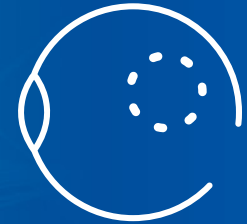


MACULAR DEGENERATION

EATING FOR GOOD EYE HEALTH



#1
cause of
blindness in
people 50+

You can lower your risk of developing **macular degeneration** by **eating these foods regularly**



1

COLD-WATER FISH SUCH AS SALMON




 Fresh
  Frozen
  Tinned



 Omega-3 oils
  3 times a week

2

LEAFY GREENS

Spinach, kale, cabbage, brussel sprouts






 Lutein and zeaxanthin
  A serving every day

3

BRIGHT-COLOURED VEGETABLES

Yellow foods, e.g. pumpkin, yellow capsicum and sweet potatoes

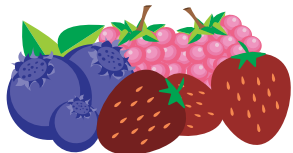




 Betacarotene, vitamins C and A, niacin, lutein and amino acids
  3–5 times a week

4

BRIGHT-COLOURED FRUITS

Blueberries, strawberries, raspberries






 Rich in vitamin C
  3–5 times a week

5

NUTS AND SEEDS

Almonds, sunflower seeds, pecans



 Vitamin E
  Once a day



EAT FOR YOUR EYES

Your vision and the rest of your body will thank you



For more information, visit visioneyeinstitute.com.au/maculardegeneration

