

Open Your Eyes to Healthy Eating Habits

NUTRITION TIPS FOR YOUR EYE SIGHT

Doctors of optometry see millions of patients a year and are the primary providers of eye and vision care in America. This month, in celebration of national *Save Your Vision Month*, the American Optometric Association (AOA), Kemin and DSM Nutritional Products are educating Americans on the many preventative actions they can take to protect their sight, including eating right.

More than 43 million Americans suffer from cataracts or age-related macular degeneration (AMD), the two leading causes of vision loss and blindness.

Research indicates that there is a strong correlation between good nutrition and the prevention of these age-related eye diseases. Eating foods rich in key nutrients – antioxidants lutein and zeaxanthin, essential fatty acids, vitamins C and E and the mineral zinc – can help protect eye sight and vision.

Fast Facts

- In a recent survey conducted by the AOA, nearly three-fourths (72%) of respondents age 55 and older began noticing **changes in their vision between the ages of 40 and 45**.
- To cope with vision loss or various eye problems, less than one-third (29%) of respondents are **increasing their nutrient** intake for healthy eyes.
- Many Americans (48%) still believe that carrots are the best food for eye health, when, in fact, **spinach and other dark leafy greens are the healthiest foods for the eyes** because they naturally contain large amounts of lutein and zeaxanthin.
- In order to maintain healthy eyes, studies show that 10 mg of lutein should be consumed **each day or one cup of cooked spinach four times** a week.
- More than 50% of Americans do not take in the recommended dosage of **vitamin C** per day.
- **One cup (8 fl oz) of orange juice** per day contains 81.6 mg/serving of vitamin C, more than **enough to help offset some eye diseases**.

Visit www.AOA.org for additional information, or for vision-friendly recipes.