

## **Vision-Friendly Nutrients**

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### **Lutein & Zeaxanthin**

**Critical to the health of the macula are the carotenes lutein and zeaxanthin. These carotenes function in preventing oxidative damage to the area of the retina responsible for fine vision.**

**Foods containing lutein & zeaxanthin (often found together in foods): dark leafy greens, arugula, oranges, broccoli, peas, collard greens, spinach, corn, summer squash, egg yolks, turnip greens, kale, pistachios, cucumber, celery**

### **Nutritional Antioxidants**

**Nutritional antioxidants like beta-carotene, vitamins C and E, zinc, copper, and selenium are extremely important for eye health. While research has often focused on just one of these nutrients, studies conducted by the Age-Related Eye Disease Study Research Group (AREDS) confirm that a combination of these nutrients produce better results than any single nutrient alone.**

**Foods containing beta-carotene: apricots, beet greens, cantaloupes, carrots, kale, red peppers, pumpkin, spinach, butternut squash, sweet potatoes**

**Foods containing vitamin C: bell peppers, kale, kiwi, papayas, oranges, broccoli, brussels sprouts, cabbage, grapefruit, potatoes, strawberries**

**Foods containing vitamin E: almonds, hazelnuts, mangos, peanut butter, sunflower oil, sunflower seeds, sweet potatoes, wheat germ**

**Foods containing zinc: beans, beef, cashews, fortified cereal, dark meat chicken, oysters, peanuts, pork, crab, pumpkin seeds**

## **Omega-3 Fatty Acids**

**Omega-3 fatty acids from fish oils play an important role in eye health as well.**

**Foods containing omega-3 fatty acids: anchovies, canola oil, flax seed, bluefish, walnuts, herring, sardines, omega 3 eggs, salmon**

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