



NUTRITION AND YOUR EYES

Preventing Diabetic Retinopathy

Diabetic retinopathy is the most common diabetic eye disease and is a leading cause of blindness in American adults. Between 40% to 45% of Americans diagnosed with diabetes have some stage of diabetic retinopathy.



Maintain tight control of blood sugar levels.

- Less than 100 mg/dl before meals
- No more than 140 mg/dl 2 hours after eating
- A1C of 6.5% or less



Eat the right foods in the right amounts

- Fill 50%-75% of your plate with non-starchy vegetables
- Eat small amounts of intact, whole grains
- Eat small amounts of lean proteins
- Eat small amounts of healthy fats like nuts and seeds



Control Your Blood Pressure & Cholesterol Levels

- Blood pressure goal 130/80 mm Hg or less
- Optimal Total Cholesterol 200 mg/dl or less
 - HDL 60 or higher
 - LDL-C less than 100



Be Active Most Days of the Week

- 30 minutes a day 5 days a week moderate intensity OR
- 25 minutes vigorous activity 3 days a week
- Muscle strengthening activity 2 days a week

Eat These Foods Regularly To Support Eye Health

Beta-carotene

Bioflavonoids

Lutein and Zeaxanthin

Omega-3 Fatty Acids

Vitamin A

Vitamin C

Vitamin D

Vitamin E

Zinc

Carrots, sweet potatoes, spinach, kale, butternut squash

Tea, red wine, citrus fruits, bilberries, blueberries, cherries, legumes, soy products

Spinach, kale, turnip greens, collard greens, squash

Salmon, mackerel, herring, ground flaxseeds, walnuts

Beef or chicken liver; eggs, butter, milk.

Sweet peppers (red or green), kale, strawberries, broccoli, oranges, cantaloupe

Salmon, sardines, mackerel, milk; orange juice fortified with vitamin D

Almonds, sunflower seeds, hazelnuts

Oysters, beef, Dungeness crab, turkey (dark meat).

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