



Family Vision Centers

Where Quality is Affordable

May 25, 2016

Welcome kristine!

In this issue:

What to Eat for Healthy Eyes



Did you know that carrots aren't the only food that can be beneficial to your vision?

It is extremely important to eat right, not only for your body, but also your eye and vision health.

Antioxidants, in particular, are beneficial for protecting your eyes against certain eye diseases, such as macular degeneration. We want to point out the foods that are enriched with lutein and zeaxanthin, which are two potent antioxidants. The following foods are:

- Kale
- Spinach
- Squash
- Corn
- Grapes
- Kiwi fruits

You may not like certain veggies or fruits, but just remember that these foods are essential in keeping your eyes and vision healthy and strong. So listen to your mother and eat your veggies!



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Family Vision Center Now Offers Designer Sunglasses Online at Discount Prices!

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How Much Do You Really Know About Sunglasses and Ultraviolet Light?

1. Sunglasses that [block 100 percent of UVA and UVB light rays](#) are much more expensive than other sunglasses.

true

false

2. Children don't need to wear sunglasses, because their eyes are better able to withstand ultraviolet rays and glare than adult eyes are.

true

false

3. Overexposure to ultraviolet light can cause growths on the eye called pingueculae and pterygia.

true

4. [Cataracts](#) and [age-related macular degeneration](#) may also be caused, at least in part, by too much ultraviolet light exposure.

5. If you are a mountain dweller, you will likely be exposed to higher UV levels than if you live in the lowlands.

6. There is no reason to wear sunglasses on a cloudy day.

Find out the answers to these question and more by clicking [here!](#)

Have a great day!

Family Vision Center-Stratford

[REQUEST AN APPOINTMENT](#)

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