

eyefoods™

A FOOD PLAN FOR HEALTHY EYES



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Table of Contents

Forewords	14
Introduction	19
Part One: The Basics	
Chapter One: Eye Health and Disease	25
Age-Related Macular Degeneration	
Cataracts	
Dry Eye Syndrome	
Eyelid Disorders	
Chapter Two: Eye Nutrients	49
Antioxidants	
Lutein and Zeaxanthin	
Vitamin C	
Omega-3 Fatty Acids	
Vitamin E	
Zinc	
Beta-Carotene	
Vitamin D	
Fiber	
Glycemic Index and Glycemic Load	
Part Two: The Details	
Chapter Three: Eyefoods	69
Leafy Green Vegetables	
Cold Water Fish	
Orange Vegetables	
Orange Peppers	
Green Vegetables	

Eggs	
Fruit and Juice	
Lean Protein	
Nuts and Seeds	
Whole Grains	
Beans and Lentils	
Flax Seed	
Oil	
Chapter Four: Lifestyle and General Health	113
UV Exposure	
Smoking	
Body Mass Index and Waist Circumference	
Physical Activity	
Age-Related Macular Degeneration and Cardiovascular Disease	
Part Three: The Plan	
Chapter Five: The Eyefoods Plan	127
Weekly Targets	
Serving Sizes	
The Eyefoods Nutrition Plan	
Track It	
The Eyefoods Lifestyle Plan	
Eyefood for Thought.....	138
Acknowledgements.....	140
Glossary.....	142
Notes.....	152
References.....	158
Index.....	167



As eye doctors, we have seen the effects that eye disease can have on our patients' lives. Many people don't realize that the choices they make can help to preserve their vision. Our mission is to empower our patients and the public with the knowledge they need to prevent eye disease and vision loss.



Forewords

Our vision is our most precious gift. It is the one sense people are most eager to preserve their entire life. Everyday, as optometrists, we educate our patients about this. Prescribing the correct lifestyle habits is as essential as prescribing the best products and professional services. Current science proves everyday the close link between vision and diet. As passionate optometrists, Dr. Capogna and Dr. Pelletier are committed to popularize the scientific information and educate us through our diets. The joy of eating and science together in the same book. Let this book be your guide as it will help you experience better vision.



Dr. Francis Jean, OD, President
IRIS, The Visual Group

An important part of preventing vision loss is to provide the vision health information needed to help people understand their risk factors and encourage them to take better care of their eyes.

That's why Eyefoods serves as such an important resource. By educating people on the benefits of consuming foods high in protective nutrients and adopting healthy lifestyle choices, Eyefoods offers ways to promote eye health and avoid preventable vision loss.

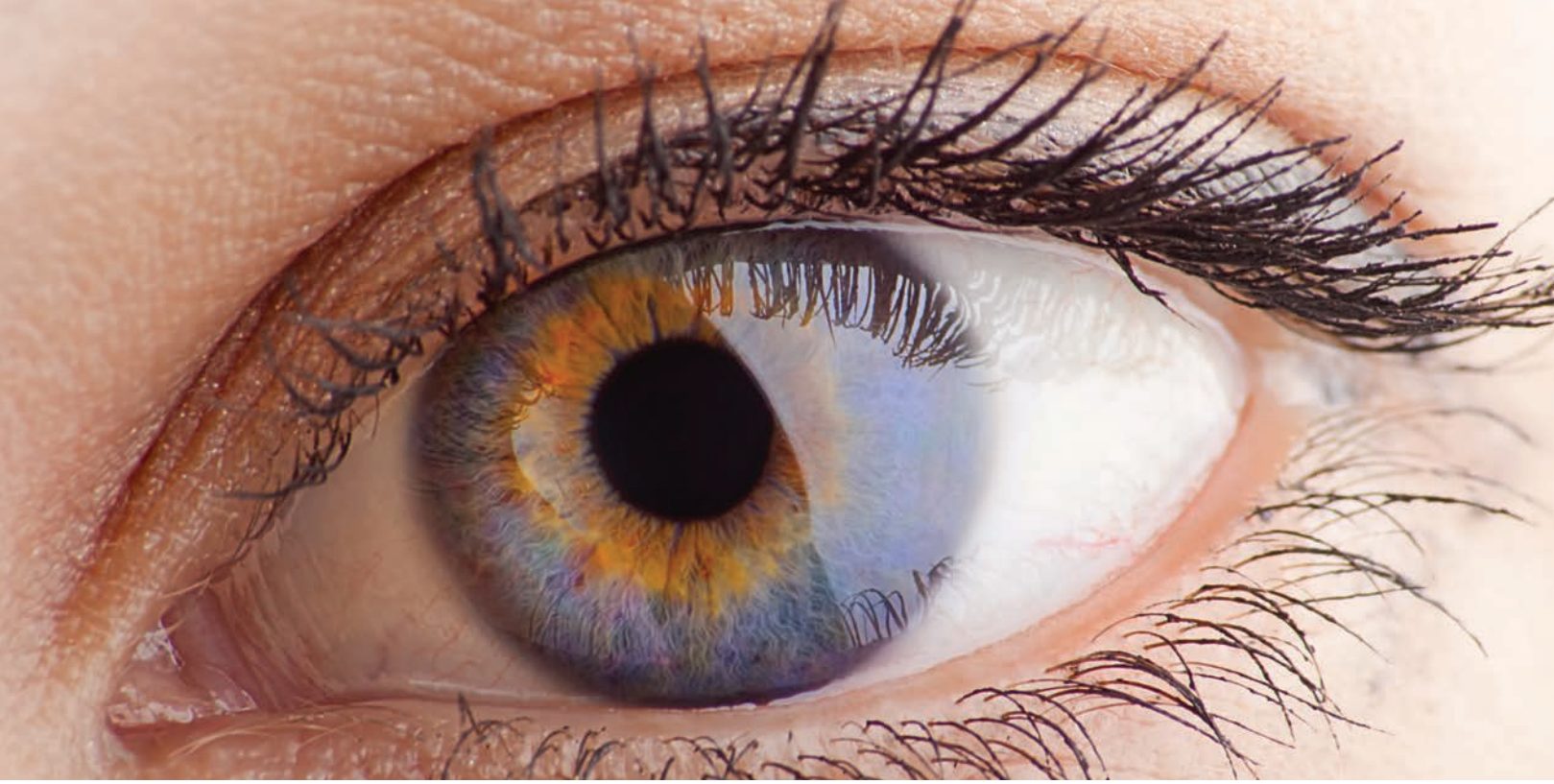
With the increasing amount of research being conducted on the role certain foods and nutrients play – either when consumed alone or in combination – in the prevention of certain eye diseases, it can be overwhelming to figure out which are most essential in providing optimal eye health and how to use this information to build a lasting dietary plan.

What Dr. Laurie Capogna and Dr. Barbara Pelletier have created is a comprehensive, easy-to-follow resource, complete with tips on serving sizes, a food plan tracking page and simple ways to introduce these foods as part of a healthy diet.

It's my great pleasure to introduce this valuable resource, which I'm certain will prove an essential addition to any household, and congratulations to its authors for shedding light on the important role these foods play in promoting healthy eyes.



John M. Rafferty
President and CEO, CNIB



Introduction





This book is for everyone who wants to learn more about eye health and the prevention of eye disease. We have taken the experience we have gained in our combined 25 years of practice, integrated it with the most up-to-date scientific research, and created *Eyefoods: A Food Plan for Healthy Eyes*.

Keep this book handy, and browse through it frequently. You will learn something new each time you pick it up.



Introduction

Our environment, our habits, and especially the foods that we eat have significant impacts on every aspect of our health. Though it can be easy to take good vision for granted, following a diet designed with eye health in mind is the best way to prevent eye disease and possible vision loss.

As optometrists, we became particularly excited about the power of certain foods to prevent eye disease. We began incorporating foods that have powerful healing or disease-preventing properties, known as *nutraceuticals*, into our families' diets. Still, we wanted to develop a tool to encourage our patients and the public to discover nutraceuticals for themselves. Developed over months of research, this

book is that tool. It is a plan for preventing eye disease and maintaining eye health through the power of food.

With *Eyefoods: A Food Plan for Healthy Eyes*, we strive to increase public awareness by sharing scientifically proven information.

Everyone will benefit from adding eyefoods to their diet. Whether you have an existing eye condition or are trying to maintain healthy eyes, the recommendations made in this book will help you preserve your vision.

The basic principle behind eyefoods is that these foods are full of the nutrients essential to eye health. These are eye nutrients. After careful review of scientific

studies, we have determined the most important nutrients for the prevention of eye disease and the promotion of eye health. Each of these nutrients helps decrease the risk of eye disease, either on its own or in conjunction with other nutrients. In addition to promoting eyefoods, we focus on other important lifestyle factors such as non-smoking, exercise, and UV protection. This book is organized to provide you with the necessary knowledge for making the food and lifestyle choices that will preserve your eye health.

The Basics: Chapter 1, “Eye Health and Disease,” and Chapter 2, “Eye Nutrients,” discuss basic principles and explain the relationship between eye disease and good nutrition. Chapter 1 and Chapter 2 make up the foundation of the eyefoods plan.

The Details: Chapter 3, “Eyefoods,” and Chapter 4, “Lifestyle and General Health,” provide you with details regarding the food and lifestyle choices that will directly improve your eye health.

The Plan: Chapter 5, “The Eyefoods Plan” outlines an easy-to-follow method of integrating eyefoods and the eyefoods lifestyle recommendations into your life.

Frequently Asked Questions:

Doctor, what can I do to help my vision?
We hear this question on a regular basis in our offices. We tell our patients that eating nutrient-dense foods and following an eye-friendly lifestyle will provide them with the building blocks for good vision.

Are nutrients and eye disease related?
Through careful review of scientific studies, we have discovered that certain food nutrients play an important role in preventing many common eye diseases and vision problems. We have established weekly targets for foods dense in eye nutrients, which we have labeled *eyefoods*.

Which nutrients promote eye health?
Of all the nutrients necessary for eye

health, lutein and zeaxanthin, which are carotenoids, are the most important. Omega-3 fatty acids are also highly important. Cold-water fish such as sardines and salmon, as well as flax seeds, contain various types of omega-3 fatty acids. Antioxidants such as vitamin C, vitamin E, and beta-carotene also help maintain eye health. Many fruits and vegetables are high in lutein and zeaxanthin and antioxidants.

Which foods should I eat?

Certain fruits and vegetables, whole grains, and fish are best. Scientific studies have shown that the nutrients found in these foods can help prevent or slow the progression of eye diseases such as age-related macular degeneration, cataracts and dry eye syndrome.¹

How can I add these foods to my diet?

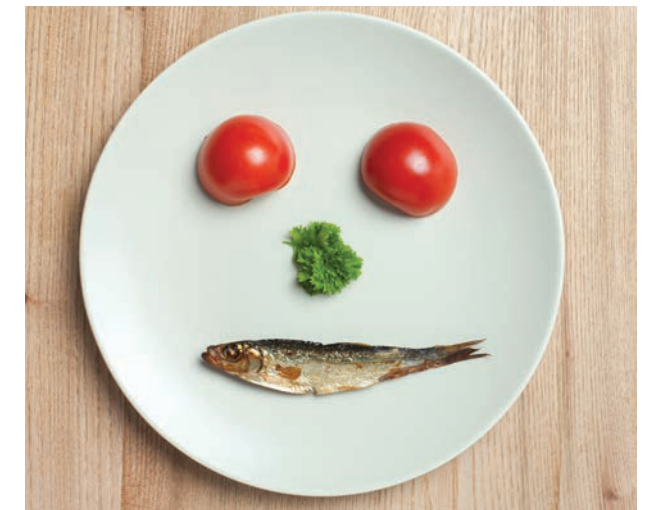
If you follow the eyefoods plan outlined in this book, you will be consuming the appropriate foods to help preserve your eye health.

Do eyefoods have other health benefits?

Studies show that these foods also help to prevent certain cancers and heart disease. Adding eyefoods to your diet will protect your vision and improve your overall health and well-being.²

Who will benefit from eating eyefoods?

People of all ages will benefit from adding eyefoods to their diets. Eyefoods contain nutrients that help prevent the progression of an existing eye condition and reduce the risk of developing eye disease and experiencing vision loss.



eye**foods**TM

A FOOD PLAN FOR HEALTHY EYES

eyefoods**** is the simple plan to help save your sight!

Highly respected optometrists Dr. Barbara Pelletier and Dr. Laurie Capogna have developed a groundbreaking guide to improving eye health and preventing, suppressing, and slowing common eye disorders. *Eyefoods, A Food Plan for Healthy Eyes*, is supported by in-depth research and over 25 years of optometric experience. With the latest scientific study results, practical advice, and meal ideas and recipes, Eyefoods is a comprehensive and easy-to-understand guide to science and health. This exciting new book highlights the power of nutrient-rich foods such as green vegetables, cold water fish, and orange vegetables in maintaining optimum eye health. Eyefoods explains exactly how simple it is to keep your eyes healthy for a lifetime while improving your overall health in the process.

www.eyefoods.com



Dr. Barbara Pelletier and Dr. Laurie Capogna



CDN \$24.95 US. \$22.95

