

Lettuce Help Your Vision!

How to Keep Your Eyes Healthy with Food & Fun Habits

Dry Eyes? Don't Cry!

- Flaxseed: Sprinkle on oatmeal or smoothies to help tears.
- Warm Washcloth: Place it over your eyes for 1-2 minutes, then gently rub your lids.
- Water: Drink lots to keep eyes happy!

Glaucoma: Keep the Pressure Low

- Leafy Greens: Kale, spinach & collards help blood flow.
- Beets & Beet Juice: Boost circulation.
- Black Currants: Super berries for your vision!

Macular Magic

- Leafy Greens (again!): They're eye superheroes.
- Goji & Berries: Protect your macula.
- Saffron: A little goes a long way.
- Dark Chocolate: 72% or higher is good for eyes.
- Blue Light Glasses: Protect from screens.

Stop Cataracts

- Spinach, Carrots & Oranges: Vitamins for clear lenses.
- Sunglasses: Wear them—even when it's cloudy.
- Skip Junk Food: Bad for your eyes & body.

Be a Hero for Your Eyes!

Eat colorful foods

Drink water

Wear sunglasses

Go outside and play