

# Best Foods for Healthy Eyes







## Vitamin A

Sweet potatoes, cantaloupe, spinach, carrots, apricots, raw red peppers, part-skim ricotta cheese



# **Vitamin C**

Strawberries. kiwi, raw red peppers, broccoli, brussel sprouts, oranges



# Did you know that certain vitamins and minerals

found in food may play a role in preventing common vision problems? A diet full of nutrientrich foods like fruits. vegetables, fish, and beans can help boost

your eye health.

# Lutein/ Zeaxanthin

Oranges, spinach, broccoli, eggs, corn, kale, nectarines, collard greens. romaine lettuce, squash





### Vitamin E

Broccoli, peanut butter, spinach, sunflower seeds, almonds



Salmon, tuna. halibut, sardines, walnuts, flaxseed







# Zinc

Lean red meat, poultry, yogurt, chickpeas. beans, oysters







Source: www.health.harvard.edu/staying-healthy/top-foods-to-help-protect-your-vision