



Eye on Health

Lutein—Your Secret Weapon

(NAPSA)—Ninety-one percent of eye care professionals think lutein plays an important role in promoting eye health. Medical studies also suggest lutein may help prevent some forms of cancer, including breast cancer, and heart



People with an eye to saving their sight are turning to leafy green spinach.

disease.

Eating a lutein-rich diet is a critical step in protecting your health; but what is lutein and, where can you find it?

Lutein is a carotenoid found in fruits and vegetables that acts as an antioxidant. Harvard University first discovered the value of this nutrient when it found lutein reduced the risk of age-related macular degeneration (AMD), the leading cause of irreversible blindness in Americans over 50.

Today, researchers know significantly more about the tremendous health benefits of this powerful nutrient. Skin cancer experts at Scripps Memorial Hospital in California believe increased levels of lutein in the diet protect the skin from sun damage and the effects of aging. Additionally, a study at the University of Southern California found that lutein might reduce the risk of stroke and other cardiovascular disease.

Why do eye care professionals encourage consumption of lutein? It not only prevents AMD, studies suggest it also lowers the occurrence of cataracts by approximately 20 percent.

One important fact to remember. The body does not create lutein naturally, so it must be ingested. Nature's best source is dark leafy green vegetables, especially kale and spinach. So, eating a spinach salad or stirring spinach into your pasta sauce can have long lasting health benefits.

For spinach recipes, visit www.readypacproduce.com. For information about lutein, visit www.luteininfo.com.