



Eye Healthy Foods

- Most fruits and vegetables contain Vitamin C including oranges, grapefruit, strawberries, papaya, green peppers and tomatoes.
- Vitamin E can be found in vegetable oils (safflower and corn oil), almonds, pecans, wheat germ and sunflower seeds.
- For Beta-carotene, try deep orange or yellow fruits and vegetables such as cantaloupe, mangos, apricots, peaches, sweet potatoes and carrots.
- Dark green leafy vegetables such as broccoli, collard greens, asparagus and spinach are the primary sources of lutein and zeaxanthin.
- Good sources of zinc include beef, pork, lamb, oysters, eggs, shellfish, milk, peanuts, whole grains and wheat germ.