

Fit Tips



PROTECTING

YOUR

VISION

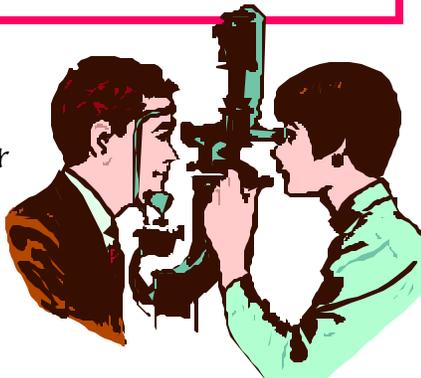
AS YOU

AGE

It is normal to experience some vision loss as you age, but there are diseases of the eye that are not a normal part of getting older, including **Cataracts and Macular Degeneration**.

Cataracts are characterized by cloudy or blurry vision, faded colors, poor night vision or a glare. Symptoms of **Macular Degeneration** include loss of detail in certain spots.

Tip:
Have your eyes examined regularly.



Eat your carrots (and your spinach and your broccoli and your fish and take a multivitamin) to keep your vision sharp.

Good nutrition plays a tremendous role in every part of your body, including your eyes. However, some nutrients deserve special kudos for protecting your vision:

- **Lutein**– Found in leafy greens may protect you from both Cataracts and Macular Degeneration
- **Zinc and Anti-Oxidants** such as vitamins C, E, and Beta-carotene– Mom was right. Carrots are good for your eyes. Preliminary research has shown these nutrients help fight Macular Degeneration
- **Omega-3 Fatty Acids**– Found in fatty fish, Omega-3 Fatty Acids are not only good for your eyes, but your heart and circulatory system too!