



Good vision also depends on good nutrition.

Each of us needs a good supply of daily vitamins for our vision and general health.

A

Vitamin A is very important for your vision. It also helps you grow and keeps your skin healthy. You need it to build strong bones & red blood cells.

Examples: bananas, beans, fish, celery, tomatoes, carrots, lettuce, butter, oranges

B

The B-Complex Vitamin Group is a great source of energy. These vitamins help build strong muscles and nerves. They are also good for your hair and skin. Every cell in your body needs a fresh daily supply.

Examples: asparagus, meat, milk, soybeans, onions, nuts, white bread, mushrooms, eggs

C

Vitamin C helps prevent & fight disease. It holds tissues & organs together & builds strong vessels. Your body does not make or store Vitamin C. You need it every day.

Examples: oranges, cantaloupe, strawberries, tomatoes, broccoli, cabbage, kiwi fruit

D

Vitamin D is the "sunshine vitamin." When the sun's rays reach your skin, they change into Vitamin D energy. You need Vitamin D for strong bones and teeth too.

Examples: milk fortified with vitamin D, butter, egg yolks, liver, cream, cheese, fish oil, fruit

E

Vitamin E keeps the cells in your body working smoothly. This hard-working vitamin maintains a lot of your body's tissues, like the ones in your eyes, skin and liver. Vitamin E provides energy for all of the body's functions.

Examples: wheat germ, oranges, nuts, celery, olives, lemons, green vegetables, beets, almonds

P

Proteins are your body's main source of energy. You need them to build tissues in your body. You must get plenty of protein from the food you eat.

Examples: fish, eggs, cheese, meat, milk, nuts, yogurt, chicken, vegetables

Z

Zinc is an essential trace mineral or 'helper molecule.' It helps your immune system, which is your body's system for fighting off illnesses and infections. It helps bring vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the eyes.

Examples: beef, pork, lamb, legumes (beans, peas, lentils, and peanuts)



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