

Choose a Healthy Diet

The antioxidants in fruits and vegetables contribute to eye health. Colorful vegetables have high levels of antioxidants, including lutein and zeaxanthin, which may benefit people with macular degeneration.

Examples:

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| Kale | Spinach |
| Broccoli | Brussel sprouts |
| Romaine | Squash |
| Leafy greens | Asparagus |
| Pumpkin | Carrots |
| Peas | Red bell peppers |
| Tomatoes | Sweet potatoes |
| Cabbage | Cucumbers |
| Watercress | Zucchini |
| Swiss chard | Collards |
| Eggs | |

Healthy unsaturated fats

Research studies have shown a diet high in omega 3 fatty acids may lower the risk for advanced macular degeneration. Good choices are:

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| Salmon | Walnuts |
| Tuna | Almonds |
| Cod | Avocados |
| Sardines | Olive oil |
| Herring | |