



HEALTHY VISION GROCERY LIST

LUTEIN & ZEAXATHIN

Function in preventing oxidative damage to the area of the retina responsible for fine vision

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| <input type="checkbox"/> ARUGULA | <input type="checkbox"/> CUCUMBER | <input type="checkbox"/> PISTACHIOS |
| <input type="checkbox"/> BROCCOLI | <input type="checkbox"/> EGGS (YOLK) | <input type="checkbox"/> SPINACH |
| <input type="checkbox"/> CELERY | <input type="checkbox"/> KALE | <input type="checkbox"/> SUMMER SQUASH |
| <input type="checkbox"/> COLLARD GREENS | <input type="checkbox"/> ORANGES | <input type="checkbox"/> TURNIP GREENS |
| <input type="checkbox"/> CORN | <input type="checkbox"/> PEAS | |

NUTRITIONAL ANTIOXIDANTS

Include beta-carotene, vitamins C & E, zinc, copper & selenium

BETA-CAROTENE

- APRICOTS
- CANTALOUPE
- CARROTS
- KALE
- RED PEPPERS
- BUTTERNUT SQUASH
- SWEET POTATOES

VITAMIN C

- KIWI
- PAPAYA
- BRUSSEL SPROUTS
- CABBAGE
- GRAPEFRUIT
- STRAWBERRIES

VITAMIN E

- ALMONDS
- HAZELNUTS
- MANGOS
- PEANUT BUTTER
- SUNFLOWER SEEDS/OIL
- WHEAT GERM

ZINC

- BEANS
- BEEF
- CASHEWS
- FORTIFIED CEREAL
- DARK MEAT CHICKEN
- OYSTERS
- PEANUTS
- PORK
- CRAB

OMEGA-3 FATTY ACIDS

Omega-3 fatty acids from fish play an important role in eye health

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| <input type="checkbox"/> ANCHOVIES | <input type="checkbox"/> CANOLA OIL | <input type="checkbox"/> HERRING | <input type="checkbox"/> SARDINES |
| <input type="checkbox"/> BLUEFISH | <input type="checkbox"/> FLAX SEED | <input type="checkbox"/> SALMON | <input type="checkbox"/> WALNUTS |