

American Academy Of Ophthalmology Basic And Clinical Science Course

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No, you're not getting any younger. But eating the right foods can protect your vision and keep you healthy. Research says that foods rich in vitamins C and E, zinc, lutein, zeaxanthin, and omega-3 fatty acids are linked to lower risk for age-related macular degeneration (AMD), cataract and perhaps even dry eye later in life.. But what does this nutrient-rich diet look like?

Diet and Nutrition - American Academy of Ophthalmology

Most of us blink less when looking at screens, causing eye strain and dry eyes, says Rahul Khurana, MD, a spokesperson for the American Academy of Ophthalmology. The good news is eye strain does not cause lasting damage and is easily preventable.

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