

Nutrition Tips to Help Your Sight



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Eat Right to Help Your Sight

We often tie good nutrition to a well-balanced and healthy diet that promotes strong bones, good muscle tone, and nice skin. However, nutrition is about all parts of your body. This includes your eyes, which need specific nutrients and vitamins to perform at their best.

Listed below some key nutrients your eyes need, and some readily available foods that contain them:

Nutrient	Daily Intake Women/Men	Sources
Lutein	10 mg	leafy green vegetables, kale, spinach, collards, corn
Zeaxanthin	10 mg	green peas, green beans, broccoli, eggs
Omega-3s	4 g	cold-water fish (salmon, trout, tuna, halibut)
Vitamin A	700iu/900iu	beef liver, carrots, sweet potatoes, pumpkin, apricots
Vitamin C	60 mg	oranges & citrus fruits, peppers, strawberries, brussel sprouts
Vitamin E	15 mg	nuts, seeds, avocados, wheat germ, vegetable oil
Zinc	8 mg/11 mg	poultry, red meat, milk, fortified cereals, kidney/ lima beans



Consider Supplements

In addition to a healthy and eye-friendly diet, those who have eye conditions such as moderate macular degeneration or dry eye, may want to consider supplements.

If your Focused Eye Care doctor thinks a supplement would be beneficial, she or he may recommend one, based on careful consideration of all relevant factors and reflective of each patient’s history and age conditions.

We often recommend EyePromise and MacuHealth vision supplement to address these needs.