If you grew up being told to eat carrots for improved vision, you’re in good company. But it turns out other foods can help improve your eyesight. These eye health powerhouses allow you to reduce inflammation and stock up on essential fats, zinc and Vitamins A and C.

**RED BELL PEPPERS**
Red bell peppers are a rich source of carotenoids – anti-oxidants that help regulate inflammation. Eating carotenoids lowers the risk of macular degeneration.

**BRAZIL NUTS**
Brazil nuts contain selenium – an antioxidant that protects our eyes from cataracts. So munch on a few Brazil nuts every day to raise the level of selenium in your blood.

**KIWI FRUITS**
Kiwi fruit is a great source of Vitamin C, which supports collagen in the cornea and helps reduce the risk of macular degeneration by supporting healthy blood vessels. It is also a good source of fiber.

**OYSTERS**
Oysters are high in zinc, which helps produce pigmentation. Pigmentation loss reduces the central field of vision, so more zinc equals better eyesight. One oyster provides an adult’s daily zinc requirement.

**CHIA SEEDS**
Chia seed is one of the most nutrient-dense foods out there. It’s a mighty source of protein, amino acids, fiber, calcium, iron, and Omega 3, which reduces cell inflammation and supports cell function in the eye’s sensitive blood vessels.

**SPINACH AND KALE**
Spinach and kale, packed with beta-carotene, Vitamin C, anti-oxidants and lutein, are the green giants of eye superfoods. Lutein protects the eye from oxidation and absorbs blue-light intensity like sunscreen. Eat at least half a cup daily.

Visit us at mercy.net/EyeHealth to learn more about eye care at Mercy.