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Feast your eyes on this! *Nutritious recipes for healthy sight from Transitions Optical*

Research conducted by Transitions Optical, the leading global provider of variable tint lenses for spectacles, has revealed 43% of Brits are unaware that bad nutrition can cause damage to the eyes, such as cataracts and AMD.

While 93% of us consider sight to be our most valuable sense and the one we fear losing the most (65%), we're still remarkably ignorant of the steps we should be taking to look after it – indeed many of us put stock in popular myths such as reading in dim light (65%) and sitting too close to the TV (57%) being harmful.



Awareness of a connection between food and eyesight does rise if prompted, however. When asked whether eating fruits and vegetables contributes to the wellbeing of various different parts of the body, 84% of respondents mentioned they have a positive effect on the eyes.

But we're still unaware of precisely *which* foods we should be eating. A high majority of us (73%) know that carrots are good for the eyes. But when it comes to other foods which have benefits for the eyes such as broccoli, spinach, salmon, blueberries, kiwi, nuts and mangos, our knowledge is rather hazy, with 48% to 68% of us stating that we're not sure.

Good nutrition is vital for the health of the entire body, including the eyes. There is increasing evidence that the antioxidant nutrients, particularly vitamins A, C and E, along with the carotenoid pigments, lutein and zeaxanthin, (found in fruits and vegetables), and fatty acids may help prevent or delay the onset of age-related eye conditions such as cataracts and AMD¹. Omega-3 fish oils also help maintain healthy blood vessels inside the eye and research has shown that eating just one portion of fish a week can reduce your risk of developing AMD by up to 40%.²

¹ AREDS, Blue Mountains Eye Study, Beaver Dam Eye Study, Liverpool University

² Dietary Fatty Acids and the 5 Year Incidence of Age-related Maculopathy, Brian Chua et al.

French Chef Maxime Ogus has created a number of delicious and nutritious recipes for Transitions Optical which include the eye-friendly nutrients. From the ***Strawberry Kiwi Smoothie*** to ***Wild Salmon in a Nut Crust***, you can find all the recipes on www.transitions.com.

While maintaining a healthy daily diet can help protect your eyes from the inside, it's important that eyes are protected from the outside too – only 7% of us are aware that extended exposure to the sun's UV rays can cause lasting damage to the eyes.

The most convenient and effective way for spectacle wearers to protect their eyes from UV damage is to wear photochromic lenses such as Transitions lenses. Clear indoors and at night, they change tint to cut glare when worn outdoors, boosting comfort and reducing eye fatigue. More importantly, they also block 100% UV rays in all light conditions.

Carrots: what you didn't know!

- Although carrots are rich in vitamin A, so are many other foods. While carrots do contain nutritional value by supplying the provitamin A beta-carotene which is essential for night vision, spinach and other dark, leafy greens prove to be the healthy food for eyes because they naturally contain large amounts of lutein and zeaxanthin.³
- A well-balanced diet, with or without carrots, provides all the vitamin A necessary for good vision. In fact, eating ½ cup of cooked spinach 4-7 times per week may protect against AMD. It would take 4 pounds of carrots to meet the same goal.⁴
- In underdeveloped countries, inadequate nutrition is the main cause of blindness. Worldwide, Vitamin A deficiency is a leading cause of blindness.

Notes to Editors

- This is the fourth annual Healthy Sight Survey commissioned by Transitions Optical, monitoring consumer awareness about eye health issues, carried out with a national representative population of 1000 people aged 18 or over in the UK.

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³ AOA and registered dietician Elizabeth Somer

⁴ AOA, 2006