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: Carrots, sweet potatoes, spinach, kale, butternut squash
- Bioflavonoids: Tea, red wine, citrus fruits, bilberries, blueberries, cherries, legumes, soy products
- Lutein and Zeaxanthin: Spinach, kale, turnip greens, collard greens, squash
- Omega-3 Fatty Acids: Salmon, mackerel, herring, ground flaxseeds, walnuts
- Vitamin A: Beef or chicken liver; eggs, butter, milk.
- Vitamin C: Sweet peppers (red or green), kale, strawberries, broccoli, oranges, cantaloupe
- Vitamin D: Salmon, sardines, mackerel, milk; orange juice fortified with vitamin D
- Vitamin E: Almonds, sunflower seeds, hazelnuts
- Zinc: Oysters, beef, Dungeness crab, turkey (dark meat).

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