



# nutrition FOR EYE HEALTH

## 3 EYE HEALTH stats

**88%**  
of Americans  
believe that good vision  
is vital to overall health.<sup>1</sup>

<sup>1</sup>JAMA Ophthalmology: Public Attitudes About Eye and Vision Health.

only **14%**  
of parents are  
worried about their  
children developing vision  
problems in the future.<sup>2</sup>

<sup>2</sup>DSM Nutritional Products Survey (2013, 2014)

**78%**  
of Baby Boomers  
rank vision as the  
most important of  
the five senses.<sup>3</sup>

<sup>3</sup> <https://www.ocularnutritionssociety.org/boomers>

## 3 COMMON myths + facts<sup>4</sup>



**myth:** My eyesight and overall eye health will impact me as I age, no matter what I do.

**fact:** More than **83% OF AMERICANS** think worsening eye health is inevitable, but that isn't necessarily true. Proper nutrition from food and nutritional supplements may help support eye health as you age.

**myth:** If my child's vision is 20/20, there's no need to worry about his or her eye health right now.

**fact:** We lay the groundwork for a lifetime of healthy vision from birth, and **PROPER NUTRITION** is one key to maintaining healthy eyes in the long term.

<sup>4</sup>DSM Nutritional Products Survey (2013, 2014)

**myth:** Carrots are the only food with the proper nutrients to support eye health.

**fact:** While the carotenoids found in carrots and the lutein and zeaxanthin in leafy green vegetables are known for their eye health benefits, it's important to consume other eye health nutrients, like **EPA AND DHA OMEGA-3S**, found in salmon, mackerel or anchovies.

## omega 3s FOR EYE HEALTH



**Numerous studies show that EPA and DHA Omega-3s play an important role for eye health throughout life:**

- The body's highest concentration of DHA is found in the retina of the eye, which means it is an important nutrient for eye health.<sup>5</sup>
- Evidence suggests that maternal DHA intake contributes to the normal visual development in utero and in breastfed babies up to 12 months of age.<sup>6</sup>
- DHA is an important nutrient for cells of the eye that control the ability to see under different lighting conditions.<sup>7</sup>

**Most health professionals recommend adults get 250mg to 500mg of EPA and DHA per day for general health and wellbeing. There are three simple ways to get enough:**

- Eating fatty fish, like salmon or mackerel.
- Consuming EPA and DHA-fortified foods and drinks.
- Taking omega-3 supplements.

<sup>5</sup> Fliesler SJ, Anderson RE. Chemistry and metabolism of lipids in the vertebrate retina. Prog Lipid Res 1983;22:79-131

<sup>6</sup> Scientific Opinion of the Panel on Dietetic Products, Nutrition and Allergies on a request from Merck Selbstmedikation GmbH on DHA and support of the visual development of the unborn child and breastfed infant. The EFSA Journal (2009) 1006, 1-12

<sup>7</sup> Grossfield A, Feller SE, Pitman MC. A role for direct interactions in the modulation of rhodopsin by omega-3 polyunsaturated lipids. Proc Natl Acad Sci U S A 2006;103:4888-93