

Vision-Friendly Nutrients



Lutein & Zeaxanthin

Critical to the health of the macula are the carotenes lutein and zeaxanthin. These carotenes function in preventing oxidative damage to the area of the retina responsible for fine vision.

Foods containing lutein & zeaxanthin (often found together in foods): dark leafy greens, arugula, oranges, broccoli, peas, collard greens, spinach, corn, summer squash, egg yolks, turnip greens, kale, pistachios, cucumber, celery

Nutritional Antioxidants

Nutritional antioxidants like beta-carotene, vitamins C and E, zinc, copper, and selenium are extremely important for eye health. While research has often focused on just one of these nutrients, studies conducted by the Age-Related Eye Disease Study Research Group (AREDS) confirm that a combination of these nutrients produce better results than any single nutrient alone.

Foods containing beta-carotene: apricots, beet greens, cantaloupes, carrots, kale, red peppers, pumpkin, spinach, butternut squash, sweet potatoes

Foods containing vitamin C: bell peppers, kale, kiwi, papayas, oranges, broccoli, brussels sprouts, cabbage, grapefruit, potatoes, strawberries

Foods containing vitamin E: almonds, hazelnuts, mangos, peanut butter, sunflower oil, sunflower seeds, sweet potatoes, wheat germ

Foods containing zinc: beans, beef, cashews, fortified cereal, dark meat chicken, oysters, peanuts, pork, crab, pumpkin seeds

Omega-3 Fatty Acids

Omega-3 fatty acids from fish oils play an important role in eye health as well.

Foods containing omega-3 fatty acids: anchovies, canola oil, flax seed, bluefish, walnuts, herring, sardines, omega 3 eggs, salmon

Please call 888 681 8773 or visit supportstight.org for more information and to learn more about us.



This information does not provide, and is not a replacement for, professional medical evaluation, advice, diagnosis, or treatment. TSSF makes no guarantee or representation about the accuracy or completeness of this information.