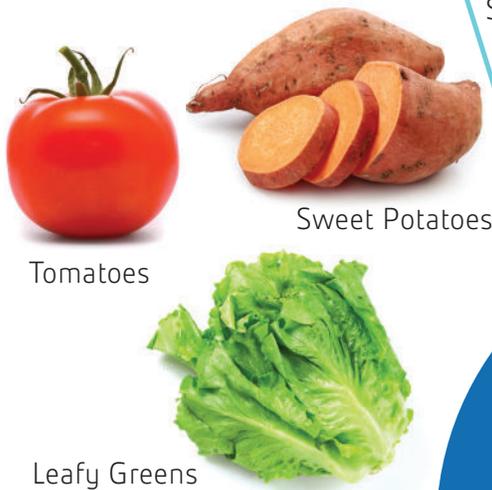


**HEALTHY  
VISION  
MONTH**

# 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



## Antioxidants, Lutein & Zeaxanthin

Honeydew Melon

## Sunflower Seeds



## Oats



## Zinc



## Crab