

# A diet to help prevent serious eye illness

May 26 2016, by Alison Bowen, Chicago Tribune

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Want a diet that might help your eyes? Think green.

Chicago ophthalmologist Dr. Jonathan Rosin recommends a diet rich in green, leafy vegetables, plus adding in two servings of fish a week.

"It's all the things that mom told you to do," Rosin said.

The federal National Eye Institute's Age-Related Eye Disease Study found that taking in high levels of antioxidants and zinc can reduce the risk of [macular degeneration](#) by about 25 percent.

So think spinach, kale, broccoli, lettuce.

"Those are diets that really tend to provoke less eye diseases than other diets," he said.

The American Academy of Ophthalmology, too, suggests a few foods to keep eyes healthy. It recommends a diet of foods low in fat and rich in fruits, veggies and grains.

For example, kale has nutrients that might lower the risk for macular degeneration and cataracts, according to the AAO. Other greens that support [eye](#) health are collards and romaine lettuce because they contain lutein and zeaxanthin, important nutrients.

The AAO suggests making salmon one of your fish servings because it contains [omega-3 fatty acids](#), which are good for your eyes and heart. It

says kidney beans are a good source of zinc.

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Citation: A diet to help prevent serious eye illness (2016, May 26) retrieved 6 May 2024 from <https://medicalxpress.com/news/2016-05-diet-eye-illness.html>

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