



VISIONS

EYE CARE + THERAPY CENTER

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MAKE SURE YOU'RE EATING GREEN FOR OCULAR HEALTH!

St. Patrick's Day and Eye Health: The Green Connection

St. Patrick's Day is known for its green-themed celebrations, but beyond just wearing green, let's consider the nutritional benefits of incorporating green vegetables into our diets. From leafy greens like spinach and kale to cruciferous veggies like broccoli and Brussels sprouts, these foods offer a wealth of nutrients that are essential for maintaining optimal eye health.

The Nutritional Powerhouse of Green Vegetables

- 1. Lutein and Zeaxanthin: These antioxidants are abundant in green leafy vegetables and are crucial for filtering harmful high-energy blue wavelengths of light, thereby reducing the risk of age-related macular degeneration (AMD) and cataracts.*
- 2. Vitamin C: Found in green vegetables such as broccoli and Brussels sprouts, vitamin C plays a vital role in supporting the blood vessels in the eyes and reducing the risk of cataracts.*
- 3. Vitamin E: Another powerful antioxidant, vitamin E, is found in green vegetables like spinach and kale, helping to protect cells in the eyes from damage caused by free radicals.*
- 4. Folate: Green vegetables are excellent sources of folate, which is essential for DNA repair and cell maintenance, thus contributing to overall eye health.*

Incorporating Green Vegetables into Your Diet

Here are some easy ways we can all incorporate more green vegetables into our diets:

- Start the day with a green smoothie made with spinach, kale, and fruits like bananas and berries.*
- Include a variety of green vegetables in salads, sandwiches, wraps, and stir-fries.*
- Experiment with different cooking methods such as steaming, sautéing, or roasting to enhance the flavor and texture of green veggies.*
- Snack on raw veggies with hummus or yogurt-based dips for a nutritious and satisfying treat.*