

Healthy eating for productivity



Vision issues can keep you from performing your best

Vision problems negatively impact productivity, and can cause the following to occur:^{1,2}

- Trouble seeing up close / missing important information
- Eyestrain and fatigue
- Headaches from light and glare
- Presenteeism / absenteeism

Eating the right food is the best way to get eye-healthy nutrients

A healthy lifestyle can significantly reduce the risk of eye health problems. Research conducted by the National Eye Institute (NEI) confirmed that certain variations of nutrients may help preserve vision and reduce the risk of certain eye diseases.^{3,4}

Eating well also boosts productivity at work

In a study by the British Journal of Health Psychology, adults who ate more healthily over a 13-day period experienced greater well-being and also demonstrated more feelings of meaning and purpose at work.

In another study, more than 20,000 employees across three US-based companies undertook an annual survey for three years. Those who ate healthily were absent from work less and achieved more.

Try these foods to boost your health!



Omega-3 fatty acids

Salmon
Tuna
Sardines
Trout



Lutein and zeaxanthin

Spinach
Collard greens
Broccoli
Eggs



Vitamin A

Carrots
Sweet potatoes
Cantaloupe
Apricots



Zinc

Beans
Lean red meat
Poultry
Fortified cereals



Vitamin C

Citrus
Peaches
Red bell peppers
Tomatoes



Vitamin E

Avocados
Almonds
Sunflower seeds



Our eyes are vascular, meaning that it is important to have a heart-healthy diet to keep the blood vessels that service our eyes healthy. Tiny capillaries provide your retina with nutrients and oxygen; because these vessels are so small, fatty deposits can easily cause blocked veins.⁵ Try to limit or avoid the following:

- Condiments, toppings and dressings
- Fatty meats
- Saturated fats
- White or plain colored foods
- Margarine



Schedule an eye exam

Visit your eye doctor on a regular basis to help keep your vision – and yourself – in good shape!

To learn more, visit
versanthealth.com/blog

¹<https://versanthealth.com/blog/vision-problems-negatively-impacting-productivity/>
² <https://versanthealth.com/blog/6-ways-poor-eye-health-is-killing-your-productivity/>
³ <https://versanthealth.com/blog/healthy-eating-tips-support-eye-health/>
⁴ <https://www.aao.org/eye-health/tips-prevention/fabulous-foods-your-eyes>
⁵ <https://rxoptical.com/eye-health/the-worst-foods-for-your-eye-health/>