## Savour Your Sight: Nutrition & Eye Health

The health of our eyes is highly intertwined with our body's overall health.

A well-balanced diet can provide vitamins and minerals needed to support healthy eye function and combat common vision issues such as the following:

## Macular Degeneration

Nutritional carotenoids, including lutein and zeaxanthin, as well as vitamins C and E, zinc, and copper, have been shown to reduce the risk of both early and late-stage macular degeneration.

#### **Cataracts**

Vitamins C and E and carotenoids including lutein and zeaxanthin help slow the onset and progression of cataracts.

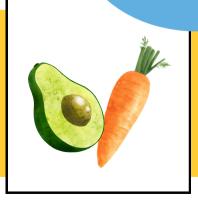
#### **Dry Eye Disease**

Omega-3, zinc, vitamins C, E, B1, B2, B6, lutein, niacin, prebiotics, probiotics, and a low inflammatory diet are associated with lowering and helping manage dry eye disease.

# TOP 4 FOODS FOR HEALTHY EYES



Eggs



Fruits & Vegetables



**Fatty Fish** 



**Nuts & Seeds** 



### **Eye-ssential Nutrients and Their Sources**

#### Omega-3

aim to get 1.3 q/day





Omega-3 Enriched Eggs 0.2 g DHA in 2 eggs

#### Zinc

aim to get 10 mg/day







**Oysters** 30 mg/3oz

3.8 mg/3oz

2 Eggs 1.25 mg

#### Selenium

aim to get 55 ug/day







**Brazil Nuts** 544 uq/1oz

Tuna 90 uq/3oz

2 Eggs 31 uq

#### Lutein & Zeaxanthin





Green Vegetables: Spinach, Kale, Broccoli, Peas

Eggs

#### Vitamin E

aim to get 15 mg/day







Sunflower Seeds 7.4 mg

Almonds 6.8 ma

2 Eggs 4 mg

#### Vitamin C

aim to get







Red Bell Pepper 95 mg

Orange 70 mg

Kiwi 64 mg

#### • Eat the rainbow, especially

**Eye-opening Tips** 

- leafy greens
- Add fat to increase absorption
- Cook your vegetables
- Add in eggs

#### **Egg-licious Recipes**









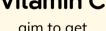
Ouinoa Veggie Bowls

Creamy Egg & Squash Risotto

Savoury Egg Casserole



Consuming 2 eggs per day can provide five of the six essential nutrients for a healthy eye.



80 mg/day





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