



HEALTHY VISION GROCERY LIST

LUTEIN & ZEAXATHIN

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

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|---|--------------------------------------|--|
| <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

- | <u>BETA-CAROTENE</u> | <u>VITAMIN C</u> | <u>VITAMIN E</u> | <u>ZINC</u> |
|---|--|--|--|
| <input type="checkbox"/> APRICOTS | <input type="checkbox"/> KIWI | <input type="checkbox"/> ALMONDS | <input type="checkbox"/> BEANS |
| <input type="checkbox"/> CANTALOUPE | <input type="checkbox"/> PAPAYA | <input type="checkbox"/> HAZELNUTS | <input type="checkbox"/> BEEF |
| <input type="checkbox"/> CARROTS | <input type="checkbox"/> BRUSSEL SPROUTS | <input type="checkbox"/> MANGOS | <input type="checkbox"/> CASHEWS |
| <input type="checkbox"/> KALE | <input type="checkbox"/> CABBAGE | <input type="checkbox"/> PEANUT BUTTER | <input type="checkbox"/> FORTIFIED CEREAL |
| <input type="checkbox"/> RED PEPPERS | <input type="checkbox"/> GRAPEFRUIT | <input type="checkbox"/> SUNFLOWER SEEDS/OIL | <input type="checkbox"/> DARK MEAT CHICKEN |
| <input type="checkbox"/> BUTTERNUT SQUASH | <input type="checkbox"/> STRAWBERRIES | <input type="checkbox"/> WHEAT GERM | <input type="checkbox"/> OYSTERS |
| <input type="checkbox"/> SWEET POTATOES | | | <input type="checkbox"/> PEANUTS |
| | | | <input type="checkbox"/> PORK |
| | | | <input type="checkbox"/> CRAB |

OMEGA-3 FATTY ACIDS

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

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|------------------------------------|-------------------------------------|----------------------------------|-----------------------------------|
| <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 |