***Talking Points for* EyeFoods**

❖ Did you know that green means go for eye health? Green vegetables such as kale and spinach contain high amounts of lutein, an important nutrient for eye health.

❖ Carrots aren't the only orange vegetable that is good for your eyes. Orange peppers contain lutein, Zeaxanthin and vitamin C. All-important nutrients for eye health.

❖ Did you know that eating fish 2-3 times per week increases your omega 3 intake and can help with symptoms of dry eye.

❖ Did you know that smoking is the number one modifiable risk factor for age related macular degeneration?

❖ Eggs ARE a healthy food. Eggs contain lutein and other nutrients important for eye health such as vitamin E, zinc and omega-3s.

❖ Is your computer hurting your eyes? Learn how to protect your eyes from the damaging effects of technology such as blue light and digital eye strain.

❖ A heart healthy diet is an eye healthy diet. Learn how to protect both your cardiovascular health and your eye health through nutrition.

❖ Get moving. Did you know that regular exercise may help to decrease the risk for age related macular degeneration?

❖ What are the most important foods for maintaining my eye health?

❖ When should people start eating eye healthy foods? Is it important for children? Is it too late for me if I already have eye disease such as cataracts or age-related macular degeneration?

❖ What nutrients are most important for eye health?

❖ What are some tips to get my children to eat more eye healthy foods?

❖ Can I take a vitamin or supplement for my eyes? Does taking a supplement replace the need for eating Eyefoods?

❖ Why is it important for me to wear sunglasses? How can the UV light cause damage to my eyes?