Leafy Greens Help Prevent Glaucoma
Positive Choices

A large retrospective analysis of men and women found those who ate more leafy greens had a lower risk for primary open-angle glaucoma (POA)--especially cases with early paracentral visual field loss. It is thought nitric oxide plays a role in ocular blood flow and the development of POA. Eighty percent of nitrate intake comes from leafy green vegetables.

PositiveTip: Include lettuce, kale, chard and spinach in your daily food choices for better health--including eye health!