



eye on nutrition

The Importance Of Watching What You Eat

(NAPSA)—Having a little foresight today can help save you from vision problems down the road. For example, something as simple as keeping an eye on your diet may help you avoid cataracts and age-related macular degeneration (AMD)—the leading causes of visual loss and blindness in the United States.

Approximately 10 million people suffer from early signs of AMD and almost half a million people have significant and irreversible visual loss from late-stage AMD. In addition, cataracts, which can cause vision loss and even blindness if left untreated, are the most common cause for surgery in the U.S.

Several studies suggest diet may play a significant role in protecting against cataracts and AMD. The antioxidants lutein, zeaxanthin, beta-carotene and vitamins C and E plus the mineral zinc may offer protection against these conditions. These nutrients can be found in fruits and vegetables such as oranges, cantaloupe, kale, spinach and corn, as well as nuts, oysters and liver. In addition, these nutrients can be obtained through dietary supplements.

Now a new tool featured on the American Optometric Association Web site called Eye On Nutrition™ can let you see if your diet is eye-friendly. This easy-to-use, online tool can tell people if their diet



Eating plenty of vegetables may help you avoid cataracts and age-related macular degeneration—the two leading causes of blindness in the U.S.

contains the nutrients needed for good eye health. In addition, it can help people evaluate their risk for eye disease.

Eye on Nutrition asks questions about eye health history (has anyone in your family been diagnosed with AMD?), certain health behaviors (do you smoke?) and diet. After users answer the questions, Eye On Nutrition analyzes how “eye healthy” their diet is. The program also gives tips on how to improve or maintain nutritional intake, as well as certain behaviors to help protect eyes from cataracts and AMD.

For more information, visit www.aoa.org/EyeOnNutrition.