

# JANUARY

# EYE HEALTH



Taking care of your eyes is critical, especially as we get older. Following a healthy diet can help prevent two of the most common causes of vision problems -- Age Related Macular Degeneration and cataracts. Read below to discover best practices you can adopt to help protect your eyes.

Age Related Macular Degeneration (AMD) – a condition that causes the deterioration of the retina and choroid that leads to vision loss. It is the leading cause of visual acuity loss in people over the age of 50 in developed countries.

Cataract – a cloudy or opaque area in the normally clear lens of the eye. Most cataracts develop in people over age 55, and depending on the size and location, cataracts can interfere with normal vision.

### Did you know?

By age 80, more than half of all Americans either have a cataract or have had cataract surgery.

Five Steps to Healthy Eyes

1

EAT HEALTHY

2

DON'T SMOKE

3

WEAR APPROPRIATE EYE PROTECTION

4

HAVE YOUR EYES CHECKED REGULARLY

5

FOLLOW THE 20-20-20 RULE

## Super Foods

for Eye Health

KALE

Dark leafy green vegetables like kale are high in lutein and zeaxanthin – nutrients believed to lower your risk of AMD and cataracts. Other alternatives include spinach, romaine lettuce, collards and turnip greens.

BLACK-EYED PEAS

Zinc, which is commonly found in legumes such as black-eyed peas, kidney beans, lima beans and peanuts, may protect your eyes from the damaging effects of light. Other foods rich in zinc include oysters, lean red meat and poultry.

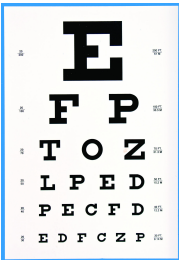
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ORANGES

Vitamin C is critical to eye health and can help eyes function properly and prevent or delay cataracts and AMD. Other citrus alternatives include grapefruit, tangerines and lemons.

SALMON

Cold-water fish like salmon, tuna, sardines and halibut contain omega-3 fatty acids. Research suggests diets rich in omega-3 reduces the risk of developing eye disease later in life.



Regular eye exams are an important part of eye health. In general, experts recommend an eye exam every two years for individuals 18 to 60 years old, and annually for individuals age 61 and older.

### Protect Your Eyes

Safety glasses with side shields can protect against particles, flying objects or dust. Safety goggles are necessary when working with chemicals. If you work near hazardous radiation like welding, lasers or fiber optics; you should wear specialty equipment including goggles, face shields or helmets. For everyday protection, choose sunglasses that block 99 to 100 percent of UVA and UVB rays.

### 20-20-20 RULE

EVERY  
**20**  
MINUTES



TAKE A  
**20**  
SECOND BREAK



LOOK AT  
SOMETHING  
**20**  
FEET AWAY