



Scenario of Eye Benefits of Some of the Daily Use Common Foodstion

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There are some common and uncommon foods which have beneficial effects as far as healthy visual status of eyes is considered.

They are as follows

Bell peppers

Bell peppers are rich in vit c per calorie good for blood vessels in eyes and most of scientists are of the opinion that they lower the risk of cataracts also found in many vegetables like Bok choy, Cauliflower, Papaya Strawberries. They are rich in vit A and E.

Sunflower seeds and nuts

Rich in vit E USDA recommends for adult extracts large studies have shown that Vit E and other nutrients can help to slow the progress of ARMD and also may prevent Cataract formation, Hazelnuts, Peanuts, Peanut, Butter all these have high source of Vitamin E.

Dark leafy greens

They are kale spinach and collard green ones rich in Vit C and Vit E they do have lutein and zeaxanthin have the long term effect of lowering eye diseases including ARMD and cataract, most of the western type of food eaters do not get it.

Salmon

Retinas have 2 types of Omega fatty acids to work right DHA and EPA Both are found in fatty fish such as salmon tuna and trout and other seafoods they give protection from ARMD.

Low levels of fatty acids are risk factor for dry eyes.

Sweet potatoes

Rich in Vit A and Vit E, Found in orange coloured fruits and vegetables like Carrots, Mangoes, Apricots. These are rich in beta kerateins and Vit A.

Lean meat and poultry

Liver has zinc and Vit A, Besides Beef, Chicken, Oysters, have Zinc too.

Beans and legumes

Chick peas, kidney beans, baked beans, lentils are rich in ZINC they slow ARMD.

Eggs

Rich in lutein zeaxanthin. Boost the amount of protective pigment in macula. Egg yolk blocks harmful blue light from damaging retina.

Squash

We have Summer squash and winter. Squash, Summer one is rich in Vit C and zinc, winter one rich in omega 3 fatty acids.

Broccoli and brussels sprout rich in vit e and c good source of antioxidant.