



List of Eye Healthy Foods

- Most fruits and vegetables contain Vitamin C, including oranges, grapefruit, strawberries, papaya, green peppers and tomatoes.
- Vitamin E can be found in vegetable oils (safflower and corn oil), almonds, pecans, wheat germ and sunflower seeds.
- For beta-carotene, try deep orange or yellow fruits and vegetables such as cantaloupe, mangos, apricots, peaches, sweet potatoes and carrots.
- Dark green leafy vegetables such as spinach, kale, collard greens, broccoli, and asparagus are the primary sources of lutein and zeaxanthin.
- Good sources of zinc include beef, pork, lamb, oysters, eggs, shellfish, milk, peanuts, whole grains and wheat germ.
- Good sources of omega-3 fatty acids are leafy green vegetables, nuts, fish, and vegetable oils such as canola, soy, and especially flaxseed.

Disclaimer:

The medical research about links between certain foods and nutrients and the progression of age-related macular degeneration (AMD) is on-going. EyeCare America's recipes focus on whole foods, not supplements that contain nutrients research has shown may be helpful in slowing the progression of AMD and assisting in eye health. By providing these recipes, EyeCare America, FAO and the American Academy of Ophthalmology are not providing medical advice, prescribing treatment or projecting or guaranteeing any particular results, and each disclaims any liability. Regular eye exams by your ophthalmologist are the best way to diagnose eye diseases such as AMD in its early stages and to receive appropriate medical treatment.