



Eye Facts

Keeping Eyes Healthy

Eyes, like the rest of the body, can benefit from a healthy lifestyle. Exercise, maintain a healthy body weight, refrain from smoking, and eat the right foods. These lifestyle modifications are thought to be very beneficial for your eyesight. Foods that contain zeaxanthin and omega three fatty acids, and other micronutrients are thought to be very helpful. Here is a list of foods that are healthy for the eyes:

- Green leafy vegetables including Swiss chard, kale, turnip greens, collard greens, and spinach.
- Bright colored fruits and vegetables including red and yellow peppers, corn, sweet potatoes, broccoli, peas, tomatoes, watermelon, blueberries, and zucchini.
- Fish, especially salmon, is an excellent source of natural omega-3-fatty acids, as are tree nuts, and flax seed oil.
- Egg yolks are a rich source of zeaxanthin.

A low fat, vegetable rich, diet is also thought to be beneficial. There are oral supplements in the market that contain many of these important components of food, but a healthy diet is the best place to start.

To schedule an appointment call 585 275-0626 (m-f 8:00 a.m. - 4:30 p.m.)
or 585 273-3937 (after hours & emergencies)

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