



eye
Med

Eating for eye health

You've probably heard that eating carrots is good for your eyes, but did you know that the beta carotene found in carrots is just part of an eye-healthy diet? Fruits, vegetables, meats and fish that are rich in vitamins, minerals and antioxidants can help protect your eyes from disease and sun damage. Some of the recommended foods include dark, leafy greens like spinach and kale, bell peppers, nuts and fatty fish like salmon.

Having a hard time coming up with a meal plan with all of these wonderful, healthy eats? We've got you covered, with a few easy recipes that won't have you slaving over the stove all summer.

Eye Spy Spinach Salad



Pepper Pesto Salmon of the Sea



Orange You Smart Blueberry Parfait



Download / Print recipes now ▶

To learn more about eating for eye health, visit:

- ▶ [Eating for eye health](#) on *How Stuff Works*
- ▶ [Diet & nutrition](#) on *American Optometric Association*