

# WELLNESS MINUTE

August 2024



**PROTECTING YOUR VISION: A GUIDE TO EYE HEALTH**

**NUTRITION FOR HEALTHY EYES:  
FOODS TO KEEP YOUR VISION SHARP**

**RECIPE OF THE MONTH**

**EYE RELAXATION EXERCISES FOR SCREEN TIME**

# PROTECTING YOUR VISION: A GUIDE TO EYE HEALTH

August is Eye Health and Safety Month, a time to focus on the well-being of our eyes and the importance of protecting our vision. In this month's Wellness Minute, we explore the fundamentals of eye health, offering valuable insights to help you maintain and safeguard your vision.

## WHY EYE HEALTH MATTERS:

Our eyes are precious, allowing us to experience the world around us. Good eye health is essential for maintaining our quality of life and overall well-being. Without healthy eyes, our daily activities and enjoyment of life can be greatly impacted.

## KEY FACTORS FOR EYE HEALTH:

- **Regular Eye Exams:** Schedule regular eye exams with an optometrist or ophthalmologist to monitor your eye health and detect potential issues early.
- **UV Protection:** Wear sunglasses that offer UV protection to shield your eyes from harmful ultraviolet rays.
- **Proper Nutrition:** A diet rich in vitamins and nutrients, such as vitamin A, C, E, and omega-3

fatty acids, supports eye health.

- **Eye Safety:** Be mindful of eye safety in your daily activities, whether at work, during sports, or at home.

## COMMON EYE CONDITIONS:

- **Cataracts:** Clouding of the eye's natural lens, which can be treated with surgery.
- **Glaucoma:** Increased pressure in the eye that can lead to vision loss.
- **Age-Related Macular Degeneration (AMD):** A condition that affects the macula, leading to central vision loss.

By prioritizing eye health and safety, we can enjoy clear vision and a better quality of life.

### Sources:

1. National Eye Institute - Eye Health Tips <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases>



# NUTRITION FOR HEALTHY EYES: FOODS TO KEEP YOUR VISION SHARP

A balanced diet plays a crucial role in maintaining and promoting healthy eyes. Your eyes rely on specific nutrients to function optimally and protect against age-related vision conditions. Here's a closer look at these eye-friendly nutrients and the foods that provide them:

- **VITAMIN A:**

**Sources:** Carrots, sweet potatoes, spinach, kale

**Benefits:** Vitamin A is essential for good vision. It helps your eyes adjust to light changes, enhances night vision, and maintains the health of your cornea.

- **VITAMIN C:**

**Sources:** Citrus fruits (oranges, grapefruits), strawberries, bell peppers

**Benefits:** Vitamin C is an antioxidant that helps protect your eyes from free radical damage. It also supports healthy blood vessels in your eyes.

- **VITAMIN E:**

**Sources:** Nuts (almonds), seeds (sunflower seeds), spinach, broccoli

**Benefits:** Vitamin E is an antioxidant that can help prevent cataracts and age-related macular degeneration (AMD). It also supports overall eye health.

- **OMEGA-3 FATTY ACIDS:**

**Sources:** Fatty fish (salmon, mackerel, tuna), flaxseeds,

walnuts

**Benefits:** Omega-3 fatty acids are essential for the health of the retina, the light-sensitive tissue at the back of your eye. They also help reduce the risk of AMD.

- **ZINC:**

**Sources:** Lean meats (chicken, turkey), beans (black beans), nuts (cashews)

**Benefits:** Zinc is necessary for the health of the retina and may help protect against AMD and night blindness.

Incorporating these nutrient-rich foods into your diet can significantly contribute to maintaining and improving your eye health. A balanced diet that includes a variety of fruits, vegetables, lean proteins, and healthy fats can help support your vision and reduce the risk of age-related eye conditions.

Remember that a comprehensive approach to eye health includes not only a nutritious diet but also regular eye exams, UV protection, and eye safety practices.

Sources:

1. American Academy of Ophthalmology - Diet and Nutrition in Age-Related Macular Degeneration <https://www.aaopt.org/eye-health/diseases/amd-nutrition>
2. American Optometric Association - Nutrition and Eye Health <https://www.aoa.org/patients-and-public/caring-for-your-vision/diet-and-nutrition>



# VISION-BOOSTING SALAD FOR EYE HEALTH

Support your eye health with a delicious and nutrient-packed salad that's rich in vitamins and antioxidants. This recipe is designed to promote healthy vision.

## INGREDIENTS (2 SERVINGS):

- 2 cups spinach (vitamin A and C)
- 1/2 cup carrots (beta-carotene)
- 1/2 cup red bell peppers (vitamin C)
- 1/4 cup blueberries (antioxidants)
- 2 tablespoons walnuts (omega-3 fatty acids)
- Balsamic vinaigrette dressing (low-sodium)

## INSTRUCTIONS:

1. In a large bowl, combine the spinach, carrots, red bell peppers, and blueberries.
2. Sprinkle the walnuts on top for added crunch and healthy fats.
3. Drizzle with your favorite low-sodium balsamic vinaigrette dressing.
4. Toss everything together, and serve your vision-boosting salad!

This nutrient-packed salad is designed for two servings, making it a perfect choice for sharing and promoting eye health together.

### Sources:

1. All About Vision - Eye Nutrition <https://www.allaboutvision.com/nutrition/foods.htm>



# EYE RELAXATION EXERCISES FOR SCREEN TIME

In today's digital age, many of us spend extended periods in front of screens, which can strain our eyes. These eye relaxation exercises can help alleviate eye fatigue and discomfort:

- **20-20-20 RULE:** Every 20 minutes, take a 20-second break, and focus on something at least 20 feet away. This reduces eye strain from prolonged screen use.
- **EYE PALMING:** Rub your hands together to generate heat, then gently cup your palms over your closed eyes. Relax and enjoy the darkness for a minute to relieve eye tension.
- **BLINKING EXERCISES:** Blink your eyes rapidly for a few seconds to moisten your eyes and reduce dryness.

- **EYE ROLLING:** Roll your eyes clockwise and then counterclockwise a few times. This exercise can help relax eye muscles.
- **NEAR-FAR FOCUS:** Focus on a nearby object for a few seconds, then shift your focus to something in the distance. Repeat several times to exercise your eye muscles.

Incorporate these eye relaxation exercises into your daily routine to reduce eye strain, especially if you spend a lot of time on digital devices.

Sources:

1. American Optometric Association - Computer Vision Syndrome  
<https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome>



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