

Eye On Health

How Proper Nutrition May Help Vision Problems

by Robert Abel, Jr., M.D.

(NAPSA)—Here's food for thought: Just as specific foods and nutritional supplements have value in treating specific diseases, some can also encourage eye health. Eating right can help you save your own sight. Here are some suggestions:

Ten Foods for Sight

1. Cold water fish (sardines, cod, mackerel, tuna) are an excellent source of DHA, for structural support to cell membranes and to treat dry eyes and macular degeneration.



Dr. Rob Abel

2. Spinach, kale and green leafy vegetables are rich in carotenoids, especially lutein and zeaxanthin, to protect against sun damage.

3. Eggs contain cysteine, sulfur, lecithin, amino acids and lutein. Sulfur protects against cataract formation.

4. Garlic, onions, shallots and capers are also rich in sulfur, necessary for glutathione, an important antioxidant for the lens.

5. Non-GMO soy, low in fat and rich in protein, contains essential fatty acids, phytoestrogens, vitamin E and natural anti-inflammatory agents.

6. Fruits and vegetables contain vitamins A, C, E and beta-carotene. Yellow and orange vegetables, such as carrots and squash, are important for daytime vision.

7. Blueberries and grapes contain anthocyanins, which improve night vision. A cup of blueberries or huckleberry jam, or a 100-mg bilberry supplement, can improve dark adaptation within 30 minutes.

8. Wine has many important nutrients to protect the heart, vision and blood flow.

9. Nuts and berries are nature's most concentrated food sources. Grains such as flaxseed are high in the beneficial omega-3 fatty acids, which help lower cholesterol and stabilize cell membranes.

10. Extra-virgin olive oil is a healthy alternative to butter and margarine.

In addition, drink six 8-ounce glasses of filtered water every day as water helps create the fluid in your eyes.

Dietary Supplement

Since most people can't get all those foods in the right amounts in their diets every day, vitamins and supplements can be an "eye insurance policy." A very powerful multivitamin designed to support eye health is Eye Complex CS (Clinical Strength). It contains nutrients that support the retina and protect the lens.

Learn More

For further information on eye care, go to www.eyecomplexcs.com.

• *Dr. Rob Abel is a board-certified ophthalmologist and former clinical professor who has written "The Eye Care Revolution."*