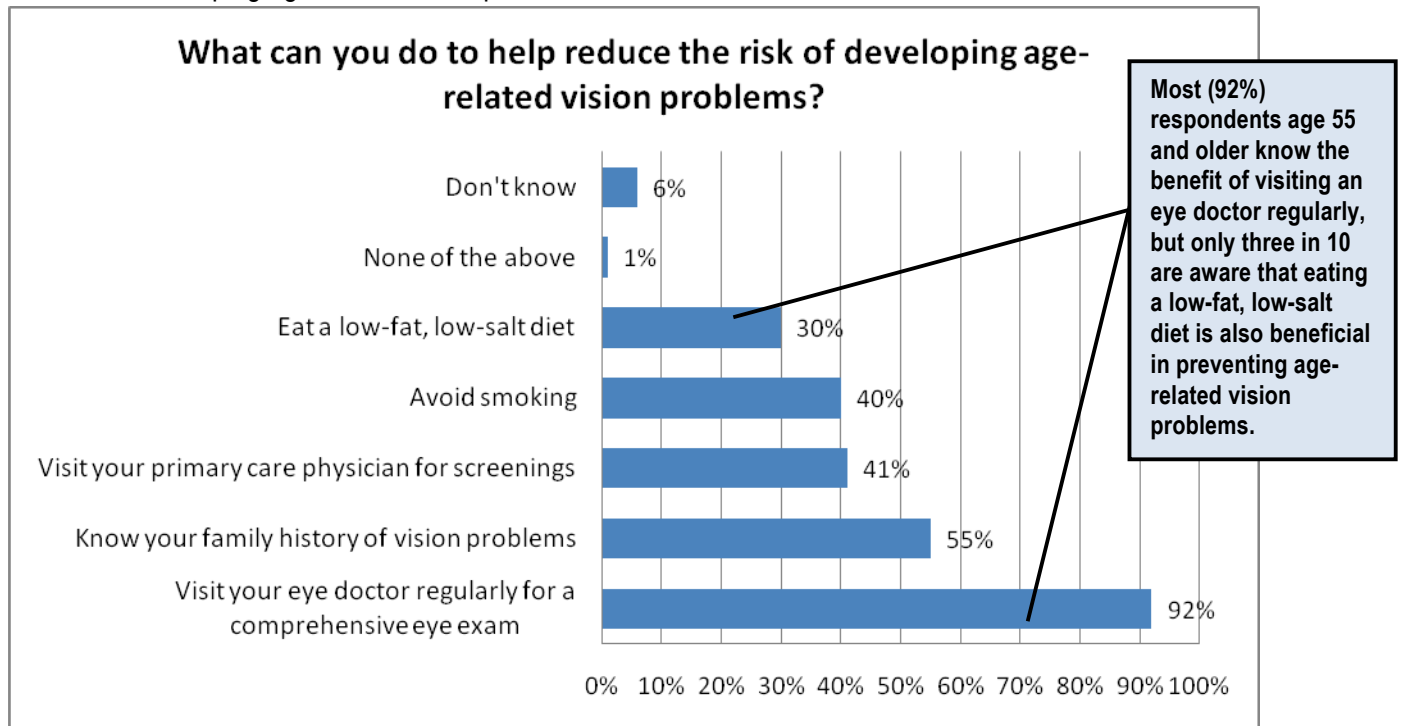


# HEALTHY DIET, HEALTHY VISION

## EATING RIGHT CAN HELP PREVENT AGE-RELATED EYE DISEASES

Research links eye-friendly nutrients, such as lutein, zeaxanthin, vitamin C, vitamin E, essential fatty acids and zinc, to reducing the risk of developing certain age-related eye diseases, including macular degeneration and cataracts. Results from the American Optometric Association's (AOA) American Eye-Q® survey revealed in addition to scheduling frequent eye exams, some Americans recognize eating a healthier diet will help reduce their risk of developing age-related vision problems.



### Did you know?

- According to the AOA's American Eye-Q® survey, half of respondents (50 percent) believed carrots are the best food for eye health. But in reality, **spinach has many more eye health benefits than carrots** because spinach has high levels of lutein and zeaxanthin.
- Studies show a 500 mg/day intake of vitamin C, taken with antioxidants beta-carotene, vitamin E and zinc, **slows the progression of advanced age-related macular degeneration by about 25 percent.**
- Vitamin E **reduces the progression of age-related macular degeneration and cataract formation** and plays a significant role in the immune system, in DNA repair and in other metabolic processes. Vegetable oils, almond, pecans, sweet potatoes and sunflower seeds are all good sources of vitamin E.
- Essential fatty acids, like omega-3, should be part of a daily diet. **Dry eye syndrome has been linked to omega-3 deficiency.** Also, low levels of omega-3 have been associated with other age-related eye diseases like diabetic retinopathy and macular degeneration.
- **A diet low in zinc can result in poor night vision and cloudy cataracts.** Zinc can be found in red meat, seafood, poultry, eggs, mixed nuts, tofu and baked beans.

For additional information about aging eyes or to find a doctor of optometry in your area, please visit [www.AOA.org](http://www.AOA.org) [and/or state association's Web site and/or state association's toll-free telephone number].