



# BROADWAY

- O P T I C I A N S -

## Nutrition and Eye Health

A high quality balanced diet is essential for maintaining good eye health and providing optimum vision. Almost two thirds of the U.K. population could be at risk of incurring future eye problems because they are unaware that what they eat may affect their eyes.

Like other organs within the body, the eyes require a steady supply of essential nutrients. Amongst other things, these nutrients help maintain cell function and reduce oxidative stress by mopping up harmful free radicals.

In many ways the eyes are probably the most age-sensitive organs within the body. This is particularly true of the *macula* - the central sweet spot of the photosensitive layer at the back of the eye; the *retina* - as it is the most metabolically active part of the human body.

Most of us are aware of the link between a poor diet and conditions such as heart disease, but sadly we often take our eye health for granted. Age-related macular degeneration (AMD) is the leading cause of registrable blindness in the western world, affecting an estimated 500,000 people in the U.K. That number is set to rise as the population gets older.

### Key foods to maintain good eye health:

- Leafy greens such as **spinach** and **kale** and collard greens are packed full of **lutein**. Lutein is thought to play a major role in the health of the eye by helping to prevent damage to the macula from oxidative stress.
- Brightly coloured fruit and veg such as **corn**, **orange sweet peppers**, **tangerines** and **oranges** are rich in **zeaxanthin**, which is thought to prevent damage to the macula and help prevent the development of AMD.
- **Eggs** are also a good source of lutein and zeaxanthin. They also contain vitamins A, D, and E in the yolk. Eggs are one of the few foods to naturally contain vitamin D.
- **Oily fish** like **salmon**, **fresh tuna** and **mackerel** is rich in **Omega-3 fatty acids** which are thought to help decrease the risk of developing AMD and may slow down the progression of this condition.
- **Broccoli** truly is a super food, it is rich in vitamins A, C and lutein.
- **Carrots** have always been linked to the eyes. While they may not necessary help you to see better in the dark, they are high in Vitamin A which is important for eye health.

*Broadway Opticians is part of the Ocularis Limited Group*

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## Supplements and Eye Health

In most cases a healthy, balanced diet rich in the nutrients listed above is sufficient to maintain good eye health. However, in some cases it may be beneficial to take dietary supplements, for example for those with a family history of AMD or are at risk of developing macular disease.

There are many dietary supplements currently available on the market that claim to help maintain healthy eyes. So far **MacuShield** is the only one that has been clinical proven to slow down and in some cases reverse the early signs of AMD, and is therefore the supplement of choice.

*MacuShield* contains high doses of the three key carotenoids:

- Lutein
- Zeaxanthin
- Meso-zeaxanthin

Whilst lutein and zeaxanthin can be readily acquired from our diet, meso-zeaxanthin is much harder to source.

In 2001 the National Eye Institute in the U.S. published the results of their Age-Related Eye Disease Study (AREDS) to investigate the possible role of supplementation to reduce the onset of age-related conditions like AMD and cataract. In 2012 they went on to refine the study with AREDS 2 which specifically researched the effect of lutein, zeaxanthin and omega-3 fatty acids.

The studies showed that some vitamin and mineral supplements containing zinc, copper, and antioxidants (i.e., vitamin C, E, and beta-carotene) helped to reduce the risk of vision loss among some patients with advanced AMD. Disappointingly, Omega-3 fatty acids were shown to have little or no significant benefit. However, the study did conclude that lutein and zeaxanthin *are* beneficial and could be an effective replacement for beta carotene.

**MacuShield Gold** has been specifically devised with the AREDS 2 study in mind and contains all key vitamins and minerals proven to help with AMD in optimum dose levels. If you are taking regular medication it is advisable to consult your GP to ensure there are no adverse effects or undesirable interactions.

For more information and evidence-based research visit [www.macushield.co.uk](http://www.macushield.co.uk).