# HEALTHY VISION GROCERY LIST

## LUTEIN & ZEAXATHIN
Function in preventing oxidative damage to the area of the retina responsible for fine vision
- Arugula
- Broccoli
- Cucumber
- Eggs (Yolk)
- Kale
- Oranges
- Peas
- Spinach
- Summer Squash
- Turnip Greens

## 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
- Peanuts
- 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
- Anchovies
- Bluefish
- Canola Oil
- Flax Seed
- Herring
- Salmon
- Sardines
- Walnuts

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