

# Nutrition and Eye Health

Nutrition plays an important role in the health of your eyes. While most people know that vitamin A is important for eye health, newer research shows that there are two additional nutrients that play key roles in preventing age-related macular degeneration (AMD), the most common eye disease among older adults. These nutrients are lutein and zeaxanthin. This guide will help you discover the benefits of these two nutrients and help you find food sources.

## What are lutein and zeaxanthin?

Lutein (pronounced “LOO-teen”) and Zeaxanthin (pronounced “zee uh ZAN thin”) are yellowish orange pigments known as carotenoids. They are found in foods such as egg yolks, green peas, avocado, corn and dark leafy greens such as kale and spinach. Although there is no official recommended amount of these nutrients to get daily, it is believed that getting around 10 mg of lutein and 2 mg of zeaxanthin are beneficial in helping prevent AMD.

## How do lutein and zeaxanthin help?

Lutein and zeaxanthin filter harmful light and help protect and maintain healthy cells in the eyes. Of the hundreds of carotenoids found in nature, only lutein and zeaxanthin are deposited in high quantities in the retina. Getting daily amounts of lutein and zeaxanthin through your diet or nutritional supplements can help maintain good eye health.

## Foods with Lutein and Zeaxanthin

Food	Serving
Kale (cooked)	1 cup
Spinach (cooked)	1 cup
Collard greens	1 cup
Turnip greens	1 cup
Corn	1 cup
Green peas	1 cup
Broccoli (cooked)	1 cup
Green beans	1 cup
Eggs	2 large
Orange	1 medium

## Eye Health Super Recipe

### Chopped Orange and Spinach Salad

#### Salad Ingredients:

2 cups romaine lettuce, chopped in bite-size pieces  
2 cups baby spinach  
2 hard cooked eggs, sliced  
1/2 cup frozen peas, thawed  
1 orange pepper, diced  
1/4 cup slivered almonds  
1/2 orange, peeled and sectioned

#### Dressing Ingredients:

1/2 cup plain nonfat Greek yogurt  
1 Tbsp curry powder  
1 garlic clove, minced  
juice from remaining half of orange  
salt and pepper



#### Directions:

Arrange ingredients on a plate or in a bowl. In a separate container, combine all dressing ingredients and stir until well-mixed. Drizzle dressing over top and serve.