

FOOD CHOICES FOR OPTIMAL OCULAR HEALTH



Choosing foods that are rich in lutein, zeaxanthin, vitamin C, vitamin E and beta-carotene are highly beneficial for maintaining peak ocular health and visual function.

WE ADVOCATE THE FOLLOWING VEGETABLE AND FRUIT CHOICES:

- One daily handful of raw, leafy greens – preferably kale or spinach.
- Half-cup of orange vegetables most days, including squash, raw carrots, pumpkin or sweet potatoes.
- Two orange peppers per week – raw and/or cooked.
- Half-cup of green vegetables per day, such as raw and/or cooked broccoli, Brussels sprouts, green peas and green beans.
- Up to three servings of kiwi, avocado, cantaloupe, citrus fruit or berries per day.





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