

November 23th, 2011

Part 1 and 2 discussed potential eye health problems, and the nutrients that play a role in normal health of the eyes. This article provides information on good dietary sources of these nutrients.

NUTRITION AND VISION – PART 3: YOUR DIET

The following chart shows each of the nutrients discussed in article 2, best food sources of each nutrient, and then lists the dosage shown to be beneficial in previous research.

Nutrient	Food Source	Daily Intake
Vitamin C	Oranges, grapefruit, spinach, tomatoes, bananas, apples, peaches	The DRI is 90 mg/day for males and 70 mg/day for females. 500 mg/day was used in the AREDS.
Zinc	Red meat, seafood, poultry, eggs, wheat germ, mixed nuts, black-eyed peas, tofu, baked beans	The DRI is 11 mg/day for males and 8 mg/day for females. 25 mg/day is the dosage used in the AREDS2.
Lutein & Zeaxanthin	Kale, spinach, corn, green peas, broccoli, romaine lettuce, green beans, eggs	There is no DRI; recent research has been done with 10 mg/day lutein and 2 mg/day zeaxanthin.
Omega-3 Fatty Acids	Fatty fish (i.e. salmon, tuna, mackerel, anchovy, trout)	There is no DRI; 1.0 g/day of EPA + DHA is used in the AREDS2.

While the high levels recommended by research and those used in the AREDS formulation can be difficult to obtain from diet alone, eating a carefully planned diet can make acquiring the desired amount easier. Additional vitamin supplementation can also be used to get closer to the desired levels in order to maintain optimal eye health.

American Optometric Association. www.aoa.org/nutrition.xml. 26 Oct 2011.

National Eye Institute. www.nei.nih.gov. 26 Oct 2011.