

1

COLD WATER FISH SUCH AS SALMON

Fresh



Frozen



Tinned

Omega
3 oils3 times
a week

4

BRIGHT COLOURED FRUITSBlueberries,
strawberries,
raspberriesRich in
vitamin C3-5 times
a week

2

LEAFY GREENSSpinach, kale, cabbage,
brussel sproutsLutein and zeaxanthin
help stem the development
of macular degenerationA serving
every day

5

NUTS AND SEEDSAlmonds,
sunflower seeds,
pecans

Vitamin E

Once
a day

3

BRIGHT COLOURED VEGETABLESYellow foods in particular-
pumpkin, yellow capsicum
and sweet potatoesBetacarotene, Vitamin C, A,
niacin, lutein and amino acids3-5 times
a week**EAT FOR
YOUR EYES**Your vision and the rest of your
body will thank you