



Eat Your Carrots!

By Dr. Corinne M. Knight

Can eating right preserve your sight? A growing body of evidence suggests that certain vitamins and minerals may help slow down certain changes in the eyes which cause disorders that generally occur in the older individual.

Studies have shown a link between vitamin and mineral deficiency and cataracts (a cloudiness in the lens inside the eye). Likewise, there is evidence that suggests vitamin and mineral deficiencies may be associated with macular degeneration (degeneration of the central area of the retina - the layer of the back of the eye).

The vitamins and minerals which appear to be helpful are known as antioxidants and include Vitamin C, E and A (beta carotene) and the minerals zinc and selenium.

But, before you rush out to the vitamin counter at your local store, keep in mind that although there is supporting evidence, there is no absolute proof that vitamins and minerals can prevent or reverse degenerative eye conditions.

Consequently, eye doctors are divided on whether to recommend vitamin supplement. More and more eye doctors are recommending vitamin supplements, especially since the body's ability to absorb nutrients decreases as we age.

The importance of a well-balanced diet, rich in vegetables and fruits, cannot be ignored in your general health. Research also indicates that smoking and exposure to ultra violet radiation (from the sun) are factors which contribute to degenerative eye disorders.



So, should you eat your carrots? You bet - but you should also eat your broccoli, spinach, oranges ... And while you're at it, you may want to consider vitamin/mineral supplements. Talk to your general practitioner and your eye doctor about it.

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