

5 vision-boosting foods for healthy eyes



LUTEIN AND ZEAXANTHIN

Spinach & Kale

Both protect the area of the eye that gives us our most detailed vision.



VITAMIN C

Oranges and Berries

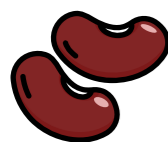
This vitamin helps repair and grow new tissue cells.



VITAMIN E

Nuts like almonds

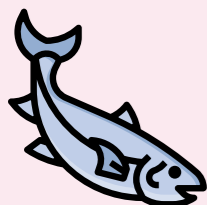
An antioxidant that helps protect the cells of the eyes from damage by oxidative stress.



ZINC

Beans like kidney beans

This mineral protects against long-term damage from the effects of too much light.



OMEGA-3 FATTY ACIDS

Cold water fish like salmon

Protects against developing dry eyes, macular degeneration, and cataracts later in life.

How can I tell if I have vision issues?

If you are feeling any of the symptoms below tell your parents:



Blurry vision



Double vision



Seeing a glare or halo around bright lights



Squinting



Headaches



Eye strain

Scan me!

For eye-mazing info



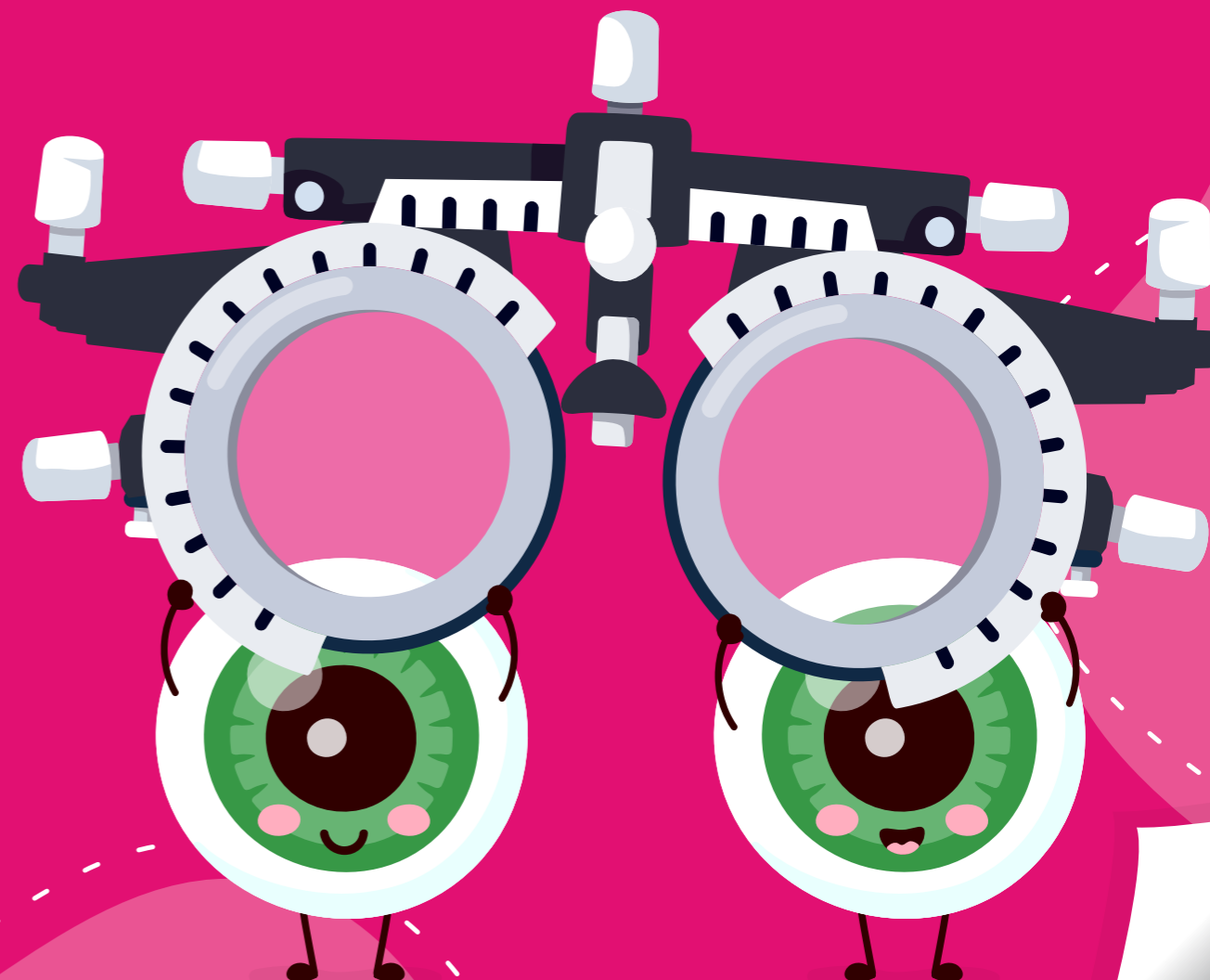
eye
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THE VISION COUNCIL
FOUNDATION

An Interactive Guide to Refractive Errors

How light affects our sight



Open for activities!

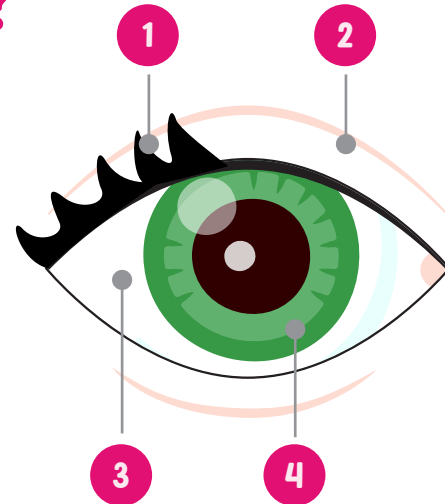
From blurry to bright let's talk about sight

The human eye is like a camera; both need proper focus to see clearly. If the eye's shape isn't perfect, it can't focus light correctly, resulting in blurry vision. These focusing issues are known as refraction errors.



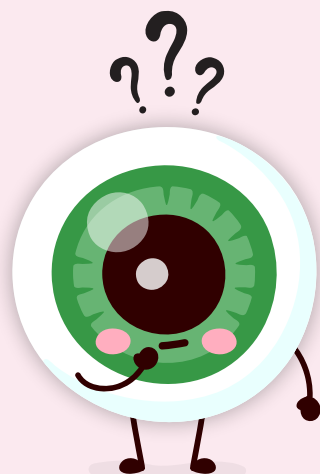
Can you guess who I am?

- 1 e l s
We're tiny, we're tickly, and we love to blink!
- 2 y d
I keep your eye safe, and help you wink and blink.
- 3 l r
I'm the part of your eye that's snowy white.
- 4 i s
I'm the colorful part of your eye.



Can refractive errors be fixed or will my eyes be blurry forever!?

If your vision is blurry because your eye can't focus, an eye exam will help your eye doctor determine which tools can restore clear vision.



Prescription Glasses

Frames with lenses that help your eyes to focus light properly



Contact Lenses

Tiny clear discs that are like glasses but nearly invisible when placed on the eye

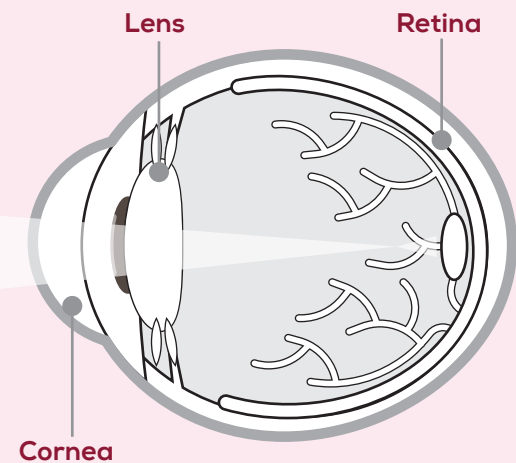
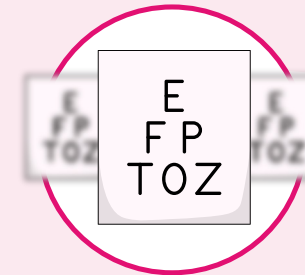
3 common refractive errors that kids might experience as they grow!



Myopia (mai-oh-pee-uh)

Known as nearsightedness

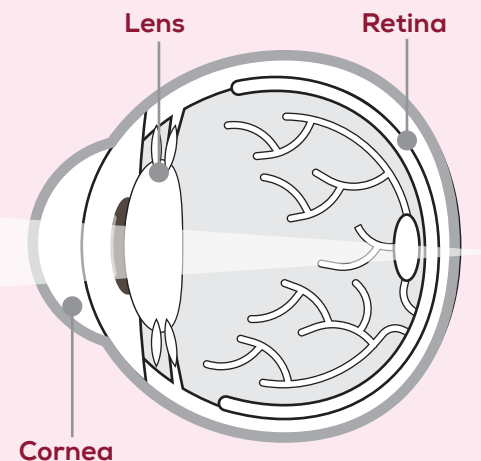
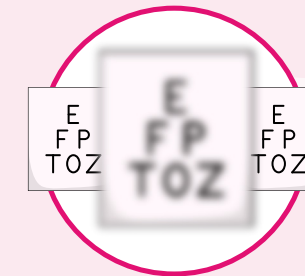
- Can make near objects blurry or difficult to keep near vision clear (or read comfortably).
- The eyeball is longer than normal.
- Light rays focus in front of the retina.



Hyperopia (hy-per-oh-pee-uh)

Known as farsightedness

- Makes nearby objects look blurry.
- The eyeball is shorter than normal.
- Light rays focus behind the retina.



Astigmatism (uh-stig-muh-tiz-uhm)

Causes distorted vision

- Can make far-away and nearby objects look blurry or distorted.
- The eye is shaped like a football versus a basketball.
- Light rays come in at two focal points, rather than one, which makes distance and near blurry.

