

## CATARACT AWARENESS

### Did you know?

- Cataracts are the leading cause of visual impairment among Americans and can affect quality-of-life.
- Cataract removal is the most common surgical procedure in the U.S., and more than 2 million procedures are done each year.
- Nutrition is one way that you can delay or prevent the progression of cataracts!



### Risk Factors:

There are some factors we can't control that lead to the development and progression of cataracts, including age, family history, ethnicity, and sex (women may be at higher risk).

However, there are factors that we can control in order to prevent the development of cataracts, including not smoking, reducing exposure to sunlight by wearing UVA/UVB protective eyewear and wide brimmed hats, controlling other diseases such as diabetes, and eating a healthy, well-balanced diet.

### The Dish on Nutrition:

- Studies have found that the antioxidant properties of vitamins C and E may decrease the development and/or progression of cataracts.
- Researchers have also found that the carotenoids lutein and zeaxanthin may also help protect against cataracts.
- Eating 5 servings of fruits and vegetables each day can provide more than 100mg of vitamin C and 5-6mg of carotenoids, including lutein and zeaxanthin.
- Eating 2 servings of nuts and seeds can provide 8-14mg of vitamin E.
- If you have trouble increasing these antioxidants in your diet, it may be best to include a daily multi-vitamin that contain these nutrients.

Food sources of vitamin C	Food sources of vitamin E	Food sources of lutein and zeaxanthin
Oranges	Vegetable oils (including safflower and corn oil)	Dark leafy greens (kale, collard greens, spinach, turnip greens)
Grapefruit	Almonds	Broccoli
Strawberries	Pecans	Orange peppers
Papaya	Wheat germ	Corn
Green peppers	Sunflower seeds	Peas
Tomatoes	Peanuts	Persimmons
Most fruits and veggies!	Peanut butter	Tangerines
Orange juice		
Tomato juice		