

# **Foods Rich in Carotenoids, Vitamins, and Minerals**

(These foods are good for your retina)

## **Carotenoids:**

Vegetables: spinach, green lettuce, collard greens, kale, mustard greens, Brussels sprouts, broccoli, peas, squash, carrots, red and yellow peppers, corn

Fruits: apples, oranges, peaches, grapes, grapefruit, nectarines, apricots, mangoes, cantaloupe, honeydew melon, kiwis

Juices: orange juice, tomato juice

## **Vitamins:**

***Vitamin E:*** peanuts, almonds, cashews, sunflower seeds, hazelnuts/filberts, walnuts, wheat germ, whole grains, canola oil, safflower oil, olive oil, sunflower oil, avocado, spinach, beans, blueberries, mango

***Vitamin C:*** oranges, melon, grapefruit, broccoli

## **Minerals:**

***Zinc:*** chicken, pork, beef, lamb, sole, flounder, sardines, sesame seeds, pumpkin seeds, cashews, walnuts, dairy products, beans