

Antioxidants supercharge the eyes



Eating the right vegetables can lower your risk of eye disease

Most Americans believe that carrots are the best food for eye health.¹ While carrots do have vitamin A, which is important for night vision, spinach and other dark leafy greens are really the healthiest foods for the eyes. They naturally have large amounts of the antioxidants lutein and zeaxanthin.²

Many studies have shown that lutein and zeaxanthin lower the risk of long-term or chronic eye diseases, such as age-related macular degeneration and cataracts.² Other vegetables have these powerful antioxidants, too. So eat plenty of corn, peas, broccoli and green beans.² All the stuff your mom and dad always told you to eat.

Have puffy or swollen eyes? Cucumbers can work wonders.

Instead of a cold compress, try an organic option — place chilled cucumber slices on your eyes. Relax for a 15- to 20-minute rest. It'll let your eyes get a short nap to help you feel more energized.³

Do onions make you cry?

Tears are good for your eyes — providing the moisture and lubrication you need for vision and comfort. But sometimes your eyes will keep tearing, like when you chop an onion. In that case, your eyes are just protecting themselves from the irritating chemical that gets released when you cut into an onion. The next time you make a recipe with fresh onions,

put them in the freezer for 10 minutes before chopping. That will keep the onions from giving off the fumes that causes your eyes to tear. And it won't destroy the flavor or change the consistency you want.

Don't forget the importance of regular eye exams.

Having a thorough eye exam is the first step toward taking good care of your eyesight.



Want to learn more?

For more information on eye health and how to help keep your vision healthy, go to [anthem.com/ca/eyehealth](https://www.anthem.com/ca/eyehealth).

1 American Optometric Association American website: Eye-Q® Survey (Accessed May 2015): aoa.org.

2 American Optometric Association website: *Diet & Nutrition: Lutein and Zeaxanthin* (Accessed May 2015): aoa.org.

3 EyeDoctorGuide.com: *Treating Puffy Eyelids Syndrome* (Accessed May 2015): eyedoctorguide.com.