



All Eyes on Vision

When it comes to caring for your health, having healthy eyes is also an important part of your overall wellbeing.

While seeing a medical professional every 1-2 years is suggested, there is plenty to do on your own to take care of your vision. [UnitedHealthcare](#) explains there are foods known to improve vision. Kristian Mahoney, RD, notes a diet rich in antioxidants from a variety of fruits and vegetables are associated with a lower risk of eye disorders like cataracts. Some specific foods include:

- Almonds-increase Vitamin E, an antioxidant that protects eyes from free radicals.
- Carrots-have beta carotene, a form of Vitamin A, which decreases the likelihood of developing cataracts and age-related macular degeneration.
- Salmon-a source of Omega-3s, an anti-inflammatory that strengthens your retinas.
- Spinach-high in riboflavin, protects your eyes from developing cataracts.
- Corn-a source of carotenoids prevents age-related macular degeneration.
- Citrus fruits and vegetables-Vitamin C, important for eye health.

Another way to take care of your eyes is by monitoring your screen time. Between phones, computers, and televisions, a lot of time is spent looking at screens. The [American Academy of Ophthalmology](#), suggest some of the following:

- Look Up and Away- Take a break from looking at the screen and focus on an object further away. This helps with eye discomfort.
- Use artificial tears to lubricate your eyes and reduce irritation.
- Keep Your Distance-Sit arm's length, or approximately twenty-five inches, away from a screen. You can also adjust the brightness or contrast to help with vision.

Beyond choosing healthy foods and adjusting your screen time, [The National Eye Institute](#) has a list of tips to help keep your eyes at their best. Some of these include:

- Wearing Glasses-Whether they are prescription or sunglasses, wearing glasses helps to strengthen your vision. Sunglasses help protect your eyes from harmful ultraviolet rays.
- Washing Your Hands-Make sure to wash your hands before touching your eyes.
- Speak Up-If your vision is changing or you feel it is worsening, make sure to speak to a medical professional and see what is going on.

Incorporating these tips helps to focus on your eye health and help to reduce the risk of eye disease or injury.