

Food for the eyes

A vision of better eye health

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OUR eyes are one of the most vital organs and taking good care of them is crucial for maintaining overall well-being. Proper nutrition plays a significant role in eye health and certain foods can provide essential nutrients that support clear vision and protect against eye-related issues. In this feature, we will explore 10 foods that are beneficial for your eyes, shedding light on the importance of a balanced diet for maintaining healthy vision.



Carrots

Carrots are often associated with improved eyesight due to their high beta-carotene content, a precursor to vitamin A. Vitamin A is essential for maintaining good vision, as it helps your eyes adjust to low-light conditions and supports the functioning of the retina. Consuming carrots regularly can contribute to better night vision and reduce the risk of age-related macular degeneration (AMD) and cataracts.

Kale leafy green vegetable rich in lutein and zeaxanthin, two powerful antioxidants that are concentrated in the macula, the central part of the retina. These compounds help filter harmful high-energy blue wavelengths of light, protecting the eye from potential damage. Incorporating spinach into your diet may reduce the risk of AMD and cataracts while promoting overall eye health.

Salmon

Salmon is an excellent source of omega-3 fatty acids. Omega-3s are vital for maintaining the health of cell membranes in the eye and may help prevent dry eyes, glaucoma and AMD. Regular consumption of salmon or other fatty fish like mackerel and trout can provide the necessary omega-3s to support eye health.

Blueberries

Blueberries are packed with antioxidants, including anthocyanins, which have been shown to improve night vision and protect the retina from oxidative damage. These tiny fruits can also help lower the risk of cataracts and age-related eye conditions. Incorporating blueberries into your diet can be a delicious way to boost your eye health while satisfying your sweet tooth.

Almonds

Almonds are a great source of vitamin E, which acts as an antioxidant that helps protect the eyes from oxidative stress. Vitamin E has been linked to a reduced risk of cataracts and age-related vision loss. Snacking on a handful of almonds or incorporating them into your meals can contribute to maintaining healthy eyes.

Sweet Potatoes

Sweet potatoes are another vegetable rich in beta-carotene, which your body converts into vitamin A. Along with supporting night vision, vitamin A also helps maintain a healthy cornea and may prevent dry eyes. Including sweet potatoes in your diet can provide the necessary nutrients functioning optimally.

Eggs

Eggs contain lutein and zeaxanthin, the same antioxidants found in spinach, which protect the eyes from harmful light and oxidative damage. The zinc in eggs also helps maintain overall eye health and may reduce the risk of

AMD. Eggs are a versatile food that can be prepared in various ways, making them an easy addition to your diet for better eye health.

Oranges

Oranges and other citrus fruits are rich in vitamin C, an antioxidant that supports blood vessels in the eyes and reduces the risk of cataracts. Vitamin C also plays a crucial role in maintaining the health of the eye's connective tissues. Consuming citrus fruits regularly can help maintain the overall health of your eyes and reduce the risk of age-related vision problems.

Broccoli

Broccoli is a powerhouse of nutrients, including vitamin C, beta-carotene and lutein. These compounds work together to protect the eyes from oxidative stress and reduce the risk of cataracts. Adding broccoli to your diet not only promotes eye health but also offers numerous other health benefits.

Kale

to keep your eyes

Kale is another leafy green that provides a significant amount of lutein and zeaxanthin. These antioxidants are crucial for protecting the retina from harmful light and preventing eye conditions such as AMD and cataracts. Incorporating kale into your diet, whether in salads, smoothies, or as a side dish, can contribute to better eye health.

Maintaining healthy eyes is essential for overall well-being, and a balanced diet rich in eye-friendly foods can significantly contribute to this goal. By making these foods a regular part of your diet, you can enjoy better eye health and a brighter future with improved vision.