



# HEALTHY VISION GROCERY LIST

## LUTEIN & ZEAXATHIN

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

- |   |                                      |  |
|---|--------------------------------------|--|
| <input type="checkbox"/> ARUGULA        | <input type="checkbox"/> CUCUMBER    | <input type="checkbox"/> PISTACHIOS    |
| <input type="checkbox"/> BROCCOLI       | <input type="checkbox"/> EGGS (YOLK) | <input type="checkbox"/> SPINACH       |
| <input type="checkbox"/> CELERY         | <input type="checkbox"/> KALE        | <input type="checkbox"/> SUMMER SQUASH |
| <input type="checkbox"/> COLLARD GREENS | <input type="checkbox"/> ORANGES     | <input type="checkbox"/> TURNIP GREENS |
| <input type="checkbox"/> CORN           | <input type="checkbox"/> PEAS        |  |

## NUTRITIONAL ANTIOXIDANTS

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

### BETA-CAROTENE

- APRICOTS
- CANTALOUPE
- CARROTS
- KALE
- RED PEPPERS
- BUTTERNUT SQUASH
- SWEET POTATOES

### VITAMIN C

- KIWI
- PAPAYA
- BRUSSEL SPROUTS
- CABBAGE
- GRAPEFRUIT
- STRAWBERRIES

### VITAMIN E

- ALMONDS
- HAZELNUTS
- MANGOS
- PEANUT BUTTER
- SUNFLOWER SEEDS/OIL
- WHEAT GERM

### ZINC

- BEANS
- BEEF
- CASHEWS
- FORTIFIED CEREAL
- DARK MEAT CHICKEN
- OYSTERS
- PEANUTS
- PORK
- CRAB

## OMEGA-3 FATTY ACIDS

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

- |                                    |                                     |                                  |                                   |
|------------------------------------|-------------------------------------|----------------------------------|-----------------------------------|
| <input type="checkbox"/> ANCHOVIES | <input type="checkbox"/> CANOLA OIL | <input type="checkbox"/> HERRING | <input type="checkbox"/> SARDINES |
| <input type="checkbox"/> BLUEFISH  | <input type="checkbox"/> FLAX SEED  | <input type="checkbox"/> SALMON  | <input type="checkbox"/> WALNUTS  |