



Eating for Ocular Health

Sample Meals

Lutein-Rich Power Bowl

Ingredients:

- - 2 cups spinach or kale (raw or steamed)
- - cup cooked quinoa
- - avocado, sliced
- - cup chickpeas or lentils
- - 1 tbsp ground flaxseed
- - Lemon-tahini dressing

Benefits: Packed with lutein, zeaxanthin, plant-based protein, and omega-3s

Berry Chia Smoothie

Ingredients:

- - 1 cup unsweetened plant-based milk (e.g., almond or flax)
- - cup frozen mixed berries
- - banana
- - 1 tbsp chia seeds
- - Handful of spinach
- - Dash of cinnamon

Benefits: Rich in antioxidants, vitamin C, and plant-based omega-3s

Sweet Potato & Black Bean Bowl

Ingredients:

- - 1 small roasted sweet potato (cubed)
- - 1 cup black beans
- - 1 cup red cabbage or kale (shredded)
- - 2 tbsp pumpkin seeds
- - Salsa or avocado for topping

Benefits: High in vitamin A precursors (beta-carotene), fiber, and zinc

Omega-3 Crunch Salad

Ingredients:

- - 2 cups mixed greens (arugula, spinach, romaine)
- - 1/4 cup walnuts or hemp seeds
- - 1 cup shredded carrots or beets
- - Olive oil + apple cider vinegar dressing

Benefits: Great source of ALA omega-3s, antioxidants, and anti-inflammatory nutrients