

# EYE HEALTH TIPS

PART 2 of 5-PART SERIES



## INFLAMMATION = SIGNS OF CHRONIC DISEASE...

When our high-tech equipment spots unhealthy changes in patient eye vessels we:

Prescribe eye wear to protect their eyes.

Advise **diet, exercise** and **lifestyle** actions to reduce unhealthy inflammation.

If needed, refer for medical care.

## DIET ACTIONS TO REDUCE INFLAMMATION...

IF YOU CAN'T PRONOUNCE THE INGREDIENTS, DON'T EAT IT 😊

Manufactured “filler” ingredients may be tasty and temporarily satisfy hunger, but nutritional value is zero!

Natural foods containing no “mystery” ingredients are better choices to reduce inflammation.

## GOOD EYE HEALTH FOODS...

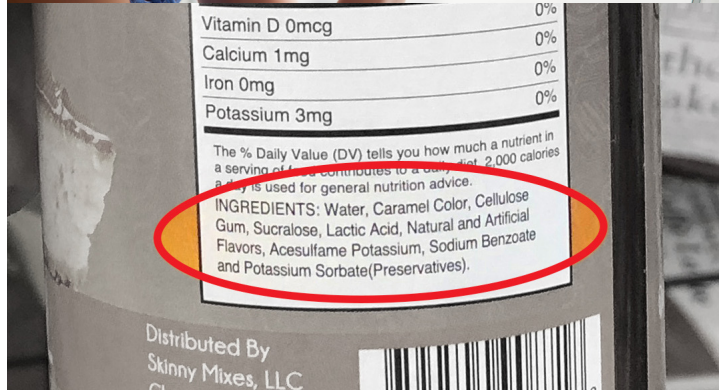
**Greens:** kale, spinach, swiss chard, and orange bell peppers

**Omega-3:** salmon, mackerel, sardines, tuna, tofu, walnuts, and chia seeds

**Beta-Carotene Veggies:** vitamin A enriched like carrots, sweet potatoes, and pumpkin

## BAD EYE HEALTH FOODS...

- Table Sauces and Dressings with high sugars and fats
- Deep Fat Fried with fatty oils causing “bad” cholesterol
- Fizzy Sugary Drinks and those with artificial sweeteners
- Processed Meats & Ready Meals with salt preservatives, sugars, and fat-replacing chemicals



Omaha's Most Trusted Destination For Protecting Your Vision