

LOOK



to Fruits and Vegetables for Good Eye Health

Research shows eating more fruits and vegetables can help protect against eye disease. It can also help your overall health. To keep your eyes healthy, you should eat foods rich in certain vitamins and minerals. These vitamins and minerals are called antioxidants. Antioxidants help keep our cells and tissues healthy. The following foods may help stop or slow certain eye diseases.

FOODS RICH IN ANTIOXIDANTS FOR EYE HEALTH	ANTIOXIDANTS RELATED TO EYE HEALTH
Eggs, kale, spinach, turnip greens, collard greens, romaine lettuce, broccoli, zucchini, corn, garden peas and Brussels sprouts.	Lutein & Zeaxanthin
Red berries, kiwi, red and green bell peppers, tomatoes, broccoli, spinach, and juices made from guava, grapefruit, and oranges.	Vitamin C (ascorbic acid)
Vegetable oils, nuts, green leafy vegetables, sweet potatoes, avocados, wheat germ, and whole grains.	Vitamin E
Carrots, sweet potatoes, squash, eggs, and green leafy vegetables.	Vitamin A/Beta Carotene
Salmon, sardines, flax seeds, soybeans, and walnuts.	Essential Fatty Acids
Red meat, poultry, oysters and other seafood, nuts, dried beans, soy foods, milk and other dairy products, whole grains, and fortified breakfast cereals.	Zinc

Visit an eye care professional for regular eye exams. This will help you learn about and get treated for vision problems as early as possible.

***WARNING:** Talk with your health care provider before changing your diet or taking vitamin supplements. Some people have health conditions or take medicines that could be affected by a change in diet or vitamin supplements.



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