

## Healthy Summer Snacking May Help Save Sight

(NAPSA)—Summer is the time for barbecues and pool parties with all of your favorite snacks—but, did you know that some snacks may have a negative impact on your vision along with your waistline? Research has shown that eating right can actually help lower your risk of eye diseases such as macular degeneration, the leading cause of blindness in people over 50.

Approximately 25-30 million people worldwide are affected by macular degeneration—known as age-related macular degeneration or AMD—but a national survey showed that more than two-thirds of Americans are not familiar with this disease. Because macular degeneration robs your central vision, it can affect normal everyday activities like recognizing faces and driving a car.

A recent study shows that traditional snack foods that are typically high in fats may increase the risk of macular degeneration. For example, vegetable, monounsaturated and polyunsaturated fats along



with linoleic acid are fats that put junk food enthusiasts at risk for eye disease.

Shifting summer snacks to more eye healthy foods, may help save your sight.

New snacks to try:

- Baby carrots
- Hummus or bean dip
- Salsa
- Citrus fruits

Remember, early detection of eye diseases by an eye care professional is still the key to saving sight. For more information about macular degeneration, visit [www.amdfacts.com](http://www.amdfacts.com) or call 800-AMD-4636.