

10 Best Foods for Healthy Eyes

CHECKLIST



Salmon ✓

Reduces inflammation, protects your retina, helps you see in various light.



Spinach ✓

Full of the carotenoids lutein and zeaxanthin. May reduce the risk or delay the onset of age-related macular degeneration



Eggs ✓

Rich in zinc and choline. Zinc helps absorb lutein and repairs cell damage. Choline may protect against glaucoma



Citrus ✓

Full of Vitamin C which may protect against oxidation and cataract formation.



Avocados ✓

Contains lutein and healthy fats that help you absorb it.



Nuts ✓

Vitamin E, omega 3 fatty acids, lutein, and zeaxanthin, nuts are full of nutrients that protect our retinas and protects against harmful light rays.



Mangos ✓

A great source of vitamin A, lutein, and zeaxanthin. These protect the macula which may help reduce the risk of macular degeneration.



Red Peppers ✓

Vitamin A, C, antioxidants, beta-carotene, lutein, and zeaxanthin! These babies are loaded with eye-healthy nutrients that will keep your eyes bright!



Seeds ✓

Seeds have the plant form of omega 3 fatty acids, ALA, that is converted to DHA in our body. Helps support our retinal health.



Sweet Potatoes ✓

Vitamin A and beta-carotene make sweet potatoes and other orange vegetables great for protecting our night vision

