

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-essential Nutrients and Their Sources

Omega-3

aim to get
1.3 g/day



Salmon
1.6 g



Omega-3 Enriched Eggs
0.2 g DHA in 2 eggs

Zinc

aim to get
10 mg/day



Oysters
30 mg/3oz



Beef
3.8 mg/3oz



2 Eggs
1.25 mg

Selenium

aim to get
55 ug/day



Brazil Nuts
544 ug/1oz



Tuna
90 ug/3oz



2 Eggs
31 ug

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 mg



2 Eggs
4 mg

Vitamin C

aim to get
80 mg/day



Red Bell Pepper
95 mg



Orange
70 mg



Kiwi
64 mg

Eye-opening Tips

- Eat the rainbow, especially leafy greens
- Add fat to increase absorption
- Cook your vegetables
- Add in eggs

Egg-licious Recipes



Quinoa
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.



Get Cracking
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