- Nuts / Vision



DELICIOUS!

THE NUTS THAT KEEP VISION SHARP

Snacking on pistachios can ward off age-related vision problems, say Tufts University researchers. In their study, eating 2 oz. (about two handfuls) of the nuts daily increased levels of compounds in the retina that protect against damage. The study authors credit lutein, a nutrient in nuts that helps form these protective pigments, and healthy fats that boost lutein absorption.

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