



## **Nutrition for eye health - healthy and dangerous foods, recommendations**

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**Abstract.** Eyes are one of the most important human sense organs. With their help, the body receives up to 90% of information about the surrounding world. The main function of the eyes is to help the body adapt to environmental conditions. The eye consists of the cornea, anterior chamber, iris, lens and retina. It is controlled by the muscles responsible for accommodation and movement. There are two types of light-sensitive cells in the human eye: rods and cones. Rods are responsible for twilight vision, and cones for daytime vision.

By choosing the “right” foods, you can protect your eyes from premature aging and restore them to health and beauty.

*Key words:* eyes, description, healthy products, dangerous products, recommendations, folk remedies

### **Vitamins for vision**

To keep your eyes healthy, they need the following vitamins:

- **Vitamin A** – prevents degenerative changes in the retina and improves visual acuity. [1]
- **Vitamin C** – improves tone and microcirculation in eye tissues. [2]
- **Vitamin E** – prevents the development of myopia and lens clouding. [3]
- **B vitamins** – improve the functioning of the optic nerve, participate in the absorption of vitamins. [4]
- **Vitamin D** and omega polyunsaturated fatty acids prevent the development of retinal degeneration. [5]

### **Microelements**

- **Potassium** is necessary for acid-base balance in the body. [6]
- **Calcium** – is part of cells and tissue fluid. Has an anti-inflammatory effect. [7]
- **Zinc** – is involved in tissue respiration. [8]

- **Selenium** is a good oxidizing agent and promotes the absorption of vitamins. [9]

In addition, lutein and zeaxanthin are very important for eye health - **antioxidants** necessary for the normal functioning of the visual organs. Contained in green and orange-yellow vegetables (corn, broccoli, spinach, etc.). [ 10 ]

### Top 10. Best Products for Eye Health

1. **Carrots** – improves visual acuity due to the presence of a large amount of carotene. [ eleven]
2. **Blueberries** – contain vitamin A and other substances beneficial for eye health.
3. **Spinach** – due to the presence of lutein, prevents **cataracts** and other eye diseases. [ 12 ]
4. **Corn [13]** , broccoli [14] – contain a large amount of antioxidants and are useful for cataracts.
5. **Apricot** – rich in potassium and vitamin A. [15]
6. **Rosehip** , citrus fruits - have a general strengthening effect on the visual organs, contain a lot of vitamin C. [16]
7. Sprouted **wheat grains** , **nuts** and seeds are rich in vitamins E and B.
8. **Herring** (cod) – contains a large amount of vitamin D and **polyunsaturated fatty acids** .
9. **Onions** , **garlic** - have sulfur, which has a beneficial effect on visual acuity and prevents blood clots. [ 17.18]
10. **Beetroot** – contains vitamin C and potassium, has a cleansing effect. [ 19]

### General recommendations

When improving eye health, the diet should be complete and varied. It is best to eat four meals a day, rich in vegetables and fruits. Vegetable salads, freshly squeezed juices from carrots [20], beets [21] and spinach in combination with a small amount of protein products [22], cereals and fermented milk drinks are just what the eyes need.

Overeating is dangerous for eye health. As a result of overeating, food cannot be fully exposed to gastric juice. Unprocessed foods form toxins, which, when released into the blood, cause general poisoning of the body.

### Folk remedies for eye health

- The use of carrot juice, which is rich in vitamin A, is very good for improving twilight vision. For its best absorption, it should be taken in a 50/50 mixture with **milk** . You can add a couple of tablespoons of beet juice to the cocktail. Drink 1 glass daily for a month.
- For inflammation of the optic nerve and conjunctivitis, it is advisable to use **parsley** [23,24] **which** promotes the elimination of toxins. In the warm season, you can eat fresh herbs, and in winter, parsley in powder form, sold as a spice.
- One of the most beneficial berries for the eyes is blueberries [25]. If you don't have fresh berries, you can look for fresh frozen berries in supermarkets. Blueberry preparations sold in pharmacies contain such a small amount of this berry that they cannot be effective. A course of treatment requires ten glasses of blueberries.
- Apricot has a very beneficial effect on the eyes (due to the potassium it contains). In this case, it is better to eat fresh apricots, or in the form of **dried apricots** bought from grandmothers.
- It is better not to eat apricots sold in stores, since as a result of their treatment with sulfur vapor, potassium turns into a compound that is very dangerous for the eyes.

### Products harmful to the eyes

- **Salt** . Excess salt causes moisture retention in the body and, as a result, increased intraocular pressure.
- **Meat and eggs** [26] . Proteins, of course, are good for the body. But their excessive consumption causes the deposition of cholesterol on the walls of blood vessels. And since the vessels supplying the eye with blood are very thin, there is a risk that blockage will occur here.
- **Alcohol** . When consumed in excess, alcohol reveals its hidden duality. Initially, it dilates blood vessels, causing warmth and relaxation. But then the second stage begins - spasm, as a result of which it is the thin vessels that suffer, including the vessels of the eyes.
- Harmful **food additives** contained in processed foods, sweet carbonated drinks, crackers and candies.

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