

Nutrition: Traditional foods for healthy eyes



Indian cuisine offers many natural eye-friendly ingredients rich in vitamins and antioxidants.



Smart Tips:

- Include amla (Indian gooseberry), rich in vitamin C, in your diet daily—fresh, as juice, or in chutneys.
- Add leafy greens like spinach (palak), fenugreek (methi), and drumstick leaves (moringa) to dals and sabzis for lutein and zeaxanthin.
- Snack on roasted chana (gram) and walnuts for omega-3 and healthy fats that support eye health.
- Use ghee in moderation; it helps absorb fat-soluble vitamins essential for vision.