



Eating carrots is not just for kids

MyHealth™ Newsletter

We can't stop it, but we can sure make the best of it.
Aging: where everything about you changes, including your vision.

Protecting your eyes starts with the food on your plate. Studies have shown that nutrients such as omega-3 fatty acids, lutein, zinc, and Vitamins C and E may help ward off age-related vision problems such as macular degeneration (deterioration of the centre part of the retina, the macula) and cataracts (clouding of the normally clear lens of the eye). According to research by the National Eye Institute, formulations of Vitamins C and E, beta carotene, zinc, and copper may reduce the risk of vision loss in people with intermediate macular degeneration. If you have advanced-stage macular degeneration in one eye, this combination of vitamins may reduce the risk that you'll develop vision loss in your other eye.

These vitamins can be found at your local Remedy'sRx Pharmacy. Ask your Remedy'sRx Pharmacist about formulations such as Areds and Multivitamins for Seniors.



Day-to-day food choices are also important for the whole body. Eating these foods regularly can help lead to good eye health:

Carrots have long been recognized as an eye food due to their high levels of Vitamin A.

Avocados are one of the most nutrient-dense foods that exist, so it's no wonder they're great for your eyes. They contain more lutein than any other fruit, making them ideal for the prevention of macular degeneration and cataracts. They are also a great source of other important eye nutrients such as Vitamin A, Vitamin C, Vitamin B6, and Vitamin E.

Broccoli is a good source of Vitamin C, calcium, lutein, zeaxanthin, and sulforaphane.

Eggs are an excellent source of eye nutrients like Vitamin A, zinc, lutein, lecithin, B12, Vitamin D, and cysteine.

Spinach is another great source of Vitamin A, and contains other important eye nutrients including lutein and zeaxanthin.

Kale is a good source of Vitamin A, lutein, and zeaxanthin.

Tomatoes are high in Vitamin C and lycopene, two important eye nutrients.

Sunflower seeds contain selenium, a nutrient that may prevent cataracts and promote overall eye health.

Garlic contains selenium and other eye nutrients such as Vitamin C and quercetin.

Salmon is rich in omega-3 fatty acids, which are important for maintaining overall eye health. It also contains folic acid, Vitamin D, Vitamin B6, Vitamin B12, and Vitamin A.

Eating a well-balanced diet also helps you maintain a healthy weight, which lowers your risk for type 2 diabetes – the leading cause of blindness in adults.

Everyone – even young children – should have their eyes examined regularly. This is particularly important if you have risk factors, such as diabetes, or a family history of eye problems. Adults should see an eye doctor at least every two years and annually after age 60.

Growing older is an experience we all share. Talk to your Remedy'sRx Pharmacist about your eye health. Your vision depends on it.

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