

Vision care – Eat for your eyes

“What you eat can help protect what you see.”

Your eye health depend on good nutrition just like the rest of your body. A diet with the right vitamins, minerals, and healthy fats can support vision and reduce tiredness.

Eye-supportive foods to include in diet:

- Eat carrots, spinach, fenugreek, and amaranth leaves
- Include eggs, milk, curd, paneer, and fish
- Add almonds, walnuts, flaxseeds, and sesame seeds
- Have orange, guava, papaya, amla, and sweet lime
- Reduce too much fried snacks, packaged chips, sweets, and colas

A simple, balanced Indian meal can go a long way in supporting healthy eyes.

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