

EYE

FOOD

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Introduction

The following foods will help to maintain eye health, and may protect against cataracts, macular degeneration, and other eye problems:

- **Avocados** - Avocados are one the most nutrient-dense foods that exist. They are very good for your eyes, and they contain more lutein than any other fruit. Lutein is important for the prevention of macular degeneration and cataracts. Avocados are also a good source of other important eye nutrients such as vitamin A, vitamin C, vitamin B6, and vitamin E.
- **Broccoli** - Broccoli is a good source of vitamin C, calcium, lutein, zeaxanthin, and sulforaphane.
- **Carrots** - Carrots have long been recognized as an important eye food because of their high levels of vitamin A.
- **Eggs** - Eggs are an excellent source of eye nutrients such as vitamin A, zinc, lutein, lecithin, B12, vitamin D, and cysteine.
- **Garlic** - Garlic contains selenium and other eye nutrients such as vitamin C and quercetin.
- **Kale** - Similar to spinach, kale is a good source of vitamin A, lutein, and zeaxanthin - all important eye nutrients.
- **Salmon** - Salmon is rich in omega-3 fatty acids, which are important for maintaining overall eye health. It also contains folic acid, vitamin D, vitamin B6, vitamin B12, and vitamin A.
- **Spinach** - Another good source of vitamin A, spinach also contains other important eye nutrients including lutein and zeaxanthin.
- **Sunflower Seeds** - Sunflower seeds contain selenium, a nutrient that may prevent cataracts and promote overall eye health.

- **Tomatoes** - Tomatoes are high in vitamin C and lycopene - two important eye nutrients.

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