



The right foods can help keep your eyes healthy

Eating fruits and vegetables can lower your risk of eye disease

Having regular eye exams is an important step in keeping your eyes healthy, but it's not the only thing you can do for your eyes. The foods you eat also play an important role.

Orange-colored vegetables and fruits with vitamin A

Carrots and sweet potatoes have vitamin A, which is important to help turn light rays into the images we see. Without enough vitamin A, your eyes can't stay moist.

Fruits like cantaloupe and apricots can also be a good source of vitamin A.

Fruits and vegetables with vitamin C

Vitamin C is important for eye health. It is an antioxidant that helps protect your body from damage, as well as repair and grow new tissue cells. Antioxidants can help prevent or delay age-related macular degeneration and cataracts.*

Vitamin C can be found in:

- Grapefruit
- Lemons
- Oranges
- Peaches
- Red bell peppers
- Strawberries
- Tangerines
- Tomatoes

Leafy green vegetables

Lutein and zeaxanthin are antioxidants found in leafy green vegetables and other brightly colored foods. They help the macula, the part of the eye that provides our most detailed vision. These nutrients can be found in:*

- Broccoli
- Collards
- Kale
- Peas
- Romaine lettuce
- Turnip greens

Choosing the right foods to eat can help you have a lifetime of healthy vision.

Would you like to know more about protecting your eyes?

Talk to your eye doctor about this and other vision topics.

* American Optometric Association website: *36 Fabulous Foods to Boost Eye Health* (accessed November 2020): aoa.org.

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