

## HEALTHY VISION MONTH

# SEE THE WORLD WITH A NEW FOCUS

Our eyes allow us to see the world, and it is our job to keep them healthy. We can do this through nutrition. Start with a well-balanced plate. Then, focus on getting the critical vision-supporting nutrients listed below through your food choices.

| VITAMIN/<br>MINERAL                | FOOD SOURCES                                                                                                                                                                                                      | BENEFITS                                                                                           |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <b>VITAMIN A</b>                   | Sweet potatoes, carrots, pumpkin, winter squash, summer squash, leafy greens, tomatoes, low-fat milk, herring, fortified cereal, cantaloupe, red bell peppers, eggs, black-eyed peas, apricots, broccoli, mangoes | Keeps eyes lubricated and supports the retina which turns light rays into the vision we see        |
| <b>VITAMIN C</b>                   | Citrus fruits (oranges, grapefruits, tangerines), strawberries, tomatoes, bell peppers, cruciferous vegetables (broccoli, cauliflower, cabbage, Brussels sprouts), white potatoes                                 | Known for its immune-boosting properties and lowering the risk for cataracts                       |
| <b>VITAMIN E</b>                   | Almonds, sunflower seeds, sunflower oil, hazelnuts, peanuts, peanut butter, spinach, collard greens, avocado, mango, asparagus, red bell peppers, safflower oil, wheat germ oil, fortified cereals                | Contains antioxidant properties that prevent free radicals from causing eye damage                 |
| <b>LUTEIN &amp;<br/>ZEAXANTHIN</b> | Green vegetables (such as spinach, kale, broccoli, parsley, peas and lettuce) egg yolks, red bell peppers, grapes, kiwi, and honeydew melon                                                                       | Antioxidants related to supporting the macula which is responsible for providing detailed vision   |
| <b>OMEGA 3<br/>FATTY ACIDS</b>     | Salmon, tuna, sardines, anchovies, halibut, mussels, oysters, trout                                                                                                                                               | Important for vision development and absorbing nutrients involved with eye care                    |
| <b>ZINC</b>                        | Shellfish (oysters, crab), nuts, seeds, lean beef, lean pork, poultry, legumes, whole grains, fortified cereals                                                                                                   | May lower your risk of age-related macular degeneration, an eye disease which can blur your vision |