



## 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, and sweet potatoes.

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

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

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

### **Omega-3 Fatty Acids**

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

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

## HEALTHLY VISION GROCERY LIST

### Lutein & Zeaxanthin

- Arugula
- Broccoli
- Celery
- Collard Greens
- Corn
- Cucumber
- Eggs (Yolk)
- Kale
- Oranges
- Peas
- Pistachios
- Spinach
- Summer Squash
- Turnip Greens

### Nutritional Antioxidants

- | <b>Beta-Carotene</b> | <b>Vitamin C</b>  | <b>Vitamin E</b>      | <b>Zinc</b>         |
|----------------------|-------------------|-----------------------|---------------------|
| ○ Apricots           | ○ Kiwi            | ○ Almonds             | ○ Beans             |
| ○ Cantaloupe         | ○ Papaya          | ○ Hazelnuts           | ○ Beef              |
| ○ Carrots            | ○ Brussel Sprouts | ○ Mangos              | ○ Cashews           |
| ○ Kale               | ○ Cabbage         | ○ Peanut Butter       | ○ Fortified Cereal  |
| ○ Red Peppers        | ○ Grapefruit      | ○ Sunflower Seeds/Oil | ○ Dark Meat Chicken |
| ○ Butternut Squash   | ○ Strawberries    | ○ Wheat Germ          | ○ Oysters           |
| ○ Sweet Potatoes     |                   |                       | ○ Peanuts           |
|                      |                   |                       | ○ Pork              |
|                      |                   |                       | ○ Crab              |

### Omega-3 Fatty Acids

- |             |              |           |            |
|-------------|--------------|-----------|------------|
| ○ Anchovies | ○ Canola Oil | ○ Herring | ○ Sardines |
| ○ Bluefish  | ○ Flax Seed  | ○ Salmon  | ○ Walnuts  |

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