

“NUTRIENT OF THE YEAR”!



# Lutein



**Lutein** (“**LOO-teen**”) is a carotenoid.

- Carotenoids give fruits and vegetables their color.
- Lutein is found in dark, leafy green vegetables, corn and some fruits.
- Egg yolks are also a good source of lutein.



## Why is lutein important?

- \* Helps to protect our eyes!
- \* May lower the risk of age-related macular degeneration (ARMD). ARMD causes permanent blindness!
- \* Vegetables rich in lutein may reduce the risk of cataracts!
- \* Our body does not make it.
- \* Eating foods rich in lutein is our body’s best way to obtain it!

**Proper nutrition is the key to maintain eye health, but there are other things you can do to protect your vision:**

- See your eye-doctor regularly
  - Don’t smoke
- Wear UV protective sunglasses
  - Get 8 hours or more of sleep
- Enjoy regular physical activity
- Take vitamins as suggested by your doctor
  - Eat a balanced diet!!!



# Take the Lutein Challenge!

NUTRITION FOR YOUR EYES!

- How many of the following foods have you eaten in the past week?
- You should be totaling at least **42 milligrams**

Please indicate how many (1 cup) servings you've had within the past week:

Food Choice	Lutein in mg	Food Choice	Lutein in mg
Kale, cooked	16.9 mg	Kale, raw	22.1 mg
Spinach, cooked	15 mg	Spinach, raw	6.7 mg
Corn, cooked	2.9 mg	Corn, canned	1.4 mg
Broccoli, cooked	3.4 mg	Green Beans	.76 mg
Turnip Greens, cooked	18.1 mg	Lettuce, Romaine	1.5 mg
Collard Greens, cooked	17.2 mg	Green peas, canned	2.3 mg
Eggs (2)	.5 mg	Cabbage	10.2 mg

TOTAL COLUMN A: \_\_\_\_\_ TOTAL COLUMN B: \_\_\_\_\_

TOTAL A + B = \_\_\_\_\_ (Goal: **42 mg/week**)

If you aren't meeting the goal, the food choices listed above should be included in your diet to meet your Lutein needs!

