HEALTHY VISION GROCERY LIST

LUTEIN & ZEAXATHIN
Function in preventing oxidative damage to the area of the retina responsible for fine vision

- ARUGULA
- BROCCOLI
- CELERY
- COLLARD GREENS
- CORN
- CUCUMBER
- EGGS (YOLK)
- KALE
- ORANGES
- PEAS
- PISTACHIOS
- SPINACH
- SUMMER SQUASH
- TURNIP GREENS

NUTRITIONAL ANTIOXIDANTS
Include beta-carotene, vitamins C & E, zinc, copper & selenium

- APRICOTS
- CANTALOUME
- CARROTS
- KALE
- RED PEPPERS
- BUTTERNUT SQUASH
- SWEET POTATOES
- KIWI
- PAPAYA
- BRUSSEL SPROUTS
- CABBAGE
- GRAPEFRUIT
- STRAWBERRIES
- ALMONDS
- HAZELNUTS
- MANGOS
- PEANUT BUTTER
- SUNFLOWER SEEDS/OIL
- WHEAT GERM
- BEANS
- BEEF
- CASHEWS
- FORTIFIED CEREAL
- DARK MEAT CHICKEN
- OYSTER
- PEANUTS
- PORK
- CRAB

OMEGA-3 FATTY ACIDS
Omega-3 fatty acids from fish play an important role in eye health

- ANCHOVIES
- BLUEFISH
- CANOLA OIL
- FLAX SEED
- HERRING
- SALMON
- SARDINES
- WALNUTS

FOR MORE INFO, CONTACT US: 1.866.4MACULA • WWW.MVRF.ORG