

Six Foods That Naturally Improve the Health of Your Eyes

Our eyes are the key to our most important sense – our vision. They've been called windows to the soul, but more importantly, they're our windows to what's happening around us. As we age, our eyes age with us. While most of the degenerative processes are not reversible, nutrition is one of the key ways to prevent future problems.

You'll want to eat foods that contain vitamin A, C, and E, as well as zinc and omega-3 fatty acids. Here's a list of some foods that contain these crucial nutrients for good eye health.

Fish Like Tuna and Salmon

Research has shown that omega-3 fatty acids are crucial for the development of your eyes. They help prevent dry eyes, macular degeneration, and cataracts.

There are different ways you can get more omega-3 fatty acids in your diet. One way is by taking fish oil, why not try the old fashioned way – by eating more cold water fish.

Foods That Contain Astaxanthin

Astaxanthin is an anti-oxidant that has been shown to be extremely beneficial for eyes. It fights age related eye degeneration, cataracts, and glaucoma. Astaxanthin is produced by a microalgae called *Haematococcus pluvialis*.

But this begs a key question – what foods contain astaxanthin?

There are really two categories of foods that can give you this powerful antioxidant: the algae that produce it and the animals that eat that microalgae like fish, shellfish, and krill. So in addition to the first point above, this is a whole other reason to eat more seafood.

Apricots and Blueberries

The eyes require vitamin A to repair damaged tissues and cells. However, the body cannot create vitamin A naturally; instead it must obtain it from other sources. Apricots and blueberries are rich in lycopene and beta-carotene that the body uses to create vitamin A.

Kale and Spinach

Leafy greens – it seems like they're the miracle food for everything, doesn't it? These great foods are full of zeaxanthin and lutein, two key antioxidants for improving vision that help prevent macular degeneration.

When you eat them, try and eat them raw, in their natural form. The more you cook them, the more nutrients are depleted. That's why salad is usually best.

Citrus Fruits with Vitamin C

Fresh fruits such as oranges, lemons, grapefruits, and berries are some of the best when it comes to vitamin C. Regular consumption of citrus fruits and berries will help reduce the risk of cataracts and other eye diseases. These fruits also provide a number of other health benefits.

Apricots and Blueberries

Our eyes require certain vitamins and nutrients to fix damaged tissues. Vitamin A is one of those important vitamins that our

bodies need but can't produce. Therefore, it must obtain it from other sources. That's where apricots and blueberries come in (as well as any other foods that contain vitamin A components).

Apricots and blueberries are rich in lycopene and beta-carotene, which the body uses to create vitamin A. Consuming them will directly help your body fix damaged tissues and cells in the eyes.

Conclusion

Proper nutrition is just one component to eye health. Keeping up your overall health is also crucial. Avoid conditions like high blood pressure and high blood sugar to help keep your eyes strong and healthy.

Working the above-described foods into your diet on a regular basis will definitely help to improve the health of your eyes. More importantly, it will make them more resistant to some of the common degenerative problems with the eyes and keep you seeing 20/20.

Recommended Supplements:

- Shillington's Eyebright Formula