

# 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:<sup>1,2</sup>

- 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.<sup>3,4</sup>

## 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.<sup>5</sup> 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](https://versanthealth.com/blog)

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