

# OPTIQUE

## OPTICIANS

### 10 FOODS FOR EYE HEALTH

#### 1. Avocados

Avocados are one of the most nutrient-dense foods that exist, so its no wonder they're great for your eyes. They contain more lutein than any other fruit. Lutein is important in the prevention of macular degeneration and cataracts. They are also a great source of other important eye nutrients such as vitamin A, vitamin C, vitamin B6, and vitamin E.

#### 2. Carrots

Carrots have long been recognised as an eye food due to their high levels of vitamin A.

#### 3. Broccoli

Broccoli is a good source of vitamin C, calcium, lutein, zeaxathin and sulforaophane.

#### 4. Eggs

Eggs are an excellent source of eye nutrients like vitamin A, zinc, lutein, lecithin, B12, vitamin D and cysteine.

#### 5. Spinach

Another great source of vitamin A, spinach also contains other important eye nutrients including lutein and zeaxathin.

#### 6. Kale

Like spinach, kale is a good source of vitamin A, lutein and zeaxathin.

#### 7. Tomatoes

Tomatoes are high in vitamin C and lycopene, two important eye nutrients.

#### 8. Sunflower Seeds

Sunflower seeds contain selenium, a nutrient that may prevent cataracts and promote overall eye health.

#### 9. Garlic

Garlic contains selenium and other eye nutrients such as vitamin C and quercetin.

#### 10. Salmon

Salmon is rich in omega-3 fatty acids, which are important for maintaining overall eye health. It also contains folic acid, vitamin D, vitamin B6, vitamin B12 and vitamin A.