

# **EAT RIGHT FOR GOOD SIGHT**

**A balanced diet rich in leafy green vegetables, fruit, omega-3 and wholegrains can help keep your eyes healthy.**



**for more information visit  
[www.visionmatters.org.uk](http://www.visionmatters.org.uk)**



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 21 – SUNDAY 27 SEPTEMBER 2020  
**YOUR VISION MATTERS**

# DIET & YOUR EYE HEALTH

**Most of us have no idea that what we eat can affect how well we see, however, eye-friendly nutrients found in many fruit and vegetables as well as fatty acids derived from fish, nuts and oils can all help protect your sight.**

**Cold water fish** like cod, tuna and sardines are excellent sources of DHA, and omega-3 fatty acids.

These provide structural support to cell membranes and can be beneficial for dry eyes and maintenance general eye health.

**Blueberries and grapes** contain anthocyanins, which may help with night vision.

**Green leafy vegetables** such as spinach or kale are rich in carotenoids, especially lutein and zeaxanthin.

Lutein, meso-zeaxanthin and zeaxanthin form a yellow pigment that helps protect the macula – a tiny yellow spot in your retina – from excessive sun damage by acting as a natural sunblock.

**Whole grains and avocados** are rich in Vitamin B. Deficiency in complex B Vitamins may increase your risk of cataracts and retinopathy.

**Papaya** is a good source of beta carotene which can help to prevent ‘free radical’ damage inside the eye.

**Eggs** are rich in cysteine, sulfur, lecithin, amino acids and lutein.

Sulfur may protect the lens of the eye from cataracts.

You should also ensure your alcohol intake is within Department of Health and Social Care recommended limits.

Men and women who drink regularly should consume no more than 14 units a week - equivalent to six pints of beer or seven glasses of wine.

You should also have some days that are alcohol free.

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**Other habits in our Ten Best Eye Health Habits series include: being active, watching your weight, not smoking and protecting your eyes from the sun’s damaging UV rays.**