

Delta Gamma Well Aware

Encompasses eight dimensions: Social, Spiritual, Physical, Emotional, Vocational, Intellectual, Financial and Leadership Development



Eat Your Way to Healthy Eyes

- Eating an abundance of antioxidant-rich foods each day can help prevent against disease and keep your eyesight sharp.
- Age-related macular degeneration (AMD) occurs when cells in the macula (the area of the retina responsible for central vision) break down, causing progressive loss of visual acuity.
- Cataracts, which impair vision in about half of people aged 65 to 74, develop when free-radical-damaged proteins clump together and cloud the lens.
- Dry eye syndrome, a painful condition not linked to vision loss, often results from an age-related decrease in tear production.

Green Leafy Vegetables

- Kale, spinach, collard greens, chard and other leafy greens are full of lutein and zeaxanthin, two carotenoids that increase your defenses against AMD and cataracts.
- Lutein is the main carotenoid in the retina and protects your macula from sun damage, which is a known factor for both AMD and cataracts.
- A recent study in the *Archives of Ophthalmology* reveals that among women aged 50 to 79, those with high dietary lutein and zeaxanthin intakes were less likely to have AMD.

Eggs

- Green leafy vegetables aren't the only source of lutein and zeaxanthin; eggs can significantly boost levels of these two pigments without raising cholesterol or blood fat.
- Eggs also provide sulfur compounds that may prevent cataract formation.
- A daily serving is a healthy and effective way to increase your intake of vision-enhancing antioxidants.
- Choosing omega-3 fortified eggs can also provide you with DHA, another nutrient needed for healthy eyes.

Squash and Sweet Potatoes

- Yellow and orange fruits and vegetables (i.e. – carrots, cantaloupes and pumpkins) are a great source of carotenoids, such as beta carotene. Beta carotene is necessary for normal vision and retinal function.
- Work a variety of carotenoid-rich foods into your diet or consider taking a multivitamin that delivers 15,000 IU per day of mixed carotenoids.

Whole Grains and Legumes

- Zinc is found in high concentrations in the retina and is critical for the function of many retinal enzymes. It also plays a key role in preventing AMD.
- Zinc is essential to good vision and may protect eye tissue from the damaging effects of light or from inflammation.
- Whole grains, nuts, legumes, poultry and fortified cereals are excellent sources of zinc.
- Supplemental zinc has never been found to be beneficial to healthy eyes, however.

Fish

- The omega-3 fatty acid DHA, which is plentiful in salmon, black cod and other coldwater fish, is also crucial for retinal function by providing structural support to retina cell membranes.
- DHA may be particularly helpful for people who suffer from dry eye syndrome; a recent study found that women who ate at least five servings of canned tuna weekly had a 68% lower risk of dry eyes compared to women who consumed only one serving a week.
- In a recent study, older people eating more than two servings of fish per week were 39 percent less likely to have advanced AMD than those who ate less than a serving a month.
- The omega-3 fatty acids in oily fish may protect the eyes by improving blood vessel function and reducing inflammation.

Onions and Garlic

- The antioxidant glutathione is essential for lens health and may help keep cataracts from forming.
- After consuming sulfur or certain amino acids, your body actually manufactures glutathione in the liver.
- Onions, garlic, shallots and capers all contain sulfur and help your body to produce enough glutathione.

Miscellaneous

- In a recent study, people with the highest blood levels of vitamin D had a 40 percent lower risk of early AMD than those with the lowest levels.
- Older people who eat high-glycemic index carbohydrates up their odds for macular degeneration by 40 percent according to one study.
- Vitamin C and E, selenium and other antioxidants can prevent or delay cataracts and AMD.
- Eat colorful foods, green, orange, yellow, purple, red, blue, etc., because they contain the highest levels of carotenoids and other healthy pigments.
- For overall eye health, wear UV protective lenses when outdoors during the day, avoid tobacco smoke and keep your blood sugar under control.

Foods to Avoid

- Consuming trans fats, saturated fats and foods with a high glycemic load (especially foods made with flour and sugar) can overwhelm your liver, which ultimately has a negative impact on eye function.
- Stay away from quick-digesting carbs, bad fats and the omega-6 fatty acids found in red meat and many vegetable oils.
- Avoiding processed, manufactured and fast food is the easiest way to do this.

Wellness Resources

Self Healing, September 2007 and February 2006

UC, Berkeley Wellness Letter, April 2006 and December 2005

Health, July/August 2006

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