

Nutrition and Vision

ASK YOUR OPTOMETRIST

Mom was right: **carrots are great for your eyes.** And so are spinach, broccoli, peppers and oranges, to name just a few. A balanced diet that is low in saturated fats and includes plenty of fresh fruits and vegetables, fish and nuts is not only good for your overall health, but may help safeguard your vision as well.

Much attention has been paid lately to the antioxidant vitamins A, C and E. Vitamin A, or beta-carotene, in particular is plentiful in those carrots Mom pushes you to eat and plays an important role in vision health, as well as in bone growth, reproduction and the regulation of the immune system. In fact, vision loss is one of the first symptoms of vitamin A deficiency.

For optimum eye health, try to steer away from fatty, sugary foods and load up on fruits, vegetables and whole grains instead. A diet that is high in sugars and saturated fats not only lacks the vitamins and minerals necessary for eye health (and overall health!), but contains substances that put your eyes at risk: saturated fats clog blood vessels and restrict the blood flow to the eyes, while sugary foods can lead to the development of diabetes which can lead in turn to diabetic retinopathy.



There is no **“right”** amount of fruits, vegetables or other foods to ensure optimum eye health. In general, try to eat a good, balanced diet that includes plenty of fresh fruits and vegetables, whole grains, nuts and fish.