

Tumeric | ginger  
black currant oil | grape seed oil  
ginkgo balboa | green tea  
bilberry | saffron | milk thistle  
garlic | basil | red chili pepper

## TIP:

Over time, the more healthy items you add in to your life, the more they will crowd out the unhealthy items.



# Remember your Lutein

Lutein is a carotenoid that is found to be highly concentrated in the macula of the eye. The body does not produce lutein on its own. It is found in foods such as kale, spinach and egg yolks. Americans typically only get 1-2 mg each day from their diet. Studies show you should eat 10 mg of lutein per day!

Strive for 10 mg EVERYDAY!	
Food	Lutein
Kale (cooked)	1 cup = 23.7 mg
Spinach (cooked)	1 cup = 20.4 mg
Collards (cooked)	1 cup = 14.6 mg
Turnip greens (cooked)	1 cup = 12.2 mg
Spinach (raw)	1 cup = 3.7 mg
Green Peas (canned)	1 cup = 2.2 mg
Broccoli (cooked)	1 cup = 1.7 mg
Romaine lettuce (raw)	1 cup = 1.3 mg
Carrots (cooked)	1 cup = 1.1 mg
Green beans (cooked)	1 cup = 0.8 mg
Eggs (2 large)	0.3 mg

**TIP:** Use the chart to make sure you get enough lutein in your daily diet.

**Nutrition for Eye Health Information brought to you by Vitamin Health, Inc.**

Vitamin Health provides Viteyes® supplements formulated to help protect your vision. Viteyes® AREDS 2 formulas that contain the clinically effective formula tested by the National Eye Institute (“NEI”) in its 2013 AREDS2 study. Viteyes® also offers supplements for general eye health and dry eye.

**To learn more about eye nutrition or for Viteyes® Eye Health Supplements, visit [viteyes.com](http://viteyes.com).**