

Look After Your Eye Health

Simple changes to what you eat can not only help you maintain and enhance the condition of your eyes but also prevent you from losing one of your most important senses.

The September 2010 Issue of the Mayo Advertiser reported that our diets have a direct impact on the health of our eyes and a healthy diet can help prevent the onset of conditions like age-related macular degeneration.

In 2001, the National Institute of Health in the U.S funded the Age-Related Eye Disease (AREDS) study. This study suggests that the following combination of vitamins and minerals improved eye health the most:

- Vitamin C (500 mg)
- Beta carotene (15 mg)
- Vitamin E (400 IU)
- Zinc (80 mg)
- Copper (2 mg)

Consider including the following foods in your diet for good eye health, as they are rich in the vital vision nutrients:

- Spinach
- Avocados
- Broccoli
- Kale
- Peas

Current studies are analyzing the effects of lutein, zeaxanthin and fish oil on eye health. As always, consult your personal physician before making any dietary changes.

