

NUTRITION & VISION HEALTH

HOW NUTRITION SUPPORTS HEALTHY EYES

Proper nutrition plays an important role in maintaining overall health, including the health of your eyes. A balanced diet provides essential nutrients that support normal visual function and help protect eye tissues.

KEY NUTRIENTS FOR EYE HEALTH

VITAMIN A

Supports normal vision, particularly in low-light conditions, and helps maintain the health of the retina.



Found in:
carrots, sweet potatoes, and cantaloupe.

LUTEIN & ZEAXANTHIN

Naturally present in the retina, these nutrients help filter harmful light and support visual performance.



Found in:
kale, spinach, broccoli, and other dark leafy greens.

VITAMIN C

An antioxidant that helps protect eye cells from oxidative damage.



Found in:
citrus fruits, berries, and peppers.

OMEGA-3 FATTY ACIDS

Support normal retinal function and contribute to overall eye health.



Found in:
salmon, sardines, mackerel, and flaxseed.

VITAMIN E

Helps protect eye tissues from oxidative stress.



Found in:
nuts, seeds, and vegetable oils.

EATING PATTERN MATTERS

Most individuals can obtain the necessary nutrients through a well-balanced diet that includes fruits, vegetables, whole grains, and healthy fats.

A varied diet helps support overall health, including the health of your eyes.

DO I NEED SUPPLEMENTS?

Certain eye conditions may require specific supplements, but only under medical supervision.

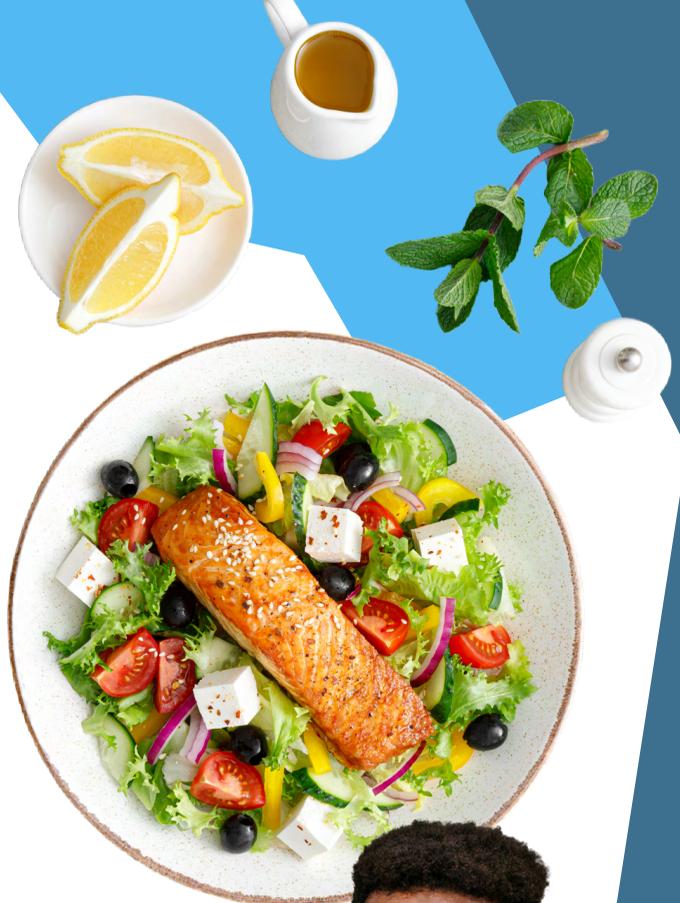
Always speak with your ophthalmologist or healthcare provider before starting supplements.

SUPPORTING LONG-TERM VISION HEALTH

Healthy eating is one part of maintaining good eye health. It does not replace comprehensive eye examinations.

Regular eye exams remain essential for the early detection and management of eye disease.

Balanced nutrition and routine eye care work together to support lifelong vision health.



ABOUT THE CANADIAN OPHTHALMOLOGICAL SOCIETY (COS)

The Canadian Ophthalmological Society (COS) is the national recognized authority on eye and vision care in Canada. As eye physicians and surgeons, we are committed to ensuring the provision of optimal medical and surgical eye care for all Canadians by promoting excellence in ophthalmology and by providing services to support our members in practice.