

Nutrition & Your Eyes

Hope this newsletter finds you all safe and healthy.

We were pleasantly surprised by all the wonderful questions that were sent to us in response to our last email! We will begin responding to your questions via weekly newsletters. Please keep the questions coming!

What you eat can impact how you see!!



Eating a diet rich in fruits and vegetables is a crucial component to keeping your eyes healthy and your vision strong. There is more and more research that shows the potential powerful impact of certain nutrients on our eyes. The table below summarizes some of the key things we should be trying to eat daily and how they can help our vision!

<u>VITAMIN</u>	<u>BENEFITS</u>	<u>FOUND IN</u>
Vitamin A	May prevent night blindness & dry eyes	Spinach, Kale, Sweet Potatoes, Mangoes, Milk, Eggs
Vitamin C	May reduce risk of macular degeneration & cataracts	Oranges, Strawberries, Grapefruit, Kale, Broccoli, Bell Peppers
Vitamin D	May reduce risk of macular degeneration & cataracts	Oranges, Orange Juice, Milk, Mushrooms, Eggs, Cheese
Vitamin E	May reduce risk of advanced AMD	Almonds, Hazelnuts, Sunflower Seeds
Beta-Carotene	May slow macular degeneration	Carrots, Sweet Potatoes, Spinach, Kale
Bioflavonoids (Flavonoids)	May protect against cataracts and macular degeneration	Berries, Grapes, Apples, Cherries, Citrus Fruits, Legumes
Omega 3 Fatty Acids	Helps with dry eyes	Avocadoes, Flaxseed, Walnuts
Carotenoids	May help protect your eyes from blue light May reduce risk of macular degeneration	Lettuce, Carrots, Tomatoes, Squash, Watermelon, Grapefruit, Apricots

EYE Did Not Know That!!

- During WWII, fighter pilots were told to eat an excessive amount of carrots to help them see better in the dark so they could spot and shoot down enemy planes faster.



We hope to SEE you soon when things get back to normal. In the meantime, please keep sending us your questions.

Stay safe and healthy, warmest regards.

Dr Randhawa & Perspective Optometry Staff