

**HEALTHY
VISION
MONTH**

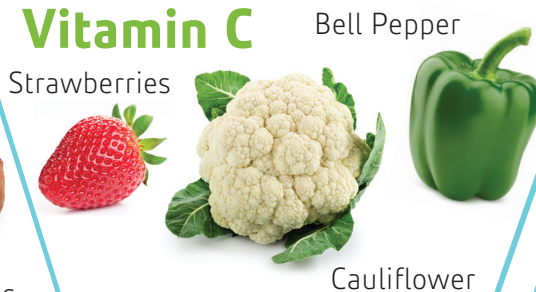
SEE THE WORLD WITH A NEW FOCUS

Healthy eyes start with good nutrition. Eat more of these foods to get the nutrients you need for eye health.

Vitamin A



Vitamin C



Vitamin E



Egg Yolk



Honeydew Melon



Broccoli

**Antioxidants, Lutein
& Zeaxanthin**

Zinc



Oats



Sunflower
Seeds



Crab