

Free Diet Plan for Healthy Eyes

A diet plan rich in micro-nutrients is critical for your eye health, clear vision and for avoiding eye diseases such as loss of night vision, dry eyes, cataract etc. Just for Hearts unique diet plan rich in vitamin A, vitamin C, vitamin E, selenium, lutein, zeaxanthin and zinc will help you protect your eyes.

Sample Menu:

Time	Meal	Menu	Quantity
7.00 am	Early morning	Fresh Amla and carrot juice	1 glass
7.30 am	Morning meal	Tea (Cow's milk with ½ tsp sugar)	1 Cup
9.00am	Breakfast	Milk Poha	1 glass 1 katori
11.00 am	Mid morning	Papaya	2-3 slices
1.30 pm	Lunch	Phulka Dark green leafy vegetable Chopped carrot Curd	2 1 Bowl 1 carrot 1 Katori
4.30 pm	Snacks	Tea(cow's milk with ½ tsp sugar) High fibre biscuits	1 cup 2-3
6.00pm	Mid Evening	Almonds Walnuts	2 2
8.00pm	Dinner	Tomato soup Phulka Rice Fish/ Chicken / Soy chunks	1 Bowl 2 ½ katori 1 katori
10.00pm	Bed Time	Milk	1 cup

Tips:

- Have a balanced meal.
- Avoid junk and refined food.
- Include a lot of dark green leafy vegetables and yellow orange fruits.
- Regularly check your eyes with an ophthalmologist.

Foods To Include	Foods To Avoid
Raw whole fruits like orange, papaya, mango, strawberries, dark green leafy vegetables, broccoli, spinach, sprouts, nuts, flaxseeds, fatty fish, sesame seeds, oysters, whole grains, pulses, milk, lean chicken, etc.	Fried food, processed food, packed foods, butter, margarine, cream, mayonnaise, mutton, meat, fried chicken etc