

Protect Your Vision

Four simple steps you can take that could make a big difference.

Step 1: Enjoy good, healthy food

- Eat fruits and vegetables at every meal. Try many different kinds. Eat plenty of dark leafy greens like spinach, kale and collard greens.
- Eat a variety of fish twice per week, including fish from cold waters such as salmon, lake trout and sardines.
- Eat eggs. (In some medical conditions, your doctor might advise you to limit to three per week.)

Step 2: Exercise

- Every day, move your body. Exercise outdoors, if you can. Go for a walk, ride a bike, do yard work. Remember sunglasses

Step 3: Ask your eye doctor about taking a supplement

- Some supplements may help protect your vision. Do not forget to keep eating good, healthy foods, as they contain healthful ingredients that supplements cannot replace.

Step 4: Stop smoking

- Protect your eyes and your whole body, quit smoking or never start.



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