

## Vision-Friendly Nutrients



### 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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