

[IMAGE]

Yellow Veggies, Better Vision

Corn and squash may soon have a boost in sales because of a recent study in the Archives of Ophthalmology. Researchers discovered that carotenoids (the components which give these vegetables their yellow appearance) may reduce the risk of age-related vision loss.

In a study performed at the University of Wisconsin in Madison, 1,787 women between the ages of 50 and 79 were recruited four to seven years after they initially participated in the Women's Health Initiative Observational Study. Using the original study as a baseline, researchers evaluated the participants for the prevalence of vision loss. The risk of developing vision loss declined substantially in women who included a stable intake of carotenoids, specifically "lutein" and "zeaxanthin," in their diets.

Although the researchers feel it is necessary to conduct further studies on the subject, they also note that their findings constitute a good reason to add more vegetables to your diet. For more information on nutrition, visit www.chiroweb.com/find/archives/nutrition/index.html. To find out more on other health problems associated with aging, visit www.chiroweb.com/find/tellmeabout/aging.html.

Reference:

Moeller S, Parekh N, Tinker L, et al. Associations between intermediate age-related macular degeneration and lutein and zeaxanthin in the carotenoids in age-related eye disease study (CAREDS). *Archives of Ophthalmology*, 2006;124(8):1082-1214.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=225&no_paginate=true&no_b=true