

Nutrients for Eye Health

QUICK REFERENCE GUIDE



Daily intake of these nutrients through foods and/or supplements has been linked to healthy eyes and may reduce risk of some chronic eye conditions.¹⁻⁵ For supplements, follow product directions on packaging. Higher

amounts of a single nutrient are available in various single-ingredient supplements. Ask your pharmacist or supplement retailer. Consult your eye health professional or physician before starting any new nutrition regimen.

Vitamin E¹

400
IU/DAY

Nuts, salad and vegetable oils, fortified cereals, sweet potatoes, margarine, Vitamin E supplements or multivitamins

Copper¹

2
MG/DAY

Mixed nuts, sunflower seeds, beef liver, beans, lentils or multivitamin/mineral supplements

Vitamin C¹

500
MG/DAY

Orange juice, other citrus and fortified juices, citrus fruits, Vitamin C supplements or multivitamins

Lutein^{3,4,5}

6-10
MG/DAY

Dark green leafy vegetables such as spinach, Swiss chard, collards or kale; corn, egg yolks, or purified lutein supplements

Zinc^{* 1}

40-80
MG/DAY

Red meat, poultry, oysters, fortified breakfast cereals, nuts, baked beans, multivitamin/mineral supplements

DHA/EPA² essential fatty acids

500
MG/DAY

Flax or fleshy fish like tuna or salmon, or fish oil supplements

Visit

[www.nal.usda.gov/
fnic/foodcomp/search](http://www.nal.usda.gov/fnic/foodcomp/search)
for more information
on the nutrients
found inside^{6,7}

REFERENCES

1. National Eye Institute (2001). "A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta-carotene, and zinc for age-related macular degeneration and vision loss: AREDS report no. 8." *Arch Ophthalmol* 119: 1417-36.
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3. Seddon J. M., et al. (2001). "Dietary fat and risk for advanced age-related macular degeneration." *Arch Ophthalmol* 119: 1191-9.
4. Seddon, J. M., et al. (1994). "Dietary carotenoids, vitamins A, C, and E, and advanced age-related macular degeneration. Eye Disease Case-Control Study Group." *Jama* 272(18): 1413-20.
5. Richer S.P., W. Stiles, et al. (2004). "Double-masked, placebo-controlled, randomized trial of lutein and antioxidant supplementations in the intervention of atrophic age-related macular degeneration: the Veterans LAST study (Lutein Antioxidant Supplementation Trial)." *Optometry* 75: 216-230.
6. U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2005. USDA National Nutrient Database for Standard Reference, Release 18. <http://www.nal.usda.gov/fnic/foodcomp/search>
7. Meyer, B. J., et al. (2003). "Dietary intakes and food sources of omega-6 and omega-3 polyunsaturated fatty acids." *Lipids* 38(4): 391-8.

** The 40 - 80 mg zinc dosage is for people diagnosed as being at high risk for age-related macular degeneration (AMD) or experiencing early-stage AMD. High doses of zinc may cause stomach upset. The U.S. Daily Reference Intake for zinc is 11 mg for men and 8 mg for women.*

