



VITAMIN-RICH FOODS TO IMPROVE EYE HEALTH



1. THE NATURAL ANTI-OXIDANTS

Bell peppers, strawberries, tomatoes and citrus fruits such as oranges and lemons are great sources of Vitamin C and beta carotenes which can help support your production of connective tissues such as collagen, as well as acting as a natural antioxidant, keeping your eyes safe from the degenerating effects of oxidative stress.

2. THE VERSATILE VEGGIES



Spinach, along with other dark leafy greens like collard greens and kale, contains two of the most essential antioxidants for eye health, zeaxanthin, and lutein. These antioxidants also play a significant role in maintaining rich blood flow to your eyes. Experts recommend a least of three servings every week.



3. GOOD FOR RETINAL HEALTH

Purple fruits and vegetables including carrots are often a rich source of carotenoids which are particularly beneficial for eye health.

4. IMPROVED COGNITIVE HEALTH & EYESIGHT



The reason avocado is good for your eyes is the high amount of lutein that is found in it. A single ounce of avocado contains 80 micrograms of lutein—most lutein supplements only give you 10 mcg! Lutein is a natural antioxidant that is said to help maintain eye health as you age.



5. GREAT SOURCE OF VITAMIN A

Orange vegetables including carrots offer a rich amount of beta-carotene – an antioxidant carotenoid converted to vitamin A by your body – quite essential for a healthy vision. Vitamin A is also essential for low light vision and color vision. Free radical damage is minimized by beta-carotene, which helps protect against eye diseases like macular degeneration, cataracts & glaucoma.

6. RICHNESS OF OMEGA 3 FATTY ACIDS



Seafood is rich in omega 3 fatty acids which help protect adult eyes from developing macular degeneration and dry eye syndrome. Oysters have enormous amounts of zinc stored in them, Zinc helps vitamin A create melanin, a pigment that protects your eyes. Zinc deficiency can cause poor night vision, or night blindness, as well as cataracts.



7. AMPLE SUPPLY OF VITAMIN D

Two of the most powerful antioxidants for eye protection, lutein and zeaxanthin, are found generously in egg yolks. When you have them in your omelet, you're increasing your chances of antioxidant absorption because of the high fat content of eggs. You also get ample vitamin D in egg yolk, which is believed to be helpful against macular degeneration.

8. NATURE'S OWN HEALTHY SNACKS



Almonds, pistachios, walnuts, flaxseeds, soybeans, sunflower, Chia seeds, and tofu are all also high in omega 3s. You'll get more of calcium in chia seeds than in a glass of milk. Pumpkin seeds & sunflower seeds are high in vitamin E and zinc & make great healthy snacks.

9. EXTRA VISION PROTECTION



Rich in anthocyanins, potent antioxidants capable of crossing the blood-retina barrier with ease while providing extra vision protection, blueberries are amazing for eye health.