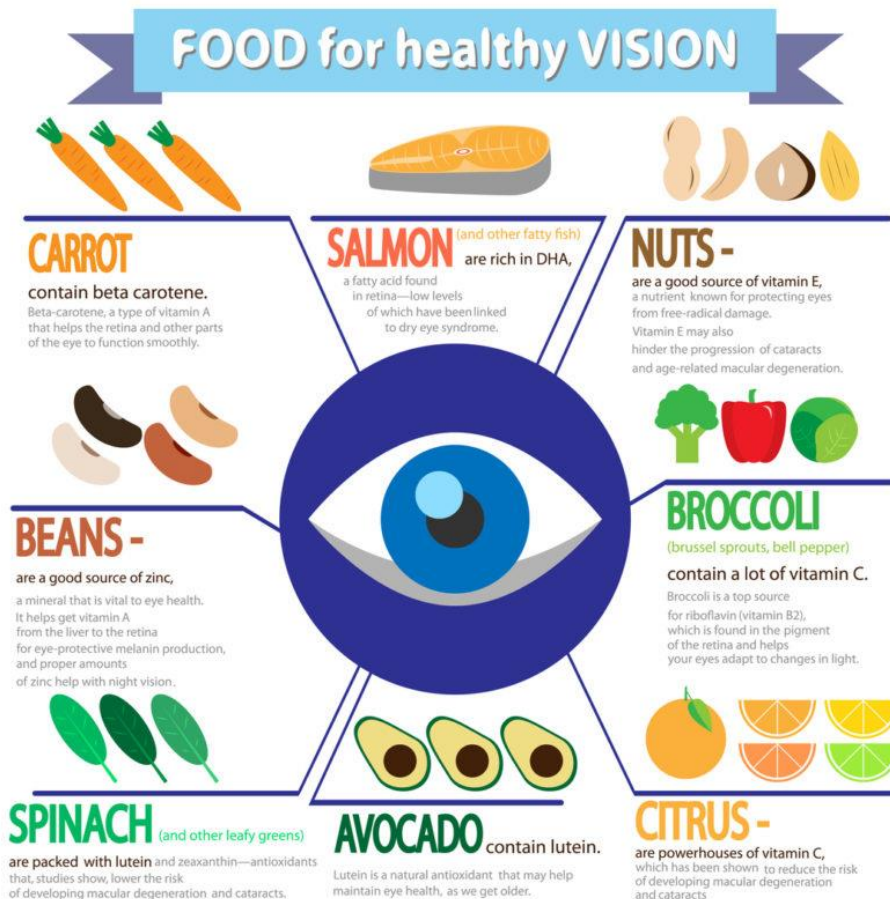


## Boosting Eye Health Through Food

It is widely known maintaining a nutritious diet is beneficial to our overall health, especially our eyes. With support from the Australian Guide to Healthy Eating, we recommend a balanced diet to all patients to help the development of young eyes, maintain quality eye function and lower the risk of developing eye diseases.



### What should I add to my diet?

- + **Antioxidants.** Our eyes require a high number of antioxidants like vitamin C to keep the macula healthy. The macula is the key central vision region of the eye which provides precision and detail. By actively adding antioxidants to your everyday intake, you can help reduce the risks or effects of age-related macular degeneration. Antioxidants are found in orange fruits and vegetables (pumpkin, carrots, mango, apricots), Purple fruits and vegetables (grapes, eggplant, berries), Green leafy vegetables (cabbage, broccoli, spinach), Red fruits and vegetables (capsicum, beetroot, tomatoes), legumes (lentils, beans, tofu), Nuts, seeds and fish (tuna, salmon, sardines).



✚ [Omega-3](#). Buck and Todd Optometrist highly recommend having an Omega-3 rich diet or using a supplement to reduce the risk of age-related macular degeneration. Omega-3 is used to treat patients suffering with chronic dry eye to improve the function of the Meibomian (eyelid) gland which produces oil to the eye's tear film. Omega-3 is found in seafood or in plant-based products like walnuts, flax seed, and hemp seed. We offer an Omega-3 dry eye supplement available for patients in practice.

✚ [Citrus](#). Jampacked with Vitamin C, Citrus fruits have been shown to help reduce the risk of developing eye conditions like cataracts and macular degeneration.



✚ [Carrots](#). Carrots contain beta-carotene, a type of Vitamin A which aids the retina and other parts of the eye to function smoothly. A carrot a day keeps the vision okay.

## Supplements

For those who live a busy lifestyle, a suitable alternative to changing your diet is taking daily supplements. Supplements can be a useful source for essential vitamins and minerals for your eye health. Do your research and talk to your general practitioner before starting any supplements, discuss whether it is beneficial for your specific health and needs. Also seek advice from a pharmacist on which products are most effective. Generally, supplements in 'gummy' form are not as effective as a tablet or capsule.

✚ [High strength fish oil/ Omega-3 tablets](#). This supplement is great for those who don't have a great deal of fish in their diet. Omega-3 is beneficial for dry eyes, macula health and lowering your blood pressure. We recommend patients suffering with dry eye use a capsule called Dry Eye Forte. This supplement is formulated to support tear film production and assist relief of dry eye symptoms. Studies show it takes at least 3-months using Dry Eye supplements to notice change. Book an appointment with our optometrists to discuss if this capsule is beneficial for you.



✚ [Lutein and Zeaxanthin supplements](#). This compound supplement is beneficial specifically for maintaining the health of your macular and lowering the risk of age-related macular degeneration and cataracts. These vitamins have also been linked to protecting your eyes from harmful ultraviolet radiation. Discuss with our optometrist what products are most beneficial for you.

✚ Vitamin C tablets, oral droplets, and sprays. Vitamin C deficiency (Scurvy) is rare in Australia. Vitamin C is a powerful antioxidant and supports eye health and general wellbeing. It comes in a tablet form as well as an oral droplet or spray for those who struggle swallowing tablets or are always on the go.



✚ MDeyes Macular Health Support capsules. MDeyes is an Australian company which has developed a specialised supplement designed to support eye health, particularly promoting a healthy macula and slowing age related macular degeneration, through targeted nutrient supplementation. This supplement matches the Age-Related Eye Disease Study 2 (AREDS2) Research Group Random Clinical Trial and comes in a convenient soft gel capsule, to be taken once daily, and is available for purchase at our reception desk and direct from MDeyes online. For more information, discuss this supplement with our optometrists at your next consultation.

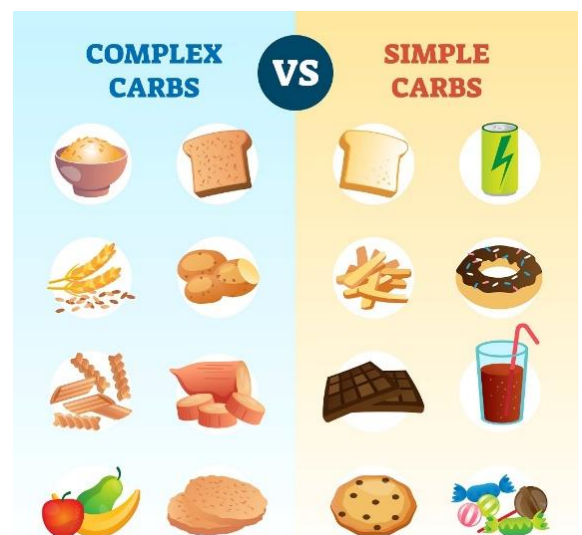


## What else can I change?

Cut back on alcohol intake. Alcohol does have a negative effect on your vision as it affects the central nervous system, people can have short term experiences of blurred vision, double vision, abnormal eye movement and light sensitivity. Long term affects can be permanent like low vision or blindness. Heavy drinking can lead to an increased risk of glaucoma, central retinal vein occlusion (Stroke inside the eye), migraines, toxic amblyopia, cataracts and macular degeneration.

Avoid Simple carbohydrates. These carbs found in white bread, pasta, chocolate, fizzy drinks, and confectionery have been linked to a higher risk of developing eye diseases due to their impact on your overall health. Carbohydrates can lead to high cholesterol and blood pressure both of which can have a negative impact on your eye health. Reducing the amount of complex carbohydrates in your diet is also beneficial but not necessary.

Cut down on high-sodium (salt) items. Having a high sodium diet can lead to hypertension (high blood pressure) which can cause profound damage to the eye's blood vessels. It can also cause a build-up of fluid in the retina, blocking blood flow that



can kill nerves and cause vision loss. This includes deli meats, bacon, canned food like soup, bread, pickled food, and cheese.

Stop drinking soft drinks. Fizzy drinks, sports drinks, energy drinks, and other sweetened drinks, these contain up to 10 tablespoons of sugar per serve. This additional sugar intake in your diet can lead to Type 2 Diabetes, heart disease or macular degeneration. Reach for water or a sugar free juice and keep the sweet drinks to a minimum.

If you are wanting to improve your eye health through your diet consult your general practitioner, optometrist, or a dietitian for advice. At Buck and Todd Optometrist, we take the time to care for your eye health.