



EAT WELL FOR HEALTHY VISION: GROCERY LIST

Foods rich in Lutein and Zeaxanthin:

Dark green leafy vegetables and yellow to orange fruits and vegetables

Broccoli

arugula

collard greens

celery

kale

spinach

peas

cucumber

pistachios

egg yolk

corn

oranges

Foods rich in Omega-3 Fatty Acids

Salmon

sardines

anchovies

herrings

bluefish

flax seed

walnuts

canola oil

Foods rich in beta-carotene:

sweet potatoes

red peppers

kale

carrots

butternut squash

cantaloupe

apricots

Foods rich in Vitamin E

Almonds

Hazelnuts

sunflower seeds

wheat germs

peanut butter

Mango

sunflower oil

