

# **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**