NUTRITION TO IMPROVE VISION

OVERVIEW

Carrots may be the food best known for helping your eyes. But other foods and their nutrients may be more important for keeping your eyesight keen as you age.

Vitamin C and E, zinc, lutein, zeaxanthin, and omega-3 fatty acids all play a role in eye health. They can help prevent clouding of your eye lens. They also fight the most-likely cause of vision loss when you're older. "It's always best to get the nutrients we know help vision from foods".

Here are some powerhouse foods for healthy eyes to try.

Spinach and Kale

Antioxidants protect against eye damage from things like sunlight, cigarette smoke, and air pollution. These leafy greens are loaded with two of the best for eyes, lutein and zeaxanthin.

"They get into the lens and retina of your eye, and they are believed to absorb damaging visible light," Most people are short on these two nutrients.

Oranges, Carrots, Strawberries, etc.

Vitamin C is a top antioxidant. These foods are among the top sources of vitamin C. Eat strawberries (one-half cup) a day and you're good to go. Papaya, oranges, and green peppers are other good sources.

Seeds and Nuts

Vitamin C and E work together to keep healthy tissue strong. But most of us don't get as much Vitamin E as we should from food. Have a small handful of sunflower seeds. Almonds, pecans, and vegetable oils are also good sources.

NUTRITION PLAN

MEAL 1

- **1 Glass Carrot Juice (Every Morning)**
Add lemon as well.
- **15 Almonds**

MEAL 2

-3 Egg Whites
-1 cup Spinach
(Make Spinach Omelet and add a slice of Bread)

MEAL 3

-½ cup Brown Rice
-1 cup Broccoli
-100g Chicken or Fresh Paneer
(Add peas and carrots in brown rice)

MEAL 4

-1 cup Fresh Orange juice
-1cup Roasted Soy beans
-1cup Papaya/Strawberries/Green Grapes

MEAL 5

-1 Whole Wheat Chapati
-Green Bell pepper Sabji with little bit Aaloo

MEAL 6

-300ml Non fat Milk
-28g Pecans

Eat in every 2.5 hours

AVOID:

- Smoking
- Liquor
- Drugs
- Junk food
- High sugary food.