

# FOOD AND EYE HEALTH

## What you need to know

**Eating a good diet can contribute to your eye health. A balanced diet is the best way of ensuring your vision is the best that it can be.**

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Snack on a few nuts or sunflower seeds to boost your eye health.

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Eat legumes (peas and beans) for bioflavonoids and zinc.

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Eating eggs provides good levels of lutein and vitamin A.

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Colourful fruit and vegetables are a great source of vitamins.

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Eat leafy green vegetables, like spinach, kale and collard greens.

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Eat two or more portions of fish a week.

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**To give yourself the best chance against eye disease eat a varied and healthy diet and keep up to date with your eye examinations.**

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**V**itamins and minerals have been proven to contribute towards eye health. Vitamins A, C, D and E, omega 3 fatty acids, lutein, zeaxanthin, bioflavonoids and zinc are all known to be needed by the eyes to enable them to function correctly.

You need to look after your eyes to maintain your defences against diseases such as macular degeneration, glaucoma and diabetic retinopathy.

Eye diseases can lead to vision loss. Although many of these conditions can be treated, when vision is lost it usually cannot be regained.

Nutrients to help your eye health can all be found in foods. Many of these foods are included in a varied and balanced diet.

Colourful fruit and vegetables provide different nutrients to green leafy vegetables: all should be included in your daily diet. Eat dairy or soy products, nuts, seeds and eggs daily. Throughout the week you should also eat oily fish.

Consult your GP before taking any supplements or making dramatic changes to your diet.

A dispensing optician can provide you with further information about food and eye health.

To give yourself the best chance against eye disease, give yourself a varied, healthy diet and keep up to date with your eye examinations.



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FIND OUT MORE**



EYECARE FAQ - AN INITIATIVE BY ABDO

**Association of British Dispensing Opticians**