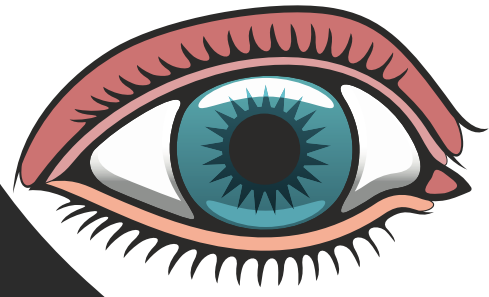


# 12 BEST FOODS TO Improve Eyesight Without Glasses



## Carrots

Rich in vitamin A and antioxidants for eye health



## Spinach

Contains lutein and zeaxanthin to prevent eye issues



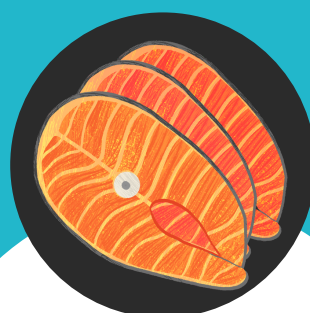
## Oranges

Packed with vitamin C and antioxidants for healthy eyes



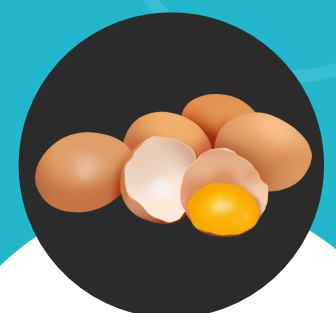
## Almonds

Provide vitamin E and omega-3s to protect eye health



## Salmon

High in omega-3s for reducing the risk of eye problems



## Eggs

Loaded with lutein, zeaxanthin, and vitamin A for vision



## Kale

Rich in antioxidants to safeguard against eye diseases



## Bell Peppers

A source of vitamin A and C for eye function



## Sweet Potatoes

Beta-carotene and antioxidants support good vision



## Blueberries

Anthocyanins and vitamins for eye health



## Broccoli

Vitamins A and C, lutein, and zeaxanthin for eyes



## Dark Chocolate

Contains flavonoids for improved eye circulation