5 FOODS
for Eye Health

**These 5 foods contain nutrients that promote good eye health.
Let's *see* what they are and how they can make a difference:**

Kale
Noteworthy Nutrients:
► **Lutein** and **Zeaxanthin** (Phytonutrients)
  - Protect from sun damage
  - Reduce risk of cataracts and macular degeneration

Sweet Potato
Noteworthy Nutrient:
► **Beta-Carotene** (Converts to Vitamin A)
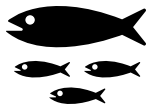 - Prevents dry eyes and night blindness
  - Reduce risk of eye infections

Strawberries
Noteworthy Nutrient:
► **Vitamin C**
  - Reduce risk of cataracts

Salmon
Noteworthy Nutrients:
► **Omega-3 Fatty Acid**
  - Alleviates dry eyes
► **Vitamin D**
  - Protects against macular degeneration

Green Tea
Noteworth Nutrient:
► **Catechins** (Antioxidant)
  - Reduce risk of cataracts and macular degeneration